

With the news this week that one in three people born in the UK this year are projected to develop dementia in their lifetimes, I thought I would write my column on the brilliant new West Kent Dementia Roadmap.

The West Kent Dementia Roadmap provides high quality information about the dementia journey alongside local information about services, support groups and care pathways to assist primary care providers like your GP, but also to support people with dementia, their families and carers. It's full of help and resources for those diagnosed with or looking after someone with dementia that can make an outstanding difference to their quality of life and allow them to continue to live well with dementia.

The information provided helps identify what to look for if you are worried about your memory, with understanding of what dementia is, it talks you through the process of getting a diagnosis then post diagnosis support and how to live well with dementia. All the way along providing factual information, where to go and what to expect, alongside support groups and services to help you through the process. Once you have got all this in place it also covers vitally important information for later on regarding carer health and about planning for the future.

The Dementia Roadmap is a great national initiative where the Royal College of GPs help with the big information and funding needed then the local health professionals build it up with all the local information and I am delighted that our local experts have brought it to West Kent.

Patients and carers that helped pilot and feedback have been very supportive and complimentary – so if you or a loved one have been diagnosed with this disease please visit <http://dementiaroadmap.info/westkent> to help ensure that you are receiving all the support that you need.