



# Our Dementia Support Services



## Why Early Diagnosis Matters

In Coventry and Warwickshire, around 11,700 people are living with dementia - but only 56% have a formal diagnosis.

If you, or someone you know, is experiencing memory loss, confusion, or changes in behaviour, it's important to speak to a GP as soon as possible. Getting a diagnosis can make a real difference. It can:

- ✓ Open the door to support and services.
- ✓ Provide peace of mind and time to plan for the future.
- ✓ Help manage symptoms more effectively, earlier.



## How We Can Help

Age UK Coventry and Warwickshire offers a range of services for individuals living with dementia and support for their carers.

### Information and Advice

Our quality-accredited team provides free and confidential advice on welfare benefits including benefit entitlement checks and planning for the future, helping the individual and their carer feel prepared and supported.

### Maintenance Cognitive Stimulation Therapy (MCST)

In Coventry and Rugby, we offer an evidence-based programme that focuses on improving cognition and quality of life through stimulating activities. This programme encourages new thinking and enhances communication.

## Dementia Day Opportunities

Across Warwickshire, we offer welcoming and supportive centres for individuals with dementia, providing a safe space where they can engage in a variety of activities. These centres offer companionship, social interaction, and a sense of community, while also giving carers time to rest and recharge.

## Musical Memories

Monthly group sessions in Leamington Spa, designed for those with memory issues and their carers- with music and singing, offering a fun way to stimulate memory and improve mood.

## Home Support

Practical assistance, helping with tasks around the home and garden by an allocated support worker. This service also offers short breaks for carers, providing peace of mind knowing that the individual living with dementia is safe in their own home, with their support worker.

## Counselling

Counselling offers one-to-one emotional support for carers of people living with dementia. It provides an opportunity to discuss feelings and challenges in a non-judgemental way.

## Hospital Social Prescribing

Working within the main hospitals in Warwickshire, our social prescribers can help by providing support during this challenging time. They can offer guidance on next steps following discharge and they can connect you with local services to ensure the transition back home is smooth and supported.

## Contact us

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