

# Support to live well with dementia in Warwickshire

*Warwickshire's living well with dementia strategy update*

## Talking Points

**Since our last update in September 2017 considerable work has been undertaken to continue the delivery of Warwickshire's Dementia Strategy 2016-2019.**

### **Dementia Navigator service**

WCC has been able to expand the capacity of the current dementia navigator service to include an additional three roles meaning there are now seven dementia navigators across the county. The additional dementia navigators, will work holistically with families affected by dementia to help them work through dementia specific issues and provide personalised support to individuals and their carers. Additional capacity means that the service will be able to link even more closely with key referrers such as GPs and the memory assessment service and ensure that all people being diagnosed with dementia, who want support or advice, are able to access this.

### **Dementia Support Worker in Extra Care Housing**

This role is being trialled in ECH housing schemes; Tithe lodge, Queensway Court and Briar Croft. The role has been operational since May 2017 and has supported people with dementia to maintain their independence and tenancies within ECH. The worker also helps individuals make connections with other residents and their local community and has provided them with much needed practical advice and support about dementia and how the condition can progress.

## Raising awareness of dementia support and services in Warwickshire

A new leaflet has been created to raise awareness of key services and support for people with dementia and their carers in Warwickshire.

Please contact WCC, Public Health if you would like copies of the A5 leaflets:  
phadmin@warwickshire.gov.uk

### Dementia Support and Services in Warwickshire



There are three key sources of information and support that will enable you to find out about, and access Dementia Support and Services in Warwickshire.

#### Dementia Navigator Service

(service delivered face to face, by phone and / or email)

- Signposting and referral to appropriate post diagnosis support and services, at all stages of dementia
- Advice and emotional support to people with dementia and carers
- Support, advice and information to those with concerns about their memory, and / or through the diagnostic process.

Contact: Alzheimer's Society Tel: 01926 888899

Email: southwarks@alzheimers.org.uk

#### Warwickshire's Living Well with Dementia website

[www.warwickshire.gov.uk/dementia](http://www.warwickshire.gov.uk/dementia)

- Services and support in the local area at District and Borough level
- 'Living well with dementia'
- Information for carers
- Dementia Friendly Communities and Dementia Friends
- Reducing risk of dementia.

#### Information leaflets on Dementia Services in each District and Borough

For Northern Warwickshire contact: [northernareateam@warwickshire.gov.uk](mailto:northernareateam@warwickshire.gov.uk)

For Rugby contact: [rugbyareateam@warwickshire.gov.uk](mailto:rugbyareateam@warwickshire.gov.uk)

For South Warwickshire contact: [southernareateam@warwickshire.gov.uk](mailto:southernareateam@warwickshire.gov.uk)



## Supporting people to live well with dementia through participation in Physical Activity on Referral

People with a diagnosis of dementia (in the early-mid stage) can benefit from the Physical Activity/ Healthy Lifestyles on Referral Service. The service offers a 12 week programme of physical activity at various venues across Warwickshire. There is a choice of a combination of activities at a variety of settings, including sessions at local leisure facilities, personalised sessions at home or in a community venue and/or group activities in the local community e.g. walking groups.

Support is provided by a Physical Activity Specialist who will develop the programme and offer support and encouragement to become more active. There is a cost to the programme which is discounted where possible. Carers may also be able to participate in a physical activity programme alongside the person they support or they can go along to sessions to offer support with the person they care for. Referrals must be made by healthcare or social care professionals.

For further information please contact Fitter Futures Warwickshire.

**Telephone:** 02476 400 594

**E-mail:** [fitterfutures@nbleisuretrust.org](mailto:fitterfutures@nbleisuretrust.org)

**Website:** [www.fitterfutureswarwickshire.co.uk](http://www.fitterfutureswarwickshire.co.uk)

## **Dementia Friendly Communities training for Warwickshire frontline workers and organisations**

From September 2017 to March 2018, WCC have funded Dementia Friendly Communities Training for 25 Warwickshire organisations with front-line workers.

Organisations who have taken part in the training include Warwickshire Police, GP practices, dental practices, Town Councils, Borough Councils, Voluntary Services, Art Galleries and Museums.

The training includes information on dementia and how to work towards being a dementia friendly organisation. Follow-up will be undertaken and reported in a future Talking Point as to what activities have been undertaken by organisations to work towards being dementia friendly.

## **Dementia Friends**

We are continuing to encourage sign up to the dementia friend's initiative. To become a DF:

- 1.** Go to the Dementia Friends website [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk) and click **Watch our videos for organisations** on the left
- 2.** Enter code: **WCC123**
- 3.** Enter the number of people watching and your Warwickshire workplace postcode e.g. (Shire Hall) CV34 4RL
- 4.** You need to watch two videos to become a Dementia Friend! You should watch the **'Understanding Dementia'** video first followed by any one of the other videos – the one which is most relevant to your area of work.

For further information please contact:

**Katie Herbert: [katherineherbert@warwickshire.gov.uk](mailto:katherineherbert@warwickshire.gov.uk)**

or

**Claire Taylor: [clairetaylor@warwickshire.gov.uk](mailto:clairetaylor@warwickshire.gov.uk)**