

## Dementia

This fact sheet provides links to national websites for general information about dementia, details of local statutory and voluntary sector services which may be able to help in Harrow. This is for when you may feel that you can no longer cope with the impact of dementia on yourself or the person you are caring for. You may feel distressed, desperate and unable to deal with the fact that you or your loved one has been diagnosed with dementia. You are not alone. The Alzheimer's Society estimates that there are around 850,000 people in the UK with dementia. Further, figures show that 1,340,000,000 hours were spent caring for people with dementia in 2013 and one in three people over 65 will develop dementia at some point in their lives. The increasing number of dementia cases creates the need for increasing the number and types of dementia services. In the Harrow area, there are many dementia services available to you; you just need to know where to look for them.

## What are the symptoms of dementia?

It is important to detect dementia early, because most types of dementia can't be cured, but if it is found early, there are ways to maintain mental function for longer. Early symptoms may deteriorate very gradually and are frequently very mild. This means it can be hard to detect them: it may be hard for you to notice them as well as for your friends or family. Although dementia shares symptoms amongst various types, some are dementia diagnosis specific. For instance vascular dementia has extra symptoms on top of the standard dementia ones listed above. Additional symptoms of vascular dementia include: stroke, muscle weakness and paralysis on one side of their body. There is also frontotemporal dementia and dementia with Lewy bodies which have additional symptoms on top of common dementia ones. For frontotemporal dementia, additional symptoms include becoming less sensitive to other people's emotions, perhaps seeming cold and unfeeling. People with dementia with Lewy bodies may experience becoming slower in their physical movements, have visual hallucinations and show periods of being alert or drowsy, or fluctuating levels of confusion.

### **Quick Reference Phone Numbers**

Alzheimer's Society / National Dementia Helpline

9am - 8pm Monday to Wednesday

9am - 5pm on Thursday and Friday

10am - 4pm on Saturday and Sunday

**0300 222 1122**

## National Information Resources

### Alzheimer's Society - Facts about Dementia

For facts about dementia, diagnosis, what happens after diagnosis, caring for people with dementia, working with people with dementia and the 'Talking Point' discussion forum

<https://www.alzheimers.org.uk/about-dementia/five-things-you-should-know-about-dementia>

### Talking point forum

<https://www.alzheimers.org.uk/get-support/talking-point-our-online-community>

### Dementia UK

For information about dementia and help on how improve quality of life for all people affected by dementia.

<https://www.dementiauk.org/get-support/>

### Mental Health Foundation

An introduction to dementia, its causes, whether there is a cure and caring for someone with dementia. <https://www.mentalhealth.org.uk/a-to-z/d/dementia>

### The National Institute for Clinical Excellence (NICE)

NICE provides advice on how people who have dementia should be treated and cared for.

The guidelines can be viewed at: <https://www.nice.org.uk/guidance/ng97>

The guidance explains what individuals can expect from professionals who tend to them, as well as advising professionals on how to best treat individuals.

## Help from your GP

Your GP would be the first person to approach for an assessment if you or your family/friends are concerned. Depending on their own view of the situation and what a person may be suffering from, the GP may refer them on to a specialist such as a Neurologist or a Psychiatrist. In the case of an older person, the most appropriate specialist might be a Psychogeriatrician – a doctor who specialises in mental health problems in older people. Psychogeriatricians have specialist knowledge of dementia.

The statutory and voluntary organisations described below are potential avenues for further help following a diagnosis of dementia.

## Statutory Services in Harrow

### Harrow Memory Services

Harrow Memory Services provide assessment and diagnosis of dementia and provide ongoing support and information to people with memory problems and their carers. Memory services offer a comprehensive assessment of an individual's memory, ensuring that if dementia is an issue a diagnosis is given as soon as possible. Once the diagnosis is given the services can help to support individuals in coming to terms with their diagnosis, and

provide useful strategies and treatments to help people minimise their memory difficulties. The service aims to help people live independently and safely.

Bentley House, 3<sup>rd</sup> Floor, 15-21 Headstone Drive, Harrow, HA3 5QX Telephone: 020 8424 7765

<https://www.cnwl.nhs.uk/harrowmemory>

### **The Harrow Older People Community Mental Health Team**

The team has three key functions:

- To give advice on the management of mental health problems by other professionals – in particular, providing advice to primary care, such as GP surgeries, and making sure appropriate referrals are made.
- Providing treatment and care for those with short-term mental health issues who can benefit from specialist interventions.
- Providing treatment and care for those with more complex needs.

Bentley House, 3<sup>rd</sup> Floor, 15-21 Headstone Drive, Harrow, HA3 5QX

Tel: 020 8424 7728

Email: [harrowms.cnwl@nhs.net](mailto:harrowms.cnwl@nhs.net)

Web: <https://www.cnwl.nhs.uk/harrowmemory>

## **Voluntary Services in Harrow**

### **Hillingdon Dementia Support (Alzheimer's Society)**

Dementia support workers offer information and practical guidance to help understand dementia, cope with day-to-day challenges and prepare for the future. This includes helping you to access other support services, help you feel supported and maintain independence, choice and control over your caring role. They offer support face to face, over the phone or in writing.

Hillingdon Dementia Support provided by Alzheimer's Society at Hillingdon Carers Centre, 125 High Street, Uxbridge UB8 1JT

Tel: 01923 842444 & 07484 928858

Email: [harrowandhillington@alzheimers.org.uk](mailto:harrowandhillington@alzheimers.org.uk)

Dementia Advisors also work at The Memory Clinic in Hillingdon Hospital.

### **Dementia Cafés, Elder's Voice**

<http://www.eldersvoice.org.uk/what-we-do/wellbeing-centre/dementia-cafe/>

Brent: on Wednesdays from 2.00pm to 4.00pm

Kingsbury Address - St Sebastian and St Pancras R.C. Church Hall, Hay Lane, Kingsbury Green, NW9 0NG

Tel: 0208 958 8170

Email: [brent@alzheimers.org.uk](mailto:brent@alzheimers.org.uk),

Kensal Green: Friday from 11am – 1pm  
Elders Voice, 181 Mortimer Road, Kensal Green, NW10 5TN  
Tel: 0208 205 7503  
Email: [lynnb@eldersvoice.org.uk](mailto:lynnb@eldersvoice.org.uk)

### **Annie's Place**

Annie's Place is Harrow Council's drop-in service offering advice and support for people who have been recently diagnosed with dementia and their carers. The service is free (including tea and coffee) and often includes activities such as music and physiotherapy and talks for the carers. The service runs every Thursday from 10am to 12pm at:

Milman's Resource Centre, Pinner, HA5 5PF.

Tel: 020 8735 6600

Web: <https://www.harrow.gov.uk/downloads/file/24254/annies-place-poster>

### **Culture Dementia UK**

Culture Dementia UK was set up to support carers and sufferers of dementia among the African/Caribbean community and is the only charity of its kind in the UK. It offers respite for carers, home care, a carers support group, a weekly drop-in service and education about dementia.

Tel: 0800 014 8682 (respite team/crisis helpline/other inquiries), 0800 0048 8685 (home care)

Web: [www.culturedementiauk.org](http://www.culturedementiauk.org)

### **Navjivan Vadil Kendra**

Navjivan Vadil Kendra is a charity set up to serve the needs of elderly, lonely and retired people. It meets weekly at the Sattavis Patidar Centre in Wembley and also organises trips and other outings. Their services are open to all members of the community regardless of their ethnic background.

Address: The Secretary, Navjivan Vadil Kendra, 16 Haywood Close, Pinner, Middlesex, HA5 3LQ

Email: [nvkendra@gmail.com](mailto:nvkendra@gmail.com) | Web: [www.nvk.org.uk](http://www.nvk.org.uk)

### **Royal Free Hospital**

The Royal Free hospital is not in Harrow but it is worth mentioning due to their dementia companion services. The Royal Free Hospital provides training to volunteers to be a dementia companion which involves keeping company and entertaining dementia patients that are waiting for their appointment within the hospital or are admitted into the wards for longer stay.

Website: <https://www.royalfree.nhs.uk/services/services-a-z/dementia/>

Address: Royal Free Charity, Pond Street, London, NW3 2QG

Tel: 020 7472 6677/ 020 7794 0500 ext. 36536

## Support & Wellbeing Information Service Harrow (SWiSH)

SWiSH is for anyone in Harrow aged 18 years and over – those looking for help for themselves as well as carers and staff in local organisations. It can offer information or advice about a wide range of local services, including where to keep fit and well, manage finances, join social groups, look for work, start a course, access help with housing or welfare benefits or apply for a personal budget. You can call the SWiSH helpline on 020 8426 0929, Mon-Fri, 9.30am-5pm.



*This factsheet was produced by Mind in Harrow*

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