

Dementia Information Sheet

This information sheet is intended to give a general overview of support services for people with dementia and carers of people with dementia. The document has also been organised to provide a starting point and a record of any help you and the people who support you need now or in the future. We hope you find this helpful.

Please record your contact details	
Name:	
Address:	
Telephone number:	Mobile:
GP Name, address and phone number	
Your Dementia Adviser contact details	
Family/support contact details	
First Contact	Second Contact
Name:	Name:
Address:	Address:
Telephone:	Telephone:
Signed up to the Carers Emergency Scheme? (see page 10 for details)	Yes <input type="checkbox"/> No <input type="checkbox"/>
Lasting power of attorney in place?	See page 7 for more details
Main Contacts for Support	
Your own doctor (GP) should be your first point of contact for health issues. Always contact the GP if there is a sudden change in the person with dementia	
Managing Memory Together – Community Dementia Nurses, Information and Education Service	0800 694 8800 managingmemory@ghc.nhs.uk
Gloucestershire Alzheimer's Society – Dementia Adviser Service and Support Groups	01452 525222 gloucestershire@alzheimers.org.uk
Gloucestershire Carers Hub – information, advice, carers support, counselling and carers assessments	0300 111 9000 carers@peopleplus.co.uk
Gloucestershire County Council Your Circle website - an online directory to help you find your way around health and care and connect with people, places and activities in Gloucestershire .	www.yourcircle.org.uk

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Living with Dementia

A diagnosis of dementia does not mean that life is over. Living one day at a time, staying healthy, doing the things you enjoy and finding ways to maintain independence for as long as possible are things that can help you to live as well as possible with the condition.

Staying Healthy

Try to maintain a healthy diet and exercise as often as you feel able

Rest when you are tired

Take medications as prescribed

Stay connected to family members and friends

Ask for help when you need it

Notes:

Doing things you Enjoy

Hobbies: If you enjoy cooking, gardening, fishing or sports, continue making them a part of your everyday routine.

Living in the moment: You can also take pleasure in living in the moment, appreciating the small joys of life, such as seeing flowers coming into bloom, watching birds at a feeder and listening to your favourite music. Capture these moments and enjoy them.

Reminiscing: Consider starting a life history book. Use a simple scrapbook or photo album to record details of your past and present life that will be helpful for anyone who may be supporting you. This is something your family and friends can help you with, and it is a great opportunity to share your history, memories and thoughts with those close to you.

Notes:

About Dementia and Social Activities

Information about dementia can be found in the Dementia Guide, the Alzheimer's Society www.alzheimers.org.uk and Alzheimer's Research www.alzheimersresearchuk.org websites. Reading Well 'Books on Prescription' recommends books about dementia that you might find helpful and these are available in all Gloucestershire Libraries.

Managing Memory Together Information sessions: attending these can help you to find out more about dementia and enable you to meet others who also have the condition. There are also sessions for people supporting someone with dementia.

Local Support and Activity Groups provide an opportunity for people with dementia and their carers to meet and socialise with others. This may be a local walking group, a memory café or club, or maybe an art or singing group.

Support for people for Black Minority Ethnic Communities (BME)

Support is available to enable people from BME and migrant communities to access appropriate services and maximise their own, or their families' independence. Details of groups and services are available from

Managing Memory Together 0800 694 8800 email
managingmemory@ghc.nhs.uk

Further information about dementia and/or local support and activity groups is also available from **Alzheimer's Society 01452 525222 email**
gloucestershire@alzheimers.org.uk

Staying safe at home and out and about

Notes:
Dementia Guide issued

Notes:

Gloucestershire Fire and Rescue Service – Safe and Well Checks

Request a FREE Home Safety Check to ensure that your household is as safe as possible from the dangers of fire and to get smoke alarms installed or checked. They can also provide specialist equipment e.g. hearing impaired alarms and linked alarms for people with memory issues. Contact: **0800 180 4140** Email: home.safety@glosfire.gov.uk www.glosfire.gov.uk

Pendant alarm is a button worn around the neck or wrist that can be pressed to call for assistance. A Community Alarm provider may be able to cover this need. To check suitability and for details of the provider in your locality contact **Managing Memory Together 0800 694 8800** or search for ‘Alarm Service’ on www.yourcircle@gloucestershire.gov.uk

Helpcards are a credit sized card printed with either ‘I have memory problems’, or ‘I have Alzheimer’s disease’ or ‘I have dementia’ you can then add personal details and contacts. Carrying a card can help if you get confused and need help when you are out on your own. For more details and to get a Helpcard contact the **Alzheimer’s Society 01452 525222**

Telecare – Help Me Home is a simple wrist-worn bracelet engraved with a unique ID number. The bracelet also has the telephone number for the monitoring centre that holds contact details of family members or friends who can respond. They can then be contacted if the wearer becomes lost or needs help when out an about. Contact Adult Helpdesk **01452 426868**

The Herbert Protocol is a form which is kept at home, or in a safe place, with important information about a vulnerable person. Should the person go missing, information is easily on hand about their routines, medical requirements and favourite places. This can easily be handed over to the police without the worry of collecting it together during a stressful time. <https://www.gloucestershire.police.uk/> Call **101** or **01452 726 920**

Lions Message in a Bottle is a simple and effective way to keep your basic personal and medical details where they can be found in an emergency - in the fridge. You can get a free bottle from **Managing Memory Together 0800 694 8800**. or your local health centre, doctor’s surgery or pharmacy.

Keysafes are useful to have fitted in case you lock yourself out or lose your key and/or need to allow access to care workers. They are available to purchase from most DIY stores and locksmiths

Notes:

Scams

“Age UK Gloucestershire are aware Scams are becoming increasingly common and many people are easily caught out; this is an area of concern for many older people and those living with dementia. If you are concerned about a potential scam or want advice on how to avoid becoming a victim of a scammer you can contact the **Age UK Gloucestershire Help Team on 01452 422660** or Helpteam@ageukgloucestershire.org.uk. The Help Team will be happy to talk through any concerns and offer guidance on who to report things to; they can also send you a free Age UK booklet “Avoiding Scams” and a leaflet and sticker for your door to help you remember what to do to avoid becoming a victim of a doorstep scam.”

Notes:

Help with Medication

Ask your doctor’s surgery or pharmacy about repeat prescription and collection services. Pharmacies can advise you about dosette boxes. These can help people to remember to take tablets at the right time.

Electronic medication reminders can also help – call Managing Memory Together for advice or visit <https://www.gloucestershire.gov.uk/telecare/>

Notes:

Dementia and Driving

A diagnosis of dementia does not automatically exclude you from driving; however, there is a legal obligation to inform the Driver and Vehicle Licensing Agency (DVLA) of the diagnosis. You should also inform your car insurance company.

The DVLA will ask you to complete a questionnaire and with your permission will contact medical professionals involved in your care. They may also ask you to complete a driving assessment at a DVLA driving assessment centre.

You can arrange an independent assessment of your driving performance and safety whilst you still hold a licence to drive. There is a charge for this service. People can self-refer or be referred by a healthcare professional. See <https://www.drivingmobility.org.uk/our-services/driving-assessments/> for details. For information on costs please contact your nearest Mobility Centre <https://www.drivingmobility.org.uk/find-a-centre/> if you wish to speak with someone call 0800 559 3636, however this number is not always manned so you may need to leave a message and they will return your call.

If you do not want to carry on driving you should return your driving licence to the **DVLA, Swansea SA99 ITU Telephone: 0300 790 6806**

Contact Managing Memory Together 0800 694 8800 for a copy of our leaflet ‘Memory problems, dementia and driving’

Notes:

Blue Badge Scheme

Blue Badges are usually issued for people, who are registered blind, severely sight impaired or who have severe mobility issues problems. This has now been extended to include people with hidden disabilities such as dementia. If you have a non-visible (hidden) condition, you will be asked questions around how journeys between your vehicle and destination are affected by your condition (The badge can be used in any car that the badge holder is travelling in)

You can request an application form from the Blue Badge Team 01242 532302 or Email bluebadge@gloucestershire.gov.uk or online at www.gloucestershire.gov.uk/health-and-social-care/disabilities/apply-for-a-blue-badge

The Alzheimer's Society have some useful guidance that is worth reading before making your application.

<https://www.alzheimers.org.uk/blog/how-apply-blue-badge-person-dementia>

Notes:

Financial help – Welfare Benefits

People aged **under 65** who need help with personal care and have problems getting around may be able to claim **Personal Independence Payment (PIP)**. To claim call the PIP claim line 0800 917 2222 Textphone: 0800 917 7777

People **aged 65 and over** whose illness or disability means that they need help to manage everyday activities including personal care can claim **Attendance Allowance (AA)**. To request a form call 0800 731 0122 The forms can also be downloaded from www.gov.uk

Claims for PIP and AA are not affected by the amount of savings or income you have. Awards are based on the help the person with dementia needs to live independently.

Council Tax Discount: People with a diagnosis of dementia may be entitled to full Council Tax Discount if they live alone or 25% reduction if another adult lives with them. To qualify the person with dementia must be in receipt of **AA** or **DLA** (Middle Rate Care) and a doctor must agree that they are 'severely mentally impaired'. To claim request a form from your local council. The discount category that dementia comes under is severe mental impairment.

Carers Allowance is paid to carers who are looking after someone for 35 hours a week or more who are in receipt of a qualifying disability benefit. There is strict eligibility criteria and in some circumstances if other benefits are in payment carers allowance may not be payable.

You may be eligible for other benefits. Rules for claiming welfare benefits are complicated.

Further information is available at www.gov.uk and Citizens Advice Bureau www.citizensadvice.org.uk/benefits/ You can also contact Managing Memory Together 0800 694 8800 for advice and signposting.

Notes:

Planning for the Future

Advance Care Planning (ACP) gives you an opportunity to think about, talk about and write down your preferences and priorities for your future care, including how you want to receive your care towards the end of your life. Anything can be included. If it is important to you, then record it, no matter how insignificant it may appear.

The Planning for your Future (ACP) booklet can help you with planning. Booklets are available from Managing Memory Together 0800 696 8800 managingmemory@ghc.nhs.uk

ReSPECT stands for Recommended Summary Plan for Emergency Care and Treatment. In a crisis, health professionals may have to make rapid decisions about your treatment, and you may not be well enough to participate in making choices. The ReSPECT process empowers you to guide the health professionals on what treatments you would or would not want to be considered for. It can also record the things that are most important to you and that should be prioritised, as well as treatments that would not work for you. For further information on ReSPECT please visit: www.respectprocess.org.uk or ask your healthcare professional for a leaflet.

Me at My Best Care Plans are for people with long term conditions such as dementia. Your healthcare professional will help you make your plan. You can keep a copy of your plan at home and a copy will be kept on your health records. Your Me at My Best care plan will help you share information about your needs and wishes in situations where it may be difficult for you to do so yourself. For example if you are unwell and need to be admitted to hospital, the information in your 'Me at My Best' plan can help hospital staff understand your needs and plan your care.

For more information about Me at My Best Care Plan talk to your health care professional (this may be a nurse or the GP involved in your care) you can also call Managing Memory Together for information.

Lasting Power of Attorney (LPA) is a legal document that lets you appoint someone you trust as an 'attorney' to make decisions on your behalf. This document can be drawn up at any time while you have capacity (are still mentally capable).

There are two types of LPA:

Property and Financial Affairs LPA - this relates to decisions about financial matters

Health & Welfare LPA – relating to decisions affecting health or personal welfare

You must register your LPA with the Office of the Public Guardian if your document is to have a legal standing. For more information contact

The Office of the Public Guardian 0300 456 0300

<https://www.gov.uk/government/organisations/office-of-the-public-guardian>

Notes:

The Alzheimer's Society provides a LPA digital assistance service offering telephone support to help people create and register LPAs. The service is for people with dementia and carers who do not have access to the internet or find completing forms online difficult. Contact **0300 222 1122**

Notes:

Please note: An Ordinary Power of Attorney (OPA) sometimes known as General Power of Attorney (GPA) gives someone temporary powers to deal with your financial affairs but it can't be used for people who have lost capacity to make their own decisions. **It is therefore not suitable for future planning for people with dementia.**

For more information contact The Office of the Public Guardian 0300 456 0300 or visit their website

www.gov.uk/government/organisations/office-of-the-public-guardian

Dementia Adviser Service – Alzheimer's Society

The Dementia Adviser Service provides support for people with dementia and their carers to help them maintain independence, improve their sense of well-being, and put people more in control of their life. They can also help you to access appropriate services. This service can be provided through one to one support, home visits or as appropriate.

For more information contact: **Alzheimer's Society 01452 525222** or gloucestershire@alzheimers.org.uk

Community Dementia Practitioners - Managing Memory Together (NHS)

Community Dementia Practitioners (CDP's) are professionals who are experienced in working with people with dementia and their families. If difficulties arise in managing the condition a CDP can arrange to meet with you to assess the situation and to develop a plan with you to address issues and any immediate care needs. CDP's also provide support to GP practices in the diagnosis, management and treatment of dementia. Part of the CDP role is also to provide annual reviews of dementia medications.

You can be referred to the service by your GP or you can access the service by contacting **Managing Memory Together** directly on **0800 694 8800**

Young Onset Dementia

Dementia is considered 'young onset' when it affects people under 65 years of age. It is also referred to as 'early onset' or 'working age' dementia. As well as the other services listed in this document that people can access, people with Young Onset Dementia may also be able to access support from a **Specialist Young Onset Dementia Nurse** who works within the **Managing Memory Together 0800 694 8800**.

Gloucestershire Carers Hub and Managing Memory Together also host a monthly online support group for people who are caring for a family member or friend with Young Onset Dementia. Contact Managing Memory Together for details.

The Alzheimer's Society 01452 525222 also has a Young Onset Dementia Activity (YODA) group that meets monthly.

Young Dementia UK is a national information and support charity focusing specifically on young-onset dementia. Created with and for younger people, families, friends and supporters. **01993 776295** mail@youngdementiauk.org www.youngdementiauk.org

Health Research

Dementia research is important. It can help people living with the condition now, as well as helping to prevent people from developing dementia in the future. If you want to register your interest in finding out about local and national research please contact

Trust Research Department on **01242 634490** or Email Research@ghc.nhs.uk

When you are needing further support

The following information may be helpful to you if you need practical help or support with personal care, nutrition, mobility or safety.

It is advisable to discuss your situation and to get advice either from your Dementia Adviser, Managing Memory Together or from one of the agencies listed towards the end of the information sheet, prior to arranging services yourself.

It may also help to contact **The Care Advice Line (TCAL)** which is a free information and advice service for adults with current or future care and support needs, and their carers and families. It can help you to make informed decisions about how you pay for care and support and the impact this will have on your finances. **01452 222200** enquiries@thecareadvice.org

Help at Home from a Paid Carer

You can **organise and purchase services yourself**

Your Circle www.yourcircle.org.uk website enables you to search for home care (domiciliary care) agencies in your area. The **Gloucestershire Care and Support Guide** gives guidance on choosing and paying for care and support as well as lists of agencies. Contact **Managing Memory Together 0800 694 8800** or Gloucestershire County Council **Adult Helpdesk 01452 426868** to request a copy.

To request a care needs assessment call the Adult Helpdesk on 01452 426868 or email your enquiry to socialcare.eng@gloucestershire.gov.uk An assessment is an opportunity to have a conversation with a trained assessor about the things that matter most to you and find out what will improve your wellbeing now and in the future. The way that the council works out if you are eligible for means-tested support is by completing a care needs assessment and a financial assessment.

As a general rule if you have savings **over £ 23,250** (not including the property you live in) you will be expected to pay for care yourself. If you have less than this you may get some financial help to fund the care you are assessed as needing.

Help with Meals Options include, ready meals delivered from your local supermarket, hot, chilled and frozen meals to order from a range of Gloucestershire providers, or hot meals at lunch clubs. In some circumstances, the council may arrange subsidised community meals for you. For more information contact Managing Memory Together 0800 694 8800 or visit www.yourcircle.org.uk and search for Community Meals and select the information tab.

Telecare equipment uses sensors in the home to monitor potential accidents and emergencies. (e.g. falling, flood, fire etc.) There are activity monitors which can allow a carer to check if the cared for person visits the bathroom or kitchen or if they wander from home. For more information visit www.gloucestershire.gov.uk/telecare where you can complete an online assessment tool. You can also contact the **Adult Helpdesk 01452 426868**.

Occupational Therapy Assessment If you or the person you care for is starting to have mobility problems you can request an assessment from the **Adult Helpdesk 01452 426868** to find out if equipment and aids in the home such as bath seats, handrails, and raised toilet seats etc. would help. Where people meet the criteria for help equipment can be provided free of charge.

Help and Support for Carers

The term carer in this document refers to people who provide unpaid support to someone with dementia who could not cope without their help.

Gloucestershire Carers Hub (managed by Peopleplus)

Provides information advice and guidance for carers, including advice on benefits, access to carer support groups, carer training and activity sessions, carers assessment and support planning, carers counselling service and a peer mentoring service. Carers can sign up to receive e-newsletters and are invited to training events and trips.

They also manage the following services

Carers Emergency Scheme

This scheme is free and offers you peace of mind, about what would happen to the person you look after, if you were taken ill or caught in some kind of emergency.

The scheme operates at two levels:

Level 1: The carer is asked to nominate two contacts who would be willing to respond in an emergency. These details are passed to a 24hr helpline.

Level 2: Carers looking after someone with high care needs have the additional option of having a support worker supplied in an emergency by a CQC Registered Care Agency to take over their caring role for up to 48 hours (72 over a bank holiday). The care is provided free of charge.

Carers Assessments

Any carer who appears to have a need for support must be offered an assessment. A carer's assessment will explore what help and support you might need to continue looking after the person you care for. It is not an assessment of how well you carry out the caring role. An assessment will usually start with an initial telephone conversation with Gloucestershire Carers Hub.

Skills and Development Training

Gloucestershire Carers Hub offers a variety of training courses to match your needs as a carer. Topics include five ways to wellbeing, managing stress, staying safe, dealing with continence issues and condition specific sessions. They also offer craft workshops and pamper sessions. The provision is designed to support you in your caring role. They also offer online sessions.

Notes:

Carer Break Services

A number of services provide home based short breaks or outdoor activities for the cared for person. This can help relieve stress for carers and give them some time to themselves. Sometimes these breaks can be free if a carer's assessment has identified the need for one under the Care Act (2014). It is a good idea to ask for help at an early stage as agencies and services often have waiting lists. To request a Carers Assessment please contact Gloucestershire Carers Hub 0300 111 9000

Private home care agencies will provide carer break/befriending/respite and help with personal care, overnight care and 24 hour care in the home. Please see the Gloucestershire Care and Support Guide available from the **Adult Helpdesk 01452 426868** for more details. You can also search for agencies that operate in Gloucestershire online at www.yourcircle.org.uk

As well as support at home, attendance at a day care facility can benefit the person with dementia, enabling the carer to have a break.

Notes:

GP Carers Register

Ask to be placed on the Carers Register at your GP surgery. The services offered by GP surgeries to carers vary from surgery to surgery. Find out how your surgery can support you.

At a minimum you should be offered an annual flu jab.

Notes:

Please contact Gloucestershire Carers Hub for more details and access to the services listed above

0300 111 9000 or email to carers@peopleplus.co.uk

www.gloucestershirecarershub.co.uk

Acute Hospital Inpatient Support - Admiral Nurse

If any support is required during a hospital admission to Gloucestershire Royal Hospital or Cheltenham General please call **Asma Pandor on 07492 999224** or email Asma.Pandor@nhs.net

Keeping a check on physical health and wellbeing

Keeping as physically well as possible is important for all of us. When we are physically unwell this will affect the way in which we behave and our ability to concentrate and do things. People with dementia can sometimes be less aware that they are physically unwell and may be less able to describe how they are feeling. If there is an unexpected change in behaviour it is important therefore to rule out physical causes.

People with dementia are often at greater risk of developing conditions such as delirium. Delirium is a state of mental confusion that can happen if you become unwell. **Pain**, **Infections**, poor **Nutrition**, **Constipation**, poor **Hydration**, **Medication** and changes in the **Environment** can all cause delirium. It often starts suddenly, but usually improves when the condition causing it gets better. These changes, referred to as **delirium**, can develop in as little as one to two days. Symptoms of delirium can range from agitation and restlessness to hallucinations or delusions or suddenly becoming withdrawn or more sleepy. It is important therefore to ensure that sudden changes in the condition of the person you care for are checked out with their GP. Keeping an eye on fluid and food intake can help prevent dehydration and problems with constipation. Also, regular medical reviews and recognising signs of pain in the person you care for will help prevent discomfort which can often affect behaviour.

Pain

Infections

Nutrition

Constipation

Hydration

Medication

Environment



Being alert to signs/symptoms of pain or infection

Good balance of fluid intake

Having regular medication reviews

Keeping as active as possible

Getting help when things change

Assess the situation

Has there been a rapid change in the person?

Rapid changes usually indicate that the person has an infection or is in pain so you should make an appointment with the GP as soon as possible.

If you feel you need advice in the meantime you can call [Managing Memory Together](#) during office hours 9am-5pm Monday to Friday or out of hours call NHS 111.

If you or the person you care for is at risk you should seek medical help immediately by calling 999

Have you noticed a gradual deterioration in the person's ability to manage everyday tasks? Are they becoming much more confused?

Is the person hallucinating either for the first time or more frequently? Think Delirium**

Dementia is progressive which means that the person's condition will get worse. However, it is still important to seek help and advice if you are concerned.

In the first instance you should contact the GP.

The GP may refer to a [Community Dementia Practitioner at Managing Memory Together](#) who can support you to manage these changes.

You can also call [Managing Memory Together 0800 694 8800](#) for advice.

When you call for help explain

Why you are worried?

What has changed?

What help you think you or the person you care for needs.

Sometimes (unless it is an emergency) it helps to write things down before you call.

Helplines

National Dementia Helpline (Alzheimer's Society) 0300 222 11 22

Mon- Wed 9am-8pm, Thurs & Fri 9am-5pm, Saturday & Sunday 10am-4pm

Dementia UK Helpline 0800 888 66 78 or email direct@dementiauk.org **Mon to Fri** 9am to 9pm
Sat & Sun 9am to 5pm

Samaritans: Call 116 123 or email jo@samaritans.org Open 24 hours, 365 days a year

Age UK: Call 0800 169 2081 Open 8am-7pm, 365 days a year

Mind: Call 0300 123 3393, email info@mind.org.uk or text 86463

[Dementia Talking Point](#) is our online community for people with dementia, their family, friends and carers. It's a safe place to ask questions, share your experiences and get advice and support.

www.alzheimers.org.uk

**** Think Delirium: Delirium** is a worsening or a change in the persons mental state that happens very quickly. **Delirium** often leads to increased confusion, disorientation, hallucinations and difficulty concentrating. The person may also become sleepy and drowsy. The most common causes are Pain, Infection, Nutrition, Constipation, Hydration, Medication and Environment. (PINCH ME -see previous page) **If you suspect Delirium it is important to seek medical help as soon as possible by contacting your GP surgery.**

Useful Contacts

Listed below are contact details for a number of organisations in Gloucestershire that provide information, advice and support services. If you are not sure who it would be best to contact to please call **0800 694 8800** or email managingmemory@ghc.nhs.uk

ADULT HELPDESK (Gloucestershire Adult & Community Care Directorate) provides information, advice and access to social care services.

Adult Helpdesk Specialist Services Team helps people from Black Minority Ethnic and migrant communities to access appropriate services and maximise their own, or their families' independence. The team specialisms cover the South Asian, African Caribbean, Chinese and Eastern European (particularly Polish) communities.

01452 426868 Email: socialcare.enq@gloucestershire.gov.uk
www.gloucestershire.gov.uk/health-and-social-care

ADMIRAL NURSING DEMENTIA HELPLINE can offer you specialist practical and emotional support on their dementia helpline or their online service. Their website also has information on dementia.

Admiral Nursing Dementia Helpline **0800 888 6678 Mon-Fri 9am-9pm Sat & Sun 9:00am-5:00pm**
www.dementiauk.org

Please call **Managing Memory Together 0800 694 8800** during office hours Monday-Friday 9am-5pm

Please note: If you need emergency support you should contact your GP or emergency services.

AGE UK GLOUCESTERSHIRE

Age UK Gloucestershire is a local, independent charity here for all older people in Gloucestershire. It offers information and advice to help people **navigate** later life, services to ensure people can remain independent **at home** for as long as they want to (e.g. the Out of Hospital Service), as well as helping people to **connect** socially and access activities in their local community e.g. walking sports.

01452 422660 Email: enquiries@ageukgloucestershire.org.uk
www.ageukgloucestershire.org.uk

ALZHEIMER'S RESEARCH UK

Alzheimer's Research UK is the world's leading dementia research charity dedicated to causes, diagnosis, prevention, treatment and cure.

For questions about dementia research and how to get involved

0300 111 5111 Email: infoline@alzheimersresearchuk.org www.alzheimersresearchuk.org

ALZHEIMER'S SOCIETY (GLOUCESTERSHIRE)

The local office has many services including the **DEMENTIA ADVISER SERVICE**, singing for the brain, memory cafés and a specialist group for younger people with dementia.

01452 525222 Email: gloucestershire@alzheimers.org.uk www.alzheimers.org.uk

ALZHEIMER'S SOCIETY (NATIONAL)

Free factsheets about memory problems and dementia are available in a range of languages. Information, advice and guidance is available by contacting the Alzheimer's Society Dementia Connect Support Line. The service can also provide interpreters for people whose first language is not English.

- Call **Dementia Connect Support Line** on **0333 150 3456**
- **Phone support** is available seven days a week.

Talking Point: an on-line forum for people with dementia and their carers is available at https://www.alzheimers.org.uk/info/20013/talking_point_-_our_online_forum

Lasting power of attorney digital assistance service provides telephone support to help people create and register LPAs. **0333 150 3456** **The service does not offer legal advice.**

ATTENDANCE ALLOWANCE HELPLINE to request claim forms.. **0800 731 0122** **Forms can be downloaded from** www.gov.uk/government/publications/attendance-allowance-claim-form

DEMENTIA CONNECT ONLINE DIRECTORY An online resource managed by the **Alzheimer's Society** that allows you to find advice and information support services. Simply enter your postcode or location to find support near you. www.alzheimers.org.uk/find-support-near-you

GLOUCESTERSHIRE CARERS HUB (managed by PeoplePlus)

Provide information advice and guidance for carers, including advice on benefits, access to carer support groups, carer training and activity sessions, carers assessment and support planning, carers counselling service, carers breaks and carers emergency scheme. Carers can sign up to receive e-newsletters and are invited to training events and trips for carers.

0300 111 9000 Mon- Fri **Email:** carers@peopleplus.co.uk www.gloucestershirecarershubs.co.uk

COMMUNITY WELLBEING SERVICE can offer one to one support for individuals and can also signpost or refer people to activities and groups available in their area.

Cheltenham & Tewkesbury - CCP

0300 365 6463 glccg.ccpcommunitywellbeing@nhs.net www.ccp.org.uk/communitywellbeing

Cotswolds District - Gloucestershire Rural Community Council

01452 528491 **Email:** Info@grcc.org.uk www.grcc.org.uk

Forest of Dean - Forest of Dean District Council 01594 812447 or 01594 812399

Email: community.connectors@fdean.gcsx.gov.uk
www.fdean.gov.uk/residents/health-leisure/community-wellbeing-service

Gloucester Home Group 0300 131 0024

Email: hgl.communitywellbeing.gloucester@nhs.net
<https://www.homegroup.org.uk/Care-and-Support/Our-Care-Services/Community-Wellbeing-Service-Gloucester>

Stroud District - Independence Trust (Herefordshire Housing) 0345 863 8323

Email: Referrals-CCStroud@independencetrust.co.uk www.independencetrust.co.uk

COMMUNITY CONNEXIONS (Community Transport Throughout Gloucestershire)

Accessible transport solutions for groups and individuals to any destination. Using minibuses and volunteer cars driven by experienced, DBS checked, highly trained drivers. They provide door-to-door community transport, community bus routes, excursions, vehicle loan and more.

0345 680 5029 **Email:** info@communityconnexions.org.uk www.communityconnexions.org.uk/

GLOUCESTERSHIRE FIRE AND RESCUE SERVICE – SAFE AND WELL CHECKS

contact the fire service to request a **FREE** Home Safety Check to ensure that your household is as safe as possible from the dangers of fire and to get smoke alarms installed or checked. They can also provide specialist equipment e.g. hearing impaired alarms and linked alarms for people with memory issues.

0800 180 4140 Email: home.safety@glosfire.gov.uk www.gloucestershire.gov.uk/glosfire/your-safety/safe-and-well/

HEALTHWATCH Gloucestershire supports people to have a voice and influence the delivery and design of local health and social care services.

0800 652 5193 Email: info@healthwatchgloucestershire.co.uk
www.healthwatchgloucestershire.co.uk

LET'S TALK may be able to help if you are feeling stressed, anxious or depressed. The service is part of the Gloucestershire Health & Social Care NHS Foundation Trust Mental Health Intermediate Care Team, which offers nursing and therapy in primary care to people older than 18 in Gloucestershire, with depression and/or anxiety. They offer talking therapy treatments through courses, one to one telephone support and face to face individual support. To discuss the best treatment and support for your situation contact

0800 073 2200 Email: 2qnft.talk2gether@nhs.net www.letstalkglos.nhs.uk

Mindsong is a Gloucestershire charity supporting people with dementia and their carers through music and music therapy. Our Music Therapy at Home service is for people with more advanced dementia, living and being cared for at home. Music therapy can support wellbeing, isolation, engagement and communication. Carers benefit too. If you would like to find out more, please contact us on: **01684 219966** Email: admin@mindsong.org.uk

PALS (Patient Advice and Liaison Service) is a confidential service to help people who are having problems with local health services and to provide health service information.

0800 0151 548 <https://ghc.nhs.uk/get-in-touch/give-us-views/>

POhWER ADVOCACY provide advocacy services for people who live in Gloucestershire. POhWER is there for anyone who needs information, advice support and advocacy. They will empower people to have a voice, make choices, enforce their rights. They provide a range of advocacy roles.. To find out more contact

0300 003 1162 Minicom-0300 456 2364 Text – send the word 'powher' with your name and number to **81025** Email glosadvocacy@pwer.net www.pohwer.net

Young Dementia UK is a national information and support charity focusing specifically on young-onset dementia. Created with and for younger people, families, friends and supporters.

01993 776295 Email: mail@youngdementiauk.org www.youngdementiauk.org

Your Circle a website managed by Gloucestershire County Council that provides information about services in the county to help people stay independent, safe and well. This includes information on home care, care homes, health and social care organisations as well as local groups and activities.

www.yourcircle.org.uk Any questions Email: yourcircle@gloucestershire.gov.uk

Local Group Information Sessions

Managing Memory Together

FOR FAMILY AND FRIENDS THAT SUPPORT SOMEONE WITH DEMENTIA
(These sessions are also available online)

Understanding Dementia

- Symptoms of dementia
- The different types of dementia
- How dementia is diagnosed
- Treatments available for dementia

The Brain and Behaviour

- What it feels like to have dementia
- How feelings lead to behaviours
- What responses may be useful/not useful

Positive Communication

- Communication used in everyday situations
- How communication is affected for the person with dementia
- Help in communicating

Each session lasts two and a half hours with a break for refreshments.

Online sessions are less than two hours

Help is available to cover travel and care costs

FOR PEOPLE WITH EARLY STAGE DEMENTIA AND FOR FAMILY AND FRIENDS THAT SUPPORT THEM

Living Well With Dementia Part One

- What we know about dementia
- How dementia affects you
- Treatments available
- What helps people with dementia
-

Living Well With Dementia Part Two

- Impact of diagnosis
- Adjustments and choices
- Practical ideas to cope with change
- Keeping well

To find out more and to book places please telephone
Managing Memory Together 0800 694 8800 or email
managingmemory@ghc.nhs.uk

Have your say about dementia services in Gloucestershire

If you have dementia or are supporting a family member or friend with a diagnosis of dementia we would like to hear from you

Your views will help to ensure that the priorities for services in Gloucestershire are influenced by the people that use them

There are a number of ways people can become involved, this can range from a telephone call to talk about your experiences to being involved in a more formal group

To register your interest, receive further information or if you would like us to contact you please email glccg.gig@nhs.net

Or you can contact Kathy Holmes, **Managing Memory Together** 0800 694 8800 managingmemory@ghc.nhs.uk

Notes



A large, light blue rounded rectangular area intended for taking notes.

To the best of our knowledge the information in this document is correct at the time of publication. If you find information to be incorrect please call 0800 694 8800 or email managingmemory@ghc.nhs.uk

If you would like this information in an alternative format, such as another language, braille, large print or Easy Read, or if you need other help with communicating with us, please let us know.