

LEWY BUDDIES UK

Peer Support

for

Lewy Body Dementia – LBD
Dementia with Lewy Bodies – DLB
Parkinson's Disease Dementia – PDD

- **Do you have, or do you care for someone with LBD, DLB or PDD?**
- **Do you often struggle to cope with challenges?**
- **Would you like to discuss problems with other people affected by this disease?**
- **Would you like to get in contact by phone, email, WhatsApp or Zoom?**
- **Would you like to attend a peer support group online?**

For more information please contact:

Co-ordinator: Esther Boyd
0121 449 6675

07974 136 233 (text or WhatsApp)
lewybuddiesUK@gmail.com

LEWY BUDDIES UK

Lewy Body Dementia (LBD), sometimes diagnosed as Dementia with Lewy Bodies or Parkinson's Disease Dementia, is very different from Alzheimer's and other dementias, where the main problem is short term memory loss. The symptoms of Lewy Body Dementia are more extensive.

The disorder is caused by protein deposits on the brain which block neural pathways, causing cognitive impairment and Parkinson's. The disorder is common but is still under diagnosed and is not understood by most people, including many doctors and nurses.

My husband had LBD. When I was caring for him I thought that it would be helpful to talk to others living with his disorder, but it took me five years to find my first 'Lewy Buddy', and another two years to find Buddies who live near to me. After his death, I created 'Lewy Buddies UK'. The project is growing - there are currently over 70 of us, from Edinburgh to Penzance.

A Buddy may just wish to receive support, or may volunteer to share their experiences. A Buddy may have a particular issue that they would like to discuss with another Buddy, or they may wish to have a general, supportive, conversation.

Monthly online Lewy Buddy Support Group meetings are hosted by Rare Dementia Support, UCL.

If you have contact with anyone who is living with this disorder, who would value peer support, please give them my contact details (overleaf) and I will provide further information.

With thanks and a smile from Esther.