

SHINE A LIGHT ON DEMENTIA

A HELPFUL GUIDE TO SUPPORT AND ADVICE



If you have questions, concerns, or would simply like to talk things through, please feel free to return to Linden House at any time, we are always happy to help.

YOU CAN ALSO CALL US ON **01590 674700**.

This sheet offers an overview of some of the support available to people living with dementia and those who care for them. It is not exhaustive but intended as a helpful starting point.

WHERE TO TURN FOR HELP

✓ **Your GP**

Your GP is often the first port of call for concerns relating to dementia, including changes in health, behaviour or wellbeing.

SUPPORT FROM LOCAL COUNCILS AND SOCIAL SERVICES

Local councils can provide a wide range of practical and emotional support through free assessments, including:

Carer's Assessment

If you care for someone with dementia, you can request a carer's assessment to identify services or benefits that may support you in your caring role.

This can be arranged by contacting your local social services department.

Needs Assessment

A needs assessment looks at what support a person may need to manage day-to-day life, such as:

- **Home equipment** (for example, walking frames or personal fall alarms)

- Adaptations to the home (such as walk-in showers)
- Help from a paid home carer
- Access to day centres, lunch clubs or respite care
- Support with childcare
- Advice about moving to a care home

You can apply online at: [gov.uk/apply-needs-assessment-social-services](https://www.gov.uk/apply-needs-assessment-social-services)

Social services may also help with:

- Home care visits
- Meals on wheels
- Day services and short breaks
- Home safety adaptations

LIVING WELL
WITH DEMENTIA
BY COLTEN CARE

PRACTICAL SCHEMES AND SERVICES

Blue Badge

A Blue Badge allows people with disabilities or health conditions, including dementia, to park closer to their destination in many locations.

- **Cost:** up to £10 in England
- **Apply online:** gov.uk/apply-blue-badge
- **Apply by phone:** 0343 100 1000

The Herbert Protocol

The Herbert Protocol is a national scheme that helps carers prepare vital information about a person with dementia, should they ever go missing.

This may include:

- **Physical description**
- **Health conditions**
- **Places that are familiar or meaningful**

Copies can be shared with family, friends, neighbours and the police if needed.

Download the form via your local police website.

Urgent health advice

NHS 111

If you need urgent medical advice - including when GP surgeries are closed - NHS 111 can help.

- **Call 111** (24 hours a day)
- **Visit 111.nhs.uk**

ORGANISATIONS OFFERING HELP AND SUPPORT

Below is a selection of organisations offering specialist advice, practical help and emotional support.

- **Dementia UK** – Specialist dementia nursing charity providing Admiral Nurses for families affected by dementia.
Visit: dementiauk.org
- **Admiral Nurse Dementia Helpline.**
Call: 0800 888 6678
Email: helpline@dementiauk.org
- **Age UK** – Advice on care, finances, legal matters, befriending and community support.
Call: 0800 678 1602 Visit: ageuk.org.uk
- **Befriending Networks** – Volunteer befriending services to reduce social isolation.
Visit: befriending.co.uk
- **Bladder and Bowel Community** – Support and advice for continence issues.
Call: 0800 031 5406 Visit: bladderandbowel.org
- **Care Rights UK** – Advice and advocacy for people using care services and their families.
Call: 020 7359 8136 Visit: carerightsuk.org
- **Carers Trust** – Local and national support for unpaid carers.
Call: 0300 772 9600 Visit: carers.org
- **Carers UK** – Expert advice on benefits, assessments, housing and carers' rights.
Call: 0808 808 7777 Visit: carersuk.org
- **Cinnamon Trust** – Helping people remain with their pets for as long as possible.
Call: 01736 757900 Visit: cinnamon.org.uk
- **Citizens Advice** – Free, confidential advice on money, benefits, housing and legal matters.
Call: 0800 144 8848 Visit: citizensadvice.org.uk
- **DEEP** – Dementia Engagement and Empowerment Project.
Visit: dementivoices.org.uk
- **Dementia Carers Count** – Free support, courses and crisis text service for carers.
Call: 0800 652 1102
Text CARE to 85258 (24 hours)