**Alsager Community Support**

**Information Sheet**

**Memory Problems**

**Supporting people living with or caring for someone with Dementia**

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**Updated November 2021**

**Introduction**

***We realise how difficult and time consuming it can be to find specific or useful information, relating to your situation and therefore we have compiled some simple and informative support that will hopefully prove useful to you.***

It is worth remembering that everyone is individual and therefore experiences problems with their memory differently.

However, if you are worried that your memory – or that of someone you know – is getting noticeably worse, or if memory loss is beginning to affect everyday life, it is worth seeking advice. That’s because memory problems can sometimes be an early sign of dementia.

* You should first visit your GP
* You then may be referred to a local memory clinic where a formal diagnosis can be made.

If you need support/guidance with or without a diagnosis, then please rest assured you are not alone. Our volunteers at **Alsager Community Support Centre** are always willing to help and can provide you with a free Dementia Support Pack, as well as a listening ear and practical support. We can help you to complete benefit forms and help to find a range of daily support, for example care agencies, cleaners, gardeners, hot meal delivery plus much more.

Either pop into our centre on Fairview (Civic) Car Park, Monday - Friday 9.30-12.30 to meet one of our friendly trained volunteers or contact us on **01270 876605**. You can also keep up to date by following us on Facebook.

**Help and Information**

**Dementia toolkit – released December 2021**

Information for dementia sufferers and carers

<https://livingwithdementiatoolkit.org.uk/>

**Dementia UK- Admiral Nursing Direct**

* The only nurse-led dementia helpline in the UK, Admiral Nursing Direct offers practical, emotional and psychological support.

Nurses will answer your calls seven days a week. Contact them on **0845 257 9406**

Their helpline is free and confidential and is open every day from 9.15-16.45. Callers outside of these times are encouraged to leave a message.

You can also send any questions you have by email to [direct@dementiauk.org](mailto:direct@dementiauk.org)and an Admiral Nurse will respond.

* also provide **free Dementia Emergency cards** for you or the person you care for.
* See also [www.dementiauk.org/](http://www.dementiauk.org/)

**Dementia Re-ablement Service.**

Provides support for you and your family, to enable you to live as independently as possible, and to:

• Develop a personalised action plan, known as a ‘My Information and Support Plan’ to identify what your goals are and what you want to be able to do, and to provide information, advice and support to help you achieve those goals.

• Enable you to stay safe in your own home for as long as possible through the use of innovative technology such as apps and assistive technology, wherever possible delaying the need for care packages.

• Empower you to increase and maintain your social links with friends and family and the local community.

• Support you and your carers to access peer support networks such as dementia cafes and the Cheshire East Dementia Together Group.

The Dementia Reablement Service works in partnership to complement other dementia support services such as Alzheimer’s Society and Age UK Cheshire.

Tel: **01270 371 273 (South Team)**

Email: [dementiareablementsouth@cheshireeast.gov.uk](mailto:dementiareablementsouth@cheshireeast.gov.uk)

Web: <https://www.cheshireeast.gov.uk/livewell/health-matters/health-conditions/dementia/dementia-reablement-service.aspx>

**Dementia Connect (WEBSITE SERVICE)**

Developed by Alzheimer’s Society, this service can help you to find services and support in your area by entering your postcode [www.alzheimers.org.uk/dementiacconnect](http://www.alzheimers.org.uk/dementiacconnect)

**Alzheimer’s Society**

Alzheimer’s Society has a wealth of knowledge and experience around living with dementia. It provides dementia advisers to support people with dementia of any type and can signpost you to other relevant organisations. There are also dementia specific groups that can support you and your carer. Visit the website to find very useful factsheets

Tel: **0300 369 0570**

Email: [*cheshire@alzheimers.org.uk*](mailto:cheshire@alzheimers.org.uk)

Web: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**The Alzheimer’s Society Dementia Support Worker**

Provides expert information and one-to-one support to anyone who cares for someone with any type of dementia. A named Dementia Support Worker will be there for the carer throughout their caring journey and can direct carers to other relevant organisations.

Tel: **0300 369 0570**

Email: [maria.james@alzheimers.org.uk](mailto:maria.james@alzheimers.org.uk)Web: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**Side by Side** is a new Alzheimer's Society service that helps people with dementia to keep doing the things they love by linking them with a trained volunteer to help people get out and about or enjoy doing an activity of their choice.

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| Cheshire and St Helens **0300 369 0570** |

**Alzheimer’s Society Dementia Cafes**

Operating via Zoom

Tel: **0300 369 0570** Email: [**cheshire@alzheimers.org.uk**](mailto:cheshire@alzheimers.org.uk)

## Live Better With is a charity whose mission is to improve the lives of all those affected by dementia and memory loss. They provide practical advice, online support and specialist products, as well as a weekly email and a Facebook support group. Find out more at <https://dementia.livebetterwith.com/>

**Local Area Co-ordinators (Cheshire East Council)**

Co-ordinate information and offer advice and support to enable you to remain as independent as possible, offering you choice and control over the support you receive. They also support social work teams by identifying community services, organisations and groups for the teams to refer you to when you need them. They work collaboratively with other partners in identifying gaps in support and help to develop services to meet this need.

Contact

Anna Bignell Tel: **07824 342665 or 01270 375303** Email: [anna.bignell@cheshireeast.gov.uk](mailto:anna.bignell@cheshireeast.gov.uk)

**Support for Carers**

Everyone is entitled to a Carers Assessment which will look at the different ways that caring affects your life and will work out how you can carry on doing the things that are important to you and your family. The carer’s physical, mental and emotional wellbeing will be at the heart of this assessment. The assessment may conclude that the carer has eligible needs for support, in which case they may be offered services to help with their caring role. The Council will also offer advice and guidance to help with the carer’s caring responsibilities and maintaining their own wellbeing.

To find out more about Carers Assessments,

Ring **0300 123 5010 Cheshire East Council Adult Social Care Team**

**Cheshire East Carers Hub**

Offers carers a range of support, which may include:

* taking part in 1-2-1 or group based support activities
* helping carers to take a break and do something for themselves
* providing information, advice and guidance on specific topics
* helping carers to access community, health and wellbeing services
* accessing a range of activities and training
* Intensive support to carers (previous known as the Relive Service)
* giving carers the opportunity to apply for funds from the Living Well Fund (criteria needs to be met)

For more information see <http://ncompassnorthwest.co.uk/services/carers-support/carers-hub-cheshire-east> or phone 0300 303 0208 or email [enquiries@cheshireeastcarershub.co.uk](mailto:enquiries@cheshireeastcarershub.co.uk)

**Shared Lives** is a Cheshire East Service offering those who meet the criteria, support from a Shared Lives volunteer, either in your own home, community or within the Shared Lives carer's family home. Tel; **01260 375456** <https://www.cheshireeast.gov.uk/livewell/living-independently/shared-lives.aspx>

**Local Activities**

**Heydays**

Weekly social club for over 65’s (including people with early/mid dementia). Socialise and take part in fun stimulating activities. Carers welcome to stay. Tuesdays 2- 4.30pm at 13 Club, Cedar Ave, Alsager ST7 2PH. Opens 48 weeks a year. Cost £2

Contact Kath Knight **07443 492573**

**Alsager Partnership offers**

* **Alsager Memory Café**

For people living with dementia and their carers.

Alsager Library, last Friday of each month 10.30-12.30

For more information contact Kath Reader **on 07825 776921**

**or email** [**info@alsagerpartnership.com**](mailto:info@alsagerpartnership.com)

**Other Local Activities** can be found on this website**:** <https://www.cheshireeast.gov.uk/livewell/livewell.aspx> (enter ‘dementia’ and postcode in search boxes)

**Carer breaks**

Caring for someone can be a full-time job and all carers need a break every now and then. There are different types of breaks:

**Keystone Support Centre**

Offers activities, advice and support, and complimentary therapy for carers at Church Lawton Memorial Hall every Tuesday 1– 4pm. See <http://www.keystonesupportcentre.org.uk/> Enquiries **01270** **872157 or 07936 185328 or email** [contact@keystonesupportcentre.org.uk](mailto:contact@keystonesupportcentre.org.uk)

**Alsager Carers Club** at Alsager fire station – 2nd Wednesday of each month 2pm. Meet and chat with other carers for support. Just turn up.

**Cheshire East Carers Hub Carers Group** Meet and chat with other Carers, speak to a Carers Support Worker and take a well-earned break from your caring role whilst enjoying a coffee. Held in Alsager library, 3rd Tuesday of the month 1.00pm until 3.00pm **0300 303 0208**.

**Cheshire East Carers Hub Carer Breaks** – One-off carers’ workshops, activity sessions, spa days, afternoon tea etc, designed to give you short break. phone for details **0300 303 0208**

**Respite Care**

To enable you to take a planned break/holiday or if you need respite care in an emergency. A Carer’s Assessment from your local authority will determine whether a carer’s needs mean that they require a break. An option would be to look at extra support for the person who is being cared for, so the carer can receive this break. This is called respite care, and a financial assessment will be undertaken to assess whether the person being cared for will need to contribute financially to the cost of this. Respite care is now available in 15 care homes across Cheshire East, enabling carers and the people they care for to choose a setting that best suits their personal needs and circumstances.

New Milton House, Alsager is the nearest care home.

**Booking respite care**

If you have been assessed as requiring carer respite and are planning a short break, a night out or a holiday, it is easy to book a bed for the person being cared for. The website also provides further details for each care home.

Tel: **01270 686428**

Email:[ce.contracts@cheshireeast.gov.uk](mailto:ce.contracts@cheshireeast.gov.uk)

Web: [www.cheshireeast.gov.uk/CarerBreaks](http://www.cheshireeast.gov.uk/CarerBreaks)

**Cheshire Constabulary Vulnerable Adult Missing Persons** **Profile -** Complete a ‘Herbert Protocol’ form, which can later be used to help the police to trace someone more easily should they go missing. Find it here

<https://cheshire.police.uk/media/93485/herbert-protocol-vulnerable-adult-missing-person-profile.pdf> (save your completed form to your own computer), or call in and collect a paper copy from Alsager Community Support Centre.