
Caring into the future

Supporting a person with dementia can be positive and rewarding, but it can also be challenging. Looking after yourself is important for both you and the person you are supporting.

There are communities you can contact for more information and support.

Alzheimer's Society

Web [alzheimers.org.uk/](https://www.alzheimers.org.uk/)

Web [alzheimers.org.uk/get-support/publications-factsheets/caring-person-dementia-practical-guide](https://www.alzheimers.org.uk/get-support/publications-factsheets/caring-person-dementia-practical-guide)

Call Dementia Connect [0333 150 3456](tel:03331503456)

Bracknell Forest

Bracknell Forest Council

Web [bracknell-forest.gov.uk/](https://www.bracknell-forest.gov.uk/)

Dementia Advisory Service

Call [01344 823 220](tel:01344823220)

Email dementia.adviser@bracknell-forest.gov.uk

Web [bracknell-forest.gov.uk/](https://www.bracknell-forest.gov.uk/)

Web [bracknell-forest.gov.uk/health-and-social-care/dementia/living-well-dementia/dementia-advisory-service](https://www.bracknell-forest.gov.uk/health-and-social-care/dementia/living-well-dementia/dementia-advisory-service)

Community Mental Health Team for Older Adults (CMHTOA), including social care

Call [01189 046 900](tel:01189046900)

Web [bracknell-forest.gov.uk/health-and-social-care/dementia](https://www.bracknell-forest.gov.uk/health-and-social-care/dementia)

Carer support – Signal for Carers

Call [01344 266 088](tel:01344266088)

Web [signal4carers.org.uk/](https://www.signal4carers.org.uk/)

Reading

Dementia Advisory Service (Alzheimer's Society dementia support)

Call [0333 150 3456](tel:03331503456)

Email dswberkshire@alzheimers.org.uk

Reading adult social care - Living well with Dementia

Call [0118 937 3747](tel:01189373747)

Web servicesguide.reading.gov.uk

Web servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=A78DHKubj0k

Carers Support

Call [0118 959 4242](tel:01189594242)

Reading and West Berkshire Carers Partnership

Web carerspartnership.org.uk/

Slough

Dementia Advisory Service, Berkshire Healthcare NHS Foundation Trust

Call [0300 247 3001](tel:03002473001)

Email SloughOPMH@berkshire.nhs.uk

Adult social care, Slough Borough Council

Call [01753 475 111](tel:01753475111)

Web slough.gov.uk

Web slough.gov.uk/adult-social-care/adult-social-care-access

Alzheimer's Dementia Support

Web adscharity.com/

Carers support

Call [01753 303 428](tel:01753303428)

Web slough.gov.uk/carers

Email sloughcarers@slough.gov.uk

West Berkshire

Dementia Advisory Service, Alzheimer's Society dementia support

Call [0333 150 3456](tel:03331503456)

West Berks adult social care

Call [01635 503 050](tel:01635503050)

Dementia Friendly West Berkshire (DFWB)

Web dementiafriendlywestberkshire.co.uk/

Carers support

Call [0118 959 4242](tel:01189594242)

Reading and West Berkshire Carers Partnership

Web carerspartnership.org.uk/

Windsor and Maidenhead

Dementia Advisory Service

Call [01628 683 715](tel:01628683715)

Email DementiaCareAdvisor@RBWM.gov.uk

Dementia Care Advisors, Optalis

Web optalis.org/locations/dementia-care-advisors

Adult Social Services, Royal Borough of Windsor and Maidenhead

Call [01628 683 744](tel:01628683744)

Web rbwm.gov.uk/home/adult-social-care

Carers support, Royal Borough of Windsor and Maidenhead

Call [01628 683 744](tel:01628683744)

Web rbwm.gov.uk/home/adult-social-care/carers

Wokingham

Dementia Advisory Service

Call [0118 904 7200](tel:01189047200)

Email DCAWOKOPMH@berkshire.nhs.uk

Web directory.wokingham.gov.uk

Web directory.wokingham.gov.uk/kb5/wokingham/directory/service.action?id=Py2zaRMn-IE

Adult social services, Wokingham Health hub

Call [0300 365 1234](tel:03003651234)

Care and support for adults, Wokingham Borough Council

Web wokingham.gov.uk/care-and-support-for-adults/

Wokingham Outreach Service, Age UK Berkshire

Call [0118 959 4242](tel:01189594242)

Email carers@ageUKBerkshire.org.uk

Web ageuk.org.uk/berkshire/our-services/carers-support/

Dementia Friendly Wokingham

Web dementiafriendlywokingham.co.uk/

