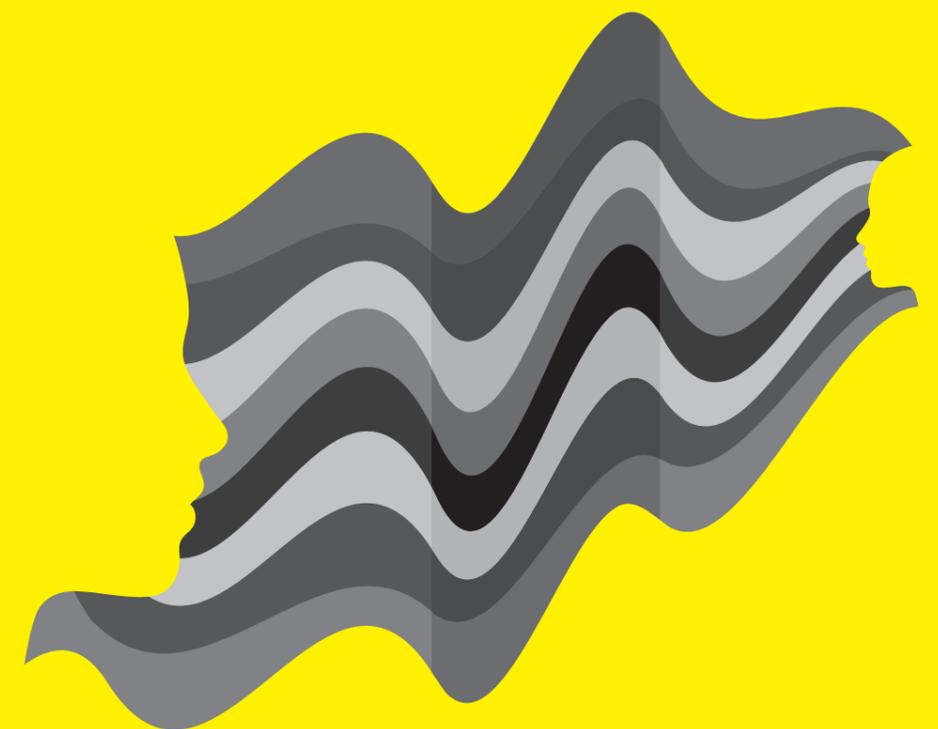




Sussex Partnership
NHS Foundation Trust

How we can help and support you: A Guide for Dementia



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This is a brief overview of the care and treatments we can offer for Dementia. If you are given a diagnosis of Dementia you will be given a range of information which will help you to understand what the diagnosis means for you. You might expect to be offered the following support, care and treatments routinely, as appropriate to your needs, and taking into account your preferences.



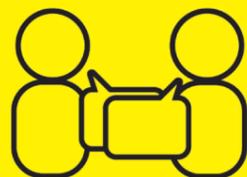
Daily Life

We aim to support you to live as well and independently as possible. This includes meaningful activities and interests, accommodation, finances and getting around. We will help you to develop and maintain links with local community groups if this is of interest to you.



Friends and Family

We encourage family and carers to meet together with us to support everyone's wellbeing. We will seek your consent for sharing information with others. We will offer family and carers information and emotional support. We will help carers access a Carers Assessment and support which may include local community organisations, such as Alzheimer's Society.



Psychological Therapies

We provide a range of talking therapies to help you with issues or concerns that you want to address or change. We offer individual therapy (e.g. cognitive-behaviour therapy, CBT), couple or family work and groups.



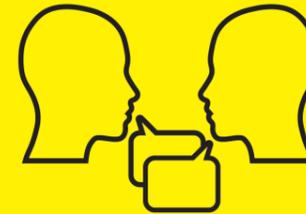
Medication Treatment

We offer information and choice on medication which may help you maintain your independence, health and wellbeing and to manage any symptoms that might be troubling you.



Physical Health Care

We will consider any physical health problems. We encourage you to lead a healthy life-style. We will support contact with your GP and other physical healthcare providers.



Communication

We will consider your communication, level of understanding and sensory needs (hearing or sight loss). We will support you to communicate your needs to others and provide communication advice to family and carers.



Keeping Safe

We will work with you and your family/ carers to manage any risks so you can have as much control over your life and independence as possible.

More information

For more information, please go to: www.sussexpartnership.nhs.uk/CAGS. This provides our Menu of Care and Interventions for Dementia, of which this document is a summary. It also provides links to the guidelines produced by the National Institute for Health and Care Excellence (NICE).

For more information about the Clinical Academic Groups (CAGs) – (we work together to look at best practice in Dementia care and advise local services on this). Please contact cags@sussexpartnership.nhs.uk - messages are not picked up daily, but there will be a response as soon as possible.

We offer a number of research trials for people experiencing Dementia. If you would like to find out more about this please contact the Dementia Research Unit at **01892 603 107** or at: dementiaresearch@sussexpartnership.nhs.uk

If you require this document in another format such as large print, audio and other community language please contact the Clinical Academic Groups at: cags@sussexpartnership.nhs.uk

cags@sussexpartnership.nhs.uk  [@SPFTCAGs](https://twitter.com/SPFTCAGs)