

Alzheimer's UK:

National Office

Alzheimer's Society, Gordon House, 10
Greencoat Place, London SW1P 1PH
Tel: 020 7306 0606

Alzheimer's UK Helpline

Monday - Friday 8.30am - 6.30pm
Tel: 0845 300 0336 (local rates)

Information on dementia

Recorded information and advice on
Alzheimer's disease and other dementias, includ-
ing sources of practical, financial and legal help.
Available free, 24 hours a day.
Tel: 0800 027 2627

*If you have any criticisms, concerns or com-
plaints about our services, we would like to know
so that we can put things right, if possible, and
improve our services in the future. Please con-
tact the chair via the Liverpool and South Sefton
Helpline.*

Liverpool & South Sefton

- information, advice and support for carers or peo-
ple with dementia
- information about respite care, nursing homes,
carers groups and day centers.
- discussion groups and social gatherings for our
members.
- carers support groups and Reality Orientation
groups to help people maintain their skills.

For more information on any of these things or any-
thing else, please call the Helpline number:

(0151) 298-2444

Mon – Fri 9:00 am – 5:00 pm
Email: alzliverpool@merseymail.com

**Alzheimer's Society
Liverpool & South Sefton
Neurosupport Centre
Norton Street
Liverpool
L3 8LR**

**HELPLINE:
(0151) 298-2444**



Alzheimer's Society
Dementia care and research

**LIVERPOOL &
SOUTH SEFTON
BRANCH**

Charity No. 296645
Company Limited by Guarantee
Registered No. 2115499

What is dementia?

- Dementia is a fairly common condition in which the person gradually loses mental abilities.
- People with dementia lose their ability to remember and eventually, to think and to reason.
- Dementia is usually irreversible, and the person with dementia often requires more and more help as time goes on.
- Alzheimer's Disease is the most common type of dementia. The actual cause is not yet understood
- Vascular Dementia is another type of dementia, caused by small strokes in the brain.
- Everyone can forget things, but with dementia, people may not realize that they've forgotten something.

Someone I know may have dementia—what should I do?

- Encourage them to go to the GP –some illnesses look like dementia but can be cured.
- The GP may do some tests to try to eliminate simple causes, but there is no straightforward test for dementia.

- A GP can put you in touch with other useful support services.
- Drugs such as donepezil (Aricept) may be available to treat some symptoms of Alzheimer's.

How is dementia treated?

- Treatments may be available for some of the side-effects of dementia, such as depression and sleeplessness.
- The main treatment, though, is to care for the person through the stages of the illness.
- The carer can take some steps to ensure the person with dementia doesn't become confused – such as repeating important information and speaking slowly and clearly.
- In the long run, nursing or residential care may be necessary.

The Aims of the Alzheimer's Society

The Alzheimer's Society is the leading care and research charity for people with Alzheimer's and other forms of dementia, their families and carers.

What does the UK Society Do?

- Supports families through its network of branches, support groups and contacts.
- Gives information and advice through its national and regional offices and local groups.
- Runs high quality day care and home care, providing therapy for the person with dementia and respite for carers.
- Campaigns for adequate benefits, proper assessment and high quality care for people with dementia.
- Funds research into the causes and possible treatments for Alzheimer's and other dementias.

How can I help?

- Consider volunteering for the branch. Volunteering can be a very rewarding way of using your experience to the benefit of others.
- We rely on donations, and are grateful for any amount, however small.
- Spread the word about the good work we do and how to reach us!