



## Managing Memory Together

### Information and Education Service for:

- People worried about memory
- People with dementia
- Family members/carers
- Anyone supporting someone living with dementia

**Managing Memory Together provides specialist memory assessment and support services to people with mild cognitive impairment (MCI) and any type of dementia**

**Memory  
Assessment  
Service (MAS)**

**Community  
Dementia  
Nurse (CDN)  
Practitioner  
Team**

**Information  
& Education  
Service (IES)**

**Care Home  
Support Team  
(CHST)**

**If you are worried about your memory, we can:**

- talk in confidence about your concerns
- give advice on how to cope with forgetting things
- discuss the signs and symptoms of dementia
- explain what happens when someone is referred for a memory assessment
- help you to know when memory problems are more serious and how to get help

**If you have a diagnosis of dementia or if you support someone with dementia, we can signpost or offer information about:**

- a dementia diagnosis
- local services for people living with dementia
- carer breaks and support services
- practical help
- financial and legal issues
- living as well as possible with dementia

**If you need help in managing the symptoms of dementia or are concerned about dementia medication, we can also refer you to our Community Dementia Team.**

## We also offer countywide information and peer support sessions, either face-to-face, or online

Sessions offer a friendly environment where people can share experiences, explore practical ideas and learn more about dementia.

### Sessions include:


- **Learning About Dementia Together (LADT):**

For family members and/or friends supporting or caring for someone living with dementia.

- **Living Well with Dementia (LWD):**

For people in the earlier stages of dementia and a family member or friend – providing practical advice on living well with dementia, meeting others in a similar situation, and finding out about services and support.

Sessions are delivered by clinicians working with Managing Memory Together and supported by a member of the Information and Education Service. Sessions last up to 2.5 hours with a break for refreshments.

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- You can contact IES at anytime
  - You do **not need** a GP or Nurse referral

**All of our  
sessions are  
FREE!**

**For help and advice and to register for an information session please contact us:**



Tel: **0800 694 8800**



**managingmemory@ghc.nhs.uk**



You can also find out more by visiting **www.ghc.nhs.uk** and search 'managing memory'



**www.facebook.com/InformationandEducationServiceIES**



**@ies.mmt.dementia**

## **Ongoing support**

Telephone Support

Signposting

Newsletter

Support Groups (**online and in person**)

Social Media (**Facebook and Instagram**)

**We provide ongoing support following our sessions and for the duration of a diagnosis of dementia.**

For more information on any of the above, to sign up to the Newsletter or receive information of opportunities or any digital links, please contact the Information and Education Service (IES).

For general enquiries, or if you would like further information, additional copies or would like to receive this leaflet in another language, large print or on audio format, please contact the Trust Communications Team at the above address. You can email us at **GHC.Comms@ghc.nhs.uk** or call us on **0300 421 7146**.