

## What you can do after a Diagnosis of Dementia

The Dementia Engagement and Empowerment Project (DEEP) East Cheshire

**You are not alone – There is lots of emotional and practical support out there – build a support network around you**

### For local dementia support contact:

- **'Alzheimer's Society'** – offer a one to one dementia advisor who will be there for you with emotional and practical support through the whole journey **Tel: 0300 369 0570**  
or **Email: [cheshire@alzheimers.org.uk](mailto:cheshire@alzheimers.org.uk)**
- **'Age UK Cheshire East'** - offer an information and advice service and a dementia day support service for people with dementia and memory problems **Tel: 01625 612 958**  
or **Email: [enquiries@ageukce.org](mailto:enquiries@ageukce.org)**

*A carer of a person with dementia said:*

***'With hindsight I wish I would have asked for help years ago. Forget your pride and just ask for help'***

### For local support for carers contact:

- **'Carers' Hub' - Cheshire East Council** – offer support for all carers, a 24 Hour chatline run by volunteer carers, and a living well grant (dependent on eligibility) to spend on a carer's wellbeing **Tel: 0300 303 0208** or **Email: [enquiries@cheshireeastcarershub.co.uk](mailto:enquiries@cheshireeastcarershub.co.uk)**

### For local free counselling and talking therapies contact:

- **'Talking Therapies'** – where advisors and therapists are available to Eastern Cheshire residents ONLY over 16 years old. **Tel: 01625 469 955** (Monday to Friday) or ask for help on the website at **[www.mytalkingtherapies.com](http://www.mytalkingtherapies.com)**
- **Ask your GP to refer you** or the Health Professional/Team dealing with you
- **'Samaritans'** – someone anonymous on the end of a phone available every day and night for you to talk to **Tel: 116 123** (UK) (24/7) or **Email: [jo@samaritans.org](mailto:jo@samaritans.org)**

## Tap into local resources and skill yourself up - Get the latest knowledge, practical help, strategies and care for the Carer

*A person and carer with dementia said:*

***'You can't put your life on hold. It does not stop you doing things you just have to do them in different ways.. Live your life to the full.. Make each day worthwhile'***

- **General symptoms may be** – Memory loss, difficulty thinking things through, language issues, confusion over time and place, lack of concentration, visual perception difficulties (judging distance, space), mood changes, and difficulty regulating emotions.

- **Take more care with safety** – understanding of what is safe and what is dangerous may reduce with everyday things, i.e. crossing the road, minimising falls

- **Keep a large Diary** record meetings, etc. **Keep all paperwork** in order in one place

- **Get treatment** – drugs, and non-drug approaches i.e. cognitive stimulation, exercise, music, creative arts, complimentary therapies; massage, relaxation, etc.

- **Look after any other medical conditions** as soon as you can

- **Ask the GP to register the carer on the GP's Carer Register** and say you are on the register when making appointments

### For local professionals for specialist dementia help contact:

- **Community Mental Health Team for Older People** Cheshire and Wirral Partnership NHS Foundation Trust based at Jocelyn Solly Resource Centre, Victoria Road, Macclesfield, SK10 3JF **Tel.: 01625 505600**

**'The Dementia Reablement Service'** Cheshire East – North Team - have a chat and find help/information with any needs you may have **Tel: 01625 378 287** or **Email: [dementiareablementnorth@cheshireeast.gov.uk](mailto:dementiareablementnorth@cheshireeast.gov.uk)**

- **'Local Adult Social Care'** – for an **'Adult needs Assessment'**, a **'Carer's Assessment'**, a **'Financial Assessment'**, and the **Occupational Therapy Service** and get information on possible grants (i.e. Disability Living Grant) for home adaptations, i.e. wet rooms, ramps, etc. **Tel: 0300 123 5010**

A carer of a person with dementia said:

*'Do something nice on a daily basis and look after yourself. Observe, assess, accept, don't challenge. Be strategic; develop coping strategies. Remember it is not the person, it's not their fault, it is the illness'*

- **Driving** - Tell the DVLA **Tel:0300 790 6806** or [www.gov.uk/contact-the-dvla](http://www.gov.uk/contact-the-dvla) and car insurers of your diagnosis – you may not have to stop driving immediately

- **Working** – You may choose to carry on working after diagnosis – you may want to reduce hours and you may be able to claim benefits i.e. Employment Support Allowance or Universal Credit

- **Contact the Council to get a reduction on your council tax bill** – better to visit in person? Or phone the Cheshire East Information Line on **Tel: 0300 123 5500** and ask to be put through to the Council Tax Office but you may have to wait a long time on the phone

- **Get a Blue Badge** to help you or your passenger park closer to your destination. **Tel: 0300 123 5020** or **Email: [bluebadge@cheshireeast.gov.uk](mailto:bluebadge@cheshireeast.gov.uk)** or visit [www.cheshireeast.gov.uk/BlueBadges](http://www.cheshireeast.gov.uk/BlueBadges)

- **Record key information the Local Cheshire Police will need to find a person with dementia if they go missing** – by filling in what is called the 'Herbert Protocol' Form download at [www.cheshire.police.uk](http://www.cheshire.police.uk) or visit your local police station.

### **For local specialist dementia and carer courses contact:**

- **Find local courses, classes, join groups to learn new skills and exercise your brain and body to feel better** – i.e. might be - learn the computer to access the internet, exercise, dementia friendly swims, yoga classes, etc. Join local groups, i.e. walking, history, wildlife, photography, etc.

- **The Involvement, Recovery & Wellness Centre** Cheshire & Wirral Partnership NHS Foundation Trust who offer a wide range of courses to help – i.e.; 'Living with Dementia' 'Anxiety Management', 'Living with Long Term Health Conditions' and a 'Course for Carers' as a few examples. **Tel: 01625 505 647** or **Email: [cwp.involve-and-recover@nhs.net](mailto:cwp.involve-and-recover@nhs.net)** and visit **Website: <http://www.cwp.nhs.uk/services-and-locations/services/central-and-east-recovery-college/>** - to download the Prospectus

## If you need more support daily

A person with dementia said:

*'Life has changed for me. I am not always sure if I am right or wrong. So I don't join in conversations because I feel embarrassed and out of it.'*

- **Get help to stay independent at home for as long as possible and information on day/respite care, etc. – contact 'The Dementia Reablement Service' Cheshire East – North Team - Tel: 01625 378 287 or Email: [dementiareablementnorth@cheshireeast.gov.uk](mailto:dementiareablementnorth@cheshireeast.gov.uk)**

## When you are Fit and Healthy – Plan Ahead

A carer of a person with dementia said:

*'Safety is important as the person is vulnerable – especially at the stage when they go into their own world' Check a person is in safe care and safe themselves at all times.*

### Key things to do when you are Fit and Healthy:

- **Make a Will** (review every 5 years at least or when a change of circumstances)
- **Make and Register your Lasting Power of Attorneys** – (1) Health and Welfare and (2) Financial Affairs.
- **Obtain a Do Not Resuscitate (DNR) purple form** if you wish - a legally binding document
- **Communicate wishes** with family and friends
- **Funeral plans and wishes** – A funeral should cost between £3500 and £6500.

### Possible useful contacts:

- **Citizens Advice Services** for free confidential and independent information - Sunderland House, Sunderland Street, Macclesfield, SK11 6JF **Tel: 01625 432847 General Advice line is: 03444 111 444**
- **Cheshire Living Well Dying Well** – for support with end of life care, wills, finance, and funeral planning to take back control, for peace of mind **Tel: 01270 758120** or visit [www.cheshirelivingwelldyingwell.org.uk](http://www.cheshirelivingwelldyingwell.org.uk)

Co-written between a Social Worker/Residential Care Worker of 20 years/Samaritan volunteer/wife/carers of husband who had Dementia for 15 years, the East and South Cheshire DEEP group of CWP service users with dementia and their carers, the CWP Central and East Recovery College, and East and South Cheshire Older Persons Community Mental Health Service, and local partners; The Cheshire East Dementia Reablement Service and the Cheshire Living Well and Dying Well partnership

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff or e-mail [cwp.info@nhs.net](mailto:cwp.info@nhs.net)

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