

Independent Dementia Advocacy Project



Independent Dementia Advocacy Project

Our independent dementia advocacy project ensures that your voice is heard and you're at the centre of the decisions that affect all aspects of your life.

What is Dementia Advocacy

Living with dementia can be frightening. There are new health care systems to understand and new challenges to face in all walks of life. Living with dementia doesn't mean that you lose the right to have a say in your life though. You are still an individual and you deserve to have your voice heard and your wishes respected.

Our dementia advocacy project supports people who are 50+, living with dementia, going through the process of being diagnosed with dementia, or starting to notice changes in their memory. We also work with carers of older people living with dementia.



How will my Dementia Advocate help?

Working with one of our dementia advocates could mean you:

- Understand your accommodation options
- Understand the choices you can make to plan for later life
- Have support to access the services you need
- Stay connected to the things that matter most to you
- Know your rights, and make sure they are respected and upheld
- Feel safe and get the help you need when you need it
- Have your voice heard in all aspects of your life
- Have a voice in meetings.



What our Dementia Advocates won't do

- Manage your money, shop for you, or give you any advice relating to finances
- Give you their opinion or advise you on decisions
- Submit benefit claims for you
- Mediate with family members.

The work we do with you is confidential. That means we'll always talk to you before discussing your information with anyone else.

We'll keep your information safe and you have the right to see your own records. We'll support you to have access to them if you wish.

If you feel you're at risk of harm or abuse, we can look at ways to help you feel safe.

We welcome all feedback about our service. If you have any comments, compliments, or complaints about the service you have received please email dementiaadvocacy@agecymru.org.uk



For more information you can call **07944 996599**, email dementiaadvocacy@agecymru.org.uk or visit www.agecymru.org.uk/advocacy


Age Cymru, Ground Floor,
Mariners House, Trident Court,
East Moors Road, Cardiff, CF24 5TD

Tel: 029 2043 1555

E-mail: enquiries@agecymru.org.uk
www.agecymru.org.uk

Follow us on:

 facebook.com/agecymru

 twitter.com/agecymru