

If you are living with dementia, or caring for a person with dementia, services continue to be available to support you throughout the coronavirus outbreak. Many of these services are available over the phone, offering practical and emotional support, a listening ear, suggestions on coping through these difficult times and advice about other services that might also be able to help. A range of online services are also available.



Support if you are living with, or caring for a person with dementia in Warwickshire

Dementia Connect in Warwickshire - Provided by Alzheimer's Society

(Previously known as the Dementia Navigator Service)

A personalised support service for anyone with dementia, their carers, family and friends. The service connects you with free support and advice available by phone and online. Dementia Connect can offer practical and emotional support, a listening ear, suggestions on coping through these difficult times and advice about other services that might also be able to help.

To get support, telephone: **0333 150 3456** *(Calls charged at standard local rate)*

Monday to Wednesday:
9:00am to 8:00pm

Thursday and Friday:
9:00am to 5:00pm

Saturday and Sunday:
10:00am to 4:00pm

Email: dementia.connect@alzheimers.org.uk

Website: alzheimers.org.uk/dementiacconnect

You can also use **Dementia Talking Point**: Alzheimer's Society 24/7 online community where people affected by dementia can receive support from people in similar situations.

Warwickshire's Living Well with Dementia website

Information on living well with dementia, information and support for carers and updates via 'Latest News' www.warwickshire.gov.uk/dementia

For details of local services and support: <https://dementia.warwickshire.gov.uk/locations/>

Guide to Assistive Technology

AskSARA can guide you to products to make daily living easier. <https://asksara.dlf.org.uk/>

Support with mental health and wellbeing

Coventry and Warwickshire Mental Health Helpline and online support - Provided by Mental Health Matters

The helpline can offer support if you are struggling with your mental health, feeling low, anxious or stressed, caring for someone and finding it difficult to cope, socially isolated, needing advice about accessing more support with an issue affecting mental wellbeing.

Telephone for free 24/7: **0800 616 171**

Online web chat: www.mhm.org.uk/helpline-webchat

Find out more about the range of mental health and wellbeing services available by visiting:

www.warwickshire.gov.uk/information-coronavirus/mental-health-advice-coronavirus-pandemic/

Support if you are caring for a person living with dementia

Carers Wellbeing Service - Provided by Carers Trust

This service can provide practical and emotional support, so you are able to support your loved one whilst maintaining your own wellbeing.

To get support, telephone: **02476 632972 (opt 2)**

Monday to Friday:

9am to 8pm

Saturday:

9am to 1pm.

Email: carerssupport@carerstrusthofs.org.uk

Website: www.carerstrusthofs.org.uk/warwickshire-carer-wellbeing-service/

Care Companion

This is a free online resource for those looking after loved ones, developed by carers for carers. By creating a secure personal profile, carers have access to reliable resources and information tailored to the care needs of their loved ones. Website: www.carecompanion.org.uk

Admiral Nurse Dementia Helpline - Provided by Dementia UK

You can telephone the National Admiral Nurse Dementia Helpline for free:
0800 888 6678

Monday to Friday:

9am to 9pm

Saturday and Sunday:

9am to 5pm

