

Do you need to register as a carer?

If you are a carer, please let us know by completing the form on our website:

<https://www.bridgemedicalcentre.co.uk/carers-support>

Once you register as a Carer, one of our PCN Care Co-ordinators will contact you to complete a Carers Assessment and to ensure you, and the person you care for, are getting everything you need.

Do you need help to benefit from the Digital world?

The Carers Support West Sussex's Digital Champion service can support you with 1-1 sessions to help you become more confident using IT equipment and connecting online.

They can get help with:

- setting up and using an email account
- browsing the internet
- staying safe online
- using Zoom or other ways to video call (WhatsApp etc)
- using price comparison sites
- online shopping
- setting up social media accounts
- using YouTube
- Using an Alexa or similar technology
- Downloading apps to your phone or tablet

Digital champions offer 1-1 sessions remotely over the telephone or via Zoom.

Dementia

Dementia is not a single illness, but a group of symptoms caused by damage to the brain.

The likelihood of developing these conditions increases with age, but they can occur in younger adults too. They are progressive and they affect everyone differently. The range of symptoms and how fast they develop depends on the person and the type of dementia they have.

You should look out for:

- memory loss, such as remembering past events much more easily than recent ones
- problems thinking or reasoning, or finding it hard to follow conversations or TV programmes
- feeling anxious, depressed or angry about memory loss, or feeling confused, even when in a familiar environment

Dementia support services from Age UK

Age UK West Sussex, Brighton & Hove aims to help people maintain their skills and independence in a social and friendly environment, while allowing carers a relaxing break. Below is a list of Dementia support services they can provide.



Daybreak Respite

The Daybreak Respite service provides day support for people living with dementia, which includes stimulating and meaningful activities to promote confidence and social interaction. The service also provide much needed respite to carers. All refreshments and a two-course lunch provided.

CanDo

CanDo is a weekly support group for people living with early onset Dementia or those recently diagnosed. Spend part of the day with them travelling to see the sites of West Sussex. Heading off from Crawley, each week they will travel to various sites in West Sussex, supported by a trained staff team.

Early Onset Dementia Services

This group provides weekly support for adults living with early onset dementia or those with a new diagnosis, with activities aimed at maintaining cognitive and physical ability. This service is based on the principles of cognitive stimulation therapy (CST).

Carer and Cared for Peer Support

This group provides peer support services for people living with dementia and those caring for them. They provide a safe space where people can share experiences and receive support from peers and staff. Guest speakers and trips are arranged from time to time along with session activities. Refreshments provided.

For more information contact Age UK on 01903 79 2015 or email: dementia@ageukwsbh.org.uk