Introduction

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

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

Dementia affects people in different ways, you and your carers won't know exactly what information you will need in the coming months and years.

This guide has been produced to help you at every stage of your journey. There are also a range organisations and other information available to help and support you, these are listed on pages 36-45.

We would advise that you research what help and assistance is available, as well as collating information for future reference.

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

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

Make sure you have your copy of The Dementia Guide. You can order this free of charge from the Alzheimer’s Society, which is not just for people diagnosed with Alzheimer’s Disease and is a really useful guide. To telephone them to ask for your own copy, please ring 0300 222 11 22 or download it from: www.alzheimers.org.uk/dementiaguide

The Kirklees Dementia Hub is an information and advice service for people living with dementia, their carers and family members. They offer weekly drop in clinics each Wednesday at the Priestley Unit, Dewsbury Hospital and each Friday at Folly Hall Mills from 10.00 am to 4.00 pm. Alternatively, you can arrange a home visit.

Telephone: 01484 411074

The hub also offers an Information and Advice line. If you are concerned about your memory or a loved one’s memory or if you want to talk to someone about Dementia please contact 01484 503908.

The Hub also provides Dementia Friends sessions and you can find out about Dementia awareness events and activities within the local community.

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

There is also a list of references on pages 36-45.

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

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

Contents

Dementia - the facts 4

What we can all do to reduce the risk of developing dementia 6

Getting a diagnosis 7

Living arrangements 10

Staying in your own home 10

Care options 11

Home safety 14

Crime prevention 16

We can support you to live well with dementia 18

Helping with your memory 20

Health and Wellbeing 21

Relationships and dementia 22

Activities and support 23

Money matters 27

Putting your affairs in order 27

Carers 29
What risk factors affect whether I may develop dementia?

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

• **Age** - you are more likely to develop dementia when you get older, especially if you have high blood pressure or have a higher risk of other genetic diseases.

• **Genetics** - in the same way as heart problems, Alzheimer's and Huntingdon'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 234097 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.

**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, available on their website.

**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 Alcohcalculator.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.**

**Calderdale and Kirklees Alzheimer’s Society**

The Society supports anyone who has received a diagnosis of dementia or may be worried about their memory. Their staff can help you to access local services and a wide variety of information, including factsheets, information booklets tailored to your individual needs. They can also provide information for people who are visually impaired or whose first language is not English. Or you can join their Talking Point online community via their website www.alzheimers.org.uk. Local services in Kirklees include fortnightly Singing for the Brain groups held at Huddersfield Town Hall – for more information please contact Email: CandK.services@alzheimers.org.uk or telephone 01422 352789.

Mansoora Aftab is the BAME Dementia Support Worker in Kirklees and she works with local communities to raise awareness of dementia and provides support pre-diagnosis, Mansoora’s email address is: Mansoora.aftab@alzheimers.org.uk

Please contact them for details of local groups.

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

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

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

Kirklees Dementia Hub Information and Advice line

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

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

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

If medication is considered the only option, it can take a few attempts with different brands of drugs before finding the right balance. Always take medication exactly as prescribed by the doctor and you should not stop taking them without talking to your doctor first. Non-pharmacological interventions could also be considered. See the section on Health and Wellbeing later in the guide.

Keep medicines safe - away from vulnerable adults and children.

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

Drug treatments for Alzheimer’s disease

Drugs used to relieve behavioural and psychological symptoms in dementia

You and your carer should never feel awkward about asking questions. It is important you understand what is happening at every stage and if you don’t understand the answer you are given, ask again for it to be explained to you. Your doctor is there to help you.

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

It is possible that your doctor may not diagnose dementia. For some people this will be a relief but to those who know that something is not right, this will be a worrying and frustrating time. If all appropriate investigations have been done and you are still worried, talk to your doctor.

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

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

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

If you are considering a residential home, you will need to ask questions about the level of care they provide so that you can look at all your options, both in the short term and long term. It is important not to rush into a decision. In general, the housing options available to you will be greater the earlier a diagnosis is made. Accessing support services can help you remain living safely at home. The right support services can help you to maintain independence and have a good quality of life.

For information visit www.kirklees.gov.uk, search for ‘Care Homes’.

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

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

To help you improve your daily living requirements in your home, you can also make small alterations e.g. lighting, labelling, safety, security, gadgets, general design and layout. Specialist equipment is also available which can help you with your daily life.

You can download or order a range of books with useful design tips for making your home dementia friendly; these look at a range of ideas e.g. the benefits of daylight, changes to soft furnishings and contrasting colour choices which can have a significant impact on the person with dementia in their own home. Take a look at NHS Choices Dementia Home Environment.

Kirklees Handyperson Service, Age UK Calderdale & Kirklees

Call 01484 535994
Website: www.ageuk.org/calderdaleandkirklees or email enquires@ageukck.org.uk

Shopping

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

Care options

As dementia progresses, you may need help from care and support services. It is a good idea to consider all your options carefully and make arrangements as soon as more help is needed. The sooner you ask for help the better. If you or your carer are in need of support, you should contact Kirklees Council’s Gateway to Care telephone 01484 414933. They will carry out an assessment of your needs and your carer’s needs and identify what services would be appropriate to meet those needs and help you. This is known as a Person-Led Assessment.

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

Kirklees Council will develop a care plan with you and give you a copy. Care plans are reviewed regularly or as your needs change. Local authorities can provide services directly themselves, or make arrangements for private or voluntary-sector organisations to provide care on their behalf. You can also choose to receive a personal budget so that you can choose and buy the services you need.

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

Housing options and support service

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

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

Retirement living schemes

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

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

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

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

You could also contact Kirklees Neighbourhood Housing on 01484 416444 or email olderpeople.support@knh.org.uk for further information on these schemes.
Housing association homes

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

Extra care housing schemes

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

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

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

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

Kirklees Council Housing Solutions Service

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

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

Housing Solutions Service, for housing advice and the choose’n’move (the Council’s Housing Website) enquiries – contact 01484 221350 www.choosenmove.org.uk

Nursing homes

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

NHS continuing healthcare

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

Choosing a care home

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

Care home fees

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

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

Care Quality Commission (CQC)

The CQC is the independent regulator of health and social care in England. It regulates care provided by the NHS, local authorities, private companies and voluntary organisations. As well as working to improve the quality of care provided in hospitals, care homes and people’s own homes, it protects the interests of people whose rights are restricted under the Mental Health Act. Care homes are regulated by the CQC and are required to meet the high standards of quality and safety set by them. To see a list of registered care providers in Kirklees, take a look at the Care Quality Commission webpage.

Shared lives

Shared lives is a way of providing support to people who need help to keep as independent as possible and lead a full and active life. Shared lives helps many people including people with learning disabilities, mental health needs, physical disabilities and older people. It works by matching the person needing support with a shared lives carer recruited from the community who can give them the support they need. It is a flexible and unique arrangement that fits with the life of the shared lives carer and meets the person’s individual needs. If you feel this might be for you and suit your needs then ask your social worker or for more information contact Gateway to Care telephone 01484 414933. Webpage: www.kirklees.gov.uk/sharedlives
Respite care and short breaks

Caring for someone with dementia may be difficult at times for both you and your carers/family. Sometimes it is very beneficial for you to take ‘time out’ from your everyday life to spend time in temporary alternative care. This allows your carers/family to have a rest from caring and let them recharge their batteries. This is what’s known as ‘respite care’. It can be anything from a few hours to a few days and goes a long way to support the good health and well-being of the carer. It can include:

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

Contact Gateway to Care telephone 01484 414933 for more information.

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.

<table>
<thead>
<tr>
<th>Reason</th>
<th>Example</th>
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<tbody>
<tr>
<td>forgetfulness</td>
<td>leaving cooking unattended</td>
</tr>
<tr>
<td>confusion</td>
<td>placing an electric kettle onto a gas hob</td>
</tr>
<tr>
<td>reverting back to old habits and lifestyles</td>
<td>smoking, using chip pan, lighting candles</td>
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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.

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. If they are always handy to have a list of contact numbers of main energy suppliers. 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.
• 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.

If you or a friend or family member would like further advice or a visit from a local Crime Prevention Officer. The Kirklees Crime Prevention Officer covering North Kirklees is Libby Walker – Mob: 07545101716 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

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:

• 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.
• 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’.

• Keep doors and windows locked, more secure: criminals and hopefully, make you feel your property appear less vulnerable to

• 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.

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• 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.

If you or a friend or family member would like further advice or a visit from a local Crime Prevention Officer. The Kirklees Crime Prevention Officer covering North Kirklees is Libby Walker – Mob: 07545101716 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

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:

• 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.
• 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.

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We can support you to live well with dementia

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

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

Adaptations to your home

Adaptations can help you remain independent in your own home. It can include ramps, grab rails, level access showers and stair lifts. Adaptations costing up to £1,000 may be free, and funding is available to suit your needs.

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

- Memory aids such as reminder messages, medication dispensers and GPS devices, all these can help around daily living activities self help schemes.
- Carephones can offer various services and activities from home care, carephones, equipment to luncheon clubs, reading clubs and befriending schemes.
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As well as health and social care services, Connect to Support can put you in touch with organisations that offer practical help around the home such as gardening services, cleaning companies and handy person schemes. This will give you choice and control over the services you require. You will be able to look at what is available, the cost and whether it operates in your neighbourhood. More importantly, you will be able to see how other people have rated the service. For more information have a look at www.kirklees.connecttosupport.org or visit the Connect to Support house for details on how equipment can help you in each room in your home.

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Equipment

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

Connect to Support

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

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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.

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.

The Carephone Home Safety Service offers peace of mind, 24 hours a day, 365 days a year to a wide range of people, using Telecare products. These products can help you manage risks around the home. For example, if you have a fall, a flood, a fire or just need reassurance you can use a pendant/wristband with a button to press for help in an emergency. Additional sensors are also available that can raise alerts to the carephone service and/or a carer. A message can be recorded which can be played at certain times each day, for example, “don’t forget to take medication”. The carephone will beep at the required time. They are tailored to suit your needs and are fitted/maintained by trained staff. Many people can have items of equipment for free, or at a reduced rate following an assessment, but if you do not wish to complete a financial statement, you can pay the full cost and you might be surprised at how little this is.

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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.

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

Other items that can help include:

- Memory aids such as reminder messages, medication dispensers and GPS devices, all these can help someone live independently and safely in their own home as well as around their local community.
- The Alzheimer’s Society factsheets or the ASK SARA website also offers advice around daily living activities self help guide, this is especially useful if you are unsure what equipment and help is available http://asksara.dlf.org.uk

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

Telephone Gateway to Care on 01484 414933 for more information.
Keep your brain active

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

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

- 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.

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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.

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Relationships and dementia

The diagnosis of any long term illness can have a big impact on a relationship, however strong it is. The support of a loved one can have a huge impact on you. Talking about feelings is important and will help everyone involved. Sexual relations can be affected by dementia as sex drive may decrease or disappear, sexual performance may be affected and levels of inhibitions may change. It is important to bear in mind that by law, it must be clear that both parties are consenting to the sexual contact and that the person with dementia has the capacity to make that decision. This can be confusing and sometimes difficult to judge. Talking to a professional may help deal with difficult, sensitive situations like this. Further information can be found on the Alzheimer’s website.

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 regarding relationships useful.

Abuse of people with dementia

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

Watch out for the signs of abuse

As dementia develops, it can make you more 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.

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.

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.

Dialogue groups

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

Kirklees Libraries

Kirklees Library Service offer free bibliotherapy sessions to care homes, dementia support groups and memory cafes. These sessions take a book, poem or story as a starting point and then explore themes using pictures, objects, sound effects and multisensory resources. Feedback from these sessions shows they have a positive impact on feelings of wellbeing. For more information please contact Judith Robinson by email at judith.robinson@kirklees.gov.uk or telephone 01484 221000.

Support to Recovery (S2R) - The Great Outdoors Project

Opportunities for adults to engage in activities connected to the natural environment, such as: allotments, conservation tasks, bushcraft, bee keeping, along with seasonal activities. Delivered in small group settings to improve emotional and physical well-being, reduce anxiety and promote social connections. Our activities take place at our venue in Huddersfield and various locations across the North and South Kirklees. Telephone: 01484 539531 Email: contact@s2r.org.uk Website: www.s2r.org.uk
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 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.

Did you know?

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

https://musicmemories.bbcrewind.co.uk/
BBC Reminiscence Archive [Pictures/Videos/Music https://freemarc.bbcrewind.co.uk/index.html

Portrait of a life

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

Dementia UK have also put together a life story template for you to create your own and can be found on the dementia UK website. The Alzheimer’s Society have produced a guide to making a life history book called Remembering together: Making a life history book

Eating well for older people

Older people often find that diet and eating habits change with age, and some long term health conditions can mean a change in diet is needed to maintain good health. The links below lead to information about healthy eating in older age and ways to make sure that your diet meets your body’s changing needs. There are also suggestions for simple exercises and activities that can help with mobility and wellbeing.

Age UK have helpful guidance with ideas for recipes, healthy foods, portion control, and activities that can help maintain health and wellbeing.

www.ageuk.org.uk/information-advice/health-wellbeing/healthy-eating/healthy-eating-guide
Local details can be found at: www.ageuk.org.uk/calderdaleandkirklees or telephone 01422 252040

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

For general healthy eating guidance for all ages, go to:

www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx

Sporting Memories Network

Participating in meaningful, interesting and stimulating activities can lead to many benefits for the mind and body. There is a wealth of evidence to supporting the benefits of reminiscence for older people, not just those experiencing dementia. Sports reminiscence provides a great opportunity to document a person’s own favourite sports events, teams and moments. It’s an activity that predominantly uses images to first stimulate memories and conversation, often leading way beyond talk about the sports themselves. Sessions can simply involve looking through images or may involve finding suitable images to use in a personal sporting memories book which can then be used by the person, their family & friends. This can bring back more memories and stimulate conversation. The books can also be created as a family heirloom to be passed on along the generations. There are many different options to suit each person or environment. You can find out more at www.sportingmemoriesnetwork.com

Words in Mind

Do you love books, chatting and reading? Could you help run a therapeutic reading group in your community for adults with dementia, mental health issues, isolation & loneliness & their carers? For more information about the project, training opportunities contact: Elain Duffy on Telephone: 07776588692, email elain.d@vkirklees.org.uk

Hoot Creative Arts

Provides breathing space which offers quality creative time together for people living with dementia and a family member, partner, carer or support worker. Taking part in these creative activities together can help to support and maintain positive relationships and improve health and wellbeing. Please telephone: 01484 516224 or Email: info@hootmusic.co.uk
Website: www.hootcreativearts.co.uk

Memory Boxes – Tolson Museum (Huddersfield) and Bagshaw Museum (Batley)

Memory boxes contain items including scents from different eras eg. Victorian, WW1, 1970’s. They are available for reminiscence work with the elderly and people with dementia. Museums in Ravensknowle Park in Huddersfield, and Wilton Park in Batley.


Dementia UK have also put together a life portrait of a life@swyt.nhs.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 wellbeing, both physically and mentally. Take a look at our factsheet on physical activity opportunities which also explains ‘Steps for Life’ – an exercise referral programme for people with dementia or telephone 01484 234097 for more information.

Physiotherapy
Everyone’s symptoms will vary but dementia can sometimes affect mobility, and can cause falls. A physiotherapist can help with improving movement and healing existing injuries. They can also offer you good advice on general health and 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
People with Dementia may experience problems with eating, drinking and swallowing. The local speech and language therapy unit can offer some useful support – not only with speech and language difficulties but also with memory and information processing and eating, drinking and swallowing difficulties. Ask your doctor to make a referral if you are experiencing problems.

Dementia day opportunities
The council offers day services for people with dementia living in Kirklees at The Homestead in Almondbury and Knowl Park House in Mirfield. Day services can give carers/family a break or help people after they have been ill or discharged from hospital. They offer a safe, friendly place for people to meet others and take part in activities that will help maintain their life skills. They offer services for up to 25 people with dementia at each centre every day. They give carers and their family the chance to have a rest, safe in the knowledge that their loved one is being looked after. Everyone who uses the centre has their own key worker and their own individual support plan. The activities they provide include exercise, reminiscence work, arts and crafts, pampering, music and dance, coffee afternoons for people who have memory problems and much more. There is often a charge for this service and you will need to meet the eligibility criteria, for more information contact Gateway to Care telephone 01484 414933.

Money matters
Putting your affairs in order
It’s good to start to tidy up important documents to make things easier later on. This includes gathering information on your mortgage, insurances, bank accounts, benefits, pensions, favourite contacts, funeral wishes etc. You might think it’s too early to do this, but putting all this information in one place and keeping it safe will help you and your loved ones at a later date and it alleviates a lot of stress for all those involved. Age UK have produced a Life Book, which is a free booklet for you to write important and useful information for example who insures your house. The life book will help you find what you need without searching all over the house for it. For your copy, please telephone 0345 6851061.

Making a will
The earlier you make your will, the more confident you can be that it will reflect your wishes. It can be a relief to know that your financial affairs are in order and that they can be filed away and forgotten about. At a later date, it may not be possible for you to be actively involved in making your will. You could give a copy of your will/living will to everyone who is affected by your instructions so they can discuss it with you if they need to, this will help them feel prepared.

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

Lasting Power of Attorney
A Lasting Power of Attorney (LPA) is a legal document to help you plan ahead for a time when you may not be able to make decisions about your finance and welfare. It allows you to appoint someone you trust to make decisions on your behalf. You may want to ensure you have done all you can to prepare yourself and your loved ones for the future for example your preferences about what medical treatment you may wish to receive or what care you would like in the future. You may also like to be reassured that someone will manage your financial affairs if you can’t do this for yourself. There are two types of Lasting Power of Attorney:

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

It is important to do this whilst you still have ‘mental capacity’ which is the ability to make decisions for yourself. To find out more about a Lasting Power of Attorney, speak to a solicitor, see Make, register or end a lasting power of attorney - GOV.UK or contact Age UK advice line 0800 055 6112.
Looking after your money

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

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

To qualify for benefits you and/or your carer will need to fit the criteria. Some benefits will depend on whether you have paid national insurance, how old you are, what your income is/was and what savings you have.

Benefits may help you pay rent, council tax, heating bills and NHS benefits. Sometimes, qualifying for one benefit may mean you can’t claim another, or may reduce payments on other benefits so it is good to get professional advice before pursuing a claim.

Forms can be complicated but there are many people on hand to help you fill them in - social workers, organisations like the Alzheimer’s Society, Age UK and Job Centre Plus.

It is important to seek advice if you are already claiming any benefits as your needs change.

Carers

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

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

There are an estimated 43,000 carers in Kirklees. You play a very important role in supporting the cared for person. You may carry out a large variety of tasks including personal care, cooking meals, dressing, helping the person move around, jobs around the house, sorting finances, shopping, picking up medication, making sure they are safe and generally spending time with them keeping them company.

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

Caring for someone with dementia

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

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

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

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

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

We have a large range of detailed information dedicated to carers including training courses and support groups: To contact Gateway to Care, please telephone 01484 414933 for help and advice.
Let your GP know you are a Carer

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

The Carer’s Emergency Card

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

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

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

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

If a person carries the carer’s card it identifies them as a carer in the case of an accident or if they are unable to identify themselves. It can have up to 3 emergency contacts on it. In an emergency these are the people that will be contacted to help the vulnerable person in the carer’s absence following the accident/incident.

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

Carers Count

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

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

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

Carer’s Trust Mid-Yorkshire

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

To get more information telephone 01484 537036 or email info@carerstrustmidyorkshire.org.uk Take a look at the following websites: www.carerstrustmidyorkshire.org.uk or www.carers.org for young adult 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 343126.

Richmond Fellowship - Kirklees Employment Service

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

Tel: 01484 434866 Email: info.kirkleesES@richmondfellowship.org.uk Website: www.richmondfellowship.org.uk/yorkshire

Touchstone - Kirklees Advocacy & Peer Brokerage Services

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

Tel: 01924 460211 Email: advocacy@touchstonesupport.org.uk Website: www.touchstonesupport.org.uk

Follow Carers Count on Facebook and Twitter at CarersCountUK.
Getting out and about

There are many local dementia support groups and services available from befriending and dancing to lunch clubs and exercise classes. To find out about what is going on in your area please take a look at our factsheets Kirklees Community Dementia Support or contact Gateway to Care on 01484 414933 who will send you a copy for your area.

Driving

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

Travel

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

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.

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.

Kirklees DEEP Group

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

A new Kirklees DEEP group has been set up to improve access and support to people living with dementia in Kirklees. If you would like to find out more about Kirklees DEEP then come along on the first Wednesday of the month at 11.00 am to 1.00 pm at Brian Jackson House, 2 New North parade, Huddersfield HD1 5JP. The meeting is for people with dementia, carers and professionals. If you would like more information, please contact Terryann Shaw by email: terryann.shaw@kirklees.gov.uk or by telephone on: 01484 221000

Travel assistance cards

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

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

Safe Places Scheme

A Safe Place is a place you can go to for help when you are out and about. You will need to get a free Safe Place card and write on it vital numbers of people who can help you such as a relative or carer. When you need help, take the card into any shop or building showing the sign in their window and ask them for help. For more information, contact 01484 340811.

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.
Dementia friendly communities

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

Planning for your future care

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

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

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. 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 the Alzheimer’s Society website or Age UK website, or contact the specialist Admiral Nurse for End of Life Care on 01484 557900.

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 if you are worried.
- Appetite - either loss of appetite, leading to weight loss, or increased appetite (resulting in weight gain). Contact your doctor/nurse or a dietician if you need advice.
- Fluids - drink fluids regularly. Dehydration can lead to confusion. Aim for 6-8 full glasses of fluid every day. Contact your doctor/nurse or a dietician if you need advice or speak to your GP for more information.

Dementia Friends

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

Consider becoming a Dementia Friend.

Anyone can become a Dementia Friend.

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

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

The Kirklees Dementia Hub offers Dementia Friends sessions, you can contact them on 01484 411078 for more information.

The new Kirklees Dementia Friendly Communities Steering Group meets once a month to look at developing dementia friendly communities across Kirklees. If you would like to be involved, please email: terryann.shaw@kirklees.gov.uk or by telephone on 01484 221000.
Useful Contacts

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

**Alzheimer’s Society – Kirklees and Calderdale office**  
Address: 4th Floor, 39-41 Commercial Street, Halifax HX1 1BE  
Telephone: 01422 352789  
Email: c&k.service@alzheimers.org.uk  
Website: www.alzheimers.org.uk

**Admiral Nurses (DementiaUK)**  
Address: Folly Hall Mills, St. Thomas Road, Huddersfield, HD1 3LT  
Telephone: 01484 343126  
Website: www.dementiauk.org

**Kirklees Dementia Hub**  
Address: 12 New Street, Huddersfield, HD1 2AR.  
Advice & Information: 01484 503908.  
Referral line: 01484 411074  
Email: kdh@commlinks.co.uk  
Website: www.commlinks.co.uk

**Kirklees Memory Service** - specialises in assessment, diagnosis, and appropriate treatment to help with memory problems.  
Address: 2nd Floor, Folly Hall Mills, St. Thomas’ Road, Huddersfield HD1 3LT  
Telephone: 01484 434128

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.uk

**KICES** – Kirklees Integrated Equipment Store – Medequip – provides equipment and aids for people with health conditions and disabilities to help them to live independently.  
Telephone: 0845 340 4432  
Website: www.kirklees.gov.uk/kices

**Unforgettable.org** - a marketplace of products and services for people with dementia and memory loss, making it easier for carers to discover products that really help.  
Telephone: 0203 322 9070 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  
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  
Website: www.kirklees.gov.uk/carenavigation

**Carers Trust Mid Yorkshire**  
Milford House, Unit 9, Shaw Park Silver Street, Aspley Huddersfield, HD5 9AF  
Telephone: 01484 537036  
Email: info@carerstrustmidyorkshire.org.uk  
Website: www.carerstrustmidyorkshire.org.uk

**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/

**Cloverleaf Advocacy - Carers Count**  
Address: Yorkshire Children’s Centre, Brian Jackson House, New North Parade, Huddersfield HD1 5JP  
Telephone: 0300 012 0231  
Email: info@carerscount.org.uk  
Website: www.carerscount.org.uk

**Health trainers**  
Telephone: 01484 414774  
Website: www.kirklees.gov.uk/healthtrainers

**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/

**Cloverleaf Advocacy - Carers Count**  
Address: Yorkshire Children’s Centre, Brian Jackson House, New North Parade Huddersfield HD1 5JP  
Telephone: 0300 012 0231  
Email: info@carerscount.org.uk  
Website: www.carerscount.org.uk
### Learning and employment

**E-Learning** - the dementia e-learning programme is aimed at anyone who comes into contact with a person with dementia.  

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

**Kirklees Employment Service** – support with retaining paid work and arranging voluntary work  
Telephone 01484 434866

**Kirklees Libraries**  
Website: [www.kirklees.gov.uk/libraries](http://www.kirklees.gov.uk/libraries)

**Kirklees museums** - galleries and community history  
Telephone 223210

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

### Accommodation

**Accessible Homes Team**  
Telephone 01484 225335

**Care homes**  
Care homes | Kirklees Council  
or contact Gateway to Care 01484 414933  
Website: [www.kirklees.gov.uk/carehomes](http://www.kirklees.gov.uk/carehomes)

**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](http://www.nursing-home-directory.co.uk)

**Housing Solutions Service** – information about housing  
Telephone 01484 221350

**Kirklees Neighbourhood Housing** - including sheltered housing  
Telephone 01484 414886

**Care Quality Commission (CQC)**  
Telephone 03000 616161  
Website: [www.cqc.org.uk](http://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](http://www.nhs.uk/change4life)

**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. Merged with Mind on 1 August 2016  
Telephone 020 8519 2122 for general queries  
Email: [supporterservices@mind.org.uk](mailto:supporterservices@mind.org.uk)  
Website: [www.mind.org.uk](http://www.mind.org.uk)

**Dignity in Care**  
Website: [www.kirklees.gov.uk/dignityincare](http://www.kirklees.gov.uk/dignityincare)

**Samaritans**  
Website: [www.samaritans.org](http://www.samaritans.org)

**HOOt** - creative activity to promote positive health and wellbeing  
Telephone 01484 516224  
Website: [www.hootcreativearts.co.uk](http://www.hootcreativearts.co.uk)

**South West Yorkshire Partnership Foundation Trust** - find out more about mental health conditions, treatments and medications  
Websites: [www.southwestyorkshire.nhs.uk](http://www.southwestyorkshire.nhs.uk)  
[www.choiceandmedication.org/swyp/](http://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](http://www.rcpsych.ac.uk)

**Womenspace** - a mental health/wellbeing service available to all women in Kirklees.  
Telephone 01484 450866  
Website: [www.womenscentre.org.uk](http://www.womenscentre.org.uk)

### Staying active and healthy

**Food for the brain**  
Telephone 020 8332 9600  
Website: [www.foodforthebrain.org](http://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](http://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](http://www.nice.org.uk)

**Kirklees Active Leisure**  
Email: [www.hootcreativearts.co.uk](mailto:www.hootcreativearts.co.uk)  
Telephone: 01484 766131

**Walking information**  
Website: [www.kirklees.gov.uk/walking](http://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](http://www.ageuk.org.uk)
**Alzheimer’s Disease International** - information and links on dementia
Telephone 020 798 10880
Website: www.alz.co.uk

**Alzheimer’s Research**
Telephone 0300 111 5555
Email: www.alzheimersresearchuk.org

**Cinnamon Trust** - information on the impact of illness on care of the owner’s pets offering voluntary help with caring for pets eg dog walking, fostering service for hospital stays, long term care when owners have died or moved into residential accommodation.
Telephone 01736 757900
Website: www.cinnamon.org.uk

**DVLA** - offer information on medical conditions and driving.
Telephone: 0300 7906806
Website: 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

**Parkinson’s UK**
Telephone 0808 800 0303
Website: www.parkinsons.org.uk

**Voluntary organisations** - search for lists of local voluntary groups to help support you and your carer
Website: www.kirklees.gov.uk/communitydirectory

**William Merritt** - Disabled Living Centre and Mobility Service - impartial information, advice and assessment on equipment and practical aspects of daily living for disabled people of all ages, their carers, professionals and older people.
Telephone 0113 350 8989
Website: www.williammerrittleeds.org
Email: info@wmdlc.org

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**Useful internet websites:**

- www.horsesmouth.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
- www.innovationsindementia.org.uk/
- http://dementiapartnerships.com/
- www.nhs.uk/Conditions/dementia-guide/
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
Dementia - Useful contacts

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 Alzheimer’s disease and other dementias

Mild cognitive impairment

Sight, perception and hallucinations in dementia

Brain tissue donations

Equipment, adaptations and improvements to the home

Assistive technology, devices to help with everyday living

Driving and dementia

Talking therapies (inc counselling, psychology 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?

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.

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

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Live Life to the full

Living with dementia in Kirklees

Are you concerned about yours or a loved one’s memory, or you want to talk to someone about dementia? Call the Kirklees Dementia Hub on 01484 503908

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