

The Westminster Dementia Adviser Service

As a Dementia Adviser I **support those with memory problems and those who have received a diagnosis of dementia**. In my role I visit service users at home, and provide telephone and email support. I am a continuous point of contact for as long as is needed.

My work involves **providing information, advice and support at all stages of dementia to help people feel informed and able to access appropriate help when needed**.

Examples of where I may be able to help:

- Understanding and managing the symptoms of dementia
- Tips on maintaining memory and quality of life
- Information on how to stay independent at home
- Provide information about local clubs and activities
- Provide information about travel options in Westminster
- Provide information about financial support and legal issues linked with dementia (Attendance Allowance & Power of Attorney etc.)
- Provide information about care, respite, long term housing and accessing Social Services
- Dates and information on the Memory Café sessions that held across the month in the North and South of Westminster

If you think I may be able to help you or someone you care for, please do not hesitate to get in touch.



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