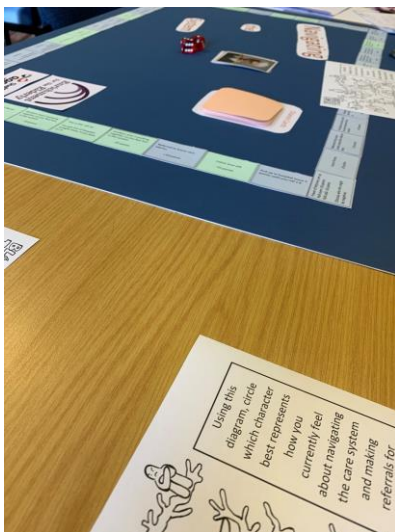


## Training Session: Navigating the system for people living with Dementia

This training session looked at how we can support people living with dementia to navigate the system in Sheffield. We played a board game with our characters who were all in quite specific circumstances. With each roll of the dice we encountered different scenarios which made a person's journey through dementia better or worse. Through this exercise we discussed the importance of communicating well with other professionals and making appropriate referrals.

Nell from The Carers Centre and Jo from Age UK Sheffield both took to the hot seat to tell us about their roles, organisations and how they can support people living with dementia.



Here is a useful list of organisations you may wish to make referrals to:

**Age UK Sheffield:** 0114 250 2850

**The Wellbeing Centre:** 07471 101 311

**Sheffield Memory Clinic** 0114 2716015  
[sheffmemory.service@shsc.nhs.co.uk](mailto:sheffmemory.service@shsc.nhs.co.uk)

**Sheffield Memory Clinic Nurse Helpline:** 0114 2718585.

**Sheffield Carers Centre** 0114 272 8362

**Admiral Nurse Helpline** 0800 888 6678

**Sheffield City Council (Adult Access)** 0114 273 4908

**Sheffield City Council (Crisis/Out of Hours)** 0114 2734908

**Sheffield City Council (Housing/Adaptations team):** 0114 273 5522

**Sheffield Occupational Therapy Services** 0114 2718754

**Sheffield Physiotherapy Services**

0114 271 5799 or 0114 226 6457 (*Northern General Hospital*)

0114 2713090 (*Royal Hallamshire Hospital*)

**Sheffield Continence Service** 0114 307 8380

**Sheffield Alzheimer's Society** 0114 276 8414

**Sheffield Community Transport** 0114 276 6148  
[enquiry@sheffieldct.co.uk](mailto:enquiry@sheffieldct.co.uk)

**Paul Green (Carers Liaison Support Coordinator)** 0114 2711338/07890569420 [paul.green@SHSC.nhs.uk](mailto:paul.green@SHSC.nhs.uk)