



Diagnosed with Dementia?

We are here for you.



Guernsey
Alzheimer's
Association

caring for carers

What happens next?

It is normal to feel emotional or with a sense of being alone. You will probably have many questions.

Some of these questions can be answered during a follow-up appointment with a Health & Social Care worker, who will contact you to arrange a meeting.

After this appointment, Health & Social Care may not have a further role to play until your circumstances change and you require a specific healthcare service.

We're here to help

This is where charities like ours can step in to provide support, advice and information – we are here to help!

We work closely with other organisations, including Health & Social Care, and we strive together to ensure you, your family, and your friends have access to the information and support that you need.

We support those with dementia and their carers by providing a meeting place with regular social activities, as well as advice and signposting to other services that can help.

Our contact information is on the next page of this leaflet, along with some other helpful organisations on the back page who work to support those affected by dementia.

What do I do in the meantime?

Give yourself time to come to terms with the diagnosis and remember: you do not have to deal with it alone.

Take one step at a time and continue to make the most of the life you have now.

Continue enjoying the hobbies and activities you already have, or perhaps consider taking up new ones.

Get in touch

Guernsey Alzheimer's Association LBG

The Centre
Rue des Monts
St Sampson
GY2 4HU

Tel: **01481 245121**

Email: **info@alzheimers.gg**

Website: **www.alzheimers.gg**

www.facebook.com/Guernseyalzheimersassociation



**The Queen's Award
for Voluntary Service**

Alzheimer's Society Guernsey

Tel: 01481 213367

Email: guernsey@alzheimers.org.uk

Website: www.alzheimers.org.uk

The Alzheimer's Society is a national charity providing tailored information and advice from expert staff, helping those with dementia keep their independence, improve their wellbeing, and feel confident and supported.

Dementia Friendly Guernsey

Tel: 01481 706790

Email: info@dementiafriendly.org.gg

Website: www.dementiafriendly.org.gg

Dementia Friendly Guernsey works to raise awareness of dementia in the community and provides expert education and training to those involved with dementia services and care.