

Looking after your health

Your Doctor



Your doctor will help you manage the dementia.



They will prescribe your medications.



Contact your doctor if ...

You have any physical problems

Have changes to your feelings or thoughts.

Behave differently.

More Information

[Getting Support with your health](#) – easy read by Mencap

[Join the Learning Disability register](#)

Annual Review



Your doctor should give you an annual review each year.



If they do not, ring for an appointment.



They will check your memory, mood and general health.



If there are any concerns, they will contact the Community Mental Health Team at ELFT.



If a family member or friend is helping to care for you, they can get a health check as well.

Getting Worse



Dementia symptoms change.

The doctor cannot say how dementia will affect you.

Everyone is different.



As you age, you will still get the same physical illnesses as other older people.



If you experience any changes or new symptoms, contact your doctor.



You can discuss any concerns you have with the Memory Navigation Service.

You can ring on 0300 111 9090

Dementia Intensive Support Service (DISS)



This service is run by NHS staff.

They can respond to a crisis in your own home or a care home.

It is for people living in Bedfordshire.



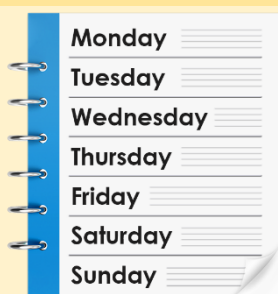
They can give you advice on how to stay safe in your own home.

They can help you manage any distress you are experiencing.

They can help you to improve the quality of your life.



They can help the people who are caring for you.



They are available 7 days a week, 365 days per year from 9am to 8pm.

They can respond within 4 hours.



You can ring 07880 078 843 or

email elft.dis@nhs.net

Bedfordshire Community Health Service



You can ask to speak to a District Nurse, Physiotherapist, or Occupational Therapist.



Your doctor, nurse or occupational therapist can refer you to

- Contenance Service
- Falls prevention
- Pressure ulcers
- Home care



They are open 24 hours a day.

Ring on 0345 602 4064.



If you have an urgent medical question, ring **NHS 111**.

Problems with healthcare

Healthwatch



If you have problems accessing health services **Healthwatch** can help.



They can suggest which health organisation you can contact.



Bedford Borough Healthwatch

ring 01234 718 018



Central Bedfordshire Healthwatch

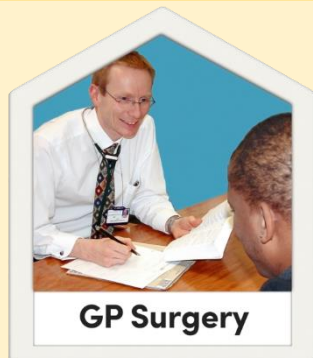
ring 0300 303 8554

Complaints



Sometimes the care you get upsets or hurts you.

You can make a complaint depending on where the problem happened:



GP Surgeries – contact your local surgery



To help with complaints the NHS has a Patient Advice and Liaison Service.

They are called PALS.



Bedford Hospital PALS

ring 01234 795 814

email pals@bedfordhospital.nhs.uk



Luton & Dunstable Hospital PALS

ring 01582 497 990

email pals@ldh.nhs.uk



**Mental Health & Learning Disability
PALS**

ring 0800 131 223

email

elft.palsbedsandluton@nhs.net



**Community Health Service &
Wellbeing Service PALS**

email

elft.palsandcomplaints@nhs.net