



# A Guide to Dementia Care

in Telford and Wrekin

South Staffordshire and  
Shropshire Healthcare   
NHS Foundation Trust

Shropshire Community Health   
NHS Trust



  
*Telford and Wrekin  
Clinical Commissioning Group*

# Concerned about your memory

## GP

Make an appointment to see your GP who will undertake some tests and if necessary they will refer you to the memory service.

## Memory Service Nurse

Will talk to you and undertake some more tests. These will be reviewed by experts to confirm if you have dementia. You will have a second appointment with the memory service to discuss your diagnosis and additional support services.

## No Diagnosis of Dementia

You will be offered other support services.

## Admiral Nurses

If your carer requires additional support a referral can be made to Admiral Nurses for more intensive support and well-being for the carer.

## Dementia Companion

Upon diagnosis of dementia you will be contacted by the Dementia Companion who will provide you with reassurance, support and guidance.

The Dementia Companion not only supports YOU, but also your carer and family members.

The Dementia Companion will be there for you to give assurance that help is at hand when needed.

## A Guide to Dementia Care in Telford and Wrekin

### Your Dementia Support Team for you and your carer

| Role                       | What they do  |
|----------------------------|---|
| GP                         | Review your health including medication. Investigate any problems you have, and if required, make a referral to the <b>Memory Service</b> .   |
| Memory Service Nurses      | Assess your memory, and if you have dementia, make a diagnosis of your condition. Start your medication if appropriate. Settle you on your medication. Provide cognitive stimulation therapy.   |
| Dementia Companion         | <p>The Dementia Companion is there to support you following your diagnosis. They are there to listen to your concerns, needs and wishes and together they will formulate a personalised living well plan. The living well plan will focus on your daily and future living.</p> <p>With regular contact the Dementia Companion will ensure the living well plan is changed as and when you require.</p> <p>The Dementia Companion will also support carers and family members and provide information, guidance and support on living well with dementia. Working together with you they will identify other services that will give valuable additional support to you and your family.</p> <p>They can signpost carers to locally run courses/workshops so that they better understand dementia and how to care for people living with dementia.</p> |
| Dementia Community Workers | These workers help groups and services become more dementia friendly. They will work with local groups to help them understand dementia and how they can support you to do the things you want to do.   |
| Admiral Nurses             | Admiral Nurses provide specialist dementia support that carers may need. They are trained mental health nurses who support carers who experience difficulties as a result of their caring role.   |
| Home Treatment Team        | Based at the <b>Memory Service</b> . These nurses and support workers provide guidance on how to deal with problems associated with dementia.   |
| Workshops/Courses          | Locally we have courses that can support people to understand dementia and how to care for people living with dementia. Your dementia companion will be able to tell you about these.   |

# Information to remember

**My GP is:**

Telephone:

**My Dementia Companion is:**

Telephone: **01952 250392**

## Other useful contacts

### **Carers Centre**

Information and guidance through out your caring journey including one to one support and links to the local carer offer.

**Tel: 01952 240209**

### **Shropshire Telford & Wrekin Dementia Action Alliance**

A group of local individuals, businesses and organisations working towards becoming more dementia friendly. To see who has joined the Alliance and find our Alliance under Local Alliances visit:

**[www.dementiaaction.org](http://www.dementiaaction.org)**

# Across Telford & Wrekin your **Dementia Support Team** will help...

**You to live well and remain feeling secure in your community.  
You and the people around you to feel confident, informed and  
know when you need help.**

To ensure we do this, we will

- Work as one team to support you and your family
- Help you to make timely and informed choices
- Support you to plan for your future
- Encourage your strengths, skills and your independence
- Learn from what works well for you to improve the help we provide
- Work with you through potential struggles
- Be honest about what we can and can't do
- In order to give the best support we will work with other agencies if needed
- Promote dementia friendly communities in Shropshire Telford and Wrekin

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