



Thinking Together

Dementia Advocacy Project



www.agecymru.org.wales/advocacy
dementiaadvocacy@agecymru.org.uk
029 2043 1555

 **age Cymru**
Let's change how we age



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Introduction



We all deserve the right to have a voice in our lives. People living with dementia in Wales can face an unique set of challenges in almost all areas of their lives. Age Cymru's independent dementia advocacy project is committed to championing the voices of people living with dementia through these challenges.

Our dementia advocacy project supports anyone 18+ living in Wales with a diagnosis of dementia.

This service is a responsive, accessible, and person-centred solution to the range of problems that people living with dementia may face in their lives.

We're independent of all other agencies and statutory organisations, this means we can always champion the voices of the people we advocate for, without conflict of interest.

Raising people's voices with professionals, including healthcare staff, social workers, housing officers and people working in third sector organisations, is vital for us to make sure that the people they support who are living with dementia have the chance to be heard in all aspects of their lives.



Understanding Age Cymru's Independent Dementia Advocacy Project

For people living with dementia our service can support the person at any point in their journey.

The service that our team deliver is truly person-centred. Our advocates can support with a range of issues or challenges that a person living with dementia may face. This could be something as life changing as moving from living in their own home to a different care setting, planning for the future and accessing care and support when needed.

We can support people living with dementia to stay connected to the things that matter most to them and to know their rights and make sure they are respected and upheld.

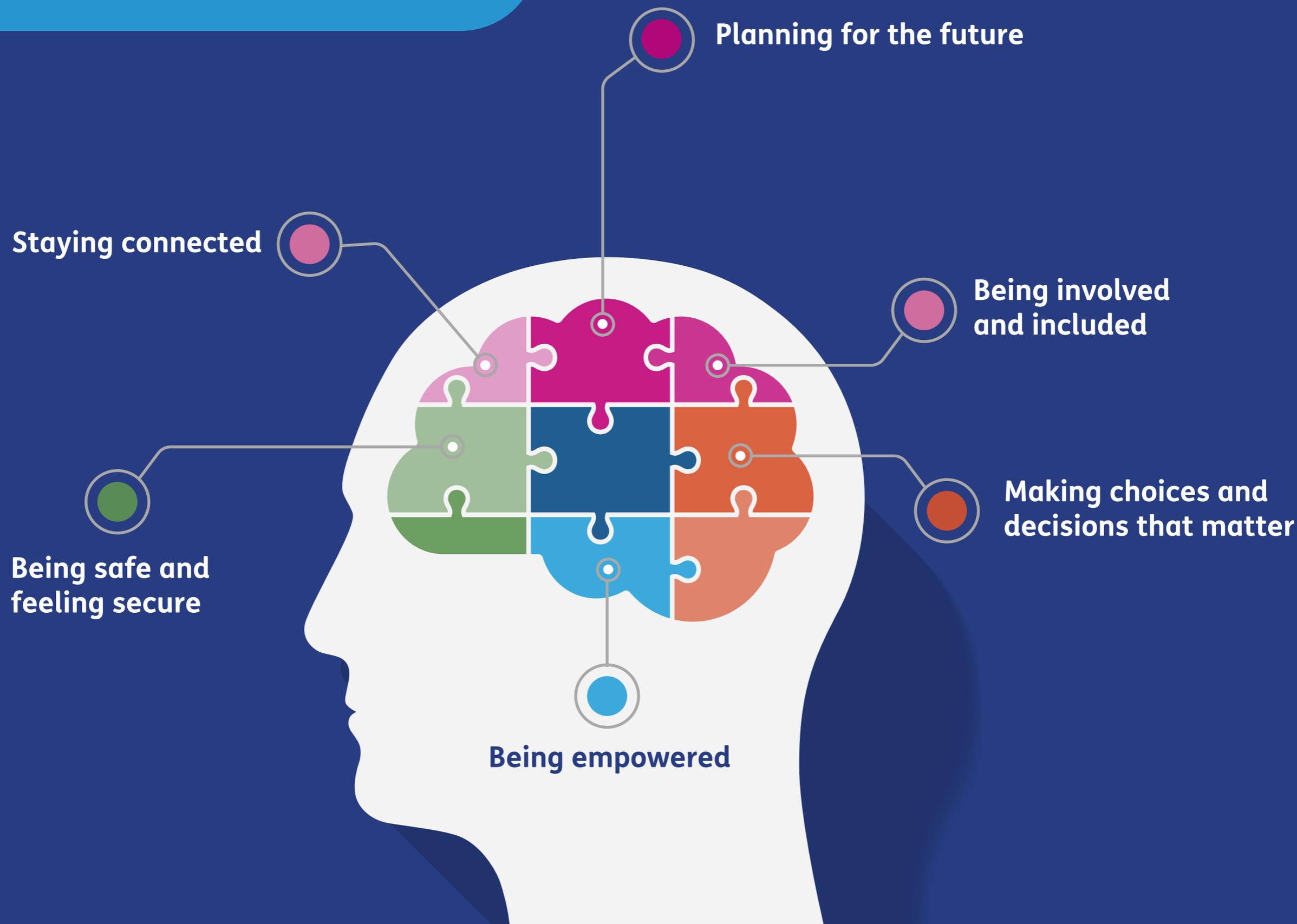
The advocacy we deliver will enable people to:

- Make changes and take control of their life
- Feel more valued and included in their community
- Be listened to and understood

Working holistically and taking a whole person approach means our skilled dementia advocates can build a relationship based on trust and confidence, that raises the voice of people we work with.

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About Dementia Advocacy





Getting to know and understand the people we support

People's past, where they worked, where they grew up, their families and what activities they enjoy are all central to the advocacy process. People's passions and history must be reflected and represented in their future. By placing the person living with dementia front and centre at the very start of the advocacy relationship and learning about them, we have the foundations for a partnership that respects, understands and upholds the wishes, lives and voices of the people we work with.

People living with dementia don't just start planning their life when they receive a diagnosis or start to notice problems. People will have had a vision of how their life would look for much longer than they've been living with dementia. This could be where they spend their time or hobbies or activities they had planned. Even how their retirement might look.

Understanding how people want their life to be means we can work in a person led way and ensure that self-direction and an individual's wishes and plans can be respected throughout their journey with dementia.



Supporting people with dementia to make their own decisions

We provide a whole range of information and help people to understand it, which then helps inform decision making. We make every effort to explain people's choices and options and any potential risks and consequences where needed. We can support people to explore all the range of options available to them when it comes to making key life decisions.



Making referrals or signposting to other sources of support

We recognise there's a whole range of organisations that can support people living with dementia. We always work to provide as many resources and options to people living with dementia as we possibly can. We aim to empower people living with dementia and make them aware of, or support them to access, other appropriate services. The work we do with people living with dementia is confidential. That means we'll always talk to them before discussing their information with anyone else.



Preparing for the future

Planning for the future and putting your affairs in order can provide peace of mind and security for both you and your loved ones. Following a diagnosis of dementia someone might feel uncertainty about the future.

The dementia advocacy project enables people living with dementia to explore all the options to help them plan for the future.

Our dementia advocates work with people living with dementia who need to prepare advance statements, think about their future care needs, work out how their health or finances will be managed and ultimately raise the voices of people living with dementia in all aspects of planning for later life.

Feedback



“The dementia advocate was amazing and it was always about doing the right thing for my Mum.” [Client's daughter](#)

“The dementia advocate in the area I cover is a true professional and without question an ambassador and champion who strengthens the voices of people who would otherwise be at risk of not being heard.” [Social Worker](#)

“The dementia advocate I worked with in a multi disciplinary approach always worked in a person centred way, taking time to build trust and relationships with older people living with dementia and professionals alike.”
[Social Worker](#)

“The dementia advocate empowered my father to speak and he felt listened to. Dad said that the advocate was very knowledgeable and that he needed his support to understand systems and options.” [Client's son](#)

“Age Cymru’s dementia advocacy project has always made sure that the decisions we look at as professionals focus around the wishes and needs of people living with dementia we are here to support. It helps us to know that when we are making decisions, the person we are making them with or about, has been heard and respected.” [Social Worker](#)

“We have never seen our client so engaged and responsive in talking about the things that affect him than when he’s talking to his Age Cymru Dementia Advocate.”
[Care worker](#)

“Age Cymru's dementia advocacy project is first class.” [Care Home Manager](#)

Making a referral

If you think that we can support you, or someone with dementia that you know, please call **029 2043 1555** or e-mail **dementiaadvocacy@agecymru.org.uk**

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Advocacy Service:
Referral form

