Dementia Reablement Service

If you or someone close to you has been given a recent diagnosis of dementia we understand that you may not want to talk to us straight away, but early intervention can make a big difference. Cheshire East’s new Dementia Reablement Service is free and provides lots of information and tools to help you:

- continue to enjoy a good quality of life with your family and friends
- feel confident to remain independent and safe within your own home
- experience new and exciting things within your community

Who we are
The service is made up of trained professionals who have an understanding of people living with dementia. Our team’s experience and specialised knowledge of the different types of dementia means that we can effectively enable you and your family to take positive steps towards your future.

How we can help
A support worker will talk to you and your family about your individual needs – together you will complete a My Information and Support Plan. Your plan will include lots of information and actions which will enable you to remain independent and continue to do the things you enjoy.

Your plan may include:

- information on local dementia friendly shops and leisure activities
- access to assistive technology, specifically for people living with dementia
- advice on how you can use your smartphone or tablet to assist you with everyday tasks
- information on training and awareness opportunities for those who support you

There are many more ways we can help you to live well with dementia - all you need to do is choose what’s right for you.

How to contact us
Accessing our service is easy - you can be referred to us by the Memory Clinic or you may wish to contact us directly by telephone or email. Our service is flexible and you will be offered as much support as you need. The service has a north and south team to ensure all Cheshire East residents can access the service.

The team can be contacted between 9am and 5pm Monday to Friday but your support worker will work flexibly outside these hours to meet with you and your family or carer when needed.

**North Team**: 01625 378 287 / dementiareablementnorth@cheshireeast.gov.uk

**South Team**: 01270 371 273 / dementiareablementsouth@cheshireeast.gov.uk

For more information please visit: [www.cheshireeast.gov.uk/dementiareablement](http://www.cheshireeast.gov.uk/dementiareablement)