

4 Helpful Tips

when assisting someone with dementia



Allow the person to take their time. Try to understand how they might be feeling. If someone forgets what you have just said, repeat your sentence patiently as if you had not said it before

1



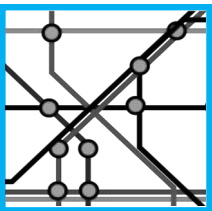
People with dementia are extremely sensitive to their surroundings. Noises in your workplace such as electronics, music and people talking that you may not notice could cause confusion for those with dementia. If you can, provide a quiet place to offer one-to-one assistance

2



Try to be patient if the person has difficulty with money or their card. Tell them there's no hurry; ask if you can help count out the right money. If they forget their address or PIN, make sure you know the alternative procedure for them to access the service required (e.g. sign for purchase)

3



Remember, people with dementia may not recognise instructions or signs, be able to read maps or timetables, or know where they should put things. What is obvious to you may not be to them

4

Local Organisations

supporting people with dementia and their carers

Action for Carers T: 01483 302748

AGE UK Surrey T: 01784 444200

Alzheimer's Society T: 01932 855582

Citizens' Advice Bureau T: 01932 842666

Community Services (Runnymede Borough Council) T: 01932 425865

Crossroads Care Surrey T: 01372 869970

Dementia Carers' Support Group T: 01932 342910

Emma's House T: 07711 530264

Home Instead Senior Care T: 01784 477854

Rodwell House Nursing Home and Care Suites T: 01932 853371

The Orchard Dementia Centre T: 01932 561245

8 Local Activities

for people with dementia and their carers

Alzheimer's Society Drop in T: 01784 435278

Venue: Manor Farm Centre, Manor Farm Lane, Egham TW20 9HR

Date/time: Every Wednesday, drop in between 10am to 12noon

Speak to a trained Dementia Navigator who can provide support and information.

Alzheimer's Society Side by Side Service T: 01932 855582

From joining a local club, playing golf, or going for a stroll in the park - Side by Side helps people with dementia to keep doing the things they love with the support of a volunteer.

Chertsey Museum Memory Box Café T: 01932 565764

Venue: Chertsey Museum, 33 Windsor Street, Chertsey KT16 8AT

Date/time: 3rd Friday of the month, 2pm to 4pm

For people living with dementia and their carers. Enjoy a tea and cake and make new friends and relax in a friendly, supportive environment. Cost £1.

Dementia Carers' Support Group T: 01932 342910 / 07799 066219

Mondays 1.15pm to 3.15pm at Woodham and New Haw Centre KT15 3ET

Tuesdays 10.30am to 12.30pm at Village Centre, Englefield Green TW20 0QX

Thursdays 10am to 12noon at Woodham and New Haw Day Centre KT15 3ET

Giving carers of those with dementia the opportunity to meet others in a similar situation whilst their loved one enjoys activities run by volunteers.

Emma's House T: 01932 342910 / 07711 530264

Wednesdays & Fridays 10am to 3.30pm at Rodwell House, Addlestone

A day care service for those with early and mid onset dementia. Sessions offer a welcoming and calm environment for individuals to participate in stimulating and enjoyable activities.

Forget Me Not Café T: 01932 855582

Venue: Tesco Community Room, 117 Station Road, Addlestone KT15 2AS

Date/time: 2nd Wednesday of the month, 2pm to 4pm

A safe, comfortable and supportive environment for people with dementia and their carers

Hebrews Café T: 01932 846059

Venue: St Paul's Church, Parish Office, School Lane, Addlestone KT15 1TB

Date/time: The Café is open Tuesday to Friday during term time, from 9am to 2pm

The Café offers free refreshments for carers when they take their loved one to the café.

Memory Café T: 01344 844946

Venue: Christ Church, Christ Church Road, Virginia Water GU25 4PT

Date/time: 1st Thursday of the month, 1.30pm to 3pm

For those living with dementia and their carers.