

Managing Memory 2gether 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. We hope you find this helpful.

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 just some of the ways to live with the condition.

Staying healthy

- Eat properly and exercise
- Rest when you are tired
- Take medications as prescribed
- Stay connected to family members and friends
- Ask for help when you need it

Doing things you enjoy

- If you enjoyed cooking, gardening, fishing or sports, continue making them a part of your everyday routine.
- 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.
- 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.

Things that can help

- **Helpcards:** you can choose a Helpcard that is 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**
- **Living Well with Dementia Sessions:** attending these sessions can help you to find out more about dementia and enable you to meet others who also have the condition. Please contact Managing Memory 2gether for more details
- **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. To find out what is available locally contact **Managing Memory 2gether 0800 694 8800**

Help with medication

If remembering to order prescriptions or to take medication is an issue you can get help with this. Pharmacies can advise you about dosette boxes. These can help people to remember to take tablets at the right time. You can find out how this works from your doctor's surgery or pharmacy who can also advise about repeat prescription and collection services.

Dementia and Driving

Being given 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.

The car insurance company must also be informed immediately. If you do not want to carry on driving you should return your driving licence to the DVLA.

If you have a diagnosis of dementia, and do want to continue driving, the DVLA will undertake a medical investigation.

For further information about Dementia and Driving contact one of the information and advice services listed.

Financial help – Welfare Benefits

The main benefits to consider are:

Disability Living Allowance (DLA) for people aged under 65 who need help with personal care and have problems getting around.

Attendance Allowance (AA) for people aged 65 and over whose illness or disability means that they need help to manage everyday activities including personal care.

Claims for **DLA** 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.

NB: People are entitled to these benefits whilst they are still physically capable of carrying out activities but need prompting and supervision to do them safely.

Carers Allowance is paid to the carers who are looking after someone for 35 hours a week or more. The person they care for must be receiving either DLA or AA. Although this benefit is not means tested there are certain conditions around other income that may affect claims.

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 Attendance Allowance or Disability Living Allowance (Middle Rate Care) and a doctor must agree that they are 'severely mentally impaired'.

Request a claim form from your local council offices to claim Council Tax Discount on the grounds of severe mental impairment.

The rules for claiming welfare benefits are complicated so it is important to seek specialist advice and help from one or more of the agencies listed.

Lasting Power of Attorney (LPA)

This 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). LPAs replaced enduring power of attorneys (EPAs) in October 2007, when the Mental Capacity Act 2005 came into force. EPAs made before October 2007 are still valid.

There are two types of Lasting Power of Attorney (LPA)

- **Property and affairs LPA** - this relates to decisions about financial matters
- **Personal 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 further information contact the Office of the Public Guardian 0300 456 0300

<http://www.justice.gov.uk/about/opg>

If you want to talk it through with someone first please contact one of the information and advice agencies listed.

The Living Well Handbook and Planning for your future care

The Living Well Handbook has been designed to support the person with dementia to live well and take an active role in planning the care that meets their individual needs.

The Living Well Handbook is held by the person with dementia and their carers. It provides essential information following diagnosis and a place to record information that is important to you. (Life History, likes, dislikes etc.) The handbook comes complete with information that may be helpful both now and in the future. The Alzheimer's society 'This is me' leaflet for hospital admissions is included.

The handbook also contains The Planning for your Future Care Booklet. This booklet has five main parts

- A statement of your wishes and care preferences
- Advance decision making
- Putting your affairs in order
- Making a will
- Funeral planning

The Planning for your future care booklet is also available as a separate document.

The Living Well Handbook and the Planning for your Future Care document can be obtained free of charge from

Managing Memory 2gether **0800 694 8800** managingmemory@glos.nhs.uk

Gloucestershire Alzheimer's Society **01452 525222**

Carers Gloucestershire **01452 386283**

Personal Care and Support in the Community

If you or the person that supports you needs help with personal care, nutrition, mobility or safety at home you can

1. Organise and purchase services yourself. However before you go ahead it is usually worth talking to one of the agencies that can provide information and advice. A full list of home and day services can be requested by contacting **HEALTHWATCH**. Information is also available on the **Your Circle** website. **(see information and advice services)**
2. Request an assessment from the **Community and Adult Care Directorate**

When you contact the Adult Helpdesk they will take information from you in order to assess your need and eligibility for services. **Depending on individual circumstances charges for services may be applied.** Ask the adult helpdesk for more information about paying for services.

Contact the Adult Helpdesk on **01452 426868** for more information about the following services

- **Personal Care:** Assessments for people who need help with washing, dressing, meals & medication
- **Community Meals:** This can be set up straight away and is not means tested. Delivered hot meals currently cost £ 3.50 each and a direct debit can be set up for payment.
- **Telecare:** The use of electronic assistive technology which is easy to install and 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. Where people meet the criteria for help, equipment can be provided free of charge.
- **Occupational Therapy Assessment:** If you or the person you care for is starting to have mobility problems you can request an assessment 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.
- **Blue Badges** are not just for people with physical mobility problems in some cases people with dementia are eligible for this service. **(The badge can be used in any car that the badge holder is travelling in)**
- **Respite Care** In certain circumstances Adult Social care can help or advise about accessing short and longer term breaks. It is always best to contact the helpdesk for further advice.
- **Gloucestershire Care Directory** A comprehensive guide to care homes in Gloucestershire and home care services is available by contacting the helpdesk.
- **Carers Assessments** Carers have a legal right to an assessment of their needs. The assessment can then be used to decide what help is needed to support you in your caring role.

Services for Carers

Carers Emergency Scheme: This scheme is free to carers and offers peace of mind so that if anything happens to the carer or they are called away suddenly to an emergency elsewhere, the person they care for will not be left without help and support.

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.

This level can be organised via Carers Gloucestershire **01452 386283**

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

This level can only be organised via the Adult Helpdesk **01452 426868**

Positive Caring Programme

A series of six sessions that provide an opportunity for people who look after a friend, relative or neighbour to meet with others in similar circumstances to gain and share information knowledge and skills to help in their caring situation. 01452 500885 or 426254 positivecaring@gloucestershire.gov.uk

Carer Break Services

The following organisations provide home based short breaks or outdoor activities for the cared for person. This provides carers with a break and can help relieve stress. The following services receive some funding to provide free breaks for carers (up to 2 hours per week).

Alzheimer's Society Carer Support Home based Respite (Stroud & District)
01453 791830

Brunel Care 01452-550066 www.brunelcare.org.uk

Crossroads Care (Central & East Gloucestershire) 01453 768836 (01453 755999)
www.crossroadscandeg.org.uk

Crossroads Care (Forest of Dean & Herefordshire)
01594 823414 admin@crossroadsfd.org.uk www.crossroadsfd.org.uk

It is a good idea to ask for help at an early stage as all the organisations have waiting lists and it may be some time before the free service can be offered.

Private Agencies

There are a number of private home care agencies that will provide sitting services, help with personal care, overnight care and 24 hour care in the home. Please see the Gloucestershire Care Directory available from the Adult Helpdesk for more details.

Information and Advice Services

Adult Helpdesk (Gloucestershire Adult & Community Care Directorate)

Provides information, advice and access to social care services

01452 426868 www.gloucestershire.gov.uk

Age UK

Provide a number of services to support older people, including advocacy, home from hospital, clean sweep day care services: you can contact them by telephone or visit their website for more information **01452 422660** www.ageuk.org.uk/gloucestershire/

Alzheimer's Society

The local branch 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** www.alzheimers.org.uk

Alzheimer's Society Dementia Adviser Service

The Dementia Adviser will talk to you on the telephone and where appropriate will arrange to visit you at home to listen to your concerns, discuss with you the areas where you think you may need help and will tell you about different kinds of services to support people with dementia.. To make contact with the Dementia Adviser in your area contact the Alzheimer's Society Gloucestershire office on **01452 525222**.

Benefit Enquiry Line

For benefit enquiries and requests for Attendance Allowance and Disability Living Allowance forms **08457 123456** www.gov.uk

Carers Gloucestershire

Provide a range of information and support services for carers. They have an advice and advocacy service that can support carers with financial and legal issues including advice on benefits and help with completion of forms. They have a carer's forum, provide training for carers and can support carers to access short breaks. **01452 386283** www.carersgloucestershire.org.uk

Dementia Web Gloucestershire

Provide an easy to use local Dementia Website with up to date information about dementia and support services. Dementia Web also operates a **24hr Dementia helpline** to help signpost you in the right direction for support and services in your area and nationally. **You can also request or download an easy read booklet Hints and Tips about dementia.**

0845 1204048 www.dementiawebgloucestershire.org.uk

PALS

PALS (Patient Advice and Liaison Service) is a confidential service to help people set out their problems with local health services and to provide health service information. **0800 0151 548**
www.palsglos.org.uk

HEALTHWATCH GLOUCESTERSHIRE is all about local voices being able to influence the delivery and design of local services. Not just people who use them, but anyone who might need them in the future. Healthwatch can also provide the public with information and advice to help them make informed choices about their health and social care needs. You can search online, email or call direct.

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

Village and Community Agents

Village and Community Agents bridge the gap between the local community and statutory and voluntary organizations able to offer help and support. They provide information, promote access to services and identify needs within their community. Village agents are able to visit people in their own homes. The service is aimed primarily at the over fifty's.

01452 528491 **01452 426868 (Adult Helpdesk)** www.villageagents.org.uk

Your Circle

A website for people living in Gloucestershire that can link people with the services and support they may need to help them live an independent life for as long as possible. The site contains information on local clubs, financial advice, support groups, home safety, drop in centre, activities groups to support health and wellbeing and more.

www.yourcircle.org.uk

Managing Memory 2gether

Please contact us by phone or email. We can offer specialist advice and information to people who are worried about their memory, people with dementia and carers of people with dementia.

The service also co-ordinates and delivers a countywide programme of education sessions

FOR FAMILY AND FRIENDS THAT SUPPORT SOMEONE WITH DEMENTIA

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 hours with a break for refreshments.

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

0800 694 8800 or e-mail managingmemory@glos.nhs.uk