



Alzheimer's Society

Together we are help & hope
for everyone living with dementia

Local Hertfordshire Advice and Support

Telephone or email

T: 01707 378 365

E: central.herts@alzheimers.org.uk

SUPPORT IS AVAILABLE WITH THE FOLLOWING:

- 1:1 support from point of diagnosis
- help to understand more about dementia
- practical advice and coping strategies
- accurate, clear and useful information
- tools for future planning
- empowering you to access and build wider support networks