



from Hilary Cottage
Surgery Patient
Participation Group

Help available locally for dementia care and carers

NHS medical services for the assessment and diagnosis of dementia are available initially via your GP. Once a diagnosis of dementia has been made, there is very little treatment and, sadly, no cure. So the focus is on learning to manage and live with the illness. There are services and support available through health and social care, home care agencies and charitable organisations.

There is a range of help and advice available for those of us who are caring for, or concerned about, a person living with dementia. We have summarised some of this here.

Our speakers' organisations



Hilda
Hayo,
CEO

This national charity provides a wealth of information about dementia, including answers to many common questions, information sheets, tips for better communication with a person living with dementia, as well as important information about the work of the Admiral Nurses. The web site provides information for health professionals and carers. If you are a carer, in addition to the newsletters, the Latest News section offers information on ways in which those living with dementia are being supported to enjoy life. The information on the web site significantly extends the information provided at our PPG Dementia Awareness and Understanding Event. The web site is www.dementiauk.org You can also chose to contact Dementia UK by email helpline@dementiauk.org or on the Helpline: 0800 888 6678



Anthea
Holland,
Clinical &
Creative
Director

Maggie
Grady,
Lead
Music
Therapist

Mindsong – Music for Dementia is a Gloucestershire charity that specialises in reaching people with advanced dementia and those who care for them through music therapy, which is delivered by dementia specialist, state registered music therapists. Mindsong also has 250 trained volunteers running Meaningful Music Singing Groups in care homes across the county. Fairford is one of the fortunate towns to receive this support.

Our website provides a wide range of information (including video) about our services and their impact, with some wonderful quotes from people with dementia who have enjoyed these sessions. The web site is www.mindsong.org.uk For more information please do get in touch -you can email admin@mindsong.org.uk or telephone 01684 273656 during office hours 9.30am – 5pm



Other Helplines:

- **Carers UK** has a national helpline, which aims to give details of all help available in any local area. For our area, this is mostly based in Gloucester and Cheltenham. [Helpline: 0808 8087777](tel:08088087777) - hours 10am to 12noon and 2pm to 4pm Wednesdays and Thursdays only.
- **The Alzheimer's Society** has a national helpline. However, there is also one for this area. [Helpline: 01452 525222](tel:01452525222). Alternatively, you can email gloucestershire@alzheimers.co.uk
- **Gloucester County Council** (Social Services) has an Adult Social Care Helpdesk for information and emergency help. This is open between 8am and 5pm Monday to Friday. [Helpline: 01452 426868](tel:01452426868). Alternatively, you can email socialcare.enq@gloucestershire.gov.uk
Please note: The usual pathway is that they act after a referral from a GP. *For an emergency, the usual practice is to refer the person to Crossroads Care who are the people actually delivering services in this area.*
- **Managing Memory 2gether**, is the local mental health service run from Stroud. They will provide a specialist mental health nurse who is very knowledgeable and will give advice [Helpline 0800 694 8800](tel:08006948800). Alternatively you can email managingmemory@glos.nhs.uk
- **Healthwatch Gloucester** also serves as access point for health and social care information. [Telephone: Tel: 0800 652 5193](tel:08006525193). Alternatively, you can email info@healthwatchgloucestershire.co.uk



Other Hands on Help and Support Locally

- **Carers Gloucestershire** is a local charity providing help for carers. It is financed by NHS/ Social services to provide activities and respite support for carers, and short term emergency care. **Please note: This service is only available after an assessment of need** - They can arrange a Carer's assessment done through **Crossroads Care** (Central & East Gloucestershire). The usual outcome is provision of some regular free help for carers. Professional paid help is also available, currently at a cost of around £21 per hour. **Carers Gloucestershire** also provide advice on benefits and information on available services. They provide an Out & About service running day clubs, outings, visits to gardens, shopping trips etc. This is mostly in larger towns, but there are some activities and a day club in Cirencester. They run a 'Positive Caring' programme, offering a group activity of 5 free sessions of advice and support, run in Cirencester periodically. The main office is now in Gloucester. The helpline is Carersline 0300 111 9000 - usual office hours.
- **Young at Heart Memory Club** (again charity funded by Hospital League of Friends) once a month on the first Friday, 10.30 am to 2 pm in the Community Lounge at Beaumont Place. Anyone suffering from memory loss and their carers are welcome – social activities, light refreshments free, lunch costs £3.50, contact Kelly 07707787580, or email info@keepsafeglos.org.uk.