


Post Dementia Diagnosis Information:

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

	TOPIC	TICK BOX (for your own use)
	<p>Information about Dementia</p> <p>The Alzheimer’s Society provide a wide range of factsheets for people living with dementia and their carers. Topics include:</p> <ul style="list-style-type: none"> • Information about dementia • Emotional and practical advice • Health and social care • Legal and financial matters <p>‘The Dementia Guide’ is particularly useful as an overall guide. You can order this on their website. The Dementia Guide is available in different formats, including audio, video and is also available in different languages: https://www.alzheimers.org.uk/sites/default/files/2020-03/the_dementia_guide_872.pdf</p> <p>For a full list of Alzheimer’s Society publications, please visit their website: https://www.alzheimers.org.uk/get-support/publications-factsheets/full-list</p>	



Memory clinics / Dementia Medication

- Some people who have been diagnosed with dementia are eligible for medication designed to slow down the progression of the disease. Eligibility is determined by NICE guidelines, the type of dementia you have and other physical health difficulties.
- Some people may experience side effects from this medication such as stomach cramps, nausea, vomiting, difficulty sleeping. If these persist for more than a couple of days, please speak to the memory clinic you attend.
- Once your medication is stabilised, either the memory clinic or your GP will continue to prescribe your medication and review your support needs. Who prescribes your medication often depends on what tablet you have been given.



Memory Clinics in Leicestershire:

- 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.

	<h2>Staying independent</h2> <p>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:</p> <ul style="list-style-type: none"> • 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>Alzheimer’s Society information on assistive technology: https://www.alzheimers.org.uk/get-support/staying-independent/using-technology-everyday-life?documentID=109</p>	
	<h2>Accessing care and support</h2> <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.

	<h3>Support in Hospital</h3> <p>The University Hospitals of Leicester can provide people living with dementia and their carers with additional support.</p> <ul style="list-style-type: none"> • 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. • Dementia Finger Food menu- small portions with high calories for inpatients. • Forget Me Not Scheme - to help staff identify someone living with dementia in hospital, which in turn enables them to explore additional support available. • Admiral Nurses – supporting patients and families affected by dementia in hospital. 	
	<h3>Staying Healthy</h3> <p>‘What’s good for your heart is good for your brain’ See Alzheimer’s Society information here: https://www.alzheimers.org.uk/get-support/daily-living/staying-healthy-dementia</p>	
	<h3>Benefits & other ways to maximise your income</h3> <p>The Age UK Dementia Support Service in Leicester City and Leicestershire have a dedicated Information and Advice Worker, Bernie Mackow, to support people to apply for benefits, maximise their income and plan for the future. Please ring the Dementia Support Service on 0116 2237363 or contact bernie.mackow@ageukleics.org.uk</p> <p>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</p>	



Planning for the future

The impact of being diagnosed with Dementia is different for everyone. There is no right or wrong way to feel. Planning for the future is important as dementia is a progressive condition. It can become difficult for people living with dementia to make decisions so being able to have conversations early on about what you would like to happen in the future 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:

Access the Alzheimer's Society factsheet entitled. 'Accessing and sharing information on behalf of the person with dementia': https://www.alzheimers.org.uk/sites/default/files/2020-03/accessing_and_sharing_information_882.pdf


Other ways to plan ahead (including wills, trusts, advanced statements and advanced decisions):

Access the Alzheimer's Society factsheet on Planning Ahead: <https://www.alzheimers.org.uk/sites/default/files/2020-01/1510LP%20-%20planning%20ahead.pdf>



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.

	<h2>Resources in other languages</h2> <p>Alzheimer’s Research UK: Please see link as discussed (go to the Dementia information section) (you can order 50 at a time usually): https://www.alzheimersresearchuk.org/dementia-information/quick-guide-dementia/</p> <p>Alzheimer’s Society: https://www.alzheimers.org.uk/get-support/publications-and-factsheets/publications-other-languages</p> <p>Youtube videos: https://www.youtube.com/watch?v=tKtI1iY_TWE</p>	
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