

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**

Alzheimer's
Society

It will take a society to beat dementia



National services

Our Dementia Support Line is available to anyone living in England, Wales and Northern Ireland. Our fully trained and compassionate telephone Dementia Advisers can provide support; offering guidance around legal, financial and health matters. They can also assist with information around benefits, local services and refer individuals into our national Companion Call service.

Additionally, we can provide a wide variety of informative publications and resources. To access information visit alzheimers.org.uk/find-support-near-you

Local community support

We can arrange for a Dementia Adviser to visit a person in the comfort of their own home, in the community, or in a clinical setting. Support can be provided at every stage, from pre-diagnosis to end of life. With a wealth of experience and extensive knowledge about all forms of dementia, our local Dementia Advisers will listen, and tailor visits to meet individual needs.

We can refer individuals into Adult Social Care or Occupational Therapy teams, and work with wider community partners to ensure the right support is accessible and available, at the right time.

With a presence in various hospitals across Essex, our Dementia Advisers attend meetings with clinicians, facilitate hubs and run information stands. We aim to work with clinical staff to ensure that individuals and families are actively involved in a timely and appropriate discharge. This continuity of support from hospital to home reduces the likelihood of crisis and readmission.

In addition we can help individuals and families within the community who are at the point of crisis. By working together with our Social and Health Care partners, providing a timely response and assisting with action planning, we can prevent future crises.

Available for Essex residents (excluding Southend).

Information sessions

We facilitate separate information sessions for people with dementia and their carers, aiming to give individuals a deeper understanding of their diagnosis and how they can access support and best navigate their dementia journey.

Available for Essex residents (excluding Southend).



Post-diagnostic support

For those individuals struggling with memory loss and awaiting a diagnosis, or for those who have recently received a diagnosis, Memory Clinic staff and Social Prescribers can refer into our services.

We can also provide education, insight and knowledge about dementia and help with access to the tools and services required to plan ahead.

Available across west, mid and south Essex including Thurrock.

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.

Available for Essex residents (excluding Southend).

Support for carers

We offer one to one support and courses for carers who would like a deeper understanding of dementia. Our courses can supply the tools required to cope with life's changes, minimising the need for crisis intervention.

We work closely with carer organisations, connecting people to specialists who are able to provide advice and guidance specific to carers.

Available for Essex residents (excluding Southend)

Engaging with the community

For people looking to stay active and engage with their community, we offer a variety of groups, inclusive of people with dementia, their loved ones and carers. We also work with, support and refer into wider community groups. Our offer includes singing, walking, low impact movement, and peer support. For those unable to attend in person, we offer on-line groups.

We are always looking for people to help out with groups and events. Please contact us if you are interested in volunteering with us.

Available for Essex residents (excluding Thurrock & 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 about how you can work towards becoming part of an Inclusive Dementia Community, or simply schedule in a Dementia Friends session.

Together we can make a positive impact!

Available for Essex residents (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](https://www.alzheimers.org.uk/dementia-professionals/make-a-referral)**



Email us – for professionals only

essex@alzheimers.org.uk

grays-thurrock@alzheimers.org.uk

Alzheimer's Society is the 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.

These services are delivered in partnership with:

NHS
Hertfordshire and
West Essex
Integrated Care Board

NHS
Mid and South Essex
Integrated Care Board


Essex County Council


Mid and South Essex
Integrated Care
System

 thurrock.gov.uk



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alzheimers.org.uk

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