

## Encouraging timely help-seeking for dementia in Black African and Caribbean families

This intervention included a leaflet about situations and concerns Black African & Caribbean families have about getting help for forgetfulness:

- organisations can use the leaflet to encourage their members to seek help for forgetfulness
- individuals who are worried about their memory should talk to their GP

For more information and to access the leaflet: [www.arc-nt.nihr.ac.uk/improving-the-care-of-black-african-and-caribbean-people-living-with-dementia/](http://www.arc-nt.nihr.ac.uk/improving-the-care-of-black-african-and-caribbean-people-living-with-dementia/)



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