

ALZHEIMERS WANGANUI IS COMMITTED TO THE NATIONAL DEMENTIA STRATEGY WHICH WILL:

- Improve diagnosis and management of dementia
- Provide appropriate services to all people with dementia
- Provide support for people with dementia and their families
- Develop the workforce to deliver quality dementia care
- Increase dementia research and evaluation of dementia practices



For more information about services available in Wanganui or to find out how you can support Alzheimers Wanganui and people living with dementia in your community, contact:

Alzheimers Wanganui
0800 004 001

Freephone

(06) 345 8833

email: alzheimers.wang@xtra.co.nz

www.alzheimers.org.nz/wanganui

Office Hours

Tuesday - Friday
9:00am - 4:00pm

**Suite 5, 136 Victoria Avenue
Wanganui**

Near the Thistle Shop

Support *Services*

You are not alone



ARE YOU CONCERNED ABOUT YOURSELF OR SOMEONE ELSE WHO HAS:

- Difficulty remembering appointments?
- Difficulty recalling recent events?
- Lost interest in hobbies and activities?
- Difficulty with money, paying bills and managing bank accounts?
- Difficulty concentrating and taking longer than usual to complete a task?
- Difficulty maintaining a conversation?

A combination of some of these changes may signal the onset of dementia and this needs to be brought to the attention of your doctor.

THE MOST COMMON FORM OF DEMENTIA IS ALZHEIMER'S DISEASE

Alzheimer's disease is a brain disorder which results in impaired memory, thinking and behaviour. This reduces the ability to perform routine functions. It usually has a gradual onset. There may be changes in personality and behaviour, impaired judgement and difficulty in finding the right words. To cope with dementia both the person with dementia and the family have to prepare themselves for a lot of changes. How quickly these changes occur will vary from person to person.

HAVE YOU RECENTLY BEEN DIAGNOSED WITH DEMENTIA?

Or are you a family member or friend, or concerned about someone else's memory?

You are not alone...

Whether you are a person with dementia, or a family member/care partner/friend, information and support is available from Alzheimers Wanganui.

HOW WE CAN HELP

- Information and education about dementia, either in groups or one-on-one
- Support for the person with dementia and their care partner/families
- Social activities for people with dementia
- Carer support workshops
- Home visits
- Community awareness to raise understanding
- A quarterly newsletter with helpful information

You may find support within your own family but often it is helpful to speak to others in a similar situation.

"When you sit with others who have shared your experience, you feel a sense of closeness and connection that no professional relationship can match".

