Tips for living well with dementia
Everyone has their own ways of dealing with challenges of dementia - here are some ideas that have helped other people.

- Keep important things like money, glasses and keys in the same place.
- Try to keep to a simple daily routine.
- Place important numbers by the phone.
- Keep a notebook or diary for things such as appointments.
- Don’t become isolated. Tell your family, friends and professionals how you are feeling and how they can help.
- Discuss money matters with your family.
- Get regular check-ups with your GP, dentist, optician and chiropodist.
- Don’t be afraid to ask questions or say you don’t understand or have forgotten what was said.
- Carry a help card that tells people you have dementia and include your name and address and the contact details of someone you can trust.
- Don’t let other people take over your life - do as much as possible for yourself.

About Dementia
If you do have dementia, early diagnosis provides the best opportunities for treatment, information and support and gives you and those close to you time to prepare and plan for the future. With the right support and treatment, many people are able to lead active, fulfilling lives.

Have you noticed any of the following?
- difficulty handling money in shops
- confusion in unfamiliar places
- neglect of personal care and safety
- difficulty completing familiar tasks
- difficulty finding the right words
- changes in personality and mood

Managing your money and financial affairs
You may wish to consider creating a Lasting Power of Attorney for property and affairs (LPA). This enables you to choose someone you trust to make decisions about your financial affairs on your behalf when you’re no longer able to make those decisions. It’s important you set up an LPA early so that you can give your full and informed consent.

The Older People’s Commissioner for Wales has an easy guide to Lasting Powers of Attorney. Download a copy from the Publications section of www.olderpeoplewales.com

Keep Safe Cymru Card
South Wales Police, along with partner agencies, have jointly developed a Keep Safe Card Scheme for anyone who has communication difficulties.

If the card holder is lost, a victim of crime or in any situation that means they need some extra support, they can use the card to access help through the police. The card will hold basic information about the individual such as how they communicate, any health issues and any emergency contacts such as carers.

This information is held on a database in the police control room. For more information see www.south-wales.police.uk/en/contact-us/keep-safe-cymru-card/ or ring 01656 761804.

Who else can help?
Many organisations, groups and online resources can provide advice or support to help you live well with memory loss or dementia.

IN SWANSEA
Alzheimer’s Society
01792 531208
www.alzheimers.org.uk/wales
Age Cymru Swansea Bay
01792 648568
www.agecymruwales.org.uk
British Red Cross
01792 772146
Dementia Friendly Swansea
www.dementiafriendswansea.org
Forget Me Not Clubs
01792 448805
www.forgetmenotclubs.org
Red Café
01792 362122
www.lindenchurch.com/redcafe2
Swansea Bay Regional Equality Council
01792 457035
www.sbrec.org.uk
Swansea Care and Repair
01792 798598
www.careandrepair.org.uk/
care-and-repair-agencies/swansea
Swansea Carers Centre
01792 653344
www.swanseacarerscentre.org.uk
Swansea Healthy City Directory
www.healthycitydirectory.co.uk
Swansea Social Services
01792 653344
www.swanseagov.gov.uk/dementia

WNONAL HELPLINES
Wales Dementia Helpline
0808 808 2235
Alzheimer’s Society Helpline
0300 222 1122
Parkinson’s Helpline
0800 800 0303
Stroke Helpline
0303 3033 100
NHS Direct
0845 46 47

USEFUL WEBSITES
Alzheimer’s Society
www.alzheimers.org.uk
Ageing Well in Wales
www.ageingwellinwales.com/dementia
Dementia Challengers
www.dementia challengers.org.uk
Dementia UK
www.dementia uk.org
NHS Choices
www.nhs.uk/conditions/dementia-guid

To ask for an assessment of the care needs of someone with dementia call Social Services on 01792 636519. There is more information at www.swanseagov.gov.uk/socialcare

This leaflet is available in alternative formats including large print, audio CD and electronically. Please phone 01792 636902 for copies

WORRIED ABOUT YOUR MEMORY? OR THAT OF SOMEONE YOU KNOW?
A number of health problems can affect your memory and medication can sometimes cause symptoms similar to dementia.

However if you are worried, talk to your GP
- Be open and honest in answering any questions your doctor may ask about the changes you have been experiencing.
- Your doctor will be able to run through some simple checks and, if necessary, refer you to a specialist for further tests.

Have you noticed any of the following?
- difficulty remembering recent events
- forgetting messages or appointments
- confusion with time and place
- difficulty finding the right words
- difficulty completing familiar tasks
- neglect of personal care and safety
- misplacing things around the house
- confusion in unfamiliar places
- difficulty handling money in shops
- changes in personality and mood

About Dementia
If you do have dementia, early diagnosis provides the best opportunities for treatment, information and support and gives you and those close to you time to prepare and plan for the future. With the right support and treatment, many people are able to lead active, fulfilling lives.

WHO ELSE CAN HELP?
Many organisations, groups and online resources can provide advice or support to help you live well with memory loss or dementia.

IN SWANSEA
Alzheimer’s Society
01792 531208
www.alzheimers.org.uk/wales
Age Cymru Swansea Bay
01792 648568
www.agecymruwales.org.uk
British Red Cross
01792 772146
Dementia Friendly Swansea
www.dementiafriendswansea.org
Forget Me Not Clubs
01792 448805
www.forgetmenotclubs.org
Red Café
01792 362122
www.lindenchurch.com/redcafe2
Swansea Bay Regional Equality Council
01792 457035
www.sbrec.org.uk
Swansea Care and Repair
01792 798598
www.careandrepair.org.uk/
care-and-repair-agencies/swansea
Swansea Carers Centre
01792 653344
www.swanseacarerscentre.org.uk
Swansea Healthy City Directory
www.healthycitydirectory.co.uk
Swansea Social Services
01792 653344
www.swanseagov.gov.uk/dementia

WORLD HELPLINES
Wales Dementia Helpline
0808 808 2235
Alzheimer’s Society Helpline
0300 222 1122
Parkinson’s Helpline
0800 800 0303
Stroke Helpline
0303 3033 100
NHS Direct
0845 46 47

USEFUL WEBSITES
Alzheimer’s Society
www.alzheimers.org.uk
Ageing Well in Wales
www.ageingwellinwales.com/dementia
Dementia Challengers
www.dementiachallengers.com
Dementia UK
www.dementia uk.org
NHS Choices
www.nhs.uk/conditions/dementia-guid

To ask for an assessment of the care needs of someone with dementia call Social Services on 01792 636519. There is more information at www.swanseagov.gov.uk/socialcare

This leaflet is available in alternative formats including large print, audio CD and electronically. Please phone 01792 636902 for copies

WORRIED ABOUT YOUR MEMORY? OR THAT OF SOMEONE YOU KNOW?
A number of health problems can affect your memory and medication can sometimes cause symptoms similar to dementia.

However if you are worried, talk to your GP
- Be open and honest in answering any questions your doctor may ask about the changes you have been experiencing.
- Your doctor will be able to run through some simple checks and, if necessary, refer you to a specialist for further tests.

Have you noticed any of the following?
- difficulty remembering recent events
- forgetting messages or appointments
- confusion with time and place
- difficulty finding the right words
- difficulty completing familiar tasks
- neglect of personal care and safety
- misplacing things around the house
- confusion in unfamiliar places
- difficulty handling money in shops
- changes in personality and mood

About Dementia
If you do have dementia, early diagnosis provides the best opportunities for treatment, information and support and gives you and those close to you time to prepare and plan for the future. With the right support and treatment, many people are able to lead active, fulfilling lives.

WHO ELSE CAN HELP?
Many organisations, groups and online resources can provide advice or support to help you live well with memory loss or dementia.

IN SWANSEA
Alzheimer’s Society
01792 531208
www.alzheimers.org.uk/wales
Age Cymru Swansea Bay
01792 648568
www.agecymruwales.org.uk
British Red Cross
01792 772146
Dementia Friendly Swansea
www.dementiafriendswansea.org
Forget Me Not Clubs
01792 448805
www.forgetmenotclubs.org
Red Café
01792 362122
www.lindenchurch.com/redcafe2
Swansea Bay Regional Equality Council
01792 457035
www.sbrec.org.uk
Swansea Care and Repair
01792 798598
www.careandrepair.org.uk/
care-and-repair-agencies/swansea
Swansea Carers Centre
01792 653344
www.swanseacarerscentre.org.uk
Swansea Healthy City Directory
www.healthycitydirectory.co.uk
Swansea Social Services
01792 653344
www.swanseagov.gov.uk/dementia

WORLD HELPLINES
Wales Dementia Helpline
0808 808 2235
Alzheimer’s Society Helpline
0300 222 1122
Parkinson’s Helpline
0800 800 0303
Stroke Helpline
0303 3033 100
NHS Direct
0845 46 47

USEFUL WEBSITES
Alzheimer’s Society
www.alzheimers.org.uk
Ageing Well in Wales
www.ageingwellinwales.com/dementia
Dementia Challengers
www.dementiachallengers.com
Dementia UK
www.dementia uk.org
NHS Choices
www.nhs.uk/conditions/dementia-guid

To ask for an assessment of the care needs of someone with dementia call Social Services on 01792 636519. There is more information at www.swanseagov.gov.uk/socialcare

This leaflet is available in alternative formats including large print, audio CD and electronically. Please phone 01792 636902 for copies