What is dementia?

The word ‘dementia’ describes a set of symptoms that can include memory loss and difficulties with thinking, language or problem-solving.

A person with dementia may also notice changes in their mood or behaviour.

Dementia is caused when the brain is damaged by disease such as Alzheimer’s disease or a series of strokes.

Each person experiences dementia differently and their information and support needs may vary.

Your **Memory Support Worker** can help you understand and come to terms with your diagnosis, and can provide information and support to help you

Live well with dementia.

Getting in touch

You can contact your Memory Support Worker by calling the Memory Assessment Service on

0300 555 0175

Monday to Friday 9am—5pm

Keeping yourself safe

If you feel you are not able to keep yourself safe, and do not need immediate medical assistance you should contact the

Mental Health Rapid Response Service. They can be contacted on 0300 304 0078 (24 hours)

If you need immediate medical assistance, please call 999 for an ambulance.

To send us a compliment, complaint or suggestion, please contact us at;

Brighton and Hove Memory Assessment Service
Feedback Team
FREEPOST RSKS-RHUR-TTRU
5th Floor, 177 Preston Road
Brighton
BN1 6AG
Email: mas.enquiries@nhs.net

Visit our website for more information
https://memorybrightonhove.org.uk/

NHS Sussex Partnership NHS Foundation Trust

Here

carers centre for brighton & hove

Memory Assessment Service
Brighton & Hove

Information for people with dementia.

If you have received a diagnosis of dementia, our **Memory Support Workers** are here for you.

The Memory Assessment Service Support Worker’s ambition is to provide you with information and support for the first year following your diagnosis.

What can my Memory Support Worker help me with?

We can give you information and advice about…

- Your diagnosis
- Living well with dementia
- Practical tips to help your memory
- Driving and transport with dementia
- Money and benefits
- Planning for the future and more...

We can help you get in touch with other services such as…

- Adult social care for help at home
- Alzheimer's Society for courses to help you live well with dementia
- The Carers Centre
- Department of Work and Pensions for help claiming benefits
- Befriending services
- Community groups like gardening, cooking and singing
- Counselling services and more...

What other people have said about their Memory Support Worker

"My Memory Support Worker is so kind and gentle. She is understanding and helpful about a problem and makes me feel like she will always understand."

"Our first appointment with our Memory Support Worker was really useful, and it is reassuring that there is plenty of help available. She showed compassion and dignity towards our situation."

"I feel our Memory Support Worker understands our situation perfectly. She is making such a difference!"

"It's nice to know there is someone out there who we can call."

"It was excellent to see someone so quickly for support after my diagnosis."

What can I expect?

The Memory Support Service is available to you for one year after your diagnosis and you can contact your Memory Support Worker with any questions or concerns during this time.

Initial face to face appointment

Your Memory Support Worker will arrange a face to face appointment with you shortly after your diagnosis where together you will create a care plan based around your needs.

Appointments take place via video, telephone, or face-to-face sessions, and last around an hour. We can offer some home visits for people who are not able to travel due to mobility or transport issues.

Regular follow ups

Your Memory Support Worker will contact you again around 6 months after your diagnosis to review your care plan and ensure that they are still meeting your needs and helping you to live well with dementia. This follow up can be over the phone or face to face.

We will also use some questionnaires about your daily life, mood, and memory to help us identify what really matters to you.

A year after your diagnosis

Your Memory Support Worker will contact you again around 11 months after your diagnosis to provide details on how to access on-going support in the future, and to find out if there is anything else we can offer to do to help you...

Live well with dementia