



Belfast Health  
and Social Care Trust

## Dementia Navigator



Information for person  
with Dementia

Community Mental Health Team for Older People

## What is the role of the Dementia Navigator

Attending a doctors appointment can be worrying in itself, and receiving a diagnosis of a long term condition such as dementia can be a lot to take on board. Having just received a diagnosis of dementia, you, like many people, may find it takes a while to get your thoughts together, to work out how you feel about this news and what you might want to do now. People tell us that they may have had questions that they either didn't get the chance to ask, or didn't know if it was ok to ask, or maybe didn't want to ask in front of their family. The Dementia Navigator can talk through any questions with you. They are there to be a source of support and information for you and your family as you need it.

The dementia navigator role is carried out by members of the Community Mental Health Team for Older People (CMHTOP). The Team is made up of Community Psychiatric Nurses, Social Workers, Support Workers and Clinical Psychologists. As well as the Navigator role, the Team provides community based support for people across the Belfast Trust area:

- people over the age of 65 and experiencing a mental illness
- and
- people living with dementia and their /family/carers.

## How can I be offered this support

When you attend an appointment at the memory clinic and receive a diagnosis of dementia your doctor will talk with you about what happens next and whether the navigator would be helpful for you at this time. The Doctor will then ask for your permission to pass your contact details to the CMHTOP.

## Do I need to agree to this contact?

It is entirely your choice and it is ok to decline the offer of a referral to the CMHTOP. The Doctor will give you a CMHTOP information leaflet which will detail the team contact details. You can contact the team for advice or support at any time in the future if you would like to talk to someone.

## How do the CMHTOP make contact?

If you would like contact, you will be asked when best suits you; during the day or evening Monday through Friday, or if a weekend morning call would be better for you.

A team member will then contact you at your preferred time by telephone within the three week period following your clinic appointment. It may be a good idea if you think of anything to write it down so you can ask when the CMHTOP rings you.



## **What can I expect from the telephone contact?**

The telephone call will provide you with an opportunity to talk through your appointment and how things are for you since seeing the doctor. The team member will be able to provide you with a range of information you may find helpful, which can be posted out to you. They can advise you of what services and supports both within the trust and community are available to you and sign post you to these services.

Information Leaflets and booklets on the following are available;

- You have been diagnosed with Dementia what now?
- Your relative has been diagnosed with dementia What now?
- Difficulty remembering? What can help
- What is Dementia?
- What is Alzheimers Disease?
- What is Vascular Dementia?
- What is Lewy Body Dementia?
- Medications available to treat Alzheimer's
- Communication
- Supporting you to live well with Dementia
- Caring for someone with Dementia
- Driving
- Finances
- Meaningful activity
- What can help on a practical basis?
- Accomodation Options
- Dementia and Behaviour – a suite of booklets explaining ways behaviours may change due to dementia and suggestions of what might help.
- Pain



On talking with the team member you may feel a more in-depth discussion would be useful, they can then arrange for someone to come out and visit you at home.

## Follow up review call

Everyone is different and needs can change over time, therefore, we like to offer people a follow up phone call six months after initial contact. If you are agreeable we will place you on a review list and make contact at that later stage. The navigator will also ensure you have the CMHTOP contact details and if things change for you we will welcome your call, no need to wait for us to contact you.

We hope that you will find us very easy to talk to, but just in case you don't you can give your questions to a family member or a friend so that they can ask for you. We will also be able to give you some ideas about what other people in your situation have found helpful.



## How to contact us:

Tel: (028) 9504 0346

Community Mental Health Team for  
Older People operates from  
Monday to Friday 9am to 5pm

We also offer an extended telephone advice and support service for people  
living with DEMENTIA and their carers operating:

Monday to Friday until 8pm  
Saturday to Sunday 10am to 2pm

If you need to speak to someone outside these hours please contact:  
Regional Emergency Social Work Service (028) 9504 9999

