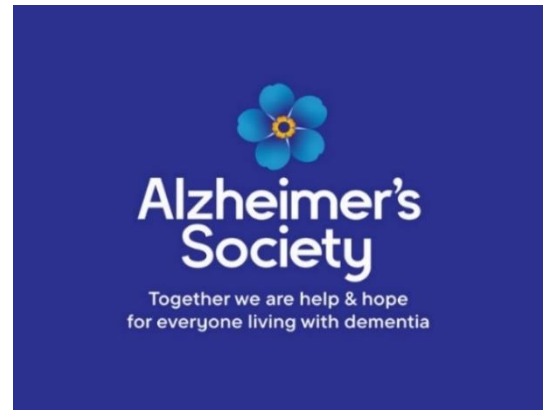



Alzheimer's Society, POWYS

*Free, tailored, individual support
for anyone affected by dementia
or concerned about their memory.*




1:1 telephone, online and face to face support with a trained local dementia adviser. This could include: information and advice pre diagnosis, post diagnosis, emotional support, practical tips, carer support, dementia awareness, peer support, Lasting Power of Attorney services, Companion calls, online learning programmes, and signposting/referral to other services and organisations.

HOW TO REFER – self referrals/professionals

 **Telephone: 0330 094 7400** Welsh bilingual dementia support line Mon-Fri 9:15-4pm (answerphone out of hours).
0333 150 3456 for evenings/weekends (English only).

 **Email:** dementiasupportcymru@alzheimers.org.uk

 **Online (professionals only):** Please request direct local support to ensure direct referral to our Powys team.

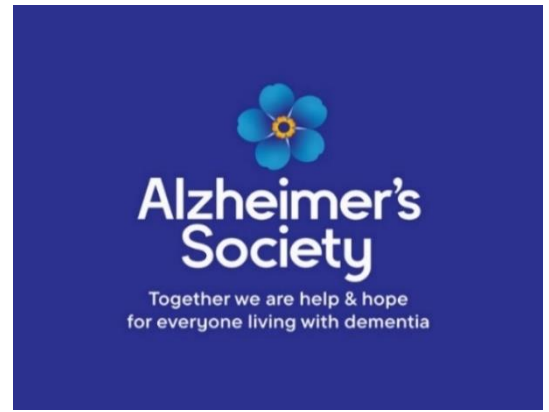
<https://www.alzheimers.org.uk/dementia-professionals/make-a-referral>.



A local Powys dementia adviser should make contact within seven working days of receipt of referral.

For any other queries, please contact Louise Nicholas, Local Services Manager for Powys, on 01495 367784 louise.nicholas@alzheimers.org.uk


Cymdeithas Alzheimer, POWYS



*Cefnogaeth unigol, wedi'i theilwra,
am ddim i unrhyw un y mae
dementia'n effeithio arno neu sy'n
poeni am ei gof.*


Cefnogaeth 1:1 dros y ffôn, ar-lein ac wyneb yn wyneb gyda chynghorydd dementia lleol hyfforddedig. Gallai hyn gynnwys: gwybodaeth a chyngor cyn diagnosis, ar ôl diagnosis, cymorth emosiynol, awgrymiadau ymarferol, cymorth i ofalwyr, ymwybyddiaeth o ddementia, cymorth gan gymheiriaid, gwasanaethau Atwrneiaeth Arhosol, galwadau Cydymaith, rhaglenni dysgu ar-lein, a chyfeirio/atgyfeirio at wasanaethau a sefydliadau eraill .

Sut I Gyfeirio – hunan atgyfeiriadau/gweithwyr proffesiynol

 **Ffon: 0330 094 7400** Llinell gymorth dementia Cymru ddwyieithog. Llun-Gwener 9:15–4pm (peiriant ateb y tu allan i oriau).

0333 150 3456 am nosweithiau/penwythnosau (Saesneg yn unig).

 **Ebost:** dementiasupportcymru@alzheimers.org.uk

 **Ar-lein (gweithwyr proffesiynol yn unig):** Gofynnwch am gefnogaeth leol uniongyrchol i sicrhau eich bod yn cael eich cyfeirio'n uniongyrchol at ein tîm ym Mhowys.

<https://www.alzheimers.org.uk/dementia-professionals/make-a-referral>.



Dylai cynghorydd dementia lleol ym Mhowys gysylltu o fewn saith diwrnod gwaith ar ol dderbyn yr atgyfeiriad.

Am unrhyw ymholiadau eraill, cysylltwch â Louise Nicholas, Rheolwr Gwasanaethau Lleol Powys, ar 01495 367784 neu louise.nicholas@alzheimers.org.uk