



# Information and signposting for people who live with memory loss and their families and carers on the Isle of Wight



# About the Isle of Wight Dementia Strategy

We've been talking with and listening to people with dementia, their families, friends and carers since 2019 when we opened our consultation about services for people with dementia on the Isle of Wight.

“It is important to recognise the life changing impact of dementia on both the affected person and their family carers. Dementia impacts on a person's day to day life and will require the person, their family and carers to adapt how they do things in order to maintain a sense of normality for as long as possible. Many people will struggle to cope with the emotional losses attached to loss of independence, and their ability to communicate and make decisions and will be frightened about the future”.



So, please join us at all or any of the services in this booklet to find friendship, company and information about the issues that can confound people when they have concerns about their memory or have received a diagnosis of dementia.



# Alzheimer Café

## What we talk about across the Island

Visit us to hear our informative rolling programme of talks delivered throughout every year so that people can visit any café across the Island and start at any time, a bit like a 'hop on – hop off' bus tour of information. Guests can choose which café and speaker and visit at any time at any café with no need to book – just arrive for a friendly welcome

**What is an Alzheimer Café?**

**What is dementia: how is it diagnosed?**

**What happens to memory and attention?**

**How dementia affects us inside: the range of emotions; fear and anger**

**Communication: how do we stay connected?**

**Stress: why does it sneak up on us?**

**Understanding grieving and guilt**

**The ageing senses and how they affect us:**

**dementia friendly environments, eating & drinking**

**What else helps?**

**Staying safe: what to look for to keep healthy; when and how to seek help including hospital admissions**

**Making decisions: how can we plan for the future?**

**Have I got a dementia; what happens when difficulties are not recognised or are hard to accept**

Scan the QR code for full  
information on all of our cafés



**Meet **DANI****

**Dementia-Aware-Networked-Island**

Scan the QR code  
to meet DANI



DANI is our brand new chatbot that is here to answer any questions you might have or any information you're looking for about dementia. Ask **DANI** about events, groups, activities, or where to find the support you and your family need.



*We are a charity commissioned by the local authority to offer a range of support, training, and advice to unpaid carers over the age of 18 caring for someone over 18 years of age, on the Island.*

*You can self-refer, be referred by a professional, call 533173, email us at [info@carersiw.org.uk](mailto:info@carersiw.org.uk), come to the Carers Centre, or look at our website [www.carersiw.org.uk](http://www.carersiw.org.uk)*

### **What do Carers IW do?**

At first point of contact we will send you some information about us, as well as the Carers Alert Card scheme, arrange a triage appointment for a worker to assess your needs and discuss what support will be open to you.

This could include a support plan for the carer, arranging emotional support for the unpaid carer with a key worker, dementia training, attend our dementia forum, or TAB (Take a Break) Group supporting carers whose cared for are in a care or nursing home, attend our self-care café, craft group, social group, men's group, or our mental health carers group. We are able to offer other activities for carers including a quiet day offering opportunities to learn some relaxation techniques.

### **Where can I learn about dementia?**

Carers IW offer a 4-week session specifically for carers, that will take you through the dementia journey as well as enable you to meet others who are also caring for people with dementia. It is so helpful for carers to find the time to attend these sessions, as the training is specifically for carers who care at home. Carers IW also have a peer support worker available each week from Monday to Thursday at Parklands Dementia Resource Centre.

**Pop in and meet our peer support worker at Parklands Dementia Resource Centre in Cowes**

**For more information, contact Carers IW on 01983 533173 | [info@carersiw.org.uk](mailto:info@carersiw.org.uk) or Parklands Dementia Resource Centre 01983 220200 | [parklands@alzheimercafeiow.org.uk](mailto:parklands@alzheimercafeiow.org.uk)**



**Hampshire and  
Isle of Wight Healthcare**  
NHS Foundation Trust

## **Memory Assessment Service**

The Memory Assessment Service (MAS) is for people of any age who are experiencing problems with their memory. The service offers an initial assessment by a consultant psychiatrist or a specialist nurse working under the supervision of a consultant psychiatrist at a clinic or at home.

For people who receive a diagnosis of dementia they will be referred on to one of the mental health practitioners from the Memory Assessment Service. This support will include meeting with you and your family and/or carers if that is your wish.

## **Dementia Outreach Team (DOT)**

The Dementia Outreach Team (DOT) supports people living with a dementia in the community in the event of a dementia related health crisis. We aim to provide timely, individualised person-centered support interventions to help manage complex needs and reduce risk. Our aim is to improve the quality of life for people living with a dementia and relieve carer stress.

## **The Admiral Nurse Service**

Admiral Nurses are qualified nurses with a professional specialism in dementia and have the skills, knowledge, and experience to deliver the support needed to unpaid carers and family members of those people affected by a dementia. They work within the Island's Integrated Locality Services, managed by the Memory Assessment Service, Isle of Wight NHS Trust. Our team accepts referrals from GPs, Memory Assessment Service colleagues, Adult Social Care, third sector organisations and other health and social care professionals.

The person with dementia must have a formal diagnosis of dementia, be an Isle of Wight resident and be registered with a GP on the Island and their unpaid carer must want and consent to support from the Admiral Nurse service. The Admiral Nurse Service does not extend their support to paid carers or carers commissioned by Adult Social Care.

**Office hours: Monday – Friday 9AM – 5PM**

**Telephone number: 01983 822099 and ask for Memory Assessment Service or DOT**



## **Dementia Care Navigators**

Dementia Care Navigators promote self-confidence to increase a person's sense of health and wellbeing. They can help to improve your quality of life, maintain independence and support individuals and the family of those who have had a diagnosis of Dementia and those who have not.

### **What happens when you are visited by a Dementia Care Navigator?**

A Dementia Care Navigator can visit you and a family member, either in your own home or a place convenient to you. They will take the time to listen to what is important to you and help you navigate the health, social care system and memory services. Together a plan can be agreed which will provide tailored and creative solutions to your daily challenges

### **Dementia Care Navigators will offer:**

- Support to do the things you can achieve.
- Support to do the things you would like to achieve.
- Support to access the things you can't do for yourself.

### **A Dementia Care Navigator can help you:**

- Be an emotional support through challenging times, for you and your family
- Support to access social and community activities
- Access domestic support and help around the home
- Advice on falls prevention around the home
- Home safety, including fitting minor aids and equipment
- Welfare and Benefits (including ensuring you're accessing all the support to which you're entitled)

**Website:** [www.ageuk.org.uk/isleofwight](http://www.ageuk.org.uk/isleofwight)

**Phone number:** 01983 525282



# Parklands Dementia Resource Centre

Parklands Dementia Resource Centre is a place where smiling faces greet you at the door and where information can be found and shared. It's a space for living and laughing and somewhere everyone will feel safe and engaged for a while, 5 days a week. Come and experience our Community Café, have your hair done or a relaxing massage but most of all come and be yourself!

## Our Services Include:

- A Wellbeing Club for daytime activity and support
- Community Café for all
- Isle of Wight Age UK Dementia Care Navigator Sessions
- Citizens Advice Support
- Carers IW support worker available Monday - Thursday
- Hairdressing
- Activity Room
- Dementia friendly garden
- Dementia education for all



**Website:** [www.alzheimercafeiw.org.uk](http://www.alzheimercafeiw.org.uk)



**Phone number:** 01983 220200



**Address:** Parklands Resource Centre Park Road, Cowes, PO31 7LZ

# DIRECTORY

## **Alzheimer Café Isle of Wight**

[www.alzheimercafeiw.org.uk](http://www.alzheimercafeiw.org.uk)

01983 220200

[info@alzheimercafeiw.org.uk](mailto:info@alzheimercafeiw.org.uk)

## **Parklands Dementia Resource Centre**

Park Road, Cowes, PO31 7LZ

[www.alzheimercafeiw.org.uk](http://www.alzheimercafeiw.org.uk)

01983 220200

[parklands@alzheimercafeiw.org.uk](mailto:parklands@alzheimercafeiw.org.uk)

## **Carers IW**

[www.carersiw.org.uk](http://www.carersiw.org.uk)

01983 533173

[info@carersiw.org.uk](mailto:info@carersiw.org.uk)

## **Memory Service, DOT & Admiral Nurse Service**

South Block

St Mary's Hospital

Newport

Isle of Wight

PO30 5TG

01983 822099

## **Isle of Wight Age UK**

[www.ageuk.org.uk/isleofwight](http://www.ageuk.org.uk/isleofwight)

01983 525282

[info@ageukiw.org.uk](mailto:info@ageukiw.org.uk)

