



## What can we do for you?

**We want to support all those who are affected by dementia in Tavistock and surrounding areas.**

So, if you need more information, advice or support, please don't hesitate to contact us – we are here to help:

**T: 07716 849839**

**E: [info@tavistockdementia.org](mailto:info@tavistockdementia.org)**

**W: [www.tavistockdementia.org](http://www.tavistockdementia.org)**

Registered Charity No: 1177430



# Tavistock Dementia Alliance

## Partnerships

**We are a registered charity and aim to meet the needs of people with dementia and their carers in Tavistock and surrounding areas.**

We strive to reduce social isolation, signpost to supporting activities and local initiatives which enable retention of skills and independence.

We aim to promote greater understanding by:

- Recognising needs and overcoming challenges
- Identifying gaps in provision to develop programmes in conjunction with other local organisations
- Raising awareness and promoting understanding of dementia via free training
- Providing a range of accessible information
- Providing signposting to other specialist support
- Working in conjunction with other organisations such as health & social care, groups, charities, businesses and local services
- To raise awareness and reduce stigma

## Support for those with dementia, carers, groups and the community

**'Dementia'** describes a set of symptoms that may include memory loss and difficulties with thinking, problem solving or language

## For the person

**During early stages of a dementia, the person themselves, their family or friends may notice changes and difficulties, for example:**

- Problems coming up with words and names
- Trouble remembering things
- Forgetting recent events
- Greater difficulty performing tasks
- Losing/misplacing items
- Repetitive behaviours
- Excessive walking/fidgeting
- Withdrawn and suspicious of others

Dementia is a "hidden" disease of the brain. Often if you didn't know the person, you might not necessarily spot the signs. This is because in early and moderate stages people affected are able to hold a perfectly ordinary conversation and lead a fulfilled life.

As the disease progresses through stages, other behaviours may occur including disruption, inhibitions and aggression. However, as there are many different types of dementia including Alzheimer's, vascular, Lewy body and Frontotemporal, they all present differently for each person.

## For Carers

**Caring for a person with dementia can gradually become more demanding.**

Getting support will make it easier for the carer to cope.

A range of services and activities are available in Tavistock and surrounding areas. These can be beneficial for both the carer and person being cared for. Not only providing information and support, they can offer vital "me time" for carers and a chance to have some respite from caring responsibilities.

Sources of support can include:

- Friends & family to share responsibilities
- Adult & Community services - including personal assistance with everyday tasks via Adult Social Care: **0345 155 1007**
- Devon Carers – help with your caring role and peer support groups **0345 643 4435**
- Alzheimer's Society - information, practical and emotional support **0333 150 3456**
- Tavistock Dementia Alliance - signposting **07716 849839**

*For anyone concerned about their own, or someone else's memory or behaviour, it is important to visit the GP.*

## For the community

**People in the community can also play a vital role in supporting both the person with dementia and their carers.**

It is important that the person with dementia can remain independent and retain skills for as long as possible.

Local businesses and groups, for example, can play a crucial part in ensuring the person with dementia feels valued, included and part of their community.

Our awareness training can provide not only information, but also hints and tips to helping someone with dementia. Both the people living with dementia and carers can feel comfortable, confident and reassured.

The more people who appreciate the difficulties experienced, the more they can help and contribute to a happy and fulfilling life.

*Together lets make Tavistock a dementia friendly community*

