

If you have been diagnosed with dementia or you are the primary support for someone who has, the Dementia Navigator Service can help you understand your diagnosis and to access services that will help you remain well, at home. Dementia Waikato can support you directly and can also support your partner / whanau / and others who are central in your life.

The word carepartner is used to describe someone close to you who is giving regular or daily support to help you live well – for example your partner / spouse, someone in your family, or a close friend or neighbour.

The Dementia Navigator Service Offers:

The Navigator Service provides initial information and education following a diagnosis of dementia, and then provides ongoing support, advice and assistance to help you stay living well with dementia at home. You can get:

- Education about dementia symptoms and how to manage them
- Referral for professional assessment of any additional funded services you qualify for
- Information and support about planning for the future

- Someone to help you find your way through the health system services
- Ongoing contact by phone or visits as necessary, with a Support Coordinator.
- Someone to call when you want additional advice.

Who can get it?

The service is for any person in the Waikato DHB area who has a dementia diagnosis, and who is eligible for public health services. The service is for you and for those who support you.

How does it work?

We will usually visit you at home in the first instance to offer education about dementia symptoms and the skills and strategies to help you live well with the symptoms you are experiencing.

- We will refer you for an assessment from Disability Support Link (a Waikato DHB service) who will offer funded services where appropriate to help you remain living well at home.
- We support you to consider some longer-term planning
- We will keep in touch with you by phone or visits as needed.

We also offer you (and your carepartner) additional services funded through donations and charitable grants. For example activity and social groups in Hamilton where you can meet others experiencing symptoms, and monthly carepartner support groups throughout the Waikato.



To get started:

- A doctor needs to have made a diagnosis of dementia.
- You, your GP, family or a health professional or a specialist needs to contact Dementia Waikato to ask for the Navigator Service.

Dementia Waikato's professional staff are Registered Nurses, Occupational Therapists, or Social Workers.

The Dementia Navigator Service is funded by the Waikato District Health Board.

Dementia is an umbrella word for a variety of symptoms caused by diseases that affect the brain and alter cognitive functions. The most common form of dementia is Alzheimer's disease which accounts for about 60% of cases.

Dementia Waikato believes that dementia symptoms should be considered in the same way as any other disability. Our job is to help each person maximise their independence and autonomy, get access to services that help them live well with some disability, and to support those who are supporting a person with dementia.

We are a founding affiliate of Dementia New Zealand, and we share it's values:

We believe anyone with dementia symptoms has a right to be assisted, on their own terms, to live well and with as much independence as possible. We believe that by supporting those who support people living at home with dementia, wellbeing can be enhanced for all. We recognise that living well at home is what most people prefer.

For more information or just to talk, please contact:

Dementia Waikato

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Living well with dementia

Dementia Navigator Service



Helping people experiencing dementia to live well at home.