

Dementia Care and Support Advice Sheet

Age Connects North Wales Central

(Office opening times: Monday-Friday, 09:00-17:00)

For: Information and Advice

Contact information

3-4 Trinity Square, Llandudno, LL30 2PY

Telephone: 01492 817121

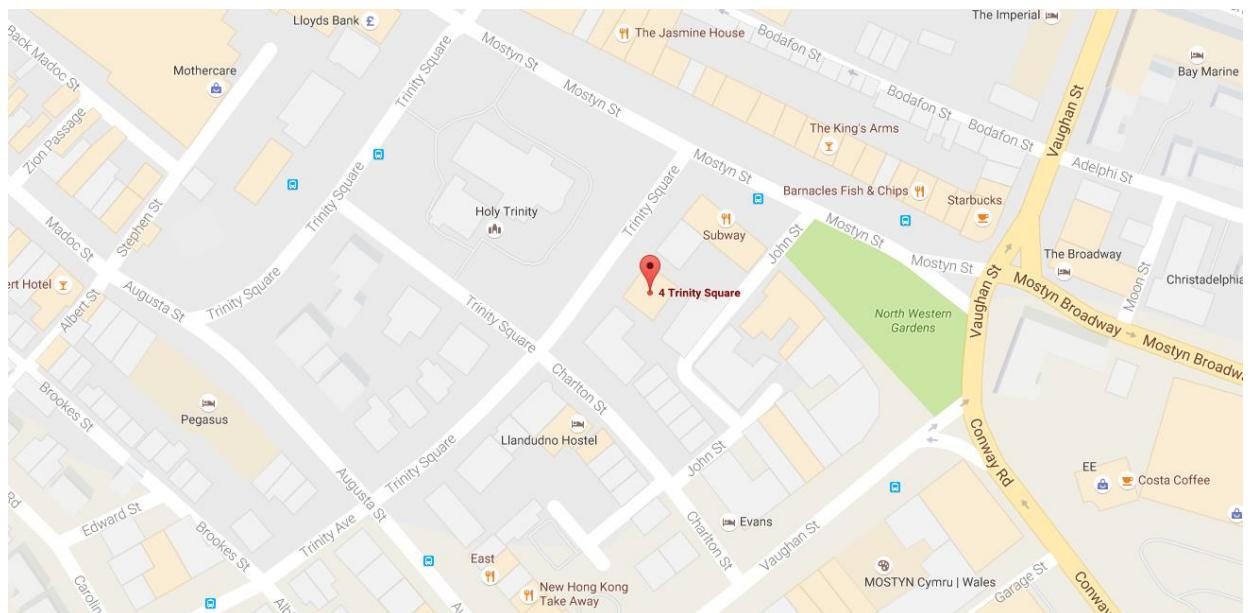
Email: enquiries@acnwc.org

Website: www.ageconnectsnwc.org

Who this service is for

- People aged 50 and above, including people in the early stages of dementia
- Residents of Conwy and Denbighshire

Age Connects North Wales Central provide quality, confidential and independent information and advice to older people in Conwy & Denbighshire. They have a wealth of information on a wide range of topics affecting older people.



Alzheimer's Society

(Office opening times: Monday-Friday, 09:00-17:00)

For: Advocacy, Dementia Café, Support, Befriending: Alzheimer's Society

Contact information

Office Suite Nos. 9 & 10, Quinton Hazell Enterprise Park, Glan y Wern Road, Colwyn Bay, LL28 5BS

Telephone: 01352 700337

Email: advocacywales@alzheimers.org.uk

Website: www.alzheimers.org.uk

Who this service is for

- People with Dementia and their Carers, Family and Friends

The **advocacy service** supports people to understand their rights and express their views. Advocates use their expertise to empower people to make informed choices and decisions. They can represent and speak on behalf of someone with dementia if they can't do so themselves.

The **Dementia Café** provides information about living with dementia and other services available locally in an informal and comfortable environment. A Dementia Café is also a place to relax, socialise and meet other people with dementia and their carers.

Dementia **support workers** offer information and practical guidance to help people understand dementia, cope with day-to-day challenges and prepare for the future. They offer support face to face, over the phone or in writing.

The **befriending service** offers companionship and support, and helps people carry on doing the things they enjoy or to try new activities. Befrienders visit people in their homes, accompany them on outings, or support them to take part in activities in the local community.

