



Memory Matters provides information and advice for family members and carers of people with dementia.

**The DVD is split into eight chapters:**

- What is dementia?
- Treatments for dementia
- Making the most of your memory
- Activities for people with dementia
- How to manage challenging behaviour
- How to deal with physical difficulties that can occur with mobility and continence
- Finances and benefits
- Support: community mental health nurses and the Alzheimer's Society

The menu allows you to watch the chapters in any order you wish. Each chapter is about five minutes in length.

**What is Hampshire Partnership Trust?**

A leading mental health service provider in the South of England. We specialise in providing care and support for people with dementia, and their carers.

Total running time: 1 hour 4 minutes  
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Information and advice for family members and carers of people with dementia



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and carers of people with dementia

## Sources of further information:

### Memory Matters

Hampshire Partnership  
NHS Trust,  
Trust Headquarters,  
Maples, Horseshoe Drive,  
Tatchbury Mount,  
Calmore, Southampton  
SO40 2RZ

tel:

email:

website:

### Age Concern

Astral House  
1268 London Road  
London SW16 4ER  
020 8765 7200  
ace@ace.org.uk

### Help the Aged Seniorline

207-221 Pentonville Road  
London N1 9UZ  
0808 800 6565  
seniorline@helptheaged.org.uk  
www.helptheaged.org.uk

### Alheimers Society

Devon House  
58 St Katharine's Way  
London E1W 1JX  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### Carers UK

32-36 Loman Street  
Southwark  
London SE1 0EE  
020 7922 8000  
[info@carersuk.org](mailto:info@carersuk.org)  
[www.carersuk.org](http://www.carersuk.org)

### Assistive technology

website:  
[www.atdementia-org.uk](http://www.atdementia-org.uk)

### Mental Capacity Act information:

[www.justice.gov.uk/  
guidance/mca-summary](http://www.justice.gov.uk/guidance/mca-summary)

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