



Support and Guidance While You Wait

At Alzheimer's Society, we will be there for you throughout the whole journey. This information sheet is designed to help people living in the **East Riding** area to take some positive steps while waiting for a diagnosis.

Emotional and Practical Support

- Alzheimer's Society Dementia Support Line: **0300 150 3456**
- Alzheimer's Society Website: alzheimers.org.uk
- East Riding Local Website: www.dementiaeastriding.org.uk
- East Riding Talking Therapies: 01482 335451
- East Riding Inclusive Walking Groups: 01482 395320 [All Locations Walking for Health 2026.pdf](#)
- East Riding Carer Support Service: 01482 396500

If you are providing care and/or support to someone, the East Riding Carers Support Service can offer a range of help, such as:

- **Carers' Assessments**
This assessment helps identify what support, services, or equipment could make caring easier for you.
- **Carers Cards**
A card that identifies you as a carer, which can help in emergencies and may also give access to certain local discounts or priority services.
- **A Sitting Service**
A trained support worker can spend time with the person you care for, giving you a break to rest, attend appointments, or manage your own wellbeing.
- **Passport to Leisure**
A scheme offering discounted access to leisure facilities and activities, supporting carers to take time out and look after their physical and mental health.
- **Information, Advice and Guidance**
Including information about local carers' support groups and much more.

Financial and Legal Matters

This may be a good time to think about your financial and legal affairs.

People living with memory or cognitive problems may find they need extra support and could be entitled to both means-tested and non-means-tested benefits. The organisations listed below can offer advice, help you understand what you may be entitled to, and support you to complete any necessary forms:

- **Your Money Team:** 01482 394633
- **Citizens Advice Bureau:** 0808 278 7981
- **Age UK:** 01482 324644
- **The Hinge:** 01262 679671
- **Cherry Tree:** 01482 871993

You may wish to consider a **Lasting Power of Attorney (LPA)**. This allows you to choose one or more people you trust to make decisions on your behalf in the future.

Email: customerservices@publicguardian.gov.uk Telephone: 0300 456 0300 or contact Alzheimer's Society Digital Assistance Team on **0300 150 3456** If you don't have internet access.

Healthy Brains

Research shows that looking after your mental health can support your memory in a number of ways. We can offer advice on how to keep your brain active and how to reduce stress and worry. All of these can help support your overall wellbeing.

We can also talk with you about the importance of:

- Maintaining a healthy, balanced diet
- Having regular routines
- Getting good-quality sleep
- Staying physically active
- Keeping socially connected

Groups and Activities

Alzheimer's Society can help signpost you to a range of local groups and activities based on your hobbies and interests. You may be interested in activity groups run by Alzheimer's Society, or you may want support to find community groups that feel right for you.

Secure and Safe

- **Herbert Protocol** <https://herbertprotocol.com/>

You may wish to consider using assistive technology to help you stay safe, active, and involved in everyday life. Technology can support you in a range of ways, including:

- Helping with daily tasks and activities
- Improving safety at home and when out and about
- Monitoring your health and wellbeing
- Enabling others to support you when needed

There are organisations such as **Lifeline** (01482 396040) can provide falls prevention technology and can offer an emergency response service.

Services

If you feel you may need more formal support, you can contact **East Riding Adult Social Care** for advice and guidance. They can provide information about care services, including home care, respite care, and other support options. Telephone: 01482 393939

For further information about services in the East Riding area, contact Alzheimer's Society East Riding Team on 01482 211255 (This is an answerphone, leave a message and you will receive a call back within 48 hours).

Alternatively email: east.riding@alzheimers.org.uk

Co-produced with the East Riding Dementia Voice and East Riding Alzheimer's Society Team