

Signposting dementia

The information included in this factsheet is for general use. We have tried to include main sources of help, but our list is not exhaustive.

We have included information about the following:

- National and local support organisations
- Financial and legal matters
- Products to help people live more independently
- Going into hospital or a care home
- Driving and dementia

National and local support organisations

Age UK

A leading national charity for older people. Provides free information and advice on a diverse range of topics including living well with dementia.

Contact the Advice Line: 0800 678 1602; www.ageuk.org.uk

For local support contact one of the following:

Bradford & District	01274 391 190
Harrogate and South Craven	0300 302 0100 (Age UK North Yorkshire and Darlington)
North Craven	01729 823 066

Please note that services may vary in different localities.

Alzheimer's Society

Is the UK's leading dementia charity. Produces a wide range of publications in different formats to inform anyone affected by dementia.

Contact the Dementia Connect support line 0333 150 3456 www.alzheimers.org.uk

Publications can be ordered online or by ringing 0300 303 5933.

For local support contact one of the following:

Bradford Dementia Support	01274 586 008
Harrogate, Craven, Ripon	01904 929 444

Dementia Connect is Alzheimer's Society's dementia support service. It is free, easy to access, and puts you in touch with the right support.

www.alzheimers.org.uk/get-support

Dementia Talking Point is an online community where anyone who is affected by dementia can receive support. It's free, open day or night, and can be accessed online at www.alzheimers.org.uk/get-support/dementia-talking-point-our-online-community.



National and local support organisations continued

Carers Direct

Offers help with your caring role and someone to talk to about what options are available to you.

Contact: 0203 904 4520; www.carersdirect.org

Carers Trust

A major charity for, with and about carers. They work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

Website: www.carers.org

Carers UK

Provide carers with expert advice, information and support. Also campaign and innovate to find better ways to reach and support carers.

Contact: 0808 808 7777; www.carersuk.org

Citizens Advice

The UK's largest advice-giving charity offering free confidential advice on a diverse range of topics, online, over the phone, and in person.

Contact the Adviceline: 0800 144 8848; www.citizensadvice.org.uk

Go to the website to obtain contact details for your local Citizens Advice.

Cliff House Community Support Services

Based in Knaresborough, providing a range of health and social care services to enable people to live as independently as possible in their own homes for as long possible.

Services available across Knaresborough and the surrounding district.

Contact: 01423 864956; www.chcss.org.uk

Dementia Forward

Support for people in North Yorkshire living with dementia, and those who care for them.

Contact: 03300 578 592; www.dementiaforward.org.uk

Dementia UK

This charity provides information and advice about dementia and Alzheimer's. Their dementia specialist Admiral Nurses are on hand for dedicated support and can help families manage complex needs. There is a wide range of free information leaflets that can be downloaded from the website.

Contact: 0800 888 6678; www.dementiauk.org

Rare Dementia Support

Supports patients and families affected by less common forms of dementia, including Frontotemporal dementia, Lewy Body dementia, Primary Progressive Aphasia and Young Onset Alzheimer's disease among others.

Contact: 020 3325 0828; www.raredementiasupport.org



National and local support organisations continued

Huntington's Disease Association

Provides information, care and support services for people with Huntington's disease. Dementia can occur at any stage of the illness.
Contact: 0151 331 5444; www.hda.org.uk

Independent Age

Provides impartial advice for older people, their families and carers. Offers a wide range of free advice guides and factsheets including "Living well with long-term health conditions".
Contact: 0800 319 6789; www.independentage.org

Mental Health Foundation

MHF provides information on a number of mental health topics. It offers a range of publications including "Becoming a carer", a booklet about looking after someone with dementia, and "The Milk's in the Oven", a booklet explaining how people with dementia might behave and feel, to provide young people with information about the illness and how to cope if someone they know has dementia. Both booklets can be downloaded for free.
Website: www.mentalhealth.org.uk

Parkinson's UK

A national charity aiming to improve the quality of life of people affected by Parkinson's. Some people with Parkinson's will develop dementia and information about this is free to download from the website. Parkinson's UK also has local advisers and local groups that can offer advice and support to anyone affected by Parkinson's and dementia. See the website for more information.
Contact 0808 800 0303; www.parkinsons.org.uk

Reading Well

Reading Well supports people to understand and manage their health and wellbeing. For dementia it recommends books they might find helpful if they have dementia; are caring for someone with dementia or would like to find out more about the condition. The books can be found in the local library.
Website: www.reading-well.org.uk

Stroke Association

Advice, support and information about stroke. Vascular dementia is a type of dementia that happens when the blood supply to the brain becomes reduced. It is a common type of dementia that can be caused by a single stroke, a series of small, silent strokes or small vessels disease.
Contact: 0303 3033 100; www.stroke.org.uk



Financial and legal matters

It is important to organise legal and financial affairs in the early stages of dementia when people are still able to make their own decisions and choices. This is the time to make sure paperwork is in order and stored safely.

Handling cash can be an increasingly difficult task. Try to simplify everyday money matters by paying bills on standing orders or direct debits. Explain your situation to banks and building societies that should have procedures in place to help someone living with dementia.

Provisions of the **Mental Capacity Act 2005** (MCA 2005) provide a legal framework which enables people to make important decisions when they are well to allow someone to act on their behalf in the future when they may lack mental capacity.

You may find the following helpful:

- *Arranging for someone to make decisions on your behalf.* (FS22) Age UK
- *Mental Capacity Act 2005* (Code 460) Alzheimer's Society

Provisions of the MCA 2005 also enable people to safeguard their future care by setting up an advance decision or power of attorney.

Lasting Power of Attorney (LPA)

There are two types of Lasting Power of Attorney:

- Property and Financial LPA which gives power to nominate someone to take care of your financial and property matters
- Health and Welfare LPA which gives power to make decisions on your behalf about your medical and social care

You may find the following helpful:

- *Lasting power of attorney.* (Code 472) Alzheimer's Society
- *Make, register or end a lasting power of attorney* www.gov.uk/power-of-attorney
- *Lasting Power of Attorney.* Carers' Resource factsheet
- *Power of attorney.* (IG21) Age UK

Office of the Public Guardian (OPG)

Supports and promotes decision-making for people who lack mental capacity or would like to plan for the future.

Contact: 0300 456 0300:

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



Advance decisions on treatment

Advance decisions are legal documents which specify your wishes relating to **refusing** medical treatment in certain circumstances. Living wills and advance statements can also specify your wishes relating to medical treatment but they do not have the same legal status as advance decisions.

Advance decisions on treatment continued

You may find the following helpful:

- *Advance planning for medical treatment and care*. Carers' Resource factsheet
- *Advance decisions, advance statements and living wills*. (FS72) Age UK
- *Advance decisions and advance statements*. (Code 463) Alzheimer's Society

Making a will

If a will has not been made, try to get this done as soon as possible. When someone has been given a diagnosis of dementia, it is wise to consult a solicitor. A valid will can still be made, provided the writer still has 'testamentary capacity' i.e. he/she knows the purpose of a will, understands how much the estate may be worth and is able to choose beneficiaries.

You may find the following helpful:

- *Making a will*. (FS7) Age UK
- *Making a will*. www.gov.uk/make-will

Benefits

Make sure that you and the person you are caring for receive all your benefits entitlements.

For more information you could contact:

- Carers' Resource offices – see page 7 for contact details
- Benefits helplines:
 - Attendance Allowance (AA): 0800 731 0122
 - Personal Independence Payments (PIP): 0800 917 2222 (new claims)
0800 121 4433 (enquiry line)
 - Pensions Service: 0800 731 7898 (to claim)
- Government website at: www.gov.uk
- Age UK and Alzheimer's Society – each has an extensive range of benefits information (details page 1)

Assessments

If a person has dementia and may need support, their local authority social care department should carry out an assessment of their care needs. Then appropriate



services can be arranged. There may be a charge for services, depending on a financial assessment.

Carers are also legally entitled to an assessment of their **own** needs. Carers may have an assessment even if the person they are caring for does not have an assessment.

You may find the following helpful:

- *Assessment for care and support in England (Code 418)* Alzheimer's Society
- *Getting care and support* Carers UK
- *What's involved in a carer's assessment?* Carers' Resource factsheet

Council Tax Discounts and Reductions

If a person with dementia receives either Attendance Allowance, Personal Independence Payment, or Disability Living Allowance at the middle or higher rate, they are exempt from paying council tax under the 'severe mental impairment' rulings. If they share the house with another adult, the second person can claim 25% reduction on council tax.

Further details from Carers' Resource offices or local Council Tax departments:

Bradford Metropolitan District Council: 01274 437 792

Craven District Council: 01756 700 600

Harrogate Borough Council: 01423 500 600

Go to www.gov.uk/find-local-council for their contact details.

Products to help people live more independently

Such products and services are known as 'assistive technology'. Examples include falls detectors, talking medication reminders and visual door bells. They can offer increased independence and safety and a better quality of life for all concerned, maybe enabling someone with dementia to stay in their own home for longer.

More information can be obtained from:

Living Made Easy

This national charity previously known as the Disabled Living Foundation or DLF, provides independent advice on daily living equipment.

Contact: 0300 999 0004; www.livingmadeeasy.org.uk

Home Improvement Agencies

Offer free advice and information to older or disabled homeowners who wish to stay in their own homes but need specialist equipment or adaptations to do so.

Contact: 0300 124 0315; www.findmyhia.org.uk



Telecare refers to special equipment and services which can monitor activities, helping to prevent potentially dangerous situations such as:

- smoke, floods or gas leaks
- missed medication
- falls
- getting up in the night and not going back to bed
- wandering from home

Telecare services are operated by your local council:

Bradford Safe and Sound:	01274 435 249
Harrogate Borough Council:	01423 500 600 (Lifeline Service)
Craven North Yorkshire County Council:	01904 221 473 (NRS Healthcare)

Going into hospital or a care home

The Alzheimer's Society offers information to help people with dementia cope with unfamiliar surroundings and routines:

- *Hospital care* (Code 477)
- *This is me* (Code 1553) aims to provide professionals with 'personalised' information about the person they are looking after in order to enhance their client's care and support. Topics include family, routines, eating and drinking, mobility, communication and medication.
- *Making your home dementia friendly* (Code 819)

Publications can be ordered online at www.alzheimers.org.uk or by ringing 0330 3330804.

Driving and dementia

For many adults, driving represents independence, freedom and being in control and giving up can be a painful, emotional process. If someone has been diagnosed with early dementia, they **may** be able to continue driving, but they must fulfil certain legal requirements. Further information is available from the DVLA (Drivers Medical Group). Contact: 0300 790 6806; www.gov.uk/health-conditions-and-driving

You may also find the following helpful:

- *Customer service guide for drivers with a medical condition*. (INF94) DVLA
- *Driving and dementia* (Code 439). Alzheimer's Society



Disclaimer

Please note: inclusion on our list does not imply recommendation or endorsement by Carers' Resource.

If you would like further information or would like to discuss any aspect of your caring role, please contact Carers' Resource:

Harrogate 01423 500555

Unit 3, Grove Park Court, Grove Park Terrace, Harrogate, HG1 4DP

Bradford 01274 449660

15 Park View Court, St Paul's Road, Shipley, BD18 3DZ

Skipton 01756 700888

Ronaldsway House, 36 Brook Street, Skipton, BD23 1PP

info@carersresource.org

www.carersresource.org

We can provide this information in another format. Please contact us to discuss your requirements.

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