



### Crossroads Care South Central

Provides a tailored service of respite support for all carers across West Sussex including an emergency respite scheme and 3 social clubs for people living with dementia.

📄 [www.crossroadscare-sc.org](http://www.crossroadscare-sc.org)

☎ 01903 790270 out of hours 01403 243924

✉ [admin@crossroadscare-sc.org](mailto:admin@crossroadscare-sc.org)

### Dementia Friendly Communities

Crawley Dementia Alliance is a collective group of local people and organisations whose aim is to support and improve the quality of life for people who live in Crawley and who are affected by any form of dementia – whether as a person living with dementia or a carer.

#### For further information contact:

📄 [www.crawley.gov.uk/dfc](http://www.crawley.gov.uk/dfc)

☎ 01293 585317

✉ [dfc@crawley.gov.uk](mailto:dfc@crawley.gov.uk)

### West Sussex Care Guide

For information and advice about care and support services in West Sussex including care and support at home, residential and day care.

Copies can be found at your local library or by calling:

☎ 01243 642121 to request a copy.

The Guide can also be viewed or copies ordered by going on line at

📄 [www.westsussex.gov.uk/careguide](http://www.westsussex.gov.uk/careguide)

### West Sussex Libraries

For books and information on all aspects of dementia, including the Books on Prescription scheme. All staff are dementia-friendly. For details of your nearest library visit:

📄 [www.westsussex.gov.uk/location-directories/find-a-library](http://www.westsussex.gov.uk/location-directories/find-a-library).

### West Sussex Wellbeing Service

Information and services to improve your health and wellbeing.

📄 [www.westsussexwellbeing.org.uk](http://www.westsussexwellbeing.org.uk)



**Life doesn't stop when dementia begins -**

Finding dementia support in the Crawley area.

If you need this leaflet in another format, please contact us on 01243 642105.

To order further copies of this leaflet please email [dementiastrategy@westsussex.gov.uk](mailto:dementiastrategy@westsussex.gov.uk).

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

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Dementia is a condition. This can lead to memory loss and other symptoms.

Dementia is not a natural part of growing older. Visit your GP if you are worried about your memory. Your forgetfulness could be caused by a number of things, not necessarily dementia. Your GP may want to refer you to the specialist Memory Assessment Service (MAS) jointly provided by Sussex Partnership NHS Foundation Trust and Alzheimer's

Society. Getting an early diagnosis can help you receive the right treatment and support to live well with the condition.

A diagnosis of dementia doesn't mean you need to stop doing the things that you enjoy. In fact, it's important you try to remain as independent as possible and continue to enjoy all your usual activities. This leaflet gives you some useful contacts to help you with finding information and support.

There is a wide range of services available to support you and we have listed just some of the key contacts below.

If you would like to find more information about care and support in West Sussex including groups, equipment, adaptations and telecare, visit:

### West Sussex Connect to Support

[www.westsussexconnecttosupport.org/dementia](http://www.westsussexconnecttosupport.org/dementia)

All services listed in this leaflet are open to the whole community.

### Admiral Nursing DIRECT

A service provided by Dementia UK that offers practical advice and emotional support to anyone affected by dementia

- [www.dementiauk.org](http://www.dementiauk.org)
- 0845 257 9406 (Monday to Friday 9.15am to 4.45pm – extended opening times on Wednesdays and Thursdays to 9pm)
- [direct@dementiauk.org](mailto:direct@dementiauk.org)

### Adults' CarePoint

For adult social care help including assessments, care planning and care funding advice

- 01243 642121
- [socialcare@westsussex.gov.uk](mailto:socialcare@westsussex.gov.uk) (please include your address and phone number)  
Write to: Adults' CarePoint, Second Floor, The Grange, County Hall, Chichester, West Sussex, PO19 1RG

### Age UK West Sussex

For free confidential information and advice on a wide range of issues for people aged 50 and over, their families and carers.

- [www.ageuk.org.uk/westsussex](http://www.ageuk.org.uk/westsussex)
- Advice line number** 0800 019 1310 (Freephone, lines are open 10am to 2pm Mon-Fri)
- [Information@ageukwestsussex.org.uk](mailto:Information@ageukwestsussex.org.uk)

Age UK West Sussex also offers the **Elderberry Club in Haywards Heath**. A local service specialising in respite for carers of people with dementia. For more information about this service contact:

- 01903 731800
- [elderberry@ageukwestsussex.org.uk](mailto:elderberry@ageukwestsussex.org.uk)

### Alzheimer's Society

For information about dementia, research, local advocacy and Talking Point, a live online advice service.

Alzheimer's Society offers the following local services:

Dementia Advisers and Support Workers; Day Support Clubs; Advocacy Service; Dementia Cafes; Carers Groups; Dementia Care and Support; Support Groups for both carers and people with dementia.

Alzheimer's Society is also able to signpost to services run by or for those from minority communities.

- [www.alzheimers.org.uk](http://www.alzheimers.org.uk)
- Sussex Helpline number 01403 213017 (Monday to Friday 10am - 4pm.)
- [sussex.helpline@alzheimers.org.uk](mailto:sussex.helpline@alzheimers.org.uk)

### Carers Support West Sussex

For information and support for friends, families and partners of people with a long term health condition including memory loss and dementia. Carers Support West Sussex also offers local carers support groups and drop-ins, a Carers Support Dementia Wellbeing Programme and dementia carer workshops.

Please contact us for details of services in your area.

- [www.carerssupport.org.uk](http://www.carerssupport.org.uk)
- 0300 028 8888
- [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)