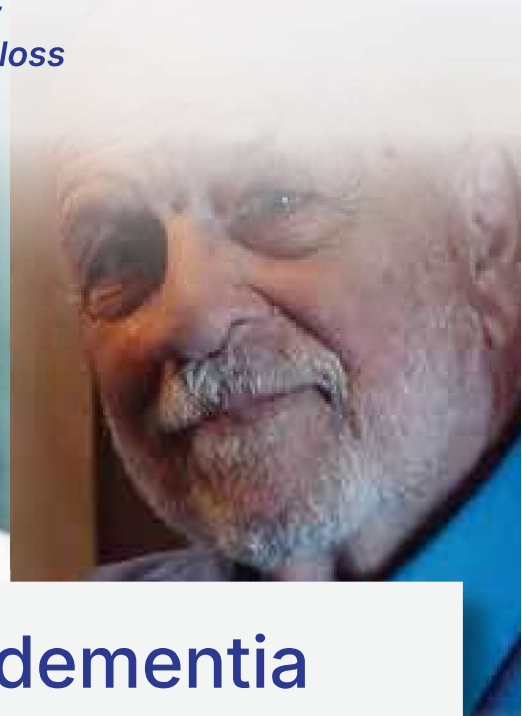
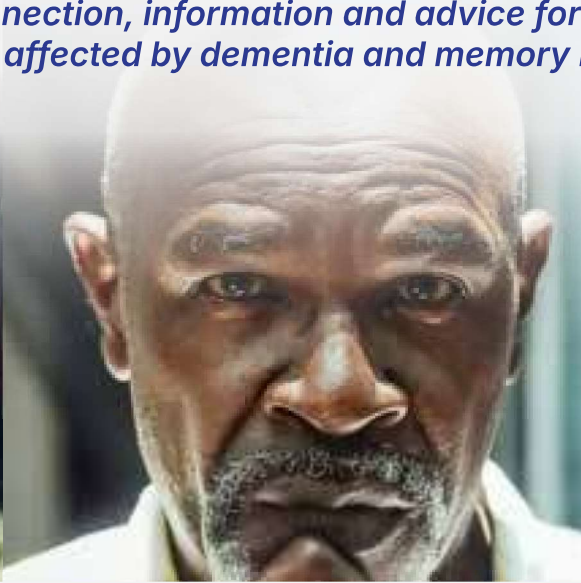




Memory Support Hertfordshire

*Local connection, information and advice for
everyone affected by dementia and memory loss*



**Are you living with dementia
or worried about memory loss?**

How we can support you.

We work together to provide a range of help and support for people with memory problems or affected by dementia in Hertfordshire. We can provide information, advice and connect you with your community. We know that people need support at different times and in different ways. Our expert advisers can work with you to find out what matters to you.

See inside for an overview of how we can support you. Alternatively scan the QR code or visit memorysupportherts.org.uk



What support can I expect?

Information and Advice on all aspects of memory support including (but not limited to):

- What to do if you are worried about your memory
- Living well with dementia
- Benefits and financial support
- Future planning (lasting powers of attorney)
- Accessing care and support
- Support for carers
- Signpost and referral onto other support services

Groups - Access to a range of groups offering an array of activities to support people with Mild Cognitive Impairment and dementia.

Individual support – Tailored support to enable people to live well with dementia.

Carer support groups and advice - A chance to relax and share ideas with a group who can relate to your experiences.



Young Onset Dementia support – Tailored support for those under 65 who are living with dementia, including those who have a learning difficulty in addition to their diagnosis and other rarer forms of dementia.

Admiral Nurses - When things get challenging or difficult, Admiral Nurses work alongside the family carers of people with all types of dementia giving them one-to-one support, expert guidance and practical solutions.

Training - We offer courses to all people and businesses to improve awareness and to become dementia aware and dementia friendly.

Dementia Friendly Communities – Working with local organisations and communities and alongside the new accreditation scheme to make Hertfordshire a place to live well with dementia.



How to get referred.

MSH services are available to people living anywhere in Hertfordshire. Referral criteria: anyone 18 years or older who may have memory concerns, with or without any diagnosis of dementia and carers.

Self-referral: simply visit our website memorysupportherts.org.uk

Professionals: online referral form for professionals on MSH website.

How to get in touch.

Memory Support Hertfordshire offers a gateway to manage all memory and dementia related enquiries from the community – to give you the right information, at the right time and in the right way

0300 131 3946

Monday to Friday, 9am-4pm*

Email: info@memorysupportherts.org.uk

Website: www.memorysupportherts.org.uk

*Call charged at local rates

Service provided in partnership with these organisations

