

# My Life, My Memories

## Tackling memory concerns together

### Worried about your memory?

- **Memory loss** - can you remember past events more easily than recent ones?
- Do you find it hard to **concentrate**? Do you have difficulties in following conversations or TV programmes?
- Do you find you feel **anxious, depressed or angry** about memory loss? Or confused, even when in familiar environments?

### What to do?

If you have memory concerns, contact the **Memory Support Service** on **01296 331749** (details below) or your **GP surgery**.

The Memory Support Service can also advise people worried about a friend or relative with memory concerns.

### Patient benefits of a timely diagnosis

*Signs that could indicate dementia are outlined above.*

- Early diagnosis means someone with dementia can often **live independently in their own home for longer**. This avoids early or unnecessary hospital or care home admissions, and can improve quality of life.
- **Symptoms are treated sooner** - and early treatment can be more effective.
- **Getting early help and advice** lets people be more confident when planning for the future and arranging financial benefits and entitlements (for instance, disability living allowance and council tax reduction).
- **People can get support sooner**, from, for example, social services, day centres, respite care, community mental health teams, occupational therapists, carer support groups and the Alzheimer's Society.

# Support Services available in Buckinghamshire

## Memory Support Service

This is run by the Alzheimer's Society on behalf of the NHS in Bucks and in partnership with Buckinghamshire County Council.

The fully trained and dedicated team of advisors works within the community alongside GP surgeries and memory clinics. The Service is a single point of contact for information, guidance and support.

Contact the service on **01296 331749** or email [memorysupport@alzheimers.org.uk](mailto:memorysupport@alzheimers.org.uk)

## Community Meals Service

Run by Apetito, this team of meals-on-wheels drivers works from a local service centre and delivers meals in specially designed vans with built-in ovens. Meals are cooked en route and dishes arrive piping hot and full of nutrition. Call **0808 274 0322** for further information.

[www.mealsonwheels.info](http://www.mealsonwheels.info)

## Age UK Buckinghamshire

Age UK Buckinghamshire's services can support people to live independently and lets families have peace of mind and be confident in their caring role. Services include: Befriending, hairdressing, handyperson, gardening, toenail cutting, benefits advice and general help in the home. Call **01296 431911** for details.

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

## Carers Bucks

Carers Bucks provides information, guidance and support for carers.

Call **0300 777 2722**.

[www.carersbucks.org](http://www.carersbucks.org)

## NRS Healthcare

NRS Healthcare offers a range of products to improve people's quality of life and independence, including daily living aids, mobility equipment, disability equipment and therapeutic resources.

For more details see the website - [www.nrshealthcare.co.uk](http://www.nrshealthcare.co.uk)

or call **0345 121 8111**