


Memory Advice Service Useful Information:

Below is a brief summary of some information you may wish to access and next steps to consider. Please contact the Memory Advice Service on 0116 2237363 for further information or support

	TOPIC	TICK BOX (for your own use)
	<p>Memory clinics</p> <p>You may have been referred to a memory clinic to assess your memory. Here are some useful contact numbers below:</p> <p>Memory Clinics in Leicestershire:</p> <ul style="list-style-type: none"> • Bennion Centre, Glenfield Hospital: 0116 2252775 • Neville Centre, Leicester General Hospital: 0116 2256143 • Loughborough Hospital: 01509 564232 • Hynca Lodge, Hinckley: 01455 443600 	



Aids / Adaptations:


- Your GP can refer you for an assessment for mobility aids, such as wheelchairs, walkers.
- You can contact Adult Social Care to ask for an assessment of your home to make things safer, such as grab rails, raised toilet seats, motion sensor lights, bath hoists.



Assistive technology:

There is a range of Assistive technology available to support people to remain independent and safe at home. This technology can help you:

- To remember the day, date and time and any appointments.
- Can remind you to do things like eat your lunch, take your pills, walk the dog.
- Can help you ask for help if you have a fall or if you do not feel safe.
- Can help you find your keys.
- Can help you to walk independently and safely.

	<p>To request an assessment for assistive technology, contact:</p> <ul style="list-style-type: none"> • Adult Social Care for residents of Leicester City: 0116 4541004 • Adult Social Care for residents of Leicestershire: 0116 3050004 	
	<p>Accessing care and support</p> <p>You may wish to increase the amount of support you receive in the future, such as support with cooking, cleaning, bathing, shopping. Adult Social Care may be able to provide financial support with care but this is means tested.</p> <p>How to request a Care Needs Assessment:</p> <ul style="list-style-type: none"> • Adult Social Care for residents of Leicester City: 0116 4541004 • Adult Social Care for residents of Leicestershire: 0116 3050004 <p>Read the Age UK factsheet on ‘Getting help at home’: https://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig23_getting_help_at_home_inf.pdf</p>	



Carer Support

- **Age UK Leicester City Carer Support Service (0116 2220538):** Providing support groups, information and advice, personalised support in Leicester City.
- **Support for Carers Leicestershire (01858 468543).** Providing support over the phone, telephone befriending and carer support groups across the county.
- **The Carer's Centre (0116 2510999):** Providing carer training, groups and advice across Leicester city and Leicestershire.

Any of the above organisations can support people to obtain a 'Carer's Passport' which will help carers to be recognised with the aim of increasing the support available.

Carer's Assessments

'A carer's assessment will look at your existing support network, for example, family or friends. It considers the things that you want or need to achieve outside of your caring role and the impact this has on your ability to carry out those activities and how this affects your wellbeing'.

To request a Carer's Assessment:

Adult Social Care, Leicestershire: 0116 3050004

Adult Social Care, Leicester City: 0116 4541004

How GPs can support carers

- Register yourself as a carer at your GP surgery.
- They may be able to offer you more flexibility with appointments
- Provide you with an annual health check.
- Eligible for Flu vaccination every year.



Support in Hospital

The University Hospitals of Leicester can provide supporters / carers with additional support.

- **Car-park concessions** - for families who are visiting an inpatient regularly.
- **Buggy service** - to transport you to a ward that may be a long distance to walk.



Benefits & other ways to maximise your income

The Age UK Memory Advice Service in Leicester City and Leicestershire have a dedicated Benefits Advisor who can support people to apply for benefits, maximise their income and plan for the future. **Please ring the Memory Advice Service on 0116 2237363**

See Age UK's 'More Money In Your Pocket' factsheet:

[https://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig43 more money in your pocket inf.pdf](https://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig43_more_money_in_your_pocket_inf.pdf)



Planning for the future

Planning for the future is important for all of us. If you are experiencing memory difficulties, it is useful to have conversations early on about what you would like to happen in the future. This can help your family, friends and professionals to support your wishes.

Lasting Power of Attorney (LPA):

There are two types of LPA: 'Property & Finance' and 'Health & Welfare'. You can complete the forms yourself or ask a solicitor to support you with this.

- The Property and Finance LPA allows you to appoint someone to support you with paying bills, managing your bank account and selling property.
- The Health & Welfare LPA allows you to appoint someone to support you with day to day care needs and medical decisions in the future.



Other ways to support people to manage their financial affairs:

You can support someone to manage their finances by:

- Setting up a 3rd party bank mandate
- Becoming an appointee through the department of work and pensions to support people manage their pensions and benefits
- Liaising with organisations to enable you to speak on behalf of someone.

Other ways to plan ahead

- Review your will
- Review your property / assets
- Consider advanced statements and advanced decisions about your care and support needs in the future.

Age UK provide factsheets on a range of topics: Visit the website below or contact us on 0116 2237363 and we can post the relevant factsheet to you:

<https://www.ageuk.org.uk/services/information-advice/guides-and-factsheets/>



Local services

There are many community, activity, social and support groups available. For personalised information and advice, please contact the Dementia Support Service on 0116 2237363.

If you do not have access to the internet, please contact us on 0116 2237363 and we will post the relevant factsheets and information out to you.