

LEWES & DISTRICT DEMENTIA ACTION ALLIANCE



THINGS TO CONSIDER FOLLOWING A DEMENTIA DIAGNOSIS

1. Seek treatment advice from Foundry Healthcare.
2. Establish a support network of friends, family, and dementia-specific support groups.
3. Plan for future needs, including legal, financial, and long-term care arrangements.
4. Prioritise safety measures at home and practice self-care to maintain your well-being.



TIPS FOR SUMMER

Keeping hydrated in hot weather becomes even more crucial in later life. Dehydration can lead to serious health issues like urinary tract infections, kidney problems, and confusion. Drinking plenty of fluids prevents dehydration and maintains optimal bodily functions. Here are some tips to help you stay hydrated:

- Drink water regularly throughout the day, even if you don't feel thirsty.
- Carry a water bottle when going out.
- Eat hydrating foods like fruits and vegetables.
- Limit alcohol and caffeine intake.
- Dress in lightweight, breathable clothing to prevent excessive sweating.

Contact LDDAA



info@dementiafriendlylewes.org.uk



07546 501428

dementiafriendlylewes.org.uk



Lewes & District Dementia Action Alliance

Meet the LDDAA

LAUREN PUTTOCK-BROWN

Associate Chartered Legal Executive and LDDAA Secretary

I am a lawyer specialising in Wills, Powers of Attorney, Trusts and the administration of estates. I help those living with dementia and their families make sure that your legal affairs are up to date. I can make sure you have the support you need during your lifetime if you cannot make decisions independently, and that your estate is given to the people you wish to inherit on your death. I would be happy to have a confidential conversation if you have questions about your legal affairs.

You can contact me on:

01273 223249

lbrown@mayowynnebaxter.co.uk



LESLEY CRUICKSHANK-ROBB

I'm your local Care consultant at Promedica24 Live-in Care. My background is in nursing and residential care management. I offer the people in my community a genuine alternative to residential care. I also understand the difficulties families face when navigating the complexities of the care system. I look forward to working with you and ensuring we deliver the best support you need to live independently and well in the comfort of your own home.

07388 326686

l.cruickshank-robb@promedica24.co.uk

This newsletter is supported by the LDDAA.

Foundry Healthcare , hrscreative, Home Instead, Mayo Wynne Baxter, Music for the Brain, Parris Lawn, Promedica24, Sussex Audiology Centre, Time for Dementia