

## Who to contact

For people under 65 with dementia in West Berkshire, Reading and Wokingham Boroughs

**Clare Goodyear**  
Barkham COAMHS  
Wokingham Hospital  
41 Barkham Road  
Wokingham, RG41 2RE  
Tel: 0118 9495101  
[clare.goodyear@wokingham.gov.uk](mailto:clare.goodyear@wokingham.gov.uk)

For people over 65 yrs with dementia in Reading

**DCA Reading**  
Alzheimer's Society  
118 London Street  
Reading, RG1 4SJ  
Tel: 0118 959 6482  
[dswberkshire@alzheimers.org.uk](mailto:dswberkshire@alzheimers.org.uk)

For people over 65 yrs with dementia in Wokingham Borough

**Michelle Gilbert,**  
Barkham COAMHS  
Wokingham Hospital,  
41 Barkham Road  
Wokingham, RG41 2RE  
Tel: 0118 9495101  
[michelle.gilbert@wokingham.gov.uk](mailto:michelle.gilbert@wokingham.gov.uk)

For people over 65 yrs with dementia in West Berkshire

**DCA West Berkshire**  
Alzheimer's Society  
118 London Street  
Reading RG1 4SJ  
Tel: 0118 959 6482  
[dswberkshire@alzheimers.org.uk](mailto:dswberkshire@alzheimers.org.uk)

This Dementia Care Advisory Service across the West of Berkshire is a collaborative initiative of several partners:



## Dementia Care Advisory Service

Living with memory problems ?

Advice and support for people of any age diagnosed with dementia, their carers, families and friends

A service offered in West Berkshire, Reading and Wokingham Boroughs

## We can help you

Supporting you on your journey along the dementia pathway:

- **Listening to all your concerns and providing confidential support**
- **Providing a consistent point of contact**
- **Offering relevant and timely information**
- **Linking you with Health and Social Services where necessary**
- **Providing you with opportunities to meet other people with dementia and carers**

## We can provide information

The diagnosis of dementia can cause a great deal of anxiety and you may have many questions. We can help you by offering advice on the following:

- **Local activities, groups and support services**
- **Longer term planning, including legal issues**
- **Money matters and benefits**
- **Services offered by Health and Social Services**
- **Living well with dementia**
- **Taking a break**

## Living well with dementia

If you have dementia, you should continue the activities you enjoy. It is also important to:

- **Keep physically and mentally active**
- **Spend time with family and friends**
- **Consider getting involved with local groups**

If you are a carer, remember:

- **It can help to talk to others**
- **You will not “get it right” all the time**
- **A hug and a laugh are important**