

## Here to guide you...

Some examples of reasons why people have contacted The Dementia Information Line:

Jessica's husband has just been diagnosed with dementia and somebody mentioned she may be entitled to some benefits, but was confused about where to begin.

Tom's father has stopped eating and drinking and Tom can't understand why and what he should do.

Carol's mother has vascular dementia and Carol is concerned that her mother is not taking any interest in anything anymore. When her mother does talk to her it is always about the past.

Rev. James was very concerned about his wife who has dementia – he thinks they need care, but also thinks he needs to look at long term care options. He and his wife have modest savings and he is worried about the cost.

Betty's husband who has dementia has been admitted to hospital. She is worried that she will not be able to see her husband – she is 89 and can no longer use public transport and cannot afford a taxi.

If you need information, call us now

**01993 700061**



[www.dementiaweboxfordshire.org.uk](http://www.dementiaweboxfordshire.org.uk)

Oxfordshire's dedicated website with access to up to date information about dementia and local resources. Information includes:

- News and Events
- Practical help
- Support for carers and family members
- Money matters
- Getting a break
- Music Therapy
- Younger People with dementia
- Diagnosis
- Legal planning
- Lasting Power of Attorney
- Day Centres
- Memory Clinics
- Help at home
- Getting out and about
- Living with dementia
- Future Care Options
- Safety

*"A person does not consist of memory alone, they have feelings, will, sensibilities and moral well-being"*

*From Oliver Sacks 1985*

## The Oxfordshire Dementia Information Line

**01993 700061**



**Specialist information for people who have dementia and their carers.**

- 820,000 people are affected by dementia in the UK
- 1 in 3 over 65's may develop some form of dementia

*Dementia 2010 - Alzheimer's Research Trust*

**Monday to Friday 9am -7pm**

**Weekends & Bank Holidays**

**10am - 6pm  
From April 2011**



## Email

You can also contact us by email:  
[rniblock@guidepoststrust.org.uk](mailto:rniblock@guidepoststrust.org.uk)

Or through the 'contact us' section on the website:

[www.dementiaweboxfordshire.org.uk](http://www.dementiaweboxfordshire.org.uk)

We will aim to respond to your email within 24 hours.

## Costs of Calls

The cost of your call to the information line will be charged at the National Rate from a landline other than from a 01993 line, which will be charged at the local rate.

Calls from mobiles will vary, please refer to your network operator for charges.

We will be very happy to call you back if you are concerned about the cost of your call

*You may be put through to an answer phone if we are busy and on another telephone call. Do leave a message with your name and number, and we will call you back as soon as we can or at a time that is convenient for you.*

## FOR CARERS, FAMILY AND FRIENDS



A concise A4 booklet produced by Guideposts Trust is available, which includes information about:

- Understanding dementia
- Person centered care
- Communication
- Life History
- Personal care
- Keeping active & occupied
- Helping a person to eat & drink
- Behaviours that challenge
- Care at home and Care Homes
- Carer Support

## FOR YOUR FREE COPY CONTACT:

**The Dementia  
Information Line  
01993 700061**

## VOLUNTEER OPPORTUNITIES

We are currently looking to recruit, train and support volunteers to take calls on The Oxfordshire Dementia Information Line. There are also administration and networking opportunities around Oxfordshire to increase the awareness of our new service. This may involve visits to a support group or memory café or distributing information and leaflets. The service can make a **real** difference to people. It will contribute to increasing awareness and understanding of dementia; break down barriers of fear, misunderstanding and stigma and be a valued local resource.

For more information contact:

Dementia Information Line Service  
Coordinator, Guideposts Trust, Independent Living Centre, Northfield Farm Lane, Madley Park, Witney, Oxon OX28 1UD.

**E-mail:** [rniblock@guidepoststrust.org.uk](mailto:rniblock@guidepoststrust.org.uk)

**Phone:** 01993 700061



**GUIDEPOSTS**

The charity that cares for people with Alzheimer's, learning disabilities and mental health issues



**OXFORDSHIRE  
COUNTY COUNCIL**

[www.oxfordshire.gov.uk](http://www.oxfordshire.gov.uk)

Working for you