



SOME FACTS ABOUT DEMENTIA

- There are approximately **6,300 people** living with dementia in this County.
- Approximately **200** of whom have Young Onset Dementia.
- There are over **100 different types of dementia**. The prominent are Alzheimers, Vascular, Lewy Body and Frontotemporal.

REDUCING YOUR RISK OF DEMENTIA

There is no current cure, but many cases could be prevented or delayed by some lifestyle changes.

Check with your GP if you are unsure about your health; note regular blood pressure checks are important.

Physical activity such as walking is good for your heart, circulation, weight and mental wellbeing.

Eat a balanced diet with plenty of fruit, vegetables and drink more water.

Social connections e.g. music and laughter with others can help to lift the mood.

Puzzles, quizzes, riddles and games can keep your brain active.

Drinking less alcohol and quitting smoking improves your health.

A good night's sleep refreshes the brain.

WHAT ARE SOME SYMPTOMS TO LOOK OUT FOR?

You may need a memory check if you show any of the following:

- **Difficulty doing** familiar tasks.
- Not recognising **familiar people**.
- Poor or decreased **judgement**.
- Changes in personality, mood or **behaviour**.
- **Confusion** of time and place.
- **Withdrawal** from work or social activities.
- **Difficulty in planning** or solving problems.
- **Misplacing** keys, purses and valuables.
- **Getting lost** on a familiar journey.



Scan the QR code for the Alzheimer's Society Symptom Checklist!

GOOD REASONS FOR SEEKING A DIAGNOSIS

It is possible to live a **happy and fulfilled life** after a diagnosis of dementia, but **being well informed** in the early stages will lead to:

- **Identifying & treating** symptoms that could be reversible.
- **Accessing** available medication options.
- **Support groups** for partners, carers and relatives.
- **Future care planning** e.g. Powers of Attorney, home adaptations, etc.
- **Claiming financial** entitlements e.g. council tax and carers allowance.
- Information **about driving support** e.g. Carer's Travel passes and Blue Badge.
- Older Driver's Forum.
- Respect forms.

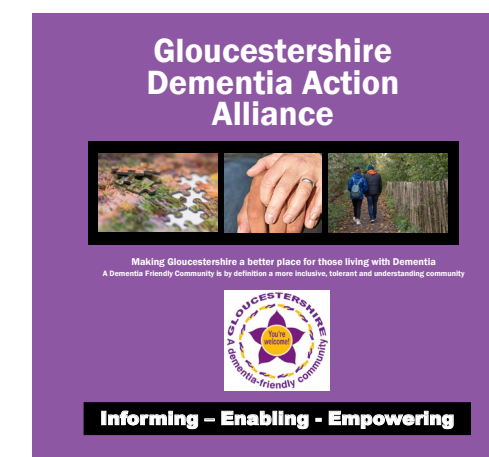
Contact Managing Memory Together on **0800 694 8800** or email **managingmemory@ghc.nhs.uk**



GLOUCESTERSHIRE DEMENTIA ACTION ALLIANCE

Our aims are that everyone in the County who is affected by dementia is understood, respected and supported to continue to enjoy living and contributing to their own community for as long as possible.

You can be a member of the Dementia Action Alliance by calling Phil on **07903 790762** or emailing **info@gloucestershiredementia.co.uk** **www.gloucestershiredementia.co.uk**



DO YOU KNOW ABOUT DEMENTIA? INFORMATION & SUPPORT



YOUNG ONSET DEMENTIA

- **'Young Onset'** means that dementia symptoms can show before the age of 65.
- It can often present very differently to an older age dementia and is much rarer.
- Different support is required e.g. for children, jobs, finances, family or potential carers still working, etc.
- **For specific support for the person with dementia, and/or for the family, friends or carers, please contact Managing Memory Together.**

HIDDEN DISABILITIES LANYARD

This is a tool to voluntarily share a hidden disability or condition that may not be immediately apparent. The person wearing this lanyard may need a helping hand.

www.hdsunflower.com



STRATEGIC PARTNERS



For a full up to date list, please see **www.gloucestershiredementia.co.uk**

This document is produced by Gloucestershire Older Persons' Association.

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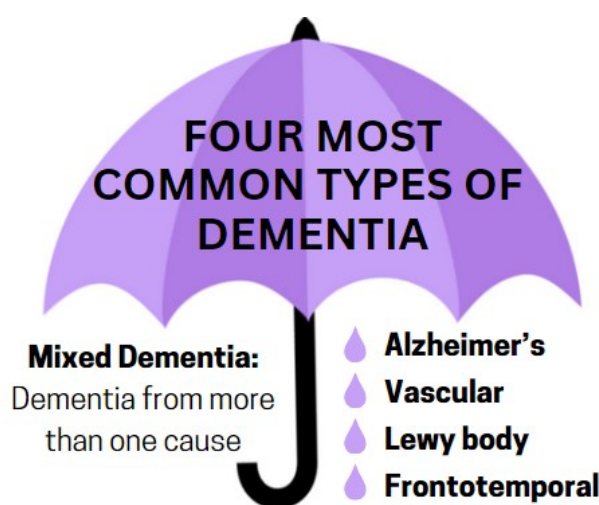
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Gloucestershire Older People's Association is a **FREE** membership organisation. If you would like to join please contact us on **gopa4672@hotmail.co.uk**

You will receive an application form and updates on issues concerning some older people.

Charity No. 1124977
07392 501047
Follow us on Facebook **f**
www.gopa.org.uk

Supported by



Dementia is an umbrella term to describe: a progressive and irreversible syndrome that is characterised by widespread damage to the brain.

Dementia is caused by different diseases, you may hear about 'types' or 'causes' of dementia.

GLOUCESTERSHIRE DEMENTIA ACTION ALLIANCE

DAA Dementia
Action Alliance
GLOUCESTERSHIRE

The aims of the DAAs are that:

- Everyone in the County who is living with dementia is understood, respected and supported.
- People living with dementia and their carers are supported to continue to enjoy living and contributing to their own community for as long as possible.
- The wider community is educated and supported to understand dementia and its challenge.
- Inspiring, informing, enabling and empowering people to contribute, in whatever way they choose, to create dementia friendly communities.
- Gloucestershire Dementia Action Alliance is committed to treating all people equally and with respect, irrespective of their age, disability, gender reassignment, marriage or civil partnership, pregnancy or maternity, race, religion or belief, sex, or sexual orientation.

You can become a member of the GDAA by contacting **Phil (Chair)** on **07903 790762** or by emailing **Amanda** on **info@gloucestershiredementia.co.uk** or going to the GDAA website **www.gloucestershiredementia.co.uk** for more information. Local details of DAAs in your area are set out below.



CONTACT: Isobel Johnson,
Community Wellbeing Officer
☎ **07547 106069**
✉ isobel.johnson@gloucester.gov.uk
info@gloucestershiredementia.co.uk



WHAT: EngageD Now Soup Lunch
WHERE: Grange View
Independent Living Centre,
Uplands, Stroud GL5 1GR
WHEN: Every Tuesday at
11.45am - 14.15pm
CONTACT: John on ☎ **07977 455119**

✉ engagednowinstroud@gmail.com
🌐 www.engagednow.co.uk/



WHAT: Dementia Friendly Films
WHERE: The Roses Theatre, GL20 5NX
WHEN: Last Wednesday of the
Month, 10.30am refreshments.
11am films start.
COST: £4/£2 for carers

WHAT: Memory Cafe
WHERE: The Roses Theatre, GL20 5NX
WHEN: Second Wednesday of
the month, 2pm - 3pm
COST: Free

CONTACT: ☎ **01684 295074**
🌐 www.roses theatre.org/



WHAT: A range of activities run/
hosted by different organisations,
including Creative Age
WHERE: Libraries, churches,
shops and care homes
WHEN: See Facebook page
CONTACT: cllr.jackie.chelin@cheltenham.gov.uk or on ☎ **07572 057363** (please leave a message)



WHAT: Alzheimer's Cafe
WHERE: Christchurch,
Newmarket Rd
WHEN: Last Monday of month
2pm - 4pm

WHAT: Poetry Reading
WHERE: Church Porch, Holy
Trinity, Minch
WHEN: 2nd Monday of the
month 10am to 12pm
CONTACT: Phil on ☎ **07903 79062**

Fair Shares organises **Gentle Walks** for those people who use walking aids or who struggle to walk in Stroud, Stonehouse and Nailsworth.

CONTACT: Chris on
stroud@fairshares.org.uk
☎ **07810 732379**



WHAT: Drop in DAA Cafe
WHERE: Stow Baptist Chapel Hal
WHEN: 1st & 3rd Fri 2pm - 4pm
CONTACT: Alexa on ☎ **07999 589387**

WHAT: Drop in DAA Cafe
WHERE: St Lawrence Church,
Bourton-on-the-Water
WHEN: 2nd & 4th Fri 2pm - 4pm
CONTACT: Kathy on ☎ **07746 672726**

WHAT: Drop in DAA Cafe
WHERE: Esmere Gardens Care
Home, Moreton-in-Marsh
WHEN: Every Thu morning
from 10.30am - 12pm
CONTACT: Paul on ☎ **07938 799802**

WHAT: Carers' Café for Carers
WHEN: 4th Fri 10.30am - 12pm
WHERE: Beechwood Park,
Stow-on-the-Wold
CONTACT: Alexa on ☎ **07999 589387**



We hold quarterly GDAA meetings and have a wider membership which is open to anyone wanting to make a difference.

CONTACT: ☎ **01594 812609**
✉ members@foddaa.co.uk
help@foddaa.co.uk
🌐 www.foddaa.co.uk



WHO CAN I SPEAK TO IF I NEED HELP?

MANAGING MEMORY TOGETHER

provides specialist memory assessment and support services to people with memory problems and dementia. If you are worried about your memory you can contact us on **0800 694 8800** or send an email to **managingmemory@ghc.nhs.uk**.



Gloucestershire Health and Care
NHS Foundation Trust



The Information and Education Service (IES) is for anyone to talk to, whether you are professional, family, friends, or the person diagnosed with a dementia.

IES is also there to support at any stage of a potential diagnosis, whether it's because you are worried about your own or a relatives memory, whether you are going through , or have received a diagnosis and need or want further support, information or education.

LIFESTYLE CHANGE



Gloucestershire Health and Care
NHS Foundation Trust

LIVE WELL WEBSITE

provides practical advice, tips and tools to make the best choices about your Health and Wellbeing.
www.nhs.uk/live-well/

Active Gloucestershire



LIVING LONGER BETTER

☎ **01452 303528**
✉ info@activegloucestershire.org
🌐 www.activegloucestershire.org/

EMERGENCY SERVICES

POLICE - Herbert Protocol is an initiative for missing people living with dementia. **Call 999 in Emergency or 101 for non emergency.**
www.gloucestershire.police.uk/notices/af/herbert-protocol/

FIRE - Safe and Well Checks and Dementia Fire Safety Pack.
☎ **0800 180 4140**
🌐 <https://www.glosfire.gov.uk/forms/Newhomesafety.asp>



Your Circle is an online directory to help to access services in Gloucestershire.
www.yourcircle.org.uk/

DEMENTIA RESEARCH

Be part of the discovery to find out how you or others can get involved.



Gloucestershire Health and Care
NHS Foundation Trust

☎ **0300 421 5946**
✉ research@ghc.nhs.uk
🌐 www.ghc.nhs.uk/who-we-are/research

ALZHEIMER'S RESEARCH UK FOR A CURE

☎ **0300 111 5555**
✉ enquiries@alzheimersresearchuk.org

NHS DEMENTIA STRATEGY

Dementia Strategy 2023 - 2028
https://www.nhsglos.nhs.uk/wp-content/uploads/2024/04/Dementia-Strategy_FINAL-April24.pdf



Scan the QR code!



DEMENTIA ADVISER SERVICE
☎ **01452 525222 | 0333 150 4567**
🌐 www.alzheimers.org.uk



ADMIRAL NURSE SERVICE
☎ **0800 888 6678**
🌐 www.dementiauk.org/



☎ **0300 111 9000**
✉ carers@peopleplus.co.uk



☎ **01452 422660**
🌐 www.ageuk.org.uk/gloucestershire



☎ **01684 273656 | 07989 936270**
✉ admin@mindsong.org.uk



☎ **01452 529697**
🌐 www.guideposts.org.uk/services/areagloucestershire



☎ **07785 360414**
🌐 www.olderdriversforum.com/gloucestershire