Dementia Navigators are based in:

- Lisburn
- North Down and Ards
- Downpatrick.

Hello
my name is

Jenny Moran

I am your Dementia Navigator
in North Down and Ards area

Mental Health
Services Older People
Ards Community Hospital
Church Street
Newtownards
BT23 4AS

Tel: (028) 9598 8098

I work Monday - Friday
9.00am - 5.00pm

Have you …

Received a diagnosis of
dementia?

Are you supporting someone
with dementia?

Unsure where to turn for
support?

LET A NAVIGATOR HELP YOU
A diagnosis of dementia can raise many emotions and questions. Every person with a diagnosis of dementia experiences the illness differently. Dementia presents new challenges for the person with the diagnosis and their family and carers and it can be difficult to know what services or help is available. The Navigator will work with you to fully explore your unique circumstances.

Some reasons for a referral to a Navigator:

- For further information about dementia to be able to understand your or your family member’s diagnosis
- For information about practical and emotional support networks and opportunities available in your community
- To navigate the services that may be available in your area
- To explore the opportunities available in your community to help you and/or your family or carers to live well with dementia.

Who do Dementia Navigators support?

- A Person who has received a NEW diagnosis of dementia
- A Person with an EXISTING diagnosis of dementia and who requires ADDITIONAL information and support *
- The FAMILY and CARERS for people living with dementia.

* You may already have services from the Trust and if you have a keyworker (eg. a social worker or nurse) then it is likely that your keyworker will be able to provide the information you need.

The Dementia Navigator can work alongside the keyworker to enable you to receive the information and support you require.

What will the Navigator offer?

- Telephone contact or face to face visits at your home or a suitable location
- Signposting to appropriate services to meet your identified need
- Information about opportunities within your local community eg. support groups, daytime activities
- Support to navigate and access the right information and the right person for help at the right time.

How can I access the support of a Dementia Navigator?

If you receive a diagnosis of dementia you can be referred by the Consultant or Doctor who gave you your diagnosis.

Your GP can also make a referral to the Navigator.

A person with a diagnosis of dementia and their families can also self-refer to the Navigator for advice.