

Essex Community Dementia Support Services - For Professionals

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

As a professional you can access our services by telephone, email or through our website. You can also directly refer anyone living with or affected by dementia using our online referral form. For ease and monitoring purposes, we can set you up with a unique referrer's code.

Our services are all interlinked to ensure support is available throughout every stage of the journey. **Contact us** to find out more about any of our services.



0333 150 3456

Open Mon to Weds: 9am–8pm, Thurs and Fri: 9am–5pm, Sat and Sun: 10am–4pm



essex@alzheimers.org.uk



Referral form – for professionals only;

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

Anyone can contact our **telephone support line** to speak to one of our specialist Dementia Advisers. We can provide support and guidance for anyone living with or affected by dementia and can offer further information on services available local areas.

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 can also arrange for people to receive informative **publications** to help navigate their journey.

To access information about local services and groups, you can go online and visit **www.alzheimers.org.uk/find-support-near-you**

For residents of Essex (excluding Southend) 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 awaiting formal diagnosis, or if they've had a recent diagnosis and have unanswered questions, practice staff and social prescribers can schedule an appointment with one of our specialist Dementia Advisers, offering comprehensive support and guidance.

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

We can help people continue to live well after diagnosis, offering direct support and signposting to local activities and support groups.

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

Support with Young Onset Dementia

For those diagnosed with early onset dementia, we offer a range of support services to help navigate this journey. Our specialist Dementia Advisers are here to provide personalised advice and guidance, tailored to individual needs. We can connect people with others who share similar experiences, and even offer the opportunity for people to participate in local projects and schemes. Helping us to shape community development and future services.

This service is available across mid and south Essex, including Southend and Thurrock.

Support for Carers - Carers Information & Support Programme & Living Well with Dementia courses

We offer courses for carers, providing professional information and guidance in a peer setting. The purpose is to provide 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 empower them to continue to live well. In addition, we offer courses for people living with advanced dementia, providing support at all stages of the journey.

This service is available countywide (excluding Southend).

Activities and Hobbies – Reconnect with your 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.

For people who have lost their confidence or are looking to re-engage with an interest or explore a new activity, we can connect them with a volunteer who can reintroduce and support them to enjoy a lost hobby. From golfing or painting, to cooking or enjoying the theatre, we're here to ensure people continue to live life to the fullest.

These services are available countywide (excluding Southend and Thurrock).

Hospital Discharge Service

Our dedicated hospital-based Dementia Advisers are embedded within five major hospitals in Essex and work closely with patients, families and healthcare specialists to provide comprehensive support and ensure patients have a smooth and successful discharge.

Our team can support carers, giving them knowledge, skills and equipment needed 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.

If the time comes, we can support with a smooth transition into a care home.

This service is available for residents living in Essex (excluding Thurrock and Southend).

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 across mid-Essex (Maldon, Chelmsford, Braintree and Witham).

Shaping the Future

No one understands the experience of living with dementia better than those living with it. We value the voices of people with dementia and invite them to help us make a difference. If you know anyone who feels passionate about effecting positive change, contact us for more information. Involvement can range from assisting with recruitment, to collaborating with organisations; sharing experiences and knowledge, to improve services or influence policy and practice. By sharing the barriers and frustrations people face, we can help organisations, companies and communities better understand, adapt and integrate people living with dementia. Together we can effect meaningful change, break down barriers and create inclusivity.

Available countywide (excluding Southend).

Raising Dementia Awareness in Your Community

Would you like to learn more about dementia and discover how you can make a difference in your community, organisation, or company? Our teams are here to help. We can offer tailored awareness sessions, online or in person, giving you an insight into dementia and how you can create a more inclusive environment.

We participate in awareness-raising events and information sessions across Essex. By raising awareness, we aim to foster a better understanding of what it's like to live with dementia, promoting a more compliant, accessible and inclusive community.

[Contact us for more information on how you can get involved or to schedule dementia friends' session. Together, we can make a positive impact.](#)

This service is available countywide (excluding Southend).