



Helping you to support your patients and their carers through their dementia journey

 **033 0332 4030**  
(standard local rate number)

 **Remind@solentmind.org.uk**  
(secure email)

 **www.solentmind.org.uk**

Remind  
OPMH Community Team, Block A  
1st Floor St Mary's Community Health Campus  
Milton Road  
Portsmouth, PO3 6AD

Remind is delivered in partnership:



Charity Registration No. 1081116  
[www.solentmind.org.uk](http://www.solentmind.org.uk)



Charity Registration No. 299731  
[www.rowanshospice.co.uk](http://www.rowanshospice.co.uk)

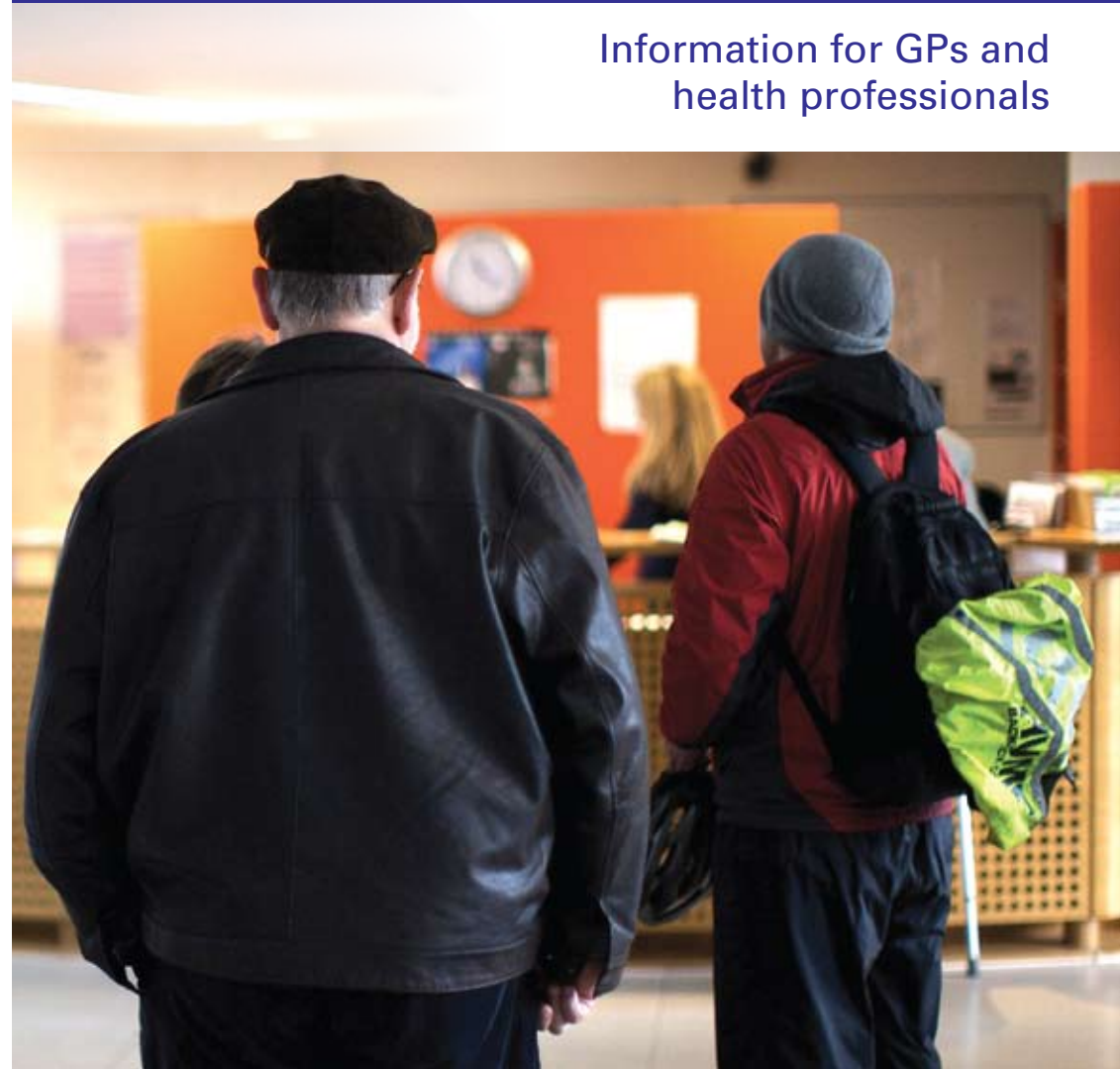
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Information for GPs and health professionals



## What is Remind?

Remind supports people with dementia in Portsmouth and their carers, throughout their dementia journey. A single point of access is available for all people diagnosed with dementia and their carers, family and friends who live in PO1-PO6 or have a GP within PO1-PO6.

## Who delivers the service?

We are two providers working in partnership, with a trained team to deliver a professional service:

**Solent Mind** (Lead Provider) provides:

- single point of access for the service
- support and a named contact for the person with dementia and their carer from the point of referral
- cognitive stimulation therapy groups for people with dementia together with peer support for carers
- training for carers

**Rowans Hospice** provides:

- specialist dementia care and support at the end of life
- support to carers up to three months after the end of life

## How can we help?

The team aims to improve the quality of life for people living with dementia by:

- Providing a named contact who will support from diagnosis for both the person with dementia and their carer(s). The support offered will be personalised to meet individual needs, across the full spectrum from mild, moderate and complex needs so they are able to live independently for as long as possible.
- They will empower both the person with dementia and their carer(s) by improving their knowledge, skills and understanding of what it means to live well with dementia.
- They will aim to reduce social isolation for people with dementia and their carers with activity groups and social events, providing opportunities to meet others in similar circumstances.

- Provide an understanding support mechanism with practical and emotional support, a known person to contact if they are worried or need a chat.
- Practical help with queries around housing and benefit concerns, and signposting to appropriate services for legal or financial advice.
- Act as an advocate and support to navigate the health system for example ensuring they have a dentist, understand their medication, assess and link with other services as appropriate to support enduring health issues which they or their carer may have been unable to deal with.
- Assess for vulnerability and safeguarding concerns which would be escalated.
- The team will act as a link with you as the lead health professional to ensure you are aware of support being provided.
- The Clinical Nurse Specialist will act as an advocate and facilitator sourcing and coordinating services as health needs become more complex towards the end of life.

## How does it work?

- 1 On diagnosis, please contact the service and provide us with details of your patient and or their carer. This can be by phone on 033 0332 4030 or via secure email at [remind@solentmind.org.uk](mailto:remind@solentmind.org.uk).
- 2 The details you provide us with will help us to determine the likely level of support and needs your patient may have so that we can allocate the most appropriate named contact.
- 3 We will contact the client within five days of your referral and organise to meet them either in their own home or at their preferred meeting place.
- 4 We will assess their needs and together build a personalised support plan that will include their carers and family members.
- 5 We will contact you to confirm we have met with your patient and would be happy to provide a brief summary of the agreed support plan.

The Remind dementia support service for Portsmouth is available 9am to 5pm Monday to Thursday, and 9am to 4:30pm Fridays.