

INFORMATION FOR CARERS

OF INDIVIDUALS LIVING WITH DEMENTIA OR
MEMORY LOSS

SIGNPOSTING BOOKLET FOR CARERS



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Introduction

YOU the carer are the most important person in the life of an individual with dementia and memory loss.

Whoever you maybe, mother, father, daughter, son, sister, brother, friend, neighbour or healthcare professional.

Your job as carer is paramount to the well-being and independence of the individual. You provide such important information about the person to enable all of us who care for them, in whatever role we do, to do it in a way that is person-centred.

YOU KNOW THE PERSON BETTER THAN ANYONE ELSE

You help to care for the individual with dignity and understanding, your knowledge of the person with dementia is more important than anything else to their care.

Your care may be enabling the individual to stay at home, go for a walk, go shopping or just to relax in their garden. You are assisting them to be as independent as possible, your support and the support of others give that person help to live a full and happy life and for that you should be very proud.

Never feel you are alone, there is help out there and this leaflet maybe able to point you in the right direction. Please call for help, you may be surprised.





There are a number of different agencies / services who can help you the carer, to support the individual with dementia.

- Your local GP can help with advice, medication and referrals and direct you to the right clinical practise
 - Nursing homes can help with respite care
- Nurses, district nurses are there to help with care in the community (at home) equipment alarms, beds, toilet and bathing facilities
- Social workers can give advice and help with funding, assessments and accommodation
 - Pharmacists can assist with advice on medication and can offer delivery services
- Physiotherapists can assist with mobility and mobility aids and pain relief
- Care agencies can provide a much-needed service to give you a break and help, maybe you need help with washing, dressing or bathing
- Support groups offer somewhere to talk and share feelings and service advice
 - Dementia care advisors give information
 - Memory clinics assist with assessments and provide Cognitive Stimulation Therapy
 - Day centres can provide respite care in a safe, warm and friendly environment
 - SALT - Speech and Language Therapists can help with Nutrition
 - Holistic care offers; social, physical, cultural, religious, spiritual and psychological help.

IF YOU HAVE ANY CONCERNS OR ARE STRUGGLING TO COPE AND DO NOT KNOW WHICH WAY TO TURN PLEASE SEEK ADVICE. YOUR DOCTOR IS A GOOD START. NEVER HESITATE TO ASK FOR HELP IT COULD MAKE ALL THE DIFFERENCE.



WHEN YOU MAY NEED HELP

As the carer you must never forget that you need help too. It may be that you want an hour or so to help with feeding, basic care, someone to talk to, help with the housework or some time just to relax.

You may need help to adjust your house to aid with independence. This may be just moving the bed downstairs, a stair lift or some rails to help get in and out of the house or disabled facilities to help you wash and bathe.

ANYTHING THAT WILL SUPPORT YOU TO TAKE CARE OF THAT PERSON AT HOME AND TO HELP WITH INDEPENDENCE

Sometimes we just need a chat and to talk to other people in the same position as you and share thoughts and ideas and LISTEN to you



LISTEN

It can help to share how you feel and at the same time gain knowledge and reassurance from others who could be in the same situation as you.

You may be the individual's voice, enabling the person to make decisions and choices about their own life with their best interest and safety at heart.

You help maintain the UNIQUE personality that you know and love.

**THE CARER GIVES SECURITY, HELP, LOVE AND PROMOTES INDEPENDENCE
TO THE PERSON YOU SUPPORT**



FIRST POINT OF CONTACT

First point of contact is run by Shropshire County Council and offers information and Guidance. They will guide you to the relevant person or department if you need help.

(Social Workers)

Tel: 0345 678 9044





Information of local services – meeting point

Whitchurch Community Hospital

Claypit Street

Whitchurch

Shropshire

SY131DB

Telephone 01948 666292

FAX – 01948 660824

Contact Rachel Wintle – Dementia Support Manager Shropshire

Telephone: 01952 250392

Alzheimer's Society

Help to talk about your experiences

The aim is to help make sure everyone gets the best from their health and social care services and to give patients, service users, carers and the wider public a real say in the way health and social care services are run.



BRADBURY DAY CENTRE

The Bradbury Care Centre is located next door to Whitchurch Community Hospital and is a place where older people, people with disabilities and those with physical and mental frailty can attend a day service. The Bradbury Care Centre is a “place of excellence” for older people, with professionally trained staff who has a caring manner and enjoys what they do!

The new Bradbury Care Centre is open 7 days a week, offering professional care, a range of activities and entertainment, as well as advice clinics, GP and District Nurse visits and hot meals. People can also take part in drop-in lunches, use the hydrotherapy pool, visit the hairdressers, get laundry done and have a bath.

People attending can take part in many activities, such as jam-making, Boccia (similar to bowls) suitable for all ages, gardening with raised beds for wheelchair users and many more.

Prices are as follows:

- £30 – Full day (9am-4pm) including transport, 2 course meal, refreshments and activity
 - £30 – Bath (2 carers) including transport
 - £21 – Bath (1 carer) including transport
- £30 – Hydrotherapy pool (per hour hire rate, based on using own staff)
 - £5 to £20 – Laundry service
 - Hairdressing service – price to be agreed
- Respite Care – North Shropshire Homecare (sweet pea bay)

Drop in service using own transport

- £10 – (9am-11am) refreshments included
- £14.50 – (11am-1pm) lunch included
- £10 – (1pm-3pm) refreshments included

For more information contact Bradbury Care Centre Ltd: please telephone 01948-662534 or 01948-840021 email: mail@nshomecare.co.uk or bradburycentre@outlook.com or visit the centre at Whitchurch Community Hospital Claypit Street SY131NT

Please call for up to date prices, please note parking is free but limited.





Forget me not

Food, fun and friendship for



Forget me not

Those with Memory Loss or Dementia and their family members or carers.

Where?	Bargates Hall (next to St Alkmund's Church, SY13 1LB)
When?	1st and 3rd Wednesday afternoons of each month, from 2pm to 4pm
Who is it for?	Anyone in the area who has Memory Loss or Dementia (accompanied by a family member or carer)
Why come?	Support and a listening ear for family and carers Support and stimulation for those with Memory Loss or Dementia: social, mental, emotional and spiritual care in a warm and loving atmosphere
What will it include?	A variety of things – but always having food and drink! There might be a reminiscence session, craft activities, singing, a prayer, light-hearted quizzes, or Boccia (seated bowls)
Enquiries:	Revd Judy Hunt on 01948 667253 or rev.judy@btinternet.com

Time Together works in partnership with Age UK (Shropshire, Telford and Wrekin).



SINGING FOR THE BRAIN MARKET DRAYTON



Join us at one of our fun, stimulating singing for the brain sessions, for people in the early to moderate stages of dementia and their carers.

It is held at the Parish Rooms by St Mary's Church.

PARKING IS LIMITED BUT FREE. THERE IS ALSO FREE PARKING AT THE LOCAL SWIMMING BATHS IN MARKET DRAYTON (would need to be able to mobilise to walk from the swimming baths).

Sessions are held at 1.30pm - 3.30pm (Wednesdays) 10-week blocks.

£2.50 per person, per session.

(Please note this is not a drop in. Please ring for information, thank you)

Contact: Lisa Hopwood for further information

TELEPHONE: 01952 250392

LOOK FORWARD TO SEEING YOU THERE

PENLEY RAINBOW DAY CENTRE



Penley Rainbow Centre is located 8 miles from Whitchurch. It offers day care for older people including those in the early stages of dementia, 4 days a week.

Activities include, gentle exercises, music, art, crafts, cake making, flower arranging, darts, pool, cards Wii games. Complementary therapies, hairdressing and a beauty therapist. Mix of ages.

Hot fresh lunches, refreshments

Home safety check service

Action on hearing loss

Social service and GP referrals

Wheelchair Accessible

Toilet Facilities

Onsite parking FREE

Please call for up-to-date pricing

Penley Rainbow Centre

Whitchurch Road Penley Wrexham LL13 0GB

No transport from Whitchurch

Contact Abigail on 01948 830730 for more information or

Website: **www.rainbowcentrepnley.org.uk**



Dementia friends is about giving more people an understanding of Dementia and the small things that could make a difference to people living in the community (making people aware).

It makes such a huge difference to people with Dementia if those around them know what Dementia is and how it might affect them

For more information and if you wish to become a Dementia Friend please contact:

Dementiafriends.org.uk

Telephone: 0300 222 5855

What is a Dementia friend?

“A dementia friend learns a little bit more about what it’s like to live with Dementia and then turns that understanding into action – anyone of any age can be a Dementia friend. Whether you attend a face-to-face Dementia friend’s information session or watch our online video.

Dementia friend is about learning more about Dementia and the small ways you can help. From telling friends about Dementia friends to visiting someone you know living with Dementia, every action counts.

Thank you



Memory Clinic Team

Memory clinic or memory team assess patients and monitor patients care, they also provide information and guidance.

Cognitive Stimulation Therapy may also be provided depending on circumstances and assessment.

There is a memory clinic at Whitchurch Community Hospital -
you would need to be referred by your GP.

If you have any concerns about a friend or family regarding memory loss. Please do not hesitate to contact your GP

Whitchurch Community Hospital

Tel: 01948 666292

Fax: 01948 660824

Email: Whitchurch.Reception@shropcom.nhs.uk

Wem Town Hall

Dementia Friendly Film Showings

All you need to know about dementia friendly cinema screenings:

First thing you need to know? They're not just for people with dementia! These screenings are open to everyone and there are no adjustments to the film content; just pure classic film in its original glory with a slightly adjusted sound level and a few lights left on!

Tickets are only £5 and include a tea or coffee and a biscuit during the interval. Light entertainment is also provided. Carers Free – please note that Carers tickets are not available online.

Access information:

- Access to the first floor can be gained via a lift.
- Wheelchair accessible toilets are available on all floors.
- Infra-Red enhanced hearing headsets are available on all floors.
- Introduction Loop system operates in the main hall and foyer.
- Guide dogs are welcome in all parts of the building.



Please call for latest cinema screenings.

Wem Town Hall, Wem, Shropshire, SY4 5DG

BOX OFFICE (Tickets and bookings)

01939 238279 Mon-Fri 10am- 4pm

Reception (Information)

01939 232299

www.wemtownhall.co.uk

info@wemtownhall.co.uk

Open Monday – Saturday 10am – 4pm

USEFUL CONTACTS

***THE ALZHEIMERS SOCIETY IS A WONDERFUL PLACE TO START YOUR
SEARCH FOR INFORMATION AND HELP***

The Alzheimer's society has a whole range of information and services to
view, help is out there

Tel: 0845 306 0898

info@alzheimers.org.uk

Whitchurch Community Hospital: 01948 666292

(There is a board full of information in the reception area to view)

Dementia friends

Telephone: 0300 222 5855 or email: dementiafriends.org.uk

National Dementia Helpline

0300 222 1122 open Monday – Friday

09.00am – 05.00pm

And Saturday and Sunday 10.00am - 04.00pm

Carers Trust

Website: www.carers.org

Dementia UK

Website: www.dementiauk.org

Telephone: 020 7697 4160



Carers, you are important and you make a HUGE difference to people's lives. I hope you have found the information in this booklet useful.

Please never feel that you cannot ask for help, it is out there.

THANK YOU FOR ALL THAT YOU DO

Written by: Teresa Davis, Healthcare Assistant & Housekeeper at Whitchurch Community Hospital,
Dementia Champion and Dementia Friend

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