



Useful contact details

This guide was created by Skills for Care to help people with dementia to find support services. There will be other local options that may be useful, but the services listed here are all available nationally.



Information and guidance

Dementia UK

Admiral Nurses are specialist dementia nurses provided by Dementia UK. They provide life-changing support for people affected by all kinds of dementia.



0800 888 6678



www.dementiauk.org

Alzheimer's Society

National charity who work with people living with dementia, carers, trusted experts, campaigners, researchers and clinicians. Information and practical advice available.



0333 150 3456



www.alzheimers.org.uk

Alzheimer's Research UK

National charity providing information, Statistic hub, brain health information, research and campaigns.



0300 111 5555



www.alzheimersresearchuk.org

Age UK

Charity working to support older people, families and carers to live their best life.



0800 055 6112



www.ageuk.org.uk

Independent Age

Independent Age is a national charity focused on improving the lives of people facing financial hardship in later life.



0800 319 6789



www.independentage.org

Rare Dementia UK

Charity focused on supporting those with less common forms of dementia for example frontotemporal lobe dementia (FTD) and young-onset dementia.



www.raredementiasupport.org

Parkinsons UK

Charity focused on supporting people with Parkinson's disease, who are more likely to develop dementia.



0808 800 0303



www.parkinsons.org.uk

Lewy Body Society

Charity supporting people with Lewy Body dementia.



01942 914 000



www.lewybody.org

Stroke Association UK

Charity supporting those who have been affected by a stroke, who are more likely to develop vascular dementia.



0303 3033 100



www.stroke.org.uk

The Herbert Protocol

The Herbert Protocol is a national scheme that can help to locate a person with dementia in the event of them going missing. It involves carers compiling useful information which could be used to help find them if needed.



Can be found via your local Police webpage or via:
www.herbertprotocol.com

TIDE (Together in Demetia Everyday)

Charity supporting carers of people living with dementia across the UK including with practical training courses.



www.tide.uk.net

Citizens Advice

Provides free, independent, confidential, and impartial advice on people's rights and responsibilities.



www.citizensadvice.org.uk

Carers UK

Charity supporting people who provide care for other across the UK.



0808 808 7777



www.carersuk.org

Dementia Carers Count

A UK charity providing information, advice and support to thousands of dementia carers every year.



www.dementiacarers.org.uk



0800 652 1102

John's Campaign

Charity supporting families to stay together during hospital stays.



www.johnscampaign.org.uk

Leading Lives

Provides high quality social care support for people with learning disabilities, autism and complex needs.



www.leadinglives.org.uk

Local authority adult social care services

Arranging social care support, care assessments, telecare, direct payments, safeguarding.



Find via your Local Government (Council) website or via:
www.nhs.uk/service-search/other-health-services/local-authority-adult-social-care/

Community groups and activities

Music for Dementia (M4D)

Music radio station for people living with dementia (no talk or adverts).



www.m4dradio.com

Dementia Engagement Empowerment Programme (DEEP) UK

Network of people living with dementia to share experiences, expertise and advice to learn from and support each other.



www.dementiavoices.org.uk

Learning and knowledge

Social Care in Excellence (SCIE)

A training resource hub for anyone supporting people with dementia.



www.scie.org.uk/e-learning

NHS England Workforce Training and Education



www.hee.nhs.uk

Care Quality Commission (CQC)

Monitor, inspect and rate the standard of care in hospitals, care homes.



Find out how a care service is rated:
www.cqc.org.uk

Emergency telephone numbers

NHS Health Services

If it is not an immediate emergency, contact your GP surgery on their usual phone number or website. They will have an out of hours phone number where you can access some support outside of their usual hours.



In an emergency if you or someone else is in danger, seek immediate support by dialling **999** or attending A&E.



Or contact the NHS helpline by phoning **111**



or going to the website **111.nhs.uk**

Samaritan's 24-hour free helpline

Free, non-judgmental advice and support for any issue.



116 123



www.samaritans.org

Campaign Against Living Miserably (CALM)

CALM is a suicide prevention helpline for anyone affected by suicide or suicidal thoughts. Helpline open 5pm–midnight.



0800 58 58 58



www.thecalmzone.net



Additional useful contact details

Organisation:



Description:



Organisation:



Description:



Organisation:



Description:



Organisation:



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