

Press Release

Date: 12 May 2014

Don't bottle it up – anyone concerned about dementia should seek help

People are being urged not to bottle up concerns they may have about dementia, a growing medical problem that is still considered taboo by some.

Dementia Awareness Week takes place from Sunday May 18 to Saturday May 24 aims to raise the profile of the condition.

The week, organised by the Alzheimer's Society, is being backed by Stafford and Surrounds Clinical Commissioning Group – the GP led organisations responsible for buying healthcare for the population of Stafford and Stone.

Stafford GP and CCG Chair Dr Anne-Marie Houlder said: "Many people worry that they or a loved may be developing dementia, but they don't seek help.

"In all cases bottling the worry up is usually the worst thing to do. Many people suffering from the classic symptoms such as confusion and forgetfulness may not have dementia at all.

"If dementia is diagnosed, the sooner it is detected, the wider the range of options for managing it become.

"Early diagnosis can allow a range of support to be put in place for people with dementia and for their carers. This can dramatically improve people's quality of life and help prevent crises which can be deeply distressing."

A number of events are taking place in the area to mark the week:

Monday 19th – Friday 23rd May	St Chads, St Georges Hospital, Corporation Street, Stafford	Information stands
Wednesday 21st May, 7 - 9pm	Stafford Hospital	Dementia party at Stafford Hospital Nightingales restaurant for both hospital, patients and those in the community. Local groups such will be putting up information stands.
Friday 23 rd May	Stafford Hospital, Weston Road, Stafford	Dementia support worker information table from the Alzheimer's Society

Anyone concerned about themselves, a relative or a friend can see their GP. However other help is available locally, both from the NHS and the voluntary sector. **Please see useful contacts below.**

Ends

Useful links and resources

Approach provides services to meet the needs of older people with dementia or mental health needs, along with adults who are socially disadvantaged.

www.approachstaffordshire.co.uk .

Advice, information and local support from the Alzheimer's Society, the UK's leading dementia charity:

<http://www.alzheimers.org.uk/>

North Staffordshire Combined NHS Trust runs memory assessment services across the whole of North Staffordshire. They offer assessment of memory problems; pre-diagnostic counselling and diagnosis of dementia. The clinics provide support to people with dementia and their carers:

<http://www.combined.nhs.uk/news/Pages/Memory-Clinics-Offer-Help-for-Dementia.aspx>

An email support service and webchat facility, along with advice from NHS Choices:

<http://www.nhs.uk/conditions/dementia-guide/pages/dementia-information-service.aspx>

Free national telephone advice line staffed by Admiral nurses:

<http://www.dementiauk.org/information-support/admiral-nursing-direct>