

For professionals

Essex Community Dementia Support Services

Our community support services are here for anyone living with or affected by dementia.



Call us **0333 150 3456**
Email us **essex@alzheimers.org.uk**

Together we are help & hope
for everyone living with dementia

All our services are interlinked to ensure support is available throughout every stage of the journey. Anyone can contact our telephone support line to speak to one of our specialist Dementia Advisers. We provide support and guidance, as well as further information on services available in their local area.

We offer specialist advice on healthcare and legal matters, referral to our Companion Call service and access to our online forum, for support and shared experiences. We also provide a wide variety of informative publications. To access information visit alzheimers.org.uk/find-support-near-you

Community Support

For Essex residents (including Southend for anybody under 65 years of age) we can arrange for a Dementia Adviser to visit a person in the comfort of their own home, where we can tailor a visit to meet individual needs. We also offer a Keeping in Touch service to ensure support is available when circumstances change.

Post-diagnostic support

For those struggling with memory loss or those that have a diagnosis or are awaiting a diagnosis, practice staff and social prescribers can schedule an appointment with one of our specialist Dementia Advisers.

Our fully trained and compassionate team can talk through worries, provide information on financial matters and the benefits and services available.

This service is available in various clinics across west, mid and south Essex.

Support with young onset dementia

For people under the age of 65, who have been diagnosed with young onset dementia, we are here to provide personalised advice and guidance, tailored to individual needs. We connect people with others who share similar experiences and offer the opportunity for people to participate in local projects and schemes.

This service is available for all residents of mid and south Essex.

Support for carers

We offer one to one support and group courses for carers, who want the knowledge and tools required to cope with life's changes, minimising the need for crisis intervention. We also offer courses for the person diagnosed, to learn about their diagnosis and for those living with advanced dementia.

This service is available for all residents of Essex (excluding Southend).



Reconnecting with the community

For people looking to re-engage with their community, we offer a variety of groups, helping people stay connected and active. Our groups include singing, walking, low impact exercise, information sessions and peer support. For those unable to attend in person we offer online groups.

These services are available for all residents of Essex (excluding Southend and Thurrock).

Hospital discharge service

Our dedicated hospital-based Dementia Advisers are embedded within Broomfield, Colchester, Harlow, Basildon, and Southend hospitals. They work closely with patients, carers, families and healthcare specialists to provide comprehensive support during the hospital stay and ensure a smooth and successful discharge.

Our team can provide the knowledge, skills and equipment to support within the home environment. We can also help with social care, occupational therapy assessments, meals on wheels, shopping and referrals to other services.

By ensuring everything is in place, we aim to reduce the likelihood of re-admission. Additionally, we can support by exploring options for future care.

This service is available for all residents of Essex (excluding Southend residents).

Crisis support

We have a dedicated Crisis Support Adviser, available to assist with complex crisis situations. Collaborating with local healthcare teams and specialists, we aim to provide a rapid response to families and individuals in need.

Support includes fast response in crisis situations, coordination with healthcare teams and support for families and carers, including advice and guidance around action planning, to prevent further crises.

This service is available for all residents across mid-Essex (Maldon, Chelmsford, Braintree and Witham).

Shaping the future

Many people tell us that they feel there is a stigma around dementia. We want to break this cycle and improve people's awareness and knowledge, creating an inclusive society that understands and supports people with dementia.

We want to hear about people's experiences and the barriers and frustrations they have faced, so we can guide organisations, companies, and communities to better understand, adapt and involve people living with dementia.

If you know anyone who feels passionate about making meaningful and positive change, contact us for more information.

Available for all residents of Essex (excluding Southend).

Raising dementia awareness

We engage businesses, organisations, and communities in awareness-raising projects, events and information sessions across Essex.

We offer tailored awareness sessions, online or in person, giving an insight into living with dementia and how to create a more inclusive environment.

Contact us for more information on how you can get involved or to schedule a Dementia Friends session. Together, we can make a positive impact.

This service is available countywide (excluding Southend).



Call us on **0333 150 3456**

Monday to Wednesday **9am – 8pm**

Thursday and Friday **9am – 5pm**

Saturday and Sunday **10am – 4pm**



Referral form – for professionals only

alzheimers.org.uk/dementia-professionals/make-a-referral



Email us at **essex@alzheimers.org.uk**

Alzheimer's Society is UK's leading dementia charity, and the only one to tackle all aspects of dementia by giving help and hope to people living with dementia today and in the future.

We give vital support to those living with dementia, fund groundbreaking research, and campaign to make dementia the priority it should be. We're working towards a world where dementia no longer devastates lives.



**Hertfordshire and
West Essex**
Integrated Care Board



Mid and South Essex
Integrated Care Board



Essex County Council



Mid and South Essex
Integrated Care
System

thurrock.gov.uk



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia

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