

## Dementia in the Minds of Characters and Readers: sources of support



Thank you for taking part in the Dementia in the Minds of Characters and Readers project. We know that the articles and discussion within the reading groups asked you to reflect on difficult issues that may be affecting you or someone you know. This leaflet provides information and sources of support relating to dementia.

### What is dementia?

Dementia describes a set of symptoms associated with the deterioration of the brain caused by different diseases. This deterioration affects memory, thinking, behaviour and the ability to perform everyday tasks. The exact symptoms that a person with dementia will experience depends on the areas of the brain that are damaged and the specific disease that is causing the dementia.

For more information on different symptoms and different diseases, go to <https://www.nhs.uk/conditions/dementia/symptoms>

### Azheimer's Society <https://www.alzheimers.org.uk/>

Alzheimer's Society provide information on dementia, dementia services and support groups. The Dementia Connect provides information and support for memory loss and dementia.

**Online information and support:** <https://dementiaconnect.alzheimers.org.uk>

**Telephone support line:** 0333 150 3456

## **Carers NI <https://www.carersuk.org/northernireland>**

Carers NI provides expert advice, information and support for carers.

**Online help and advice:** <https://www.carersuk.org/help-and-advice>

**Email:** [advice@carersni.org](mailto:advice@carersni.org)

**Telephone:** 028 9043 88943

Carers NI also run groups for carers looking for support or to develop their voice.

**Email:** [lyn.campbell@carersni.org](mailto:lyn.campbell@carersni.org)

## **Dementia NI <https://www.dementiani.org/>**

Dementia NI is a membership organisation led by people with dementia who are developing empowerment groups across Northern Ireland, with support from staff.

There are five Empower and Support groups which are specifically for people living with dementia within each of the Health and Social Care Trust areas.

For more information on joining these groups, contact Dementia NI.

**Telephone:** 028 9693 1555

**Email:** [info@dementiani.org](mailto:info@dementiani.org)

## **Nldirect <https://www.nldirect.gov.uk/campaigns/dementia>**

Nldirect provide information on the signs of a dementia, living well with dementia, supporting someone with dementia, and sources of help and support.



For more information on the Dementia in the Minds of Characters and Readers project, visit <https://blogs.qub.ac.uk/dementiafiction>