

## **Activity: Accepting diagnosis**

A diagnosis of dementia is both devastating and life-changing. As a care worker, you can help the person and their family come to terms with the diagnosis. In the early stages, people often have many questions and want relevant information. While it is not your role or responsibility to provide all the answers, it can be very helpful to learn as much as possible about key people, services and networks in your area.

Take some time to find out more about the following in your area. Find out where they are based, their contact details and collect information leaflets. You can do this on your own or in groups.

### **Key people**

- community mental health team: who are they and what do they do?
- dementia advisers: do you have any in your area and what do they do?
- community social workers
- welfare officers

### **Key organisations**

- Alzheimer's Society, Alzheimer Scotland
- other dementia support groups
- Age UK
- Citizens Advice Bureaux
- local dementia groups
- local carers' groups
- memory cafes or groups
- dementia forums or online groups

### **Trainer's notes**

This exercise is designed to encourage care workers to build their knowledge of expert support available in their area. This will increase their awareness of what support exists and highlight how easy or difficult it is to access and understand available information. This can then be used to help support people with dementia and their families. This can be an ongoing exercise to ensure care workers stay up to date with relevant information and links in their area.