

Live life to the full

Living with dementia
in Kirklees

Information, advice and support for
people with dementia and memory
loss and their carers

2016 Edition

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



Working to become
**Dementia
Friendly**



Kirklees
COUNCIL

Introduction

Kirklees Council is working to become dementia friendly with many staff trained as dementia friends and 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.

As we go to print, there are more than 3,000 people diagnosed with dementia in Kirklees, with an anticipated further 1,500+ still coping at home undiagnosed. With an ageing population, this figure is set to rise to more than 7,500 by 2030.

As dementia affects people in many different ways, you and your carers may not know exactly what information you will need in the coming months and years, so we have put together this guide to help you at every stage of your journey. However, there are many comprehensive detailed and specialist factsheets available (a list is at the back) for you to either print yourself at home - or you can ring the relevant organisation and ask for a copy to be posted out to you. We encourage you to build up a set of information which is important to you and your family and to keep it to hand for you to refer to at a later date.

All contact details were correct at the time of going to print. We hope you find the information helpful and a good starting point for finding the right support and help you need. Kirklees Council do not endorse or promote products and services - this guide is for information sharing.

To get help, information or advice on dementia from Kirklees Council, please ring: Gateway to care, telephone **01484 414933**.

Further information is available on our website: [**www.kirklees.gov.uk/dementia**](http://www.kirklees.gov.uk/dementia)

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

This booklet is to help you to start thinking about some of the issues that come with dementia.

Some of the help available can be accessed on the internet via a computer. If you are reading this on a computer with internet access, by pressing CTRL and clicking on the words which are **bold black and underlined**, these will take you directly to the relevant page on the internet, but there is a list provided at the back of this booklet. If you do not have a computer, you can use one at a library or at a Neighbourhood Learning Centre. Whichever way you choose, please do your research - there is much information available to help you from many organisations and we only refer to some of the excellent sources of information available to you.



In Kirklees there is a specialist dementia information service called:

Making Space

Kirklees Dementia Information and Advice Service

They offer specialist dementia advice, information, support groups, carer’s groups, advice at memory clinics, cafés, dementia friends sessions, lunches and more.

Most importantly, they will listen to you and can put you in touch with someone to chat to who is in the same situation as you are.

Telephone **01484 483083** for more information or take a look at webpage:

Making Space - Kirklees

You can also email:

kirklees.dementiaservice@makingspace.co.uk

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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 three or more 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)

There are several diseases and 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 change, 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 heavy **alcohol** consumption over a long period of time.

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:

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. See **Age UK - Living with early stage dementia**

- **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.
- **Parkinson's disease** - people with Parkinson's disease have a higher-than-average risk of developing dementia, although most people remain unaffected. Symptoms vary from person to person.

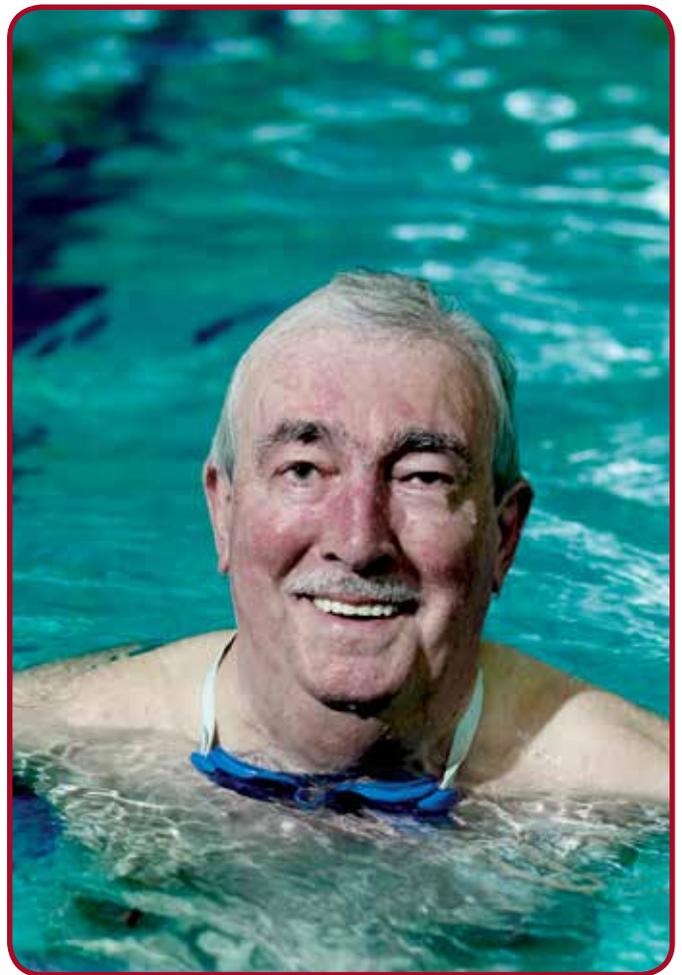
What can we all do to reduce the risk of developing dementia?

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 and our factsheet **Physical activity opportunities** which explains Steps for Life. This is an exercise referral programme for people with dementia or you can telephone **01484 234092** for more information.

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 www.nhs.uk/Tools/Pages/Alcoholcalculator.aspx for a calculation and 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 information for more details on the **five things everyone should know about dementia.**

Kirklees Alzheimer's Society is located in the centre of Huddersfield and offers support to anyone who has received a diagnosis of dementia or may be worried about their memory. Their team are able to support you to access local services and a wide variety of information, including factsheets, information booklets and information for people who are visually impaired or whose first language is not English. They can signpost/refer you to other local and national support services and will tailor all of their support to your individual needs. You can contact them in relation to any dementia diagnosis or if you are worried about your memory telephone **01484 429865** or by email on **C&K.Services@alzheimers.org.uk**

Getting a diagnosis

Early diagnosis can make all the difference. Early use of medication may help delay symptoms, as well as improving those which already exist.

If you suspect that you or someone you know is showing symptoms of dementia, you should contact your doctor as soon as possible. Your doctor may diagnose dementia or may refer you to a specialist such as the Kirklees Memory Service.

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 Service

This service provides assessment, diagnosis and consideration of possible treatment options. Referrals to the service will usually come from your doctor. This is to ensure that the referral is suitable, that other illnesses have been ruled out and to start investigations. The service includes Nurses, Occupational Therapists, Doctors, Admiral Nurses and a team who specialise in younger people with dementia (Crowlees).

The service may arrange tests of their own to help diagnosis and these can include:

- Memory tests
- Questions relating to language and simple mathematical skills
- A physical examination and laboratory investigation (eg blood and urine tests)
- A computerised tomography (CT) scan or a magnetic resonance imaging (MRI) scan

If a treatment is prescribed, the service will monitor your progress to ensure you are stable on your medication and you will then be discharged back to the care of your doctor who will undertake a regular review of your medication and support.

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, ask your doctor to repeat the tests after 6-12 months to look for a change.

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

Please remember that 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's 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. 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.

Take a look at the Alzheimer's Society factsheet '**After diagnosis**' or telephone them for a copy of their booklet

What your diagnosis means for you

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 them 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 the guide.

Keep medicines safe - away from vulnerable people and children.

Take a look at the Alzheimer's Society factsheets:

Drug treatments for Alzheimer's disease

Drugs used to relieve behavioural and psychological symptoms in dementia

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



In general, the options available will be greater the earlier a diagnosis is made. This is because someone with more advanced dementia may have difficulty adapting to a new environment. As dementia progresses, it may become increasingly difficult to continue living at home. For example the care you need might increase to 24 hour care and it may be that your family just can't cope on their own.

You may need to receive specialist care for your own safety. You may develop illnesses related to dementia that make this a necessity such as pneumonia. You may, however, be able to move into a care home (either a nursing care home or a residential care home) where your family can visit frequently. At the final stages of the illness, you might need to access hospice services. This could happen when the illness is no longer treatable and there may be social problems. A hospice provides palliative care to help reduce physical and psychological distress and to provide the additional support you and your family may need.

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 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. For more information take a look at our webpage [Kirklees Council](#) and search for 'care homes'.

Being in your own home with your own possessions is very important as everything is familiar to you, but you may need to make it dementia friendly. With some help and adjustments, you will be able to continue to live independently for as long as possible. That's why it's important to get help as early as possible and to start thinking ahead about how your daily needs may change. You will need to consider:

- Whether the structure of your home still meets your needs? Is it accessible? Are there any changes you could make to make it easier, for example a ramp instead of steps? Is it safe? Think about security and safety, repairs and improvements and home adaptations.
- Is your home too big or too expensive to run? Is it time to think about moving to a smaller house or would you prefer to live with, or closer to, your family?
- Would you prefer to live on one floor, for example in a bungalow?
- Adding signage to cupboards and rooms to prompt your memory.
- Is there any assistive technology which could help you?

There are many organisations in Kirklees to support you to stay in your own home. They can help support you with daily living tasks (eg helping with your shopping or cleaning) to fitting an alarm or helping with home improvements. For more information see the Supporting People Directory, available from Supporting People telephone: **01484 221721** or see [Kirklees Council Supporting People](#)

Small design alterations can help you improve your daily living requirements eg, lighting, labelling, safety, security, gadgets, general design and layout and there are many pieces of equipment which can assist you. You can download or order a range of books with useful design tips for making your home dementia friendly, which look at a range of ideas for example the benefits of daylight, changes to soft furnishings and colour choices can have a significant impact on the person with dementia in their own home. Take a look at **Dementia Shop** or **NHS Choices Dementia Home Environment**

Mears Home Improvement Dementia Support Service

The service provides practical support to people living with dementia. Kirklees residents can request a home visit offering advice on how to stay safe and independent at home with the use of technology and by making small changes to home furnishings. The visit will assess whether free practical measures can be installed such as door/cupboard signs, bright grab rails, bright light switch covers, calendar clock, bright toilet seat, highlighting steps/banisters.

If you would like any further information or to arrange a home visit from Mears, please telephone **0800 0324483** or email: **MHIKirklees.enquiries@mearsgroup.co.uk** or look at the webpage: **Mears Dementia Service**

Shopping

You might also wish to consider having your shopping delivered to your home at a time to suit you. See our useful contacts section for a list of home food delivery services or ask your local grocers if they would be willing to deliver a weekly box of groceries for you.

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.options@kirklees.gov.uk**

Retirement living schemes

Council-owned housing offers you the independence of having your own home, but sometimes with staff on hand to give extra support if you need it. Many schemes provide 24-hour emergency support through the carephone safety service and many have community rooms for social activities. Although schemes vary, they all offer safety, security, companionship and peace of mind. Some schemes also provide more intensive support to people who need it, like extra care supported living. You can call Gateway to care or for information about other sheltered housing options run by local housing associations you will need to contact them directly. You can also find out more by contacting Kirklees Neighbourhood Housing – telephone **01484 414886** or take a look at the webpage

[Kirklees Neighbourhood Housing](#)

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

An extra care housing scheme consists of a number of individual homes, alongside shared communal facilities, for example a hairdressing salon, restaurant and residents' lounge/activity rooms. Some of the facilities, such as the restaurant and hairdressing salon, and access to activities and events held at the scheme will be available for the local community, as well as residents. This helps reduce loneliness by allowing people to remain a part of the community. Extra care housing can also help prevent people going into hospital or being kept in hospital due to the presence of a 24 hour on-site care team. Visit

[Kirklees Extra Care](#)

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. You can view Kirklees residential vacancies online at www.kirklees.gov.uk and search for 'care homes'. You can also search for home care help by typing 'home care'.

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 webpage [Care Quality Commission](#)

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**.

Respite care and short breaks

Living with dementia is difficult 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.

Home Safety

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.

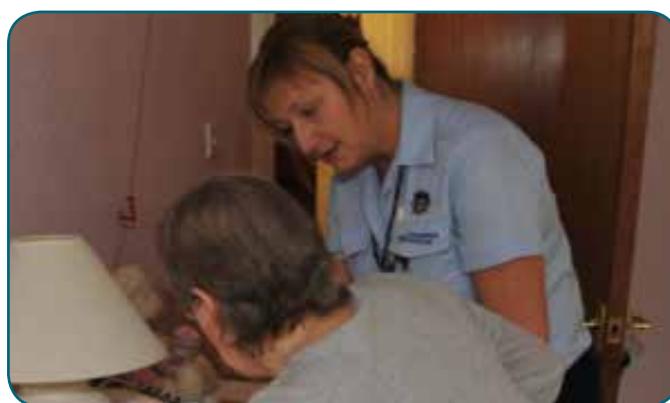
Fires in the home are a particular risk for people with dementia. Getting the right support could really help reduce risks and maintain independent living.

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 home fire safety check 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

As every case is unique, WYFRS provide a bespoke package with personalised images which can be posted as reminders around your home.



A more in-depth laminated safety checklist is also available designed to assist with a regular bedtime routine.

Bed Time Routine		ZCS	MON	TUE	WED	THU	FRI	SAT
SWITCH OFF								
TURN OFF								
SWITCH OFF								
CLOSE								

Main ignition sources

Cooking – are all cooking surfaces clean and without a build-up of residue? Are there any other cooking risks you are worried about? Don't leave cooking unattended.



Candles – are they being used safely, away from fabrics and in proper holders?

Smoke alarm – is there a working smoke alarm on every occupied level?



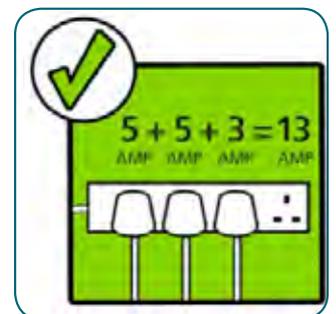
Disability – do you have a disability which could make it difficult to escape in the event of a fire?

Drugs and alcohol – watch your alcohol intake as this may impact on a fire situation or increase risk.

Hoarding and blocked exits – could affect your escape and contribute towards the spread of fire.

Smoking – smokers should always take care, especially if they are tired or have been drinking alcohol. Make sure cigarettes are properly stubbed out in an ashtray. Always empty the ashtray, pour water over the cigarette ends and put them in the bin outside.

Electrical equipment – are any faulty or old? Are power cables frayed or in bad condition?



Electrical sockets – are they overloaded?

Are safe extensions/adapters being used (not block or wind-up)? Never use more than one adaptor in each socket, and never overload an adaptor, or join adaptors together. Choose a strip adaptor, rather than a block adaptor and take care that appliances you plug into it do not use more than 13 amps.

For more information or to arrange a free home fire safety check please contact:

West Yorkshire Fire Service
Kirklees District Prevention Team
Telephone: **01484 551850 or 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.

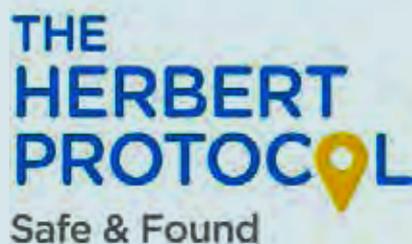
- Unsure who is calling at an address of a loved one? Concerned they are being bothered by unwanted trades people or youths? Consider a digital door viewer. There are two kinds - one that shows a digital image to the occupant of whoever is ringing the doorbell and one that has a memory store and takes 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 or a friend or family member would like further advice or a visit from a local Crime Prevention Officer, please telephone **01484 436840** or **01924 431048** or email: **KirkleesCPO@westyorkshire.pnn.police.uk**

Further reading:

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

- **[Safety in the home](#)**
- **[Age UK - Home safety checker](#)**
- **[Keeping safe in your home](#)** (the Alzheimer's Society booklet)
- **[RoSPA](#)** - the Royal Society for Prevention of Accidents
- **[Live Life to the Full, Keep Safe](#)** - Be Safe, Live Life to the Full leaflets offering advice on safety around the home for people over 50



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 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 contact: **<http://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 Council's Accessible Homes Team can discuss 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 to getting an adaptation is to contact Gateway to care or the Accessible Homes Team directly. Telephone **01484 225335** for an assessment. Alternatively, there are some things that you can now buy from the local supermarket or shops such as Argos ie bath boards.

Dementia mainly affects people over 65 and the likelihood increases with age but it can affect younger people too. In Kirklees there are an estimated 110 people with early onset dementia and more than 4500 with late onset dementia.

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 factsheet: **Equipment, adaptations and improvements to the home** or use the key contacts listed later in this guide.

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. Please telephone **0203 322 9070** or email: **info@unforgettable.org**

AT Dementia - offers comprehensive advice about assistive technology as well as other products designed to help you maintain your independence. Take a look at their website: **www.atdementia.org.uk** or telephone **0115 7484220**.

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. The best thing is that you have 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 webpage **Connect to Support** or visit the Connect to Support house for details on how equipment can help you in each room in your home, **Connect to Support House**



Carephone Home Safety Service

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. Alternatively, you can purchase some items of equipment directly from supermarkets, or the internet.



Kirklees assistive technology

'Assistive technology' refers to any device or system that allows you to perform a task that you would otherwise be unable to do, or increases the ease and safety with which the task can be performed. This includes equipment/devices to help people who have problems with speaking, hearing, eyesight, mobility, memory or awareness. They range from simple tools, such as calendar clocks and touch lamps, to high-tech solutions such as GPS systems to help find someone who is missing. They can play a big role in maintaining your independence and keeping you safe.

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

Help can include:

- Memory aids such as reminder messages, clocks and calendars, medication aids, locator devices and aids for reminiscence and leisure.
- Sensors around the home to alert your carers or a neighbour if you fall or are in need of help.
- Weekly blister pack medication is sometimes more helpful than tablet dispensers.

- GPS tracking devices for making walking safer and to put your carer's mind at rest when you are out and about. They can send a text from their phone to your device to find out where you are. It also has a fall sensor, which will send a text message with mapping details to all authorised phones so they can find you and help you to safety. It also allows 2-way conversation similar to a mobile phone, enabling you to contact family in an emergency, or vice versa via the press button feature on the device.

Telephone Gateway to care on **01484 414933** for more information or take a look at **Kirklees Council Assistive Technology** to download our information sheets. Gateway to care can also send you printed copies.

See also the Alzheimer's Society factsheets on **assistive technology devices to help with everyday living** or the ASK SARA website offers advice around daily living activities self help guide, especially useful if you are unsure what equipment and help is available to help you at **<http://asksara.dlf.org.uk/>**

Helping with your memory

It can be very distressing and frightening when your memory starts to fade. There are some easy measures you can take around the home to help make you feel safe and secure and to 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.
- 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 and gives some useful hints and tips for living with memory problems.

Respect

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 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 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 in the following factsheets and booklets: **communicating, understanding and supporting a person with dementia** and **sex and dementia**.

The Alzheimer's Society has a useful booklet to download which talks about coping strategies and **living alone**

You and your family are going through a time of change and uncertainty so it is important to speak to each other about your dementia. 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 useful: **Talking to children about your illness**

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 and 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.

Take a look at factsheet:

Keeping Safe - how to report adult abuse

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. See our factsheets for a list of dementia support groups available in your community.

Counselling and 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** or contact Making Space (the Kirklees Dementia Information Service) telephone **01484 483083**.

Dialogue groups

The South West Yorkshire Partnership NHS Foundation Trust is a specialist NHS foundation trust that 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 inclusion@swyt.nhs.uk.

Leisure and Social Activities

Please take a look at our Community Dementia Support group factsheets which provide a range of groups such as dancing/games/lunch clubs in your local area and will help to prevent you and your carers from feeling lonely and isolated. They are a good way of meeting new people in the same position as yourself, even if it's just for a chat over a cup of tea.

Kirklees Community Dementia Support



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.

My Life Software

My Life Software™ has developed Digital Reminiscence Therapy Software™, an innovative software solution that provides communication support and interactivity for the elderly and people with dementia. For more information about this product visit: [**My Life Software**](#)

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**](mailto:portraitofalife@swyt.nhs.uk).

Dementia UK have also put together a life story template for you to create your own and can be found here:

Dementia UK Life Story Template

The Alzheimer's Society have produced a guide to making a life history book here:

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 should 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. You can find out more at [**Sporting Memories**](#)

Healthy eating

Healthy eating is important to everyone, but if you are unable to get to a shop or find it difficult to cook for yourself, you might want to consider using a home delivery service for frozen meals or everyday shopping. For further information take a look at NHS Choices [**healthy eating**](#). Many supermarkets have an on-line internet service where you can order your shopping and have it delivered to your door for a small cost or ask a local shop to deliver it for you. See our useful contacts section for home delivery services.

Dementia Reading Champions

Dementia reading champions is a new project where groups of people or individuals living with dementia are supported to enjoy reading, listening, chatting and sharing memories. It will encourage participants to interact with others, share stories and experiences, by using literature and poetry and will be open and accessible to people of all backgrounds and levels of literacy. The project will use poetry, literature and reminiscence to improve the lives of people living with dementia and their carers. Kirklees Council have funded several local based organisations to deliver the project in care homes and community settings. These organisations will recruit and train volunteers and sessional workers who will read and chat to individuals and small groups of people with dementia. For more information, contact our Community Partnerships team, telephone **01484 225142** or email: [**community.partnerships@kirklees.gov.uk**](mailto:community.partnerships@kirklees.gov.uk)



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 eg 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 well-being, 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 telephone **01484 234092** for more information. Take a look at Alzheimer's Society booklet: **keeping involved and active**. There are lots of groups you could get involved in, for example Singing for the Brain, HOOT creative arts and Shall We Dance. See our community factsheets for 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 well-being. 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

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 28 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**.

You might find it useful to have a look at the following factsheets:

Homestead Dementia Day Opportunities

Knowl Park House Dementia Day Opportunities

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**



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. If you think people may struggle to accept how important your partner is you could give a copy of a will/living will to everyone who is affected by your instructions so they can discuss it with you if they need to and feel they are 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.

Looking after your money

Age Concern 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. You can download your free information guide from www.ageuk.org.uk or telephone Freephone **0800 009966**. To contact Age Concern Calderdale and Kirklees, please telephone **01484 535994**.

Benefits

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 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, Making Space and Job Centre Plus.

The Alzheimer's Society offer a free useful guide - **top tips for managing your money and preventing financial abuse**. However, if you want to find out more about a Lasting Power of Attorney you can speak to a local reputable solicitor or visit www.directgov.uk and search for 'mental capacity and the law' or contact Age UK's Legal Services telephone **0800 0556314**

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**. For more information, take a look at the factsheet: **Benefits**. Alternatively, there is much information available from the Department of Work and Pensions, telephone **0345 6060265**.

Employment

You are likely to need regular doctor's appointments, so it is likely your employer will be aware that there is an issue before you tell them. Even though you may feel that your job performance isn't affected by dementia, often it is good to have the emotional support from your employer. The more they know, the more they can be flexible and adapt to your changing needs, and so enable you to continue working for as long as you wish to. 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 Directgov, telephone **0800 882200**. Take a look at the Alzheimer's Society booklet: **Employment**

What is a carer?

There are an estimated 40,000 carers in Kirklees. Carers play a very important role. A carer gives up their own time to provide support to a person on an unpaid basis. Even though the helper may be a spouse, family member, friend or neighbour they are still considered a carer.

Carers carry out a large variety of tasks including personal care, cooking meals, dressing, helping the person move around, jobs around the house, shopping, picking

up medication, making sure they are safe and generally spending time with them keeping them company. Many people do this demanding task out of love or sometimes from a sense of duty. It is often a big commitment that can bring feelings of resentment, fatigue, frustration and despair. It can also bring a big sense of achievement and feeling of satisfaction of being able to help their loved one in such a big way and to play such 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 what your role as a carer might be. Once you are ready to talk about it with other people you will find lots of help and support available to you. There are all sorts of support groups for carers to attend and some are at the same time as support groups for the person you care for so you both get a break from each other, whilst knowing the other one is safe. 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 keep yourself healthy and well.

See also [Age UK - Caring for someone with dementia](#)

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.

It is important that your doctor knows that you are a carer so they can invite you for flu vaccinations and signpost you on to local services that may be able to help you. Your doctor's surgery might also be more flexible when making your appointments if they know you have a caring role.

Carers Emergency Support Services

When you become a carer, you may worry about what would happen if you were suddenly taken ill. This service gives carers peace of mind by making sure that short term, home-based care can be put in place in the event of an emergency. You can complete a Carers Emergency Support Plan which says what you would like to see happen in an emergency. This will give you time to consider what would happen if you were unable to continue in your caring role, for a short period of time. Gateway to care can help you and if this is something you are interested in, please telephone **01484 414933**.

Carers Count

Carer's Count is a service for any adult carer in Kirklees. They provide advice and information, run groups, activities, sessions, support and help carers to help each other as well as providing training and help raise awareness of carer's rights.

For more information you can telephone **0300 0120231** or email

info@carerscount.org.uk. Please see our community dementia support group factsheets for Carers Count events happening in your area.

Carer's Trust

Carer's Trust recognises that you as a carer of someone with dementia will need to take regular breaks. They 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 the following websites:

Carer's Trust MidYorkshire, **Carers, Babble** (for young carers under 18), and **Matter** (for carers aged 16-25).

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 434638 or take a look at

webpage **Kirklees Admiral Nurses**

Looking After Me

Looking after me is a free self-management course for adult carers. It encourages carers to make time for themselves and to look after their own health needs as well as aiming to help them take more control of their own situation. The course covers relaxation techniques, managing depression, coping strategies, cognitive techniques and many other topics aimed at making a difference to their life. For more information telephone

01484 414774

or email: lookingafterme@kirklees.gov.uk

St Anne's: COaST

St Anne's: COaST supports carers and individuals who are affected by someone they care for who has either a mental health issue, drug and alcohol misuse or early diagnosis dementia. The service is dementia aware and accepts referrals for those who are caring for individuals with an early diagnosis of dementia. It also recognises the importance of carers and their caring responsibilities. They offer a range of support and options enabling carers to maintain their caring role and also offer short breaks to carers on the outcome of assessed need. These breaks provide social contact for the person being cared for. Please note that the service cannot provide personal care, administer medication or hold personal finances.

Telephone **01924 468344** or email

stephanie.elcock@st-annes.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: **Driving**.

Travel

You may qualify for a Freedom Pass, 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**.

Kirklees Caring Cars scheme

Caring Cars is an agreement between Kirklees Council and local taxi companies. It promotes safe and confident taxi travel for older people in Kirklees. Participating companies display the Caring Cars code of practice and sticker in a public area of their premises. See **Caring Cars** for information.

Yorkshire Children's Centre - Travel Companions

Travel companions accompany people on public transport to build independence and provide lifts in private cars where public transport is not possible. For more information contact Brian Jackson House, New North Parade, Huddersfield, HD1 5JP, telephone **01484 519988**.

Cloverleaf Travel Training

Cloverleaf Travel train and accompany people on public transport until they are confident to use it independently. Primarily younger and learning disabled people (16+). They are based at Kirklees Advocacy Office, First Floor 9 Wellington Road, Dewsbury, WF13 1AU. To contact them telephone **01924 438438** or email: **kirklees@cloverleaf-advocacy.co.uk**

Cameo

Cameo is a small service which covers the residents of Denby Dale and Kirkburton Monday – Friday. It provides transport to doctors' surgeries etc for those unable to use public transport. For more information telephone **01484 609122**.

Car companions

Batley Resource Centre have volunteers who offer their time to accompany clients to appointments, such as hospital visits, or even social groups. They may drive a client in their own car or go with them in a taxi. They offer company and friendship, not just a lift. To find out more or request a membership pack telephone **01924 479082**



Travel assistance cards

You may qualify for a Freedom Pass, a discount mainline train card, a blue badge or you may be able to get taxi assistance. For more information ask Gateway to care telephone **01484 414933**.

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:

Travel Assistance Cards



Denby Dale Centre

The Denbydale 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**. They also have community transport buses for hire

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 telephone 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 Samantha Jones telephone **01484 340811** or email samantha.jones@mencapinkirklees.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 or take a look at webpage **Access bus**

WRVS Kirklees Good Neighbours

WRVS Kirklees Good Neighbours is a community scheme which offers befriending and social transport across Kirklees. For information telephone **01484 453679**.

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 Vision for Older People in Kirklees (2008). To do this we will create an environment where people feel empowered to seek help early, know where to go for help and what

services to expect. They will also have access to the care and support that they would benefit from, are confident that this care is of high quality, where the public and professionals are well informed and where fear and stigma associated with dementia has decreased. To assist us with this we have commissioned the Kirklees Dementia Action Alliance to help us achieve these objectives within our communities.

Kirklees Dementia Action Alliance (KDAA) was created with an ethos to involve as many people as possible in order to help make a 'Kinder Kirklees' and a more compassionate community towards people with dementia and their carers. It is a collection of stakeholders brought together to improve the lives of people with dementia in Kirklees. The KDAA encourages and supports communities, businesses and organisations to take practical actions to enable people to live well with dementia in their own community. Any organisation or community that is committed to improving their services for people living with dementia in Kirklees can become involved. Their members come from a range of organisations and include bus companies, banks, police, fire and rescue services, shops, taxi firms, the local authority, health trusts etc and all are working towards establishing and maintaining dementia friendly communities. They inspire and assist their members to undertake Dementia Friends training so members of staff are more considerate when a person with dementia uses their services.

To find out more please contact: Elaine Bostock, Kirklees Dementia Action Alliance Coordinator, telephone **07854 028219** or email: **elainekdaa@gmail.com**

To see a list of members and their pledges see: **www.dementiaaction.org.uk**



What can you do to make a difference in your community for people with dementia and their carers? Consider becoming a Dementia Friend.

Dementia Friends

Anyone can become a Dementia Friend. You can either watch a 5 minute video online at **www.Dementiafriends.org.uk** or you can attend a local face to face session, which lasts about an hour. 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. This may mean being patient with you when you are in a shop or on a bus and we all know that a little bit of kindness goes a long way.

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:

Dying Matters Planning Ahead

End of life care

It is extremely important to consider the kind of care you would like towards the end of your life. We all know that 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, at a time when they will already be upset and distressed. 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. For more detailed information please see factsheet:

End of Life Care

You may also find Age UK - **Before you go** interesting. This is a guide provided by Age UK to offer suggestions about the options and services that are available to help you make choices on how you would like to be looked after towards the end of your life.

The later stages of dementia – symptoms and changes

Understanding the symptoms that can 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 will 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 the 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 or Making Space 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.

Key Services

Gateway to care

Address: 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/careandsupport**

Making Space (Kirklees dementia support and information service)

Address: The Media Centre, Northumberland Street, Huddersfield.

Telephone **01484 483083**

Email: **Kirklees.DementiaService@makingspace.co.uk**

Website: **www.makingspace.co.uk/**

Alzheimer's Society – Huddersfield office

Address: First Floor, 12 St George's Square, Huddersfield, HD1 1JF

Telephone **01484 429865**

Email: **C&K.Services@alzheimers.org.uk**

Website: **www.alzheimers.org.uk**

Admiral Nurses (DementiaUK)

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

Telephone **01484 434638**

Website: **www.dementiauk.org**

Carers Count

Address: 8 Upperhead Row, Huddersfield, HD1 2JN.

Telephone **0300 012 0231**

Email: **info@carerscount.org.uk**

Website: **www.carerscount.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

Address: 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**

Connect to Support - for people needing support in Kirklees, from local to national products and services, plus information, advice and much more.

Telephone **0333 600 6330**

Website: **www.connecttosupport.org/**

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**

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** or email: **info@unforgettable.org**

Website: **www.unforgettable.org**

Carers

Gateway to care

Address: 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/careandsupport

Care Navigation

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

Telephone **01484 414933** or Text **"Gateway"** and your question to **07781 482931**

Email: gatewaytocare@kirklees.gov.uk

Website: www.kirklees.gov.uk/careandsupport

St Annes

Address: Edgerton Villa, 22 Edgerton Road, Edgerton, Huddersfield, HD3 3AD.

Telephone **01484 428955**

Email: areaoffice@st-annes.org.uk

Website: www.st-annes.org.uk

Carer's Trust

Address: Trafalgar Mills, Leeds Road, Huddersfield, West Yorkshire, HD2 1YY.

Telephone **01484 537036**

Email: info@carerstrustmidyorkshire.org.uk

Website:

www.carerstrustmidyorkshire.org.uk/

Health trainers

Telephone **01484 414774**

Website: www.kirklees.gov.uk/community/careSupport/healthWellbeing/healthTrainers.aspx

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: www.dementiacarer.net/

Babble - an online community for young carers

Email: youngcarers@carers.org

Website: www.babble.carers.org

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

Telephone Huddersfield **01484 437000**
or Dewsbury **01924 465916**

Learn Direct - a free national advice line about all areas of learning.

Telephone **0800 101901**

Website: www.learndirect.com

Kirklees Learning Networks

Telephone **01484 225500**

Email: infoline@ckcareers.org.uk

Website: www.kirkleesclik.org.uk/

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 Memory Service - specialises in assessment, diagnosis, and appropriate treatment to help with memory problems.

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

Telephone **01484 434630**

Kirklees museums - galleries and community history

Telephone **01484 223800**

Email:

museumsandgalleries@kirklees.gov.uk

Reading Well - dementia information books available on prescription. Ask your doctor or see: www.readingagency.org.uk/adults/quick-guides/reading-well

Accommodation

Accessible Homes Team

Telephone **01484 225335**

Care homes

Visit www.kirklees.gov.uk and search for 'care homes' or contact Gateway to Care

Care Directory - is 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

Telephone **0800 377 7070**

Email: info@firststopadvice.org.uk

Website: www.firststopadvice.org.uk

Housing options and support service -information about housing

Telephone **01484 221350**

Email **housing.options@kirklees.gov.uk.**

Kirklees Neighbourhood Housing - (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**

Continence Advisory Service - anyone with a bladder/bowel problem is welcome to have a full assessment. You do not have to be incontinent.

Telephone **01484 415515**

Depression Alliance - bringing people together to end the loneliness and isolation of depression and help understand what it feels like and how to spot the symptoms

Telephone **0207 4077584**

Website: **www.depressionalliance.org/**

Dignity in Care

Website: **www.kirklees.gov.uk/**

dignityincare

Samaritans

Telephone **01484 533388** or **116123**

Email: **www.samaritans.org**

Shall we dance? - HOOT - creative activity to promote positive health and wellbeing

Telephone **01484 234092**

Website: **www.kirklees.gov.uk/dance**

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**

Home food delivery services

Wiltshire Farm Foods

Telephone **01422 242100**

Email: **Halifax@wiltshirefarmfoods.co.uk**

Website: **www.wiltshirefarmfoods.com**

Oakhouse Foods

Telephone **01756 796336** or **0845 6432009**

Email: **skipton@oakhousefoods.co.uk**

Website: **www.oakhousefoods.co.uk**

Internet supermarket shopping

www.asda.co.uk

www.iceland.co.uk

www.sainsburys.co.uk

www.tesco.com

www.ocado.com

Staying active and healthy

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

Email: info@kirkleesactive.co.uk

Website: www.kirkleesactive.co.uk

Walking information

Website: www.kirklees.gov.uk/walking

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

Address: 12 New Street,
Huddersfield, HD1 2AR

Telephone **01484 535994**

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 1115333**

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

Cloverleaf Advocacy

Telephone **01924 438438**

Email: advocacy@cloverleaf-advocacy.co.uk

Website: www.cloverleaf-advocacy.co.uk

DVLA - offer information on medical conditions and driving.

Telephone **0300 7906806**

Website: www.dft.gov.uk/dvla/medical.aspx

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**

On-TRAK - support and treatment for adults in Kirklees with problematic alcohol misuse issues. Address: 2 St Peter Street, Huddersfield, HD1 1RA.

Telephone **01484 437907**

Website: **www.commlinks.co.uk/on-trak**

Parkinson's UK

Telephone **0808 800 0303**

Website: **www.parkinsons.org.uk**

Supporting People - aims to help vulnerable people live independently in their own home.

Website: **<http://www.kirklees.gov.uk/community/careInKirklees/supportingPeople.aspx>**

Voluntary organisations - search for lists of local voluntary groups to help support you and your carer

Website: **<http://communitydirectory.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**

Website: **www.williammerritleeds.org**

Email: **info@wmdlc.org**

Useful internet websites:

www.horsemouth.co.uk/partners/livingwellwithdementia.publisha

www.innovationsindementia.org.uk/index.htm

www.dementiaadventure.co.uk/

www.dementiaweb.org.uk/index.php

<http://dementiapartnerships.com/>

www.nhs.uk/Conditions/dementia-guide/Pages/about-dementia.aspx

www.scie.org.uk/publications/dementia/index.asp

www.kirklees.gov.uk/community/careSupport/healthWellbeing/liveLifeToTheFull.aspx

Books about dementia

These are some of the 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

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 Kirklees Council Factsheets

To download our fact sheets, visit www.kirklees.gov.uk/socialcaredownloads. Alternatively, please telephone Gateway to care on **01484 414933** to ask for a copy to be posted to you

Factsheets

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

Kirklees Health Trainers

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

For information on the many dementia support groups and drop in sessions running in your community please ring Gateway to care on **01484 414933** and ask for a copy of the following factsheets to be posted to you or you can look online at www.kirklees.gov.uk/dementia

- Dementia Support in Batley
- Dementia Support in Central Huddersfield
- Dementia Support in Cleckheaton and Spensborough
- Dementia Support in Dewsbury and Mirfield
- Dementia Support in Rural Huddersfield
- Kirklees wide dementia services and support

List of Alzheimer Society Factsheets

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.

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

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.

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?

National Dementia Helpline

If you have concerns about any form of dementia, you can telephone the National Dementia Helpline on **0300 2221122**, they can provide information, support, guidance and signposting to other appropriate organisations.