

FAQs

Here we answer some of your most Frequently Asked Questions...

If you have a question which is not answered here, find out more on our website, www.dementia-support.org.uk, give the fundraising team a call on 01243 958460, or email us anytime on fundraising@dementia-support.org.uk, we'd love to hear from you.



Sage House, Dementia Support's flagship community hub

What is dementia?

Dementia is the name for a group of symptoms and diseases associated with the ongoing decline of brain function. Dementia can affect a person's memory, problem solving, perception, language skills and other faculties controlled by the brain. It is ultimately terminal.

Dementia is caused by diseases that damage nerve cells in the brain. The symptoms that someone with dementia will experience varies according to which part of the brain is affected and the disease that is causing the damage.

Are dementia and Alzheimer's disease the same?

Alzheimer's disease is the most common form of dementia in the UK.

What is Dementia Support?

Dementia Support is a charity established in 2014 by a group of local people in West Sussex whose families had been affected by dementia, and who were appalled by the huge gap in support services. They had a vision to provide a joined-up approach to accessing dementia services, putting people's individual needs at the heart of the charity.

Are Sage House and Dementia Support the same?

Yes, the charity Dementia Support opened its flagship service, Sage House, in 2018. Sage House is the first dementia hub of its kind in the UK.

The hub offers a range of innovative support services, facilities and activities. Dementia Support manages the service and raises the funds to enable Sage House to operate. We now support hundreds of people living with dementia and their family and friends.

What services does Dementia Support provide at Sage House?

Within Sage House, Dementia Support provides:

- Specialist Dementia Day Breaks respite care
- Activity sessions to promote well-being and health, such as Chairobics, art and craft, singing and reminiscence groups.
- Our unique Wayfinding service – advice and support for people living with dementia and their family and friends, throughout the different stages of dementia
- A community café; Smartzone technology showcase; accessible hair, therapy, and bathing rooms; useful services from partners including sensitive legal and financial advice.

Does Dementia Support offer services outside of Sage House?

Yes, we are expanding our services to meet a growing need in the community by delivering outreach services in remote areas of West Sussex. These community-based outreach services will provide an opportunity for people to access face to face Wayfinding support, activity sessions and Day Breaks respite services – within their local community, meaning they don't have to travel to Sage House to get the vital support they need.

Following the impact of coronavirus, we have had to adapt our services and deliver support in a more flexible way. The charity has continued to provide Wayfinding support over the telephone or remotely through technology and this will continue. The Wayfinding Helpline has supported people across the UK and we now plan to continue with a National Dementia Helpline.

I know someone living with dementia, how do I help them access Dementia Support?

We can provide support and advice to anyone with a concern over memory loss. You do not need to have a dementia diagnosis to access our services. If you or someone you know would like help or advice, you can call our Wayfinding Helpline at Sage House on 01243 888691 or pop in when we are open and someone will be happy to help you. Our address is Sage House, City Fields Way, Tangmere, Chichester, PO20 2FP.

How is Dementia Support funded?

As a charity, Dementia Support relies on voluntary donations and receives only 3% of its income from government funding. We generate income through our café at Sage House, charging a nominal fee for some services and raising money through various fundraising activities. It costs approximately £1 million per year to run Sage House and all our services.

Why is my fundraising so vital?

Dementia Support needs to raise funds to deliver all the services available to anyone affected by memory loss. Today, over 15,000 people are living with dementia in West Sussex and there are 5,500 people just within the area currently covered by Dementia

Support. The number of people living with dementia continues to grow nationally and there are few services available, and none that offer the range of services available at Sage House.

We need the support of our local community to fundraise on our behalf to ensure our services can continue to be delivered. Doing your own fundraising activity is an easy and enjoyable way to get together, have fun and raise vital funds.

I would like to volunteer at Sage House – who do I contact?

We rely on the help of a wide range of volunteers to deliver our activities both in Sage House and out in the community, as well as with fundraising activities and events. Some people help on a regular basis, whilst others help as and when they can. If you would like to get involved and volunteer with us, please contact Sylvie Johnston, our Volunteer Co-ordinator, to find out more, email Sylvie.johnston@dementia-support.org.uk or call her on 01243 888691.

How else can I help Dementia Support and Sage House?

There are many ways you can continue to help Dementia Support, such as:

- Through a monthly donation – you can set one up via our website
- Volunteer at Sage House – contact us for more information
- Get your company or community group to choose Dementia Support as their Charity of the Year
- Help us at fundraising events or give a talk – contact us to find out how.

To find out more email fundraising@dementia-support.org.uk or call us on 01243 958460.

Thank you so much for your support.