

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: **[MHKirklees.enquiries@mearsgroup.co.uk](mailto:MHKirklees.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](mailto: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](http://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.

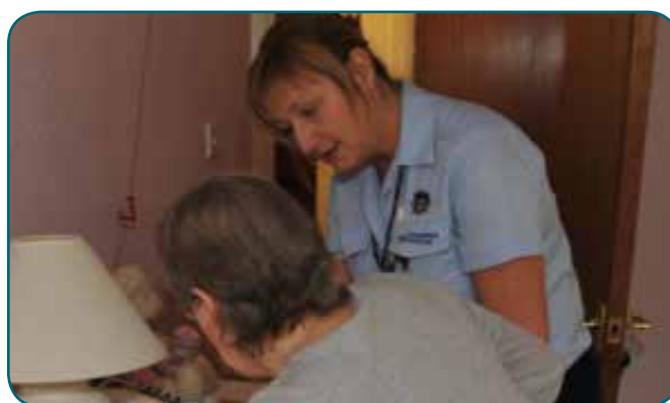
Fires in the home are a particular risk for people with dementia. Getting the right support could really help reduce risks and maintain independent living.

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?



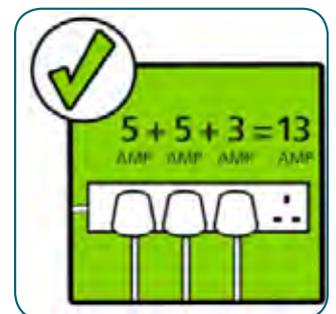
**Disability** – do you have a disability which could make it difficult to escape in the event of a fire?

**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.

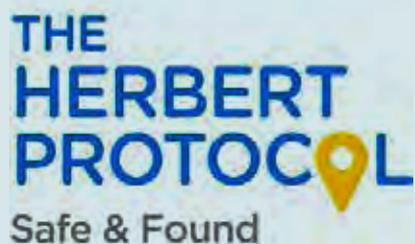
- Unsure who is calling at an address of a loved one? Concerned they are being bothered by unwanted trades people or youths? Consider a digital door viewer. There are two kinds - one that shows a digital image to the occupant of whoever is ringing the doorbell and one that has a memory store and takes 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](mailto: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](mailto: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](http://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

**R**ecognise 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.

**E**xpress 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.

**S**upporting - 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.

**P**rivacy - 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.

**E**ngaging 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.

**C**ommunicate - 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.

**T**alk - 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.

