



adult social care

LIVING WITH DEMENTIA IN KIRKLEES

Live life to the full



**Information and advice
for people with dementia and
memory loss and their carers**

Diagnosis • Care options • Living well • Financial support • Useful contacts

2022 Edition



Working to become
**Dementia
Friendly**



**Kirklees
COUNCIL**

Living with Dementia

Introduction

Being diagnosed with dementia can be an anxious time for both you and your family and friends. There are many questions to answer and you will feel uncertain about what it means for you. It's really important that you know what help, support and expertise is available to you and your carers, and how to get it when you need it the most.

This guide has been produced to help you at every stage of your journey. There are also a range of organisations and other information available to help and support you, these are listed on [pages 38 to 46](#).

We hope this guide will help you to understand dementia and some of the practical steps that you can take to ensure you have as much information as possible to help you.

Kirklees Council is working to become dementia friendly with many staff trained as dementia friends. We are working towards making Kirklees a Dementia Friendly community where members of the public and professionals are well informed, and people with dementia can **live life to the full**.

There are more than 4500 people living with dementia in Kirklees and many more coping at home undiagnosed. With an ageing population, this figure is set to rise to more than 7,500 by 2030.

Dementia affects people in different ways, it can be difficult to know what information you will need in the coming months/years.

Make sure you have your copy of **The Dementia Guide**. You can order this free of charge from the Alzheimers Society, which is not just for people diagnosed with Alzheimer's Disease and is a really useful guide.

To telephone them to ask for your own copy, please ring **0300 222 11 22** – alternatively you can go to their website to download a copy or request that one be posted to you: <https://www.alzheimers.org.uk/get-support/publications-factsheets/the-dementia-guide>

Further information is available on our website at www.kirklees.gov.uk/dementia

Information and contacts correct at time of print. Kirklees Council do not endorse or promote third party products and services.



Kirklees Dementia Hub

If you would like information or advice on dementia please contact the **Kirklees Dementia Hub**. They provide three offers:

1. Information and Advice Line

You can contact their Team if you are concerned about the signs and symptoms of dementia for yourself or someone you know. You do not need to have a diagnosis of dementia.

Telephone: **01484 503 908**

2. Post-Diagnosis Support

If you or someone you know has received a diagnosis of dementia, the team can provide information, advice and further information to help you after a diagnosis. They will complete a Personal Plan to understand your needs and provide tailored information to help you. They offer face-to-face appointments, telephone consultations or a home visit.

Telephone: **01484 411 074**

Email: kdh@commlinks.co.uk

3. Dementia Awareness

They provide support to local organisations/businesses/groups/services to help Kirklees to become a Dementia Friendly Community.

Telephone: **01484 411 074**

Email: kdh@commlinks.co.uk

The Kirklees Dementia Hub is a dementia information and advice service and is a partnership between Kirklees Council, Community Links and Age UK.

Contents

Dementia – the facts	4
What we can all do to reduce the risk of developing dementia	4
Getting a diagnosis	7
Living arrangements	10
Staying in your own home	10
Care options	11
Home safety	14
Crime prevention	16
We can support you to live well with dementia	18
Helping with your memory	20
Health and wellbeing	21
Relationships and dementia	22
Activities and support	23
Money matters	27
Putting your affairs in order	27
Carers	29
Getting out and about	32
Dementia friendly communities	34
Planning for your future care	35
Falls prevention	36
Useful contacts	38
Books about Dementia	43
Kirklees Council factsheets	44
Alzheimer's Society factsheets	45

Dementia – the facts

What is dementia?

Whilst dementia is more common in older people, it is not a normal part of ageing and there are many things we can do to reduce our chances of developing the disease.

The term 'dementia' is used to describe a set of symptoms which cause the ongoing decline of the brain.

Dementia is progressive, meaning some symptoms may get worse over time. You may begin to find coping with day-to-day tasks more difficult, have problems communicating and may show changes in your mood/ personality. This can be frustrating and frightening for you and for your family and friends.

We all accept a certain degree of forgetfulness as we get older but with dementia, memory loss is more serious than forgetting things occasionally. It starts to interfere with everyday life. Dementia isn't always diagnosed early and the true symptoms aren't particularly well known and will be individual to each person.

However, we do know that early diagnosis is vitally important and can make long term planning easier for you and enable you to be actively involved in that process. There is evidence that current medication for dementia may be more effective when taken at an early stage. It can also help in the management of other symptoms associated with dementia such as depression.

What are the symptoms?

If you are showing any of these symptoms, which are interfering with your daily life, visit your doctor.

- Poor concentration
- Memory loss, for example names of people and places, events that have taken place
- Extreme tiredness
- Asking the same questions repeatedly
- Mood swings or aggressive behaviour
- Confusion about the time of day
- Losing things or putting things in inappropriate places
- Getting lost in previously familiar places
- Difficulties understanding people and finding the right words
- Repetitiveness (doing the same task over and over).

Who gets dementia?

Anyone can develop dementia – it is not restricted to age, gender, ethnicity or social status. However, some groups are statistically more likely to develop it.

Someone developing dementia aged under 65 is considered to have 'early onset' dementia.

Which conditions result in dementia?

There are several conditions that result in dementia. These include:

- **Alzheimer's disease** – the most common cause of dementia. As the disease progresses, the chemistry and structure of the brain changes, leading to the death of brain cells.
- **Vascular dementia** – narrowing of the small vessels bringing blood to the brain.
- **Dementia with Lewy bodies** – this form of dementia gets its name from tiny abnormal structures that develop inside nerve cells. Their presence in the brain leads to degeneration of brain tissue. This type shares some characteristics with Alzheimer's and Parkinson's disease.
- **Fronto-temporal dementia** (including Pick's disease) – in fronto-temporal dementia, damage is usually focused in the front part of the brain.
- **Korsakoff's syndrome** – this type of dementia is usually associated with alcohol related memory loss.

There are other types and causes of dementia.

Please ask your doctor for more detailed information or you can contact the National Dementia Helpline – telephone 0300 222 1122.

What risk factors affect whether I may develop dementia?

Over recent years, huge steps have been made in understanding what factors contribute to developing dementia. Dementia does not discriminate and anyone can develop the disease, but the following factors may contribute:

- **Age** – you are more likely to develop dementia when you get older, especially if you have high blood pressure or have a higher risk of other genetic diseases.
- **Genetics** – in the same way as heart problems, Alzheimer's and Huntington's disease can be passed down in generations in a family, so can dementia.
- **Medical history** – having current conditions or having experienced certain conditions in the past may contribute to developing dementia, such as Multiple Sclerosis, Down's Syndrome, Diabetes, HIV and Metabolic Syndrome.
- **Our general lifestyle** – poor diet, lack of exercise and excessive alcohol/drug consumption can all increase the chances of developing the disease.

What can we all do to reduce the risk of developing dementia?

Whether you are genetically at risk of developing dementia or not, there are steps you can take to reduce the risk of the onset of dementia.

Keep active

You don't have to go to a gym - there are many different types of exercise and activities, each bringing its own benefits: from swimming, walking, tennis, bowling, aerobics or even gardening and cleaning the house. It all adds up to increasing your levels of fitness and giving you a feeling of well-being. See our community factsheets to find out what is going on in your area.

Eat well

A balanced diet is essential. Eating plenty of fresh fruit and vegetables every day is vital for your brain and body as the nutrients they contain help fight disease. Oily fish is also an important part of a healthy diet as it contains omega 3 fatty acids.

Be aware of your alcohol intake

And remember the safe recommended limits of 3-4 units per day for men and 2-3 units per day for women, with at least two alcohol free days per week. Speak to your GP for advice or look at <https://www.nhs.uk/live-well/alcohol-advice/calculating-alcohol-units/> for further advice.

Stop smoking

Its harmful effect on the vascular system increases the risk of developing vascular dementia.

Test your brain

Keep your brain active. Crosswords, puzzles, reading and quizzes all contribute

to stimulating your brain, which is essential for good mental health.

Get out and about

Socialising and making new friends helps to maintain physical and mental wellbeing. Joining clubs/groups or volunteering is a good way to keep active and gives you a chance to have a chat with someone different. You could even run your own support group.

Keep an eye on your blood pressure and cholesterol levels

Visit your doctor regularly to have these checked.

Get plenty of sleep.

For more information look at the NHS's online self-help website **NHS Choices** or telephone **111**.

Remember: What's good for your heart is good for your head.

The five things everyone should know about dementia

1. Dementia is not a normal part of ageing
2. Dementia is caused by diseases of the brain
3. It is not just about losing your memory
4. It is possible to live well with dementia
5. There is more to a person than dementia

Take a look at the Alzheimer's Society website for more details: <https://www.alzheimers.org.uk/about-dementia/five-things-you-should-know-about-dementia>

Getting a diagnosis

A new diagnosis support leaflet is available to you by contacting the Kirklees Dementia Hub to help you with talking to your doctor about your symptoms.

A diagnosis will usually be made depending on how you are affected, family history and psychological changes. Some people aren't always aware of the changes and do not realise that they need help. It is useful to take someone with you to see your doctor and to any clinic appointments who can help answer questions and take notes for you to refer to at a later date. Take a list of questions with you.

Kirklees Memory Assessment Services

The Kirklees memory assessment service is for people over the age of 18 with a decline in memory/cognitive function over a period of at least 6-12 months.

The early onset dementia team work with those individuals, under the age of 65, who have a confirmed diagnosis of dementia and have complex needs.

A multi-disciplinary team, it meets weekly to discuss individual cases, and is made up of Advanced Nurse Practitioners, Memory Nurses, Non-Medical Prescribers, Health Care Support Worker, Occupational Therapists, Social Workers, Principal Clinical Psychologist and medics.

The team specialises in:

- assessment
- diagnosis
- appropriate treatment/support for those individuals living with memory problems

- titration of dementia medication to a therapeutic dose
- onward referral to agreed support services such as the Kirklees dementia hub, and the Admiral Nurse service.

How to access:

There is a single point of access into service where referrals are triaged and then forwarded to the appropriate team.

Before completing an assessment, reversible causes of memory problems need to be ruled out, these can include infection, anxiety and depression, all referrals are, therefore, triaged before been accepted into service.

Routine blood tests, CT head scan and an ECG will be requested as part of the referral process.

We aim to see individuals within 6 weeks of a referral.

Your GP will refer you to the service after ruling out other, treatable causes for memory problems/cognitive impairment.

What does the assessment look like?

The assessment itself consists of a brief personal history, onset of memory problems, physical/mental health, medication, current level of function and a formal memory/cognitive test.

A diagnostic appointment may be offered on the same day or an appointment made for a later date depending on the outcome of the assessment.

Telephone: **01484 343128**

Don't be afraid to ask questions

You and your carer should never feel awkward about asking questions.

It is important you understand what is happening at every stage and if you don't understand the answer you are given, ask again for it to be explained to you. Your doctor is there to help you.

What if you don't get a diagnosis of dementia?

It is possible that your doctor may not diagnose dementia. For some people this will be a relief but to those who know that something is not right, this will be a worrying and frustrating time.

If all appropriate investigations have been done and you are still worried, talk to your doctor.



You've been diagnosed with dementia... what next?

You are not alone. Many people live a fulfilling and happy life after a diagnosis of dementia.

Information is vital to you continuing to live a good quality of life. Find out as much as you can about all the support that is available to you and to your family and carers.

It is always a shock to be diagnosed with any condition and the long term implications of dementia can make it a daunting and frightening prospect. You may go through a variety of emotions. However, there may be relief that a diagnosis has actually been made, which means you can start to make plans and take positive steps to continue to live your life to the full.

It is important to be able to share your feelings, whether you have been diagnosed with dementia or are a carer and support services. This is a time when your family and friends can play a very important role in helping you come to terms with the diagnosis. It's also important to recognise that your family will often be experiencing very similar emotions too and will need support and advice before they can, in turn, support you.

You need to make sure that you look after yourself and keep yourself healthy and safe, eat well and have regular health check ups from your doctor, dentist, optician etc.

Kirklees Dementia Hub Information and Advice line

If you would like to speak to someone about Dementia, please telephone **01484 503908**.

Medication

Medication can play a key role in controlling the behavioural and psychological symptoms of dementia, particularly when it has been diagnosed early.

Types of drugs include:

- **anti-dementia medication** – useful in delaying the progression of dementia and there is now evidence of the medication controlling aggression and agitation
- **antipsychotics** – used as a short term option in rare cases
- **antidepressants** – these may help in controlling the depressive symptoms in dementia.

If medication is considered the only option, it can take a few attempts with different brands of drugs before finding the right balance.

Always take medication exactly as prescribed by the doctor and you should not stop taking them without talking to your doctor first. Non pharmacological interventions could also be considered. See the section on Health and Wellbeing later in this guide.

****Keep medicines safe – away from vulnerable adults and children****

Take a look at the Alzheimer's Society website for more information.

Drug treatments for Alzheimer's disease: https://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=147

Drugs used to relieve behavioural and psychological symptoms in dementia: https://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=110



Think Dementia and Delirium

Delirium is a condition where people have increased confusion, changes in thinking and a reduced attention span. Symptoms can develop quickly and often fluctuate during the day. It can happen to anyone but there are some things that put a person at higher risk of it. These include: Older age, hearing, sight loss, dementia, other health problems, being in hospital with a broken hip for example or serious illness. Delirium is also known as 'acute confusion'. It is treatable – but if it is undetected then it can be a life-threatening condition.

A new leaflet and short awareness online training module is now available at <https://www.wypartnership.co.uk/our-priorities/mental-health/mental-health/dementia/raising-awareness-and-training-delirium>

If you are worried you know someone who might have Delirium, contact your GP.

Once you feel able to discuss matters more openly you will need to make some decisions about your future.

These decisions may include:

- **Care** – who will care for you as dementia progresses and what would you like that care to look like?
- **Finance** – what is your financial situation? Will you need to give up work?
- **Accommodation** – where will you live in the short/long term and will you be able to afford to continue living in your own home if you are not working?

Living arrangements

Staying in your own home and making it dementia friendly

A key decision is whether you can, and want to, remain in your own home or whether you would prefer to move into retirement living or a care home. If you want to stay in your own home there is support available such as home care, where a trained professional visits you to help with daily activities such as dressing, washing and taking medicines.

If you are considering a residential home, you will need to ask questions about the level of care they provide so that you can look at all your options, both in the short term and long term. It is important not to rush into a decision.

In general, the housing options available to you will be greater the earlier a diagnosis is made. Accessing support services can help you remain living safely at home. The right support services can help you to maintain independence and have a good quality of life. For information visit www.kirklees.gov.uk, search for 'Care Homes'.

The Alzheimer's Society also has a useful booklet which you can download, this talks about coping strategies and living alone.

There are other organisations in Kirklees who can support you to stay in your own home. They can help support you with daily tasks (e.g. helping with your shopping or cleaning) to fitting an alarm or helping with home improvements. For more information contact Gateway to Care **01484 414933**, or ask the Council for housing related support, Care Navigation.

To help you improve your daily living requirements in your home, you can also make small alterations e.g. lighting, labelling, safety, security, gadgets, general design and layout. Specialist equipment is also available which can help you with your daily life. You can download or order a range of books with useful design tips for making your home dementia friendly, these look at a range of ideas e.g. the benefits of daylight, changes to soft furnishings and contrasting colour choices which can have a significant impact on the person with dementia in their own home. Take a look at NHS Choices Dementia Home Environment: <https://www.nhs.uk/conditions/dementia/home-environment/>

Kirklees Libraries stock the Kirklees Dementia Design Guide and the '10 helpful hints for dementia design at home' produced by Stirling University's Dementia Services Development Centre. These documents offer practical dementia friendly building and home design tips.

Kirklees Handyperson Service, Age UK Calderdale & Kirklees

Call **01484 535994**

Email enquires@ageukck.org.uk

www.ageuk.orgcalderdaleandkirklees

Shopping

You may wish to consider having your shopping delivered through supermarket home delivery or similar services.

Care options

As dementia progresses, you may need help from care and support services. It is a good idea to consider all your options carefully and make arrangements as soon as more help is needed.

The sooner you ask for help the better. If you or your carer are in need of support, you should contact Kirklees Council's Gateway to Care telephone **01484 414933**. They will carry out an assessment of your needs and your carer's needs and identify what services would be appropriate to meet those needs and help you. This is known as a Person-Led Assessment.

If your assessment shows that you are in need of certain services, Kirklees Council has a duty to provide those services if they fall within its 'eligibility criteria' (locally set rules on what type of needs the local authority will meet). You may have to contribute towards the cost of these services.

Kirklees Council will develop a care plan with you and give you a copy. Care plans are reviewed regularly or as your needs change.

Local authorities can provide services directly themselves, or make arrangements for private or voluntary-sector organisations to provide care on their behalf. You can also choose to receive a personal budget so that you can choose and buy the services you need.

Your carer should also have an assessment of their own needs so that help and support is available to them in their caring role. Once the council has confirmed what services you are able to receive, you and your carer can begin to think through the options.

Housing options and support service

The service is run by the council and can give you information about applying for a council home, including retirement housing, renting from a private landlord and low-cost home ownership.

Telephone **01484 221350** or email housing.solutions@kirklees.gov.uk

Retirement living schemes

These schemes are generally owned by Kirklees Council and managed by Kirklees Neighbourhood Housing, some are also owned and managed by housing associations.

Retirement living provides independent living (tenancies), on site staff for low level support and community rooms for social activities. These homes are not staffed 24 hours a day hence the reason why many schemes have Carephones installed.

These schemes are more suited to people in the early stages of dementia.

This type of accommodation can be applied for by completing a housing form to register on choose'n'move (the Council's Housing Website) or alternatively by contacting housing associations directly. Housing associations are sometimes called registered social landlords or registered providers, these are not for profit organisations.

You could also contact Kirklees Homes and Neighbourhoods on **01484 414886** (Monday to Thursday 9am to 5pm, Friday 9am to 4.30pm) for further information on these schemes.

Housing association homes

Housing associations are non-profit making organisations. They provide affordable homes for rent or to buy. As well as retirement living housing schemes, some also have retirement homes for rent or for sale. You can get a list of housing associations which have properties in Kirklees from Housing Options and Support Service.

Extra care housing schemes

There are currently 3 extra care schemes in Kirklees which are owned by the council and managed by a partner organisation. There is also a scheme in Mirfield which is not part of the council. It is important to note that these schemes are not the same as Care Homes or Residential Care Homes. People who live in an extra care scheme have 'their own front door' and a tenancy.

Extra care housing schemes are made up of individual flats (tenancies) alongside some shared communal facilities. These facilities can be used by both tenants of the scheme and the local community. There is a 24 hour on-site care and support team.

Extra care housing is tailored towards people who have care and support needs but who still want to be part of a community, retain their independence and reduce feelings of being isolated or unsupported. People applying for extra care housing will have both a housing need, and a care and support need.

Application for this type of housing is made through the completion of a housing register form or by contacting Gateway to Care **01484 414933**.

Extra care website:

www.kirklees.gov.uk/extracare

Kirklees Council Housing Solutions Service

The aim of this service is to prevent homelessness, and help people to find, keep and maintain affordable homes by supporting them to live independently in their own properties.

Staff within the housing solutions service can provide help and advice on housing related issues. They can also discuss the options that are available to you; including applying for council accommodation (managed by either Pinnacle or Kirklees Neighbourhood Housing), Supported and Retirement Living Scheme accommodation, Extra Care Housing and renting from a private landlord. This can be done either over the phone, face to face or on the Kirklees Council website.

For housing advice and the choose'n'move (the Council's Housing Website) enquiries contact **01484 221350** or visit www.choosenmove.org.uk

Nursing homes

Nursing homes always have a trained nurse on duty and can offer 24 hour nursing care in addition to personal care. Nursing care may need to be considered if you become very confused and frail, have difficulties walking or other illnesses, disabilities or incontinence problems.

NHS continuing healthcare

If you need intensive nursing care you may be eligible for free continuing NHS healthcare, usually in an NHS nursing home or in an NHS funded bed elsewhere. To find out more ask your doctor or consultant.

Choosing a care home

Looking for suitable care accommodation can be a difficult time. Many people feel anxious at the thought of moving so if you decide to move into a care home, you may be pleasantly surprised at what is on offer. Gateway to Care can give you advice and support on finding the right care home for you.

Care home fees

Before you move into a care home, it is important to get advice about the kind of care that you will need and evaluate your financial situation. You will need to know how much you will be expected to contribute towards the cost of your care and how your income and savings will be affected. We have a range of factsheets, which explain residential care, paying for short term breaks, direct payments and financial assessments. In general, care homes that provide nursing care are more expensive than general residential homes.

If you are assessed as needing care in a care home, the council will carry out a financial assessment to decide how much you will have to pay towards the cost of your care.

Care Quality Commission (CQC)

The CQC is the independent regulator of health and social care in England. It regulates care provided by the NHS,

local authorities, private companies and voluntary organisations. As well as working to improve the quality of care provided in hospitals, care homes and people's own homes, it protects the interests of people whose rights are restricted under the Mental Health Act.

Care homes are regulated by the CQC and are required to meet the high standards of quality and safety set by them. To see a list of registered care providers in Kirklees, take a look at the Care Quality Commission webpage.

Shared lives

Shared lives is a way of providing support to people who need help to keep as independent as possible and lead a full and active life.

Shared lives helps many people including people with learning disabilities, mental health needs, physical disabilities and older people. It works by matching the person needing support with a shared lives carer recruited from the community who can give them the support they need. It is a flexible and unique arrangement that fits with the life of the shared lives carer and meets the person's individual needs. If you feel this might be for you and suit your needs then ask your social worker or for more information contact Gateway to Care telephone **01484 414933** or visit their website at www.kirklees.gov.uk/sharedlives



Respite care and short breaks

Caring for someone with dementia may be difficult at times for both you and your carers/ family. Sometimes it is very beneficial for you to take 'time out' from your everyday life to spend time in temporary alternative care. This allows your carers/ family to have a rest from caring and let them recharge their batteries.

This is what's known as 'respite care'. It can be anything from a few hours to a few days and goes a long way to support the good health and well-being of the carer. It can include:

- **Day services** – an opportunity for you to socialise and meet other people in safe surroundings with people who are in the same situation as you.
- **Domiciliary respite** – where a trained professional comes into your home to care for you on a temporary basis.
- **Residential respite** – a short stay in a residential care home where you can enjoy extra facilities and meeting other people.

Contact Gateway to Care telephone **01484 414933** for more information.

Remaining Safe and Well

Fire safety around the home

Dementia can mean an increase in accidents around the home due to forgetfulness and confusion, therefore it is important to make any necessary adaptations and get expert advice to make things easier.

Fires in the home are a particular risk for people with dementia. Getting the right support could really help reduce risks and maintain independent living.

West Yorkshire Fire and Rescue Service (WYFRS) have recognised that some people – including older people and people with dementia – need additional support.

All WYFRS staff have received dementia awareness training to enable them to recognise the signs and symptoms and to do what they can to help you.

They can put safety measures in place to help you remain independent and safe.

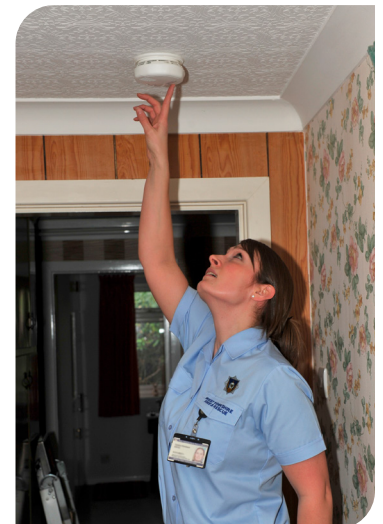
A Safe & Well visit is a free service offered by WYFRS, carried out by a uniformed member of WYFRS and can significantly

reduce the risk of fire through providing education and interventions.

WYFRS ambition is "making West Yorkshire safer" by providing a proactive fire prevention programme within the community.

Fire becomes more of a risk as dementia progresses for the following reasons:

Reason	Example
Forgetfulness	Leaving cooking unattended
Confusion	Placing an electric kettle onto a gas hob
Reverting back to old habits and lifestyles	Smoking, using chip pan, lighting candles



Staying safe from fire

Smoke detectors

The easiest way to stay safe from fire is to fit smoke alarms on each occupied level/floor of your home. Alarms will not stop a fire from occurring but they will give you an early warning so you can escape.

Cooking

Keep your kitchen surfaces clean and clear from the build-up of oily residues. Never leave cooking unattended and don't cook if you are tired or distracted.



Candles

Otherwise ensure candles are kept away from pets, children and flammable materials such as curtains, bedding and soft furnishings. Always use them in proper candle holders – this includes tealight candles. Use LED candles if you can.

Emollient skin creams

Avoid sitting too close to fires and heaters, smoking or cooking if there is any chance that your clothing is contaminated with emollient skin creams. They are completely safe to use but when dried into clothing, bandages etc they can burn very quickly if an ignition source is introduced.

Hoarding and blocked exits

Always keep doorways and walkways clear. If you do have a fire you may need to escape your property quickly.

Prescribed medications, other drugs and alcohol

Some medications can cause you to become drowsy. Other drugs and drinking alcohol can affect your judgement and make you sleepy – you may also fail to react to a smoke alarm going off. Avoid cooking and smoking if you are affected by any of these.

Smoking

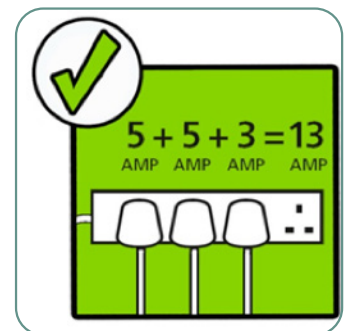
Try not to smoke when you are tired. If possible, smoke outside your home. Always make sure cigarettes are properly stubbed out in an ashtray. Put some water in the ashtray to ensure the cigarette is out. Empty ashtrays regularly. Try using e-cigarettes instead.

Electrical equipment

Replace faulty or old appliances or power cables that are frayed or in bad condition.

Electrical sockets

Use a multi-strip adaptor rather than a block adaptor and make sure that any appliances plugged in do not total more than 13 amps. Never use more than one adaptor in each socket and don't daisy-chain more than one adaptor together.



Mobile phones and chargers

Always use chargers as recommended by the supplier and avoid buying cheaper alternatives. Avoid charging devices overnight.

If you would like more information, or are concerned about yourself or anyone else, contact your local fire prevention team for a free Safe and Well visit on Freephone 0800 5874536.

Crime prevention

Crime Prevention in the home sounds like a scary topic, but there are simple things you can do to improve your safety, security and vulnerability in your own home relatively easily.

The following tips may help you to make your property appear less vulnerable to criminals and hopefully, make you feel more secure:

- keep doors and windows locked, especially when you leave the house but also when at home
- remove keys from windows and doors but have them in an easily accessible place. Don't have keys within reach of a letter box or cat flap
- if you have a house alarm, use it, when you go out and also overnight
- do not accept trade from passing doorstep trades people
- always check the identity of callers. Genuine callers will carry photo ID. If you don't trust them, send them away and make contact with the company. It is always handy to have a list of contact numbers of main energy suppliers. Don't trust a number that they provide you with. If you can't see the ID they carry through a door or window, ask them to hold it through the letter box so you can have a good look
- make sure external lights are working. Where possible leave low level dusk till dawn lights on overnight. These light up a general area, are energy efficient and don't cause a glare for neighbours
- don't keep large amounts of cash in the house. If you have valuable or sentimental jewellery, have an itinerary of the items where possible and keep in a safe place
- make sure the outside of the property is well kept including the garden. A property that is run down or over grown with weeds may attract attention from unwanted trades people or burglars
- where possible, make sure you have a trusted neighbour who can assist with the property and keep an eye out if it is left empty
- if the property is going to be left in darkness, set light timer switches upstairs and downstairs and consider products such as a television simulator to make it appear as though someone is watching television in the house.

If you have a relative suffering with dementia, consider the above points but also look at the following advice which may help loved ones stay independent in their own homes for longer:

- consider having reminders up in the house reminding the occupant about good housekeeping skills in terms of security ie 'set the alarm' or 'lock both doors'
- only have a key safe outside the property as a last resort – this may identify the resident as vulnerable to the wrong people. If there is one in place, regularly change the code and have one where the code is made up of numbers as well as letters. Put it in a less obvious position outside the house. It should be of LPS1175 or Sold Secure SS304 Silver standard – speak to your local Crime Prevention Officer (below) for further information.
- Unsure who is calling at an address of a loved one? Concerned they are being bothered by unwanted trades people or youths? Consider a digital door viewer. There are two kinds – one that shows a

digital image to the occupant of whoever is ringing the doorbell and one that has a memory store and takes a picture of everyone who has rung the bell along with date and time. These are best accompanied with a 'ring the bell' sign on the door and decent overnight lighting. It just looks like an ordinary doorbell from outside.

If you would like further details, please contact Sophie Burns for **South Kirklees enquiries**: Sophie.burns@westyorkshire.police.uk or **01484 436 849** and Stephen Forrest for **North Kirklees enquiries** Stephen.forrest@westyorkshire.police.uk or **01924 431 048**.

Further reading

You might find it helpful to take a look at the following websites:

Age UK Home safety checker: http://www.ageuk.org.uk/Documents/EN-GB/Information-guides/AgeUKIL7_Home_Safety_Checker_inf.pdf?dtrk=true

Keeping safe in your home (the Alzheimer's Society booklet): https://www.alzheimers.org.uk/site/scripts/download_info.php?fileID=732

RoSPA (The Royal Society for Prevention of Accidents): <http://www.rospa.com/>



THE HERBERT PROTOCOL

Safe & Found

The first few hours of any missing person search are critical, but even more so when a person has dementia, is elderly or has another condition that can leave them confused and vulnerable.

The Herbert Protocol

This is a form designed to make sure that, if someone goes missing, the police can get access to important information about that person as soon as possible. It records details such as medication, mobile numbers, previous addresses and a recent photograph. A photograph of the missing person can be scanned and sent by the police to all officers in the area within 10 minutes. When a person goes missing it is a deeply distressing and upsetting time for their family and friends and being questioned by a police officer can add to this distress and often it's difficult to remember details. This form is designed to help ease some of that worry.

When should I complete it?

The sooner it is completed, the quicker the information can be used if needed. You may complete all of it or part of it – it is up to you and your carer, but the more information they have, the easier their search will be. Keep it safe, give it to a relative/carer/close friend or trusted neighbour. For more information see: www.westyorkshire.police.uk/dementia/herbert-protocol/faqs

We can support you to live well with dementia

If you have difficulties doing what most people take for granted – for example bathing, toileting and getting around your home – Kirklees Gateway to Care Team can discuss with you your needs and where you would like to live. They will also let you know where you can find properties better suited to you. They can visit you in your own home if this is necessary.

If you do not want to move, they will work with occupational therapists to see whether your home can be adapted to meet your changing needs.

Adaptations to your home

Adaptations can help you remain independent in your own home. It can include ramps, grab rails, level access showers and stair lifts. Adaptations costing up to £1,000 may be free, and funding is available for larger adaptations, although you might have to put some of your own money towards it. The first step is to contact Gateway to Care on 01484 414933. See webpage: www.kirklees.gov.uk/adaptations

Alternatively, there are some things that can be bought locally from supermarkets, shops and pharmacies i.e. bath boards.

Equipment

Gateway to Care, Medequip, Kirklees Integrated Community Equipment Store (KICES) and many other organisations provide equipment to help keep you active at home and in the community. You can also get further information from the Alzheimer's Society or use the key contacts listed later in this guide.

Connect to Support

Connect to Support is an online marketplace which gives you more choice and control over your own support by providing you with the option to buy the support you need yourself direct from local and national organisations online. They offer various services and activities from home care, carephones, equipment to luncheon clubs, reading clubs and befriending schemes.

As well as health and social care services, Connect to Support can put you in touch with organisations that offer practical help around the home such as gardening services, cleaning companies and handy person schemes. This will give you choice and control over the services you require. You will be able to look at what is available, the cost and whether it operates in your neighbourhood. More importantly, you will be able to see how other people have rated the service. For more information have a look at www.livewellkirklees.co.uk or visit the Connect to Support house for details on how equipment can help you in each room in your home,

Falls

More people fall in their own home than anywhere else and falls can be caused by several factors including muscle weakness, poor balance, problems with vision, cognitive impairment, environmental hazards, or mobility difficulties.

Things we can do to reduce the risk of falls can include taking part in strength and balance programmes to build up bone strength, a home hazard assessment to reduce a risk of falls, a review of medication if the ones you are taking are making you feel dizzy or faint or to get your eyesight checked to see if your vision has deteriorated. Take a look near the back of this book and you will find a really useful list of tips and tricks we can all do to reduce the risk of falls.



Carephone Home Safety Service

The Carephone Home Safety Service offers peace of mind, 24 hours a day, 365 days a year to a wide range of people, using Telecare products.

These products can help you manage risks around the home. For example, if you have a fall, a flood, a fire or just need reassurance you can use a pendant/ wristband with a button to press for help in an emergency. Additional sensors are also available that can raise alerts to the carephone service and/or a carer.

A message can be recorded which can be played at certain times each day, for example, "don't forget to take medication". The carephone will beep at the required time. They are tailored to suit your needs and are fitted/maintained by trained staff.

Many people can have items of equipment for free, or at a reduced rate following an assessment, but if you do not wish to complete a financial statement, you can pay the full cost and you might be surprised at how little this is.

A wide selection of equipment/support is available intended to make your life easier. From grab rails, bath boards to assistive technology. In some cases, Kirklees Council can provide the equipment for you, depending on your situation, and if you

are finding it hard to cope and need more help you can ask Kirklees Council to do an assessment of your needs and the needs of your carers. Telephone Gateway to care on **01484 414933** for more information.

See www.kirklees.gov.uk/carephones Alternatively, you can purchase some items of equipment directly from supermarkets, or the internet.

Other items that can help

These include memory aids such as reminder messages, medication dispensers and GPS devices, all these can help someone live independently and safely in their own home as well as around their local community.

The Alzheimer's Society factsheets or the ASK SARA website also offers advice around daily living activities self help guide, this is especially useful if you are unsure what equipment and help is available. Visit the website at: <https://medequip-kirklees.livingmadeeasy.org.uk/>

It can be daunting to choose the right equipment to suit your needs but Gateway to Care are here to help and advise you.

Telephone Gateway to Care on **01484 414933** for more information.

Helping with your memory

Keeping your brain active

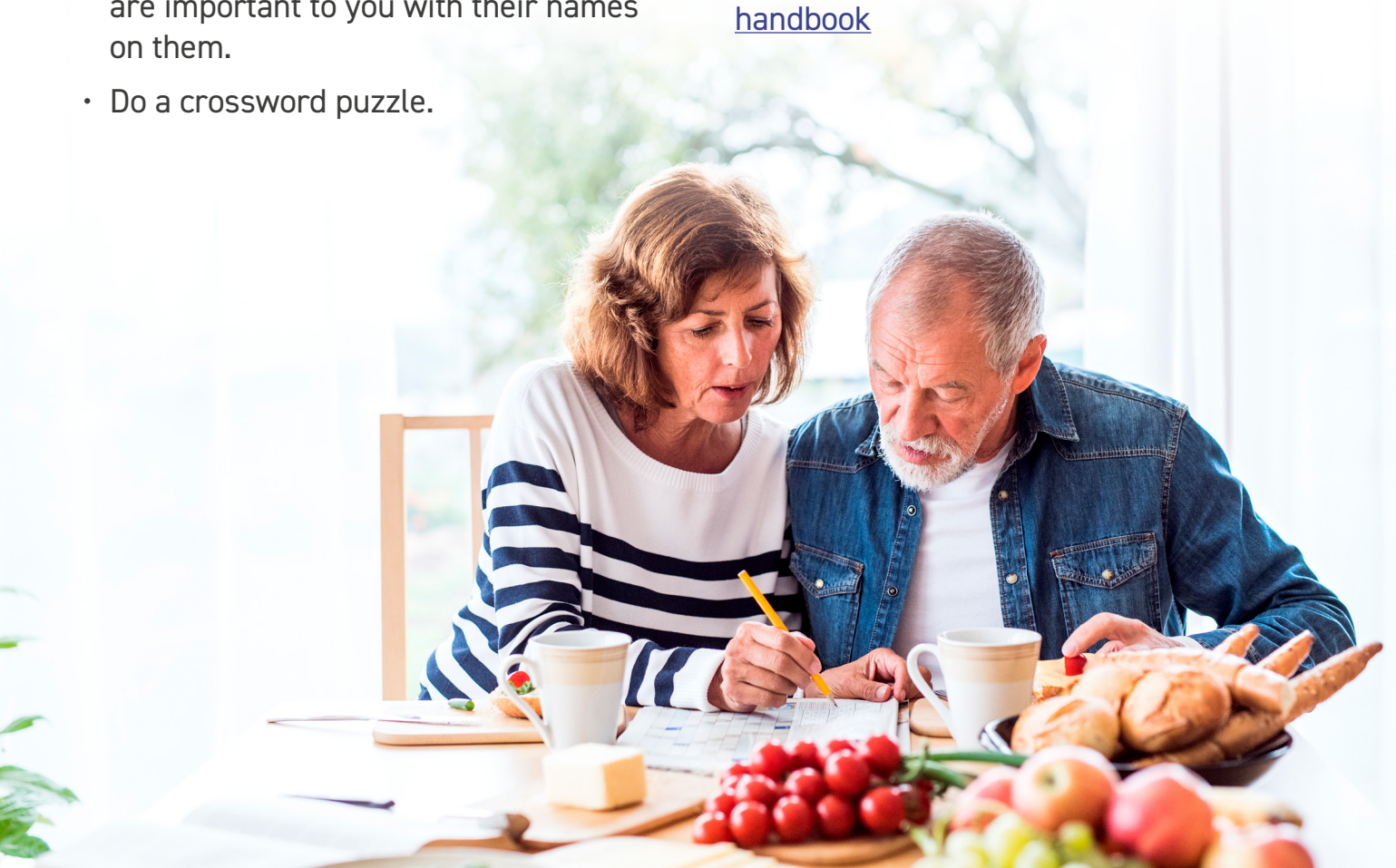
There are some easy measures you can take to help you feel safe and secure around your home, these will also help your memory.

- Keep a diary/calendar, with lots of lists and information about your day to day routine and keep it to hand to refer to.
- Try to keep things in their place so they are easier to find.
- Buy a special dispenser for your medication so your dosage is correct. (see factsheet on assistive technology).
- Read as much information as you can about dementia so you are aware of what's happening.
- Make a daily routine notice board where you can also pin appointment cards and information leaflets.
- Keep a collage of photos of those who are important to you with their names on them.
- Do a crossword puzzle.

- Electronic photo frames and simple signage on doors and cupboards around the home can be excellent memory aids.
- Use assistive technology such as electronic memory reminders or door sensor mats which alert you as you go near them.
- Electronic key finders.

For more information on safety around the home and items that can help you, Gateway to Care can help, please telephone **01484 414933** or see our range of factsheets at the back of this guide.

You may find the Alzheimer's Society, memory handbook useful as it offers practical advice, hints and tips for living with memory problems: <https://www.alzheimers.org.uk/get-support/publications-and-factsheets/memory-handbook>



Health and wellbeing

Respect

Recognise

Recognise that you are a person, NOT an illness and it is important that you are treated with respect and worth. Acknowledge your abilities, interests and preferences. These may change as dementia progresses. It's not always easy, but people should try to respond flexibly and sensitively.

Express

Express yourself - when you find out that your health is declining, you may feel vulnerable and in need of reassurance and support. The people closest to you need to do everything they can to help you to keep your sense of identity and feelings of self-worth. Talk to each other about how you are feeling and coping.

Supporting

Dementia affects people's thinking, reasoning and memory but your feelings will remain intact. You may be sad or upset at times and the people who are supporting you should not assume you need cheering up or brush off your concerns and should make time for you and listen to you properly.

Privacy

Everyone has the right to privacy and your privacy should always be respected by the people who are supporting you. This includes knocking on your door before

they enter and locking the door if they are attending to your personal hygiene.

Engaging

Engaging and involving you whenever possible. You should be given the opportunity to make your own choices. Ask professionals who they are, where they are from, what they are doing and why. Take someone with you to appointments. Ask people to break things down for you one step at a time, do not be afraid to take your time and don't let people rush you.

Communicate

It's important that you are addressed in the way you prefer. You need to feel respected and valued for who you are now, as well as for who you were in the past.

There are many things people around you can do to help:

- be flexible and tolerant with you
- make time to listen to you and your opinions, have regular chats and enjoy being with you
- show affection in a way you both feel comfortable with
- do things together, like creating a life story book or a memory box.

Talk

When people talk to you they should be kind and reassuring, they should not talk down to you or over your head. They should help you to feel good about yourself. See our factsheet on advocacy for more information.

Relationships and dementia

The diagnosis of any long term illness can have a big impact on a relationship, however strong it is. The support of a loved one can have a huge impact on you. Talking about feelings is important and will help everyone involved.

Sexual relations can be affected by dementia as sex drive may decrease or disappear, sexual performance may be affected and levels of inhibitions may change. It is important to bear in mind that by law, it must be clear that both parties are consenting to the sexual contact and that the person with dementia has the capacity to make that decision. This can be confusing and sometimes difficult to judge. Talking to a professional may help deal with difficult, sensitive situations like this. Further information can be found on the Alzheimer's Society website.

You and your family are going through a time of change and uncertainty. There may be other relationship changes that are likely to happen such as sons/daughters becoming carers so it is important to speak to each other. Be open and honest with each other and tell the children in your family so that they understand what is happening to you. You might find the Alzheimer's Society booklet regarding relationships useful.

Abuse of people with dementia

Abuse comes in many shapes and forms and it is important that you can recognise the different types. Abuse is when someone does or says something that makes you feel upset, threatened or frightened. It is when someone has power over you and you don't agree with what is happening to you, or someone is making your decisions for you and not involving or listening to you. Abuse may be deliberate or it may be done by someone who does not realise they are doing it.

Watch out for the signs of abuse

As dementia develops, it can make you more vulnerable and reliant on the good care and respect of those around you. Abuse is rare, however, you and your family and carers should be vigilant and ensure you are receiving the best care at all times and if you have suspicions then they should be reported.

If you think that yourself, or another person are being abused you must take action. If you think a crime has been committed, ring the police on **101**. To report abuse, contact Gateway to Care, telephone **01484 414933**.

Do not destroy, clean or wipe away any evidence that might be used in an investigation.



Activities and support

Art, music and culture

The feelings of relaxation that following these interests promote cannot be underestimated. They encourage social interaction and good well-being. There are many local groups to join to enjoy these pastimes.

Support groups

Talking to an expert or someone else who is going through the same experiences as you can be of huge benefit. Talking to someone who is objective can be easier than talking to friends and family. There are many types of support groups available – for example groups for carers, young carers, young people with dementia – and can vary from coffee mornings and informal discussion groups to social activities. New members are always made to feel welcome. For more information, contact Gateway to Care, telephone **01484 414933**.

Dialogue groups

The South West Yorkshire Partnership NHS Foundation Trust provides mental health and learning disability services. Every year the Trust helps local people with dementia to live life to the full. It gives them access to various treatments and therapies to help them do this. The Trust is well known for its portrait of a life work and dance therapy. To find out more about a dialogue group running in your area call the Trust's freephone number **0800 5872108** or email customer.servicesswyt@nhs.net

Kirklees Libraries

Kirklees Library Service offer free bibliotherapy sessions to care homes, dementia support groups and memory cafes.

These sessions take a book, poem or story as a starting point and then explore themes using pictures, objects, sound effects and multisensory resources. Feedback from these sessions shows they have a positive impact on feelings of wellbeing.

For more information please contact Judith Robinson by email at judith.robinson@kirklees.gov.uk or telephone **01484 221000**

Support to Recovery (S2R) – The Great Outdoors Project

Opportunities for adults to engage in activities connected to the natural environment, such as: allotments, conservation tasks, bushcraft, bee keeping, along with seasonal activities.

Delivered in small group settings to improve emotional and physical well-being, reduce anxiety and promote social connections.

Our activities take place at our venue in Huddersfield and various locations across the North and South Kirklees. Telephone: **01484 539531** or email: contact@s2r.org.uk

Memory boxes

Memory Boxes are available to borrow from Tolson Museum (Huddersfield) and Bagshaw Museum (Batley).



Each box contains multi-sensory items on themes such as Schooldays, Textiles, the 1970s, Toys and Games and many more. They are popular for reminiscence work.

Find out more here: www.kirklees.gov.uk/beta/museums-and-galleries/museum-in-a-box.aspx

Life history

Knowing your life history could make caring and supporting you much easier. It's not just knowledge of events in your life, it's about your beliefs, values, likes and dislikes. It's also about what you've achieved, your family, relationships, favourite places, talents, hobbies, education, habits...it's all about what makes you an individual and has helped develop your personality over the years.

Having detailed knowledge about you can help your carer and family understand your behaviour, actions and reactions. Sharing your life history with someone will make them familiar with your use of language, body language and mannerisms. This will help your communication later on.

You and your carer or family member can collect this information together over a period of time, using photographs, old films and other props to jog your memory. It may take some time but the benefits in the long term can be great. There are a number of ways you can record your life history.

Music and Memories

If you have access to the internet you might like to consider using the BBC free websites which are designed to use music and memories to help people with dementia reconnect with their most powerful memories. Evidence shows that music can help people with dementia to feel and live better. Memories from teenage years can often be the most powerful, so why not start by looking for music and memories from your favourite era and create your own playlist?

<https://musicmemories.bbcrewind.co.uk/>
BBC Reminiscence Archive (Pictures/
Videos/Music): <https://remarc.bbcrewind.co.uk/index.html>

Tip Share

Tip Share is produced by people with dementia for people with dementia and provides a variety of tips they have found to keep living as well as they can <https://dementiatip-share.org.uk/>

Portrait of a life

Portrait of a life is a multimedia toolkit for life story work. The toolkit is an educational and training resource to support staff working in a wide range of care settings but has also been widely used by people living with dementia and carers to help them understand life story work. Ask a member of staff involved in your care if there is one available to borrow or email portraitofalife@swyt.nhs.uk.

Dementia UK have also put together a life story template for you to create your own and can be found on the Dementia UK website.

The Alzheimer's Society have produced a guide to making a life history book called 'Remembering together: Making a life history book'.

Sporting Memories Network

Participating in meaningful, interesting and stimulating activities can lead to many benefits for the mind and body. There is a wealth of evidence to supporting the benefits of reminiscence for older people, not just those experiencing dementia.

Sports reminiscence provides a great opportunity to document a person's own favourite sports events, teams and moments. It's an activity that predominantly uses images to first stimulate memories and conversation, often leading way beyond talk about the sports themselves.

Sessions can simply involve looking

through images or may involve finding suitable images to use in a personal sporting memories book which can then be used by the person, their family & friends. This can bring back more memories and stimulate conversation. The books can also be created as a family heirloom to be passed on along the generations. There are many different options to suit each person or environment. Find out more at: www.sportingmemoriesnetwork.com

Hoot Creative Arts

Provides breathing space which offers quality creative time together for people living with dementia and a family member, partner, carer or support worker. Taking part in these creative activities together can help to support and maintain positive relationships and improve health and wellbeing.

Please telephone **01484 516224**, email info@hootmusic.co.uk or visit their website at: www.hootcreativearts.co.uk

Eating well

Older people often find that diet and eating habits change with age, and some long term health conditions can mean a change in diet is needed to maintain good health.

The links below lead to information about healthy eating in older age and ways to make sure that your diet meets your body's changing needs. There are also suggestions for simple exercises and activities that can help with mobility and wellbeing.

Age UK have helpful guidance with ideas for recipes, healthy foods, portion control, and activities that help maintain health and wellbeing. Visit the website at: www.ageuk.org.uk/information-advice/health-wellbeing/healthy-eating/healthy-eating-guide Local details can be found at: www.ageuk.org.uk/calderdaleandkirklees or you can telephone **01422 252040**

Dementia UK's website has lots of helpful information: www.dementiauk.org or you can telephone them on **0800 888 6678**.

The National Council on Ageing have videos that can help you understand about healthy eating as well as practical shopping and cooking on their website at

www.ncoa.org/economic-security/benefits/food-and-nutrition/senior-nutrition/

For **general healthy eating guidance for all ages**, go to: www.nhs.uk/live-well/eat-well/

Problems with appetite and dietetics

Dieticians use the science of food to help people make good choices about diet and lifestyle. A dietician can provide advice on suitable foods to ensure that the diet is balanced and nutritionally adequate. This is particularly important for those with dementia who may develop swallowing problems or small appetites. The dietician can also give advice on special diets for medical conditions, e.g., diabetes or constipation. Your health care professional can refer you to the dietician.



Herbal treatments

Herbal treatments are non-pharmaceutical medicines and can be purchased from specialist shops and health shops. You should **let your doctor know** if you use herbal treatments as they can have an effect on other medicines.

Keeping active

Building regular exercise and activities into your routine will have huge benefits to your overall wellbeing, both physically and mentally.

Take a look at our factsheet on physical activity opportunities which also explains 'Steps for Life' – an exercise referral programme for people with dementia, or you can telephone **01484 234097** for more information.

Physiotherapy

Everyone's symptoms will vary but dementia can sometimes affect mobility, and can cause falls. A physiotherapist can help with improving movement and healing existing injuries. They can also offer you good advice on general health and wellbeing. Your doctor can make a referral.

Occupational therapist

An occupational therapist can provide help and support to make changes to your home to overcome practical problems. They can give advice, make recommendations and help you with work related issues. Where they cannot help, they can refer you on to someone who can.

Speech and language therapy

People with Dementia may experience problems with eating, drinking and swallowing. The local speech and language therapy unit can offer some useful support – not only with speech and language difficulties but also with memory and information processing and eating, drinking and swallowing difficulties. Ask your doctor to make a referral if you are experiencing problems.

Dementia day opportunities

The council offers day services for people with dementia living in Kirklees at The Homestead in Almondbury and Knowl Park House in Mirfield.

Day services can give carers/family a break or help people after they have been ill or discharged from hospital.

- They offer a safe, friendly place for people to meet others and take part in activities that will help maintain their life skills.
- They offer services for up to 25 people with dementia at each centre every day.
- They give carers and their family the chance to have a rest, safe in the knowledge that their loved one is being looked after.

Everyone who uses the centre has their own key worker and their own individual support plan. The activities they provide include exercise, reminiscence work, arts and crafts, pampering, music and dance, coffee afternoons for people who have memory problems and much more.

There is often a charge for this service and you will need to meet the eligibility criteria, for more information contact Gateway to Care telephone **01484 414933**.

Money matters

Putting your affairs in order

It's good to start to tidy up important documents to make things easier later on. This includes gathering information on your mortgage, insurances, bank accounts, benefits, pensions, favourite contacts, funeral wishes etc.

You might think it's too early to do this, but putting all this information in one place and keeping it safe will help you and your loved ones at a later date and it alleviates a lot of stress for all those involved.

Age UK have produced a [Life Book](#) which is a free booklet for you to write important and useful information for example who insures your house.



The Life Book will help you find what you need without searching all over the house for it. For your copy, please telephone **0345 6851061**.

The Alzheimer's Society also have a useful booklet, 'Managing your money' which can be viewed at https://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=2536

Making a will

The earlier you make your will, the more confident you can be that it will reflect your wishes. It can be a relief to know that your financial affairs are in order and that they can be filed away and forgotten about. At a later date, it may not be possible for you to be actively involved in making your will.

You could give a copy of your will/living will to everyone who is affected by your instructions so they can discuss it with you if they need to, this will help them feel prepared.

Living Will

A Living Will sets out your wishes in the event of you being unable to make your own decisions later. It can include instructions about nursing home care, types of treatment, whether you wish to be resuscitated and who you wish to make decisions on your behalf.

Lasting Power of Attorney

A Lasting Power of Attorney (LPA) is a legal document to help you plan ahead for a time when you may not be able to make decisions about your finance and welfare.

It allows you to appoint someone you trust to make decisions on your behalf. You may want to ensure you have done all you can to prepare yourself and your loved ones for the future for example your preferences about what medical treatment you may wish to receive or what care you would like in the future.

You may also like to be reassured that someone will manage your financial affairs if you can't do this for yourself. There are two types of Lasting Power of Attorney:

- **property and affairs** – this is about your finances, the selling of property and paying of bills.
- **personal welfare** – this could be about making decisions about where you live and the kind of care you may need and consent to receive medical treatment.

It is important to do this whilst you still have 'mental capacity' which is the ability to make decisions for yourself.

To find out more about a Lasting Power of Attorney, speak to a solicitor, see the Government's website at <https://www.gov.uk/power-of-attorney/make-lasting-power> or contact Age UK's advice line on 0800 055 6112.

Employment

Often it is good to have emotional support from your employer. The more they know, the more they can be flexible and adapt to your changing needs, enabling you to continue working for as long as you wish to.

If you would like support to enable you to retain your employment, including help with negotiating reasonable adjustments with your employer, you can contact Kirklees Employment Service on **01484 434866** or email info.kirkleesES@richmondfellowship.org.uk. This service can also help with arranging voluntary work for people who feel they can no longer do paid work.

Once you decide that you can no longer continue to work, you should then seek information on benefits and pensions. You can do this by calling the benefit enquiry line **0800 882200**. Take a look at the Alzheimer's Society booklet on employment.

Looking after your money

Age UK Calderdale and Kirklees have an advice and information team. They can visit you in your home and provide information on welfare benefits and how to maximise your income. They offer informed choices on housing issues, money advice, tips on making the most of your money and lots more. To contact Age UK Calderdale and Kirklees, call **01484 535994**, or you can visit www.ageuk.org.uk

Having dementia can have a big impact on all areas of your life, but particularly on your finances. It can be a complicated, daunting process to apply for benefits and you may feel that it's something you don't want to do if you have never done it before. However, benefits are there to help make your life less stressful.

To qualify for benefits you and/or your carer will need to fit the criteria. Some benefits will depend on whether you have paid national insurance, how old you are, what your income is/was and what savings you have. Benefits may help you pay rent, council tax, heating bills and NHS benefits. Sometimes, qualifying for one benefit may mean you can't claim another, or may reduce payments on other benefits so it is good to get professional advice before pursuing a claim. Forms can be complicated but there are many people on hand to help you fill them in - social workers, organisations like the Alzheimer's Society, Age UK and Job Centre Plus.

It is important to seek advice if you are already claiming any benefits as your needs change. To contact the Council's Revenues and Benefits team telephone **01484 414950** or Age UK Huddersfield, telephone **01484 535994**. More information is available from the Department of Work and Pensions at www.gov.uk

Do you look after a family member, friend or neighbour and have concerns around their memory loss or have they been diagnosed with dementia? Do you give up your time to provide support to them, unpaid?

You may be a spouse, family member, friend or neighbour providing help, but you are classed a carer and can access a range of support across Kirklees.

There are an estimated 43,000 carers in Kirklees. You play a very important role in supporting the cared for person. You may carry out a large variety of tasks including personal care, cooking meals, dressing, helping the person move around, jobs around the house, sorting finances,

shopping, picking up medication, making sure they are safe and generally spending time with them keeping them company.

We know that carers at times can feel overwhelmed and that caring can become a big commitment bringing about all sorts of feelings such as frustration and fatigue. However, it can also give a sense of purpose and satisfaction by being involved in supporting the care of your loved one. This is an important role in their life.

Caring for someone with dementia

When someone you care about is diagnosed with dementia, and you decide to be a carer for them, it marks the start of a new phase in your life which will mean changes and adjustments.

Every person with dementia will have different needs and your role as a carer may change over time. Find out as much as you can about dementia and how your role to care for and support them may change.

Once you are ready to talk about it with other people you will find lots of help and support available to you across Kirklees, including support groups for the carer and for the person being cared for, giving you both a break.

Sometimes it's difficult to admit that you need help but it is there to make life easier for you and to help you to look after yourself, and will help you keep yourself healthy and well.

The Care Act 2014 tells us that carers must receive their own assessment and that their physical, mental and emotional wellbeing is at the heart of the assessment. Kirklees Council will offer carers advice and guidance to help them with their caring responsibilities and help them look after their own wellbeing. They will look at how carers can carry on doing the things that are important to them and their family. A carer's assessment can be done even if the person they care for does not get any help from the council, and they will not need to be assessed. As a result of the assessment, the carer may be eligible for support.

We have a large range of detailed information dedicated to carers including training courses and support groups. To contact Gateway to Care, please telephone **01484 414933** for help and advice.

Let your GP know you are a Carer

It is important that your doctor knows that you are a carer so they can signpost you to local services that may be able to help you. If they know you are a carer they might also offer you flexibility with your appointments and even offer you a flu vaccination, if you feel you need one. Most importantly it will help them understand your situation.

The Carer's Emergency Card

This card is for unpaid carers i.e. family members and friends who provide vital care and support to a vulnerable person. It's for situations where, without the carer, the vulnerable person may be left at risk.

The carer completes the card recording who they look after and the emergency contact information of the person(s) who can support and look after the vulnerable person in an emergency. This could involve the emergency contact knowing the vulnerable person's vital details, such as medication required, what care needs they have, and contacts to support in an emergency.

In the event of an emergency such as the carer having an accident and being unable to care for the vulnerable person, the emergency services can identify and contact the carers emergency contact to ensure that a plan for care and support for the vulnerable person is put into action.

The card supports a plan agreed by the carer and emergency contacts in advance, saving time for emergency services and keeping the vulnerable person safe.

If a person carries the carer's card it identifies them as a carer in the case of an accident or if they are unable to identify their self. It can have up to three emergency contacts on it. In an emergency these are

the people that will be contacted to help the vulnerable person in the carer's absence following the accident/incident.

If you are interested in finding out more or would like to be sent a card then please contact Carers Count on **0300 012 0231**.

Carers Count

Carers Count is a service that provides support if you give your time unpaid to look after a family member or friend who can't manage on their own.

They provide carers with information and advice including: support with benefit applications, help carers have a voice, run groups, activities and training sessions, support and help carers to help each other as well as providing advocacy support to help carers to speak up for themselves.

For more information you can telephone **0300 012 0231** or email info@carerscount.org.uk You can also follow Carers Count on Facebook and Twitter.

Carer's Trust Mid-Yorkshire

Carer's Trust recognises that you as a carer of someone with dementia will need to take regular breaks. Carers Trust will carry out tasks for the person that you care for that you would normally do. You can then go out with peace of mind knowing that the person you care for is being well looked after. They will draw up an individual care plan with you, which may include assistance with any or all of the following: bathing/showering, dressing/undressing, preparing meals eating and drinking, continence, medication, mobility, shopping, light domestic duties, support for activities outside the home and support to attend appointments. They will visit you at home to design a service to suit you. To get more information telephone **01484 537036** or

email info@carerstrustmidyorkshire.org.uk

Take a look at their websites:

www.carerstrustmidyorkshire.org.uk

or www.carers.org for young adult carers.

Admiral Nurses

Those caring for people with dementia can find it stressful and exhausting. Kirklees South West Yorkshire Mental Health Team have Admiral Nurses who specialise in supporting carers and families of people with dementia.

They support carers to enable people with dementia to remain in their own home for as long as possible and as experts in the field, they will share their knowledge and skills to improve dementia care in Kirklees.

Kirklees Admiral Nurses are based at Folly Hall Mills, St. Thomas Road, Huddersfield HD1 3LT. To contact them please telephone **01484 343126**.

Touchstone – Kirklees Advocacy and Peer Brokerage Services

Provides statutory and non statutory advocacy for Kirklees, includes Mental Health, Mental Capacity, Health Complaints and general advocacy, supporting people to understand their rights and have their voice heard.

Telephone: **01924 460211**

Email: advocacy@touchstonesupport.org.uk

Website: www.touchstonesupport.org.uk

Richmond Fellowship – Kirklees Employment Service

Our service supports people to find meaningful paid employment, volunteering opportunities, education or training, encouraging the development of a sense of independence, purpose and fulfilment. The service is available to adults in the Kirklees area who have been diagnosed with mental ill health, an autistic spectrum condition, or other hidden condition such as ADHD, dyslexia, dyspraxia or early onset dementia.

Telephone: **01484 434866**

Email:

info.kirkleesES@richmondfellowship.org.uk

Website:

<https://www.richmondfellowship.org.uk/>



Getting out and about

There are many local dementia support groups and services available from befriending and dancing to lunch clubs and exercise classes.

To find out about what is going on in your area please take a look at our factsheets Kirklees Community Dementia Support or contact Gateway to Care on **01484 414933** who will send you a copy for your area.

Driving

Once you have a diagnosis of dementia, by law, you have to let the DVLA know, as well as your insurance company. The DVLA may decide to assess you and may issue you with a limited licence. You can appeal against any decision made. Contact William Merritt for more information (details in Useful Contacts section). As dementia progresses it is important that you have your driving reassessed. It is possible that at some point you will need to stop driving. Take a look at the Alzheimer's Society booklet which can be found on their website.

Travel

You may qualify for a discount mainline train card, a blue badge or you may be able to get taxi assistance – these can all help towards you remaining independent for as long as possible. For more information ask Gateway to Care telephone 01484 414933.

Denby Dale Centre

The Denby Dale Centre operates a 'ring and ride' scheme for residents of Denby Dale, Kirkburton, and the Colne/Holme Valleys. People need to register and are charged an initial fee and a pence per mile fee, telephone **01484 860077**. A group transport scheme for hire of minibus is also available Kirklees wide.



TIMEtogether, operated by the Denby Dale Centre, operates a number of projects including community transport, plus several dementia support groups throughout Kirklees.

Community transport includes a volunteer car service and group accessible minibus hire. Dementia Groups in Emley, Kirkburton, Skelmanthorpe, Lepton, Mirfield and Marsden.

For more information telephone **01484 860077** or email time-together@ddc.org.uk Website: www.ddc.org.uk

Access bus

Access bus is a door-to-door, dial-a-ride bus service that runs within each of the five districts of West Yorkshire. The buses are either low floor ramped access design or have passenger lifts. The service is free to people living in West Yorkshire and runs Monday to Saturday between 8.15am and 3.15pm. Access bus also provides an evening service, but with limited availability. Anyone of any age, who is unable to use conventional public transport, or who has extreme difficulty in doing so because of a disability is able to use the access bus.

For further information telephone **0113 3481903** or write to Access Bus, Wellington House, 40-50 Wellington Street, Leeds LS1 2DE.

Travel assistance cards

West Yorkshire Combined Authority is working hard to provide dementia friendly public transport in West Yorkshire, and many of the staff working at Metro Bus Stations and Travel Centres are dementia aware. Travel assistance cards have been designed for you to easily let the bus driver know if you have a problem or disability that is not easy to recognise.

You can collect the travel cards from Huddersfield or Dewsbury bus stations or print off your own copy at www.wymetro.com



Safe Places Scheme

A Safe Place is a place you can go to for help when you are out and about. You will need to get a free Safe Place card and write on it vital numbers of people who can help you such as a relative or carer.

When you need help, take the card into any shop or building showing the sign in their window and ask them for help.

For more information, contact **01484 340811**



Dementia friendly communities

Kirklees Council is committed to working towards developing dementia friendly communities.

Our vision is for all people with dementia and their carers to be able to continue to 'live life to the full' as described in the Dementia Challenge in Kirklees 2015-2020. To do this we will create an environment where people feel empowered to seek help early, know where to go for help, have confidence that the care is of high quality, where the public and professionals are well informed and where fear and stigma associated with dementia has decreased.

Kirklees DEEP Group

The Dementia Engagement and Empowerment Project (DEEP) is the UK network of dementia voices. DEEP consists of around 100 groups of people with dementia – groups that want to change things, to share learning and skills and to increase confidence. The network belongs to the groups themselves, not to any particular dementia service or organisation. It is made up of groups strongly rooted in their local communities, including some in care homes. It encourages groups to identify and speak out about the issues that are important to them (not only to be 'consulted' about issues that are important to others).

A new Kirklees DEEP group has been set up to improve access and support to people living with dementia in Kirklees. The group encourages people with dementia to speak out about the issues which are important to them and turn these issues into making

changes to services or support in Kirklees. It's a great opportunity to meet people, we have a lot of fun and tea and biscuits too! The Kirklees DEEP group is run by the Kirklees Dementia Hub. If you have dementia or memory problems and would like to join us for a chat, please telephone **01484 503 098** to find out when the next session is running. We look forward to seeing you there.

What can you do to make a difference in your community for people with dementia and their carers?



Consider becoming a Dementia Friend.

People with dementia sometimes need a helping hand to go about their daily lives and feel included in their local community. Dementia Friends gives people an understanding of dementia and the small things that can be done to make a big difference to people living with dementia. **Anyone can become a Dementia Friend.**

To learn more about what it is like to live with dementia and turn that understanding into action visit www.Dementiafriends.org.uk

The Kirklees Dementia Hub offers Dementia Friends sessions, you can contact them on **01484 411074** for more information.

The **Kirklees Dementia Friendly Communities Steering Group** meets once a month to look at developing dementia friendly communities across Kirklees. If you would like to be involved, please contact the Kirklees Dementia Hub on **01484 503908** or by email at kdh@commlinks.co.uk

Planning for your future care

At the right time you may want to take the opportunity to think about how you want to live and how you want to be cared for if you become unable to make or communicate decisions for yourself in the future. You may wish to record your preferences and wishes for future care and treatment and one way of doing this is by a process called advance care planning.

A booklet explaining how you can explore different options, record your wishes and who to involve is available from the Dying Matters website along with other useful information: www.dyingmatters.org

Advance care planning

It is extremely important to consider the kind of care you would like towards the end of your life. This is a difficult subject to discuss but talking about your wishes and expectations and writing them down can make it much easier for your loved ones and carers to act upon your wishes later. Problems with communication feature in the later stages of dementia so it is vital to plan for your end of life care as soon as possible after diagnosis. This will ensure that you have full control over what happens. End of life care decisions are not easy for anyone so the support you are given at this time must be in keeping with your wishes, your spiritual and cultural views and a recognition of your life history. Think about how you would like to be remembered and whether there are any special messages you would like to leave the special people in your life. Carers and friends will need emotional support too at this difficult time – ask your GP about Advance Care Planning.

For more detailed information please see the Alzheimer's Society website or Age UK website, or contact the specialist Admiral Nurse for End of Life Care on **01484 557900**.

Support to help manage grief and loss, however you or your loved ones need it, is available: call **0808 196 3833** (8am to 8pm) or email griefandlosswyh.co.uk

The later stages of dementia – symptoms and changes

Understanding the symptoms that may develop may be worrying, you may find it helpful to read this section with a carer or relative. Dementia is a progressive illness and symptoms likely become more severe. This can happen over a period of months but it is likely to be a number of years, resulting in dependence on those providing care.

- Changes in behaviour – including agitation, aggression, hallucinations, restlessness and repeating words/ phrases. Contact your doctor if you are worried.
- Incontinence – incontinence of the bladder and/ or bowel, resulting in a loss of personal care. Contact the Continence Advisory Service (details at end of guide).
- Communication problems – particularly with speech. Contact the speech therapist if you are concerned.
- Memory loss – sometimes so severe that close family are not recognised. Contact your doctor if you are worried.
- Appetite – either loss of appetite, leading to weight loss, or increased appetite (resulting in weight gain). Contact your doctor/nurse or a dietician if you need advice.
- Fluids – drink fluids regularly. Dehydration can lead to confusion. Aim for 6-8 full glasses of fluid every day. Contact your doctor/nurse or a dietician if you need advice or speak to your GP for more information.

Falls prevention

During the covid pandemic people have not had the opportunity to walk about freely, in the same way that they did prior to the lockdowns. As a result, many people now have reduced levels of stamina and may be at increased risk of falls.

Within your home, it may be possible to reduce the risk of falls by considering the following:

- repair or replace any external steps that are broken or uneven
- try to avoid using door mats that are a difficult contrast to the rest of the flooring as some people may think that they are a hole and try to step over them
- ask for assistance to remove rugs or mats or to ensure that they are secured safely to the floor to prevent them moving as you walk over them
- replace carpets that are frayed and may present a risk of falls
- castors under furniture may cause it to move as you are pushing up to standing. Arrange for these to be removed or blocked in to prevent this happening
- try to install matt floor surfaces as reflections on shiny floors can cause you to believe there are other things on the floor, which you might try to step over
- ensure carpets are plain coloured
- try to avoid installing threshold strips between rooms as you may consider these as an obstruction to step over. Instead use the same flooring to run along the length of the property in the same contrasting tone
- the colour of seating is a plain coloured and in contrast to that of the carpet to enable you to see it easily. Having a contrasting seat cushion to the rest of the chair will also help
- if you find that your furniture is too low, there may be equipment that will help raise the height of this. Contact Gateway to Care for advice about how to do this
- consider re-arranging the furniture so that you can walk through the room without bumping into them and can reach curtains, doors, windows and light switches safely
- loose fitting slippers or shoes, or those that do not fasten securely may contribute to falls. Always wear appropriate footwear when inside or outside of the property
- stair rails may be a help to provide some support on the stairs. If two are installed, ensure that they are both at the same height to each other to support you and run the full length of the stairs. Ensure that the rails contrast with the walls so that you can see them
- consider using a low energy light bulb which may be left on permanently or plugged into a mains socket to light routes around the house, particularly at night

- ensure that the property is well lit to avoid shadows which may be distracting when walking
- stripes and strong patterns on the walls can be confusing and disorienting and cause you to feel dizzy and lose your balance.
- a reflective glare from TV or computer screens can be a distraction for some people and cause you to lose your balance. Position these items so that glare is reduced
- if you have bath or toilet surround mats, ensure that these are either removed or fitted securely. Some people may see these as a barrier to step over which can increase the risk of falls
- a white toilet seat or white shower seat can be difficult to see if positioned against white tiled walls. Try to install coloured ones to contrast with the walls to help with this

If you do start to experience falls there are a range of services that may assist you. Your GP will be able to arrange a referral to these and to undertake any tests to rule out reasons why you may have suddenly started to fall.

Further advice is available through the following contact points who can also refer you to appropriate services:

Locala Single Point of Contact – telephone **0300 304 5555**.

Kirklees Council Gateway to Care – telephone **01484 414933**.



Useful contacts

Key services

Gateway to Care

Kirklees Council, Customer Service Centre,
Civic Centre 3, Huddersfield HD1 2TG
or Walsh Building, Town Hall Way, Dewsbury
WF12 8EQ.

Telephone: **01484 414933**

Email: gatewaytocare@kirklees.gov.uk

Website: www.kirklees.gov.uk

Calderdale Dementia Hub

4, 6 Woolshops, Halifax HX1 1RJ

Telephone: **01422 399 833**

Email: cdh@commlinks.co.uk

Website: www.commlinks.co.uk

Admiral Nurses (DementiaUK)

Address: Folly Hall Mills, St. Thomas Road,
Huddersfield HD1 3LT

Telephone: **01484 343126**

Website: www.dementiauk.org

Kirklees Dementia Hub

Address: Lion Chambers, Huddersfield HD1 1ES

Advice and information: **01484 503908**

Email: kdh@commlinks.co.uk

Website: www.commlinks.co.uk

Kirklees Memory Service

Specialises in assessment, diagnosis, and appropriate treatment to help with memory problems.

2nd Floor, Folly Hall Mills, St. Thomas' Road,
Huddersfield HD1 3LT

Telephone: **01484 343128**

Royal Voluntary Service

The RVS run a number of Dementia Support Groups across Kirklees.

Telephone: **07977 376 382**

Email:

mansoor.aftab@royalvoluntaryservice.org.uk

Website: www.royalvoluntaryservice.org.uk

Equipment

AT Dementia

Offers comprehensive advice on assistive technology and other products designed to help you maintain your independence.

Telephone: **0115 7484220**

Website: www.atdementia.org.uk

Carephones

Kirklees Council, Customer Service Centre, Civic Centre 3, Huddersfield HD1 2TG
or Walsh Building, Town Hall Way, Dewsbury
WF12 8EQ.

Telephone: **01484 414933**

Website: www.kirklees.gov.uk/carephones

KICES

(Kirklees Integrated Equipment Store – Medequip)

Provides equipment and aids for people with health conditions and disabilities to help them to live independently.

Telephone: **0845 340 4432**

Website: www.kirklees.gov.uk/kices

Unforgettable.org

A marketplace of products and services for people with dementia and memory loss, making it easier for carers to discover products that really help.

Telephone: **0203 322 9070**

Email: info@unforgettable.org

Website: www.unforgettable.org

Carers

Gateway to Care

Kirklees Council, Customer Service Centre,
Civic Centre 3, Huddersfield HD1 2TG
or Walsh Building, Town Hall Way, Dewsbury
WF12 8EQ.

Telephone: **01484 414933**

Website: www.kirklees.gov.uk/careandsupport

Support Options

Kirklees Council, Customer Service Centre,
Civic Centre 3, Huddersfield HD1 2TG
or Walsh Building, Town Hall Way, Dewsbury
WF12 8EQ.

Telephone: **01484 414933**

Text "Gateway" and your question to
07781 482931

Website: www.kirklees.gov.uk/carenavigation

Carers Trust Mid Yorkshire

Milford House, Unit 9, Shaw Park Silver Street,
Aspley, Huddersfield, HD5 9AF

Telephone: **01484 537036**

Email: info@carerstrustmidyorkshire.org.uk

Kirklees Wellness Service

Telephone: **01484 234095**

Website: www.kirkleeswellnessservice.co.uk

Carers UK Adviceline

Includes information, advice and online forums.

Telephone: **0808 808 7777**

Email: advice@carersuk.org

Website: www.carersuk.org

Carers Direct Helpline

Information, support and advice for carers.

Telephone: **0300 123 1053**

Website: <http://www.nhs.uk/conditions/social-care-and-support-guide>

Dementia Carer

Carers of people living with dementia talk about what helps them, what to do when things get tough, and where to find support.

Telephone: **0114 2966229**

Website: <https://dementiacarers.org.uk/>

Cloverleaf Advocacy

Carers Count Address: Yorkshire Children's Centre,
Brian Jackson House,

New North Parade Huddersfield HD1 5JP

Telephone: **0300 012 0231**

Email: info@carerscount.org.uk

Website: www.carerscount.org.uk

Learning and employment

E-Learning

The dementia e-learning programme is aimed at anyone who comes into contact with a person with dementia.

Website: www.scie.org.uk/publications/elearning/dementia/index.asp

Kirklees College

Huddersfield – telephone: **01484 437000**

Dewsbury – telephone: **01924 465916**

Kirklees Employment Service

Support with retaining paid work and arranging voluntary work.

Telephone: **01484 434866**

Email: info.kirkleeses@richmondfellowship.org.uk

Twitter: www.twitter.com/RFKirklees

Job Centre Plus

Telephone: **0800 0556688**

Email: www.jobcentreplus.gov.uk

Community Directory

Database of voluntary groups/organisations in your area.

Website: www.kirklees.gov.uk/localorganisations

Kirklees Libraries

Website: www.kirklees.gov.uk/libraries

Kirklees Museums and Galleries

Community history

Telephone: **01484 223210**

Email: museumsandgalleries@kirklees.gov.uk

Reading Well

Dementia information books available on prescription. Ask your doctor or see their website:

www.readingagency.org.uk/adults/quick-guides/reading-well

Accommodation

Accessible Homes Team

The dementia e-learning programme is aimed at anyone who comes into contact with a person with dementia.

Telephone: **01484 225335**

Care Homes

Care homes – Kirklees Council

Website: www.kirklees.gov.uk/carehomes

Gateway to Care – telephone: **01484 414933**

Care Directory

An online directory of care homes and nursing homes in the UK and details of the type of care available and financial implications

Website: www.nursing-home-directory.co.uk

First Stop for Advice

Housing advice and financial advice/rights.

Email: info@firststopadvice.org.uk

Website: www.firststopadvice.org.uk

Housing Solutions Service

Information about housing. Based at Customer Service Centre, Huddersfield and Dewsbury customer services (<http://www.kirklees.gov.uk/beta/contact-the-council/frequent-contacts/default.aspx?>).

Telephone: **01484 221350**

Email: Housing.Solutions@kirklees.gov.uk

Housing solutions and help if you are homeless: www.kirklees.gov.uk/homelessness

Housing options and support service

Information about housing.

Telephone: **01484 221350**

Email: housing.options@kirklees.gov.uk

Kirklees Homes and Neighbourhoods

Including sheltered housing.

Telephone: **01484 414886**

Email: housing@knh.org.uk

Care Quality Commission (CQC)

Telephone: **03000 616161**

Website: www.cqc.org.uk

Emotional and physical support

Change 4 Life

For people who would like to make some healthy changes to their eating and drinking habits.

Telephone: **0300 1234567**

Minicom: **0300 123 1003**

Website: www.nhs.uk/change4life

Depression Alliance / Mind

Bringing people together to end the loneliness and isolation of depression and help understand what it feels like and how to spot the symptoms. Merged with Mind on 1 August 2016.

Telephone **020 8519 2122** for general queries about the organisation.

Email: supporterservices@mind.org.uk

Website: www.mind.org.uk

Dignity in Care

Website: www.kirklees.gov.uk/dignityincare

Samaritans

Website: www.samaritans.org

HOOT

Creative activity to promote positive health and wellbeing.

Telephone: **01484 516224**

Website: www.hootcreativearts.co.uk

South West Yorkshire Partnership Foundation Trust

Find out more about mental health conditions, treatments and medications.

Websites: www.southwestyorkshire.nhs.uk
www.choiceandmedication.org/swyp/

Royal College of Psychiatrists website

Up-to-date information on older people's mental health including dementia, treatment options and help with bereavement.

Website: www.rcpsych.ac.uk

Womenspace

A mental health/wellbeing service available to all women in Kirklees.

Telephone: **01484 450866**

Website: www.womencentre.org.uk

Staying healthy and active

Food for the Brain

Telephone: **020 8332 9600**

Website: www.foodforthebrain.org

NHS Choices

Information on dementia, treatments, local services and healthy living.

Website: www.nhs.uk/Conditions/dementia-guide/Pages/dementia-choices.aspx

NICE (National Institute for Health and Clinical Excellence)

NICE is an independent organisation providing information on good health and preventing/treating ill health including dementia.

Telephone: **0300 3230140**

Website: www.nice.org.uk

Kirklees Active Leisure (KAL)

Telephone: **01484 766131**

Email: www.kal.org.uk/

Walking information

Website: www.kirklees.gov.uk/walking

Age UK

Calderdale and Kirklees - includes advice, chat and financial matters.

Telephone: **01484 / 01422 252040**

Website: www.ageuk.org.uk

Alzheimer's Disease International

Information and links on dementia.

Telephone: **020 798 10880**

Website: www.alz.co.uk

Alzheimer's Research

Telephone: **0300 111 5555**

Email: www.alzheimersresearchuk.org

Cinnamon Trust

Information on the impact of illness on care of the owner's pets offering voluntary help with caring for pets eg dog walking, fostering service for hospital stays, long term care when owners have died or moved into residential accommodation.

Telephone: **01736 757900**

Website: www.cinnamon.org.uk

DVLA

Offer information on medical conditions and driving.

Telephone: **0300 7906806**

Website: <https://www.gov.uk/health-conditions-and-driving>

Find

Provide signage, specialised crockery, grab rails, activity boards etc to help people with dementia remain independent.

Telephone: **0113 2302046**

Email: www.findsignage.co.uk

Herbert Protocol

Information to keep at home in case a person with dementia goes missing.

Telephone: **101** or visit your local police station and ask for a form.

Website: www.westyorkshire.police.uk/dementia/herbert-protocol

Kirklees Passport

Telephone: **01484 221000**

Website: www.kirklees.gov.uk/passport

Office of the Public Guardian

For information on Lasting Power of Attorney, Enduring Power of Attorney, Mental Capacity Act and what to do if you suspect someone vulnerable is being abused.

Telephone: **0300 456 0300**

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

Parkinson's UK

Telephone: **0808 800 0303**

Website: www.parkinsons.org.uk

Voluntary organisations

Search for lists of local voluntary groups to help support you and your carer.

Website: www.kirklees.gov.uk/communitydirectory

William Merritt

Disabled Living Centre and Mobility Service

Impartial information, advice and assessment on equipment and practical aspects of daily living for disabled people of all ages, their carers, professionals and older people.

Telephone: **0113 350 8989**

Email: info@wmdlc.org

Website: www.williammerrittleeds.org

Further reading and books about

Books available in Kirklees Library and Information Centres

First steps to living with dementia

by Simon Atkins

Alzheimer's: answers at your fingertips

by Alex Bailey

Coping with Memory Problems

by Sallie Baxendale

But then something happened

by Chris Carling

ABC of Dementia

by Bernard Coope and Felicity Richards

Dementia Positive

by John Killick

Can I tell you about dementia

by Jude Welton

Telling Tales about dementia

by Lucy Whetman

10 helpful hints for dementia design at home

by University of Stirling Dementia Services Development Centre

Can I tell you about dementia

by Jude Welton

Telling Tales about dementia

by Lucy Whetman

Books for children

Visiting Grandad's new home

by Virginia Ironside

Visiting Gran's new home

by Virginia Ironside

These books are specially designed for people with dementia. They contain a wide range of images that evoke memories and emotions.

List of factsheets available from Kirklees Council

Please telephone Gateway to Care on **01484 414933** to ask for a copy to be posted to you.

The factsheets available are:

- Getting help – carer's eligibility criteria
- Getting help – eligibility for support
- What will you talk to me about (assessments)?
- Benefits – what are you entitled to?
- Information for carers
- Advocacy – speaking up for yourself
- Letting us know what you think
- Access to your file
- How can Housing help you?
- Keeping safe – how to report adult abuse
- How to contact us
- Support for all
- How can Gateway to Care help you
- Gateway volunteer service
- Self care, help yourself to better health
- Travel
- The Carephone home safety, service and assistive technology
- Sensory services
- My community, my choice
- Excellent homes for life
- Connect2support
- Care navigation
- Your money
- What is a personal budget
- Your financial assessment
- What are Direct Payments?
- Residential Care
- Paying for short-term breaks
- Paying for your care
- Physical activity opportunities
- Resource allocation system
- Reablement services
- A review of your social care support needs
- Dementia awareness
- Better In Kirklees
- 'Looking after me' course for carers
- Understanding your Direct Payments pre-paid card
- Independent financial advice
- How to pay for your social care services

List of factsheets available from Alzheimer's Society

Alzheimer's Society factsheets cover a wide range of dementia-related topics. The factsheets can be accessed via the links on www.alzheimers.org.uk/factsheets

You can also download PDFs of each factsheet in large-print format. These use size 16 font, making them more accessible for people with a visual impairment. To download a PDF, just follow the link at the top, side or bottom of the factsheet webpage.

To purchase printed copies of any of the factsheets, please phone **0300 303 5933** or email orders@alzheimers.org.uk

The most popular factsheets are also available in audio format. You can order CDs or cassettes by contacting the Publishing team, or you can listen to audio factsheets online.

The factsheets available are:

- What is dementia
- What is Alzheimer's Disease
- What is Vascular Dementia
- What is Dementia with Lewy Bodies
- What is Frontotemporal Dementia
- Genetics of dementia
- Drug treatments for Alzheimer's disease
- Drugs used to treat behavioural and psychological symptoms in dementia
- The later stages of dementia
- Learning disabilities and dementia
- Complementary and alternative therapies
- What is Korsakoff's
- Young people with dementia
- Rarer causes of dementia
- Depression and anxiety
- Am I at risk of developing dementia?
- Dementia and the brain
- The progression of Alzheimers disease and other dementias
- Mild cognitive impairment
- Sight, perception and hallucinations in dementia
- Brain tissue donations
- Equipment, adaptations and improvements to the home
- Assistive technology, devices to help with everyday living
- Driving and dementia
- Talking therapies (inc counselling, psyhcology and CBT)
- Dental care and oral health
- Replacement care (respite care) in England
- After a diagnosis
- Travelling a going on holiday
- Selecting a care home
- Supporting lesbian, gay and bisexual people living with dementia
- Moving into a care home advice for lesbian, gay and bisexual people
- Making decisions and managing difficult situations
- Communicating
- Walking about

- Managing toilet problems and incontinence
- Safety in the home
- Washing and bathing
- Grief, loss and bereavement
- Dementia and aggressive behaviour
- Dressing
- Eating and drinking
- Pressure ulcers (bed sores)
- Sex and dementia
- Explaining dementia to children and young people
- Dealing with guilt
- Staying involved and active
- Staying healthy
- Carers – looking after yourself
- Understanding and supporting a person with dementia
- Changes in behaviour
- Coping with memory loss
- Urinary tract infections
- Exercise and physical activity
- End of life care
- Assessment for care and support in England
- How the DOCTOR can support a person with dementia
- Assessment and diagnosis
- Hospital discharge
- How Health and Social Care professionals can help
- Care on a hospital ward
- Benefits
- Council tax
- Benefits rates and income/savings thresholds
- Mental health Act 1983 and guardianship
- Mental Capacity Act
- Advance decisions and advance statements
- Financial and legal affairs
- Lasting power of attorney
- Personal budgets
- Deprivation of liberty safeguards
- Becoming a deputy for a person with dementia?

My contacts

Use this space to write in all your important contact details so they are all stored in one place.

Contact	Who	Telephone number
Next of kin 1	Name:	
	Relationship:	
Next of kin 2	Name:	
	Relationship:	
Next of kin 3	Name:	
	Relationship:	

Contact	Name/company	Telephone number
GP		
Pharmacy		
Hospital		
Dentist		
Optician		
Gas		
Electric		
Water		
Kirklees Council	Switchboard	01484 221000



Kirklees Dementia Hub

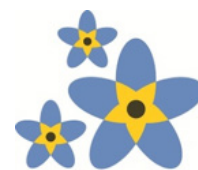
Are you concerned about yours or a loved one's memory, or you want to talk to someone about dementia?

Call the Kirklees Dementia Hub on

01484 503908



If you would like further copies of this guide or would like to make any amendments to listings, please contact **Terryann Shaw**, Dementia Strategic Partnership Manager at Kirklees Council, on **01484 221000** or by email at terryann.shaw@kirklees.gov.uk



Working to become
**Dementia
Friendly**

Live life to the full

Living with **dementia** in Kirklees