

NHS

Oldham

Clinical Commissioning Group

Dementia Information Handbook

An information handbook for people in Oldham living with dementia, their family and carers.



About this handbook

You may be reading this Dementia Information Handbook as someone who has been diagnosed with dementia, or as a relative or a friend who offers support to someone living with Dementia.



This Dementia Information Handbook has been designed to provide you with information which may be useful either now or in the future. You may wish to read cover to cover but most people will just use the handbook when the need arises.

It has been written by members of the Oldham Dementia Partnership. It brings together the expertise of many of the health, social care, voluntary sector and private sector organisations in Oldham to work collectively to improve care for people living with dementia and their carers.

If there are any other services that you think others would want to know about in future editions of this guide, please contact Age UK Oldham to add the information in future versions.

t: 0161 622 9309

e: Donna.Atherton@ageukoldham.org.uk

Due to the Coronavirus outbreak we need to stress that leisure activities / holidays, access to group meetings and drop in services are currently suspended until further notice when it will be deemed safe to recommence these services.

We advise to contact a service in advance to ensure the service is still operating. Where a charge has been mentioned in this guide, we advise you to contact the service directly to ensure no changes have been made before a decision is made to attend.

Information correct at time of printing.

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Getting a diagnosis

If you are worried about your memory it is recommended that you go to your GP as soon as possible for a medical check-up.



Your GP will ask you some questions and may do a quick Memory Test and arrange some blood tests, if necessary. The GP will usually try and rule out any other cause of memory loss. If they think you may have dementia, they will refer you to the Memory Clinic for a specialist assessment.

A timely diagnosis will enable you to live well with dementia for longer. Your GP can assist by helping you to stay physically fit, providing you with information and helping to get a range of support for you, your family and other carers.

If you have dementia, your GP should offer you a review each year. This will cover your physical health, mental health and social care needs, as well as checking your medications and making sure that your family carers have support if they need it.

Depending on the type of dementia you have, they may give you medication for your dementia.

It is important to have an annual medical review - do book one with your GP.

The Enhanced Memory Service



Improving the quality of care and support for people with memory problems / dementia related illness and their carers is a key priority of the Oldham Health and Well-being Strategy.

Oldham Clinical Commissioning Group and Oldham Metropolitan Council (now amalgamated and known as Oldham Cares) has commissioned an extended Memory Service that not only delivers a Clinical Memory Assessment Clinic but now provides a comprehensive range of post diagnostic support and support to carers of people with memory problems / dementia related illness.

Living with and caring for people with memory problems / dementia can be challenging so it is very important that people are made aware of and offered the opportunity for expert clinical input, early diagnosis, care and support, information, respite, education, training, emotional and psychological support so that they are able to continue to live well and continue to plan for the future.

The Enhanced Oldham Memory Service is run by a partnership of organisations including, Oldham Clinical Commissioning Group, Oldham Council (now amalgamated and known as Oldham Cares), Age UK Oldham and Making Space.

Each organisation has a specific expertise and role in the service as listed in this guide.



The Memory Clinic

If your GP is concerned that you have a memory problem, they will refer you to the Oldham Memory Clinic for a specialist assessment. A specially trained nurse will arrange to visit your home to find out more about you and do some test of your memory.



If this, then suggests you may have a dementia related illness they may arrange for you to have a brain scan or for you to see a specialist consultant either at the hospital or one of the services held in a GP surgery or health centre in Oldham.

The Memory Clinic can offer people who are found to have dementia and their carers:

- A Memory Liaison Practitioner – someone who is specially trained who you can see or telephone for support and advice and who will also offer you a check- up appointment once a year.
- Opportunity to take part in a nine-week education programme explaining what dementia is, how you can live well with dementia and what services there are in Oldham to help you.
- If your Memory Liaison Practitioner thinks you would benefit, occupational therapy, psychology assessments and support and, speech and language therapy.
- Advice and support from our social worker to help you remain independent and able to enjoy your hobbies and social life.
- A range of specialist groups, including Memory Management, Healthy Living, Young Onset Dementia, Vascular Dementia Group and we can signpost you to other local or specialist services.

The Memory Clinic is also able to help local dementia support groups and provide advice to your GP and other health or social care staff involved with your care.



The Memory Clinic
Telephone: 0161 716 2792

The Memory Clinic Support Groups



Note: Due to Covid-19 the service mentioned may have temporarily suspended or dates/times may have changed. Please contact the service directly to confirm before attending.

The Memory Clinic Oldham offers a range of support groups both for people living with dementia and their carers throughout the Oldham area.

Name	Service Information
Cognitive Stimulation Therapy (6-week programme)	Time: Tuesdays - 10.00.am. - 12.00.pm. Address: Trinity House, Godson St., OL1 2XL. Contact Barbara: 0161 716 2792. (This group is by referral only)
Carers Group (6-week therapy group)	Time: Tuesdays - 10.00.am. - 12.00.pm. Address: Trinity House, Godson St., OL1 2XL. Contact Alessandra or Danielle: 0161 716 2792. (This group is by referral only)
Let's Be Heard (Campaigning Group)	Time: Every 1 st Tuesday of the month 1.00.pm. – 3.00.pm. Address: Trinity Methodist Church, Radcliffe Street, Royton, OL2 5QR. Contact Alessandra: 0161 716 2792. Or Contact Carrie: 0161 633 2403.

Worried about your memory

<p>MCI Strategies and Information Group (6 week programme)</p>	<p>Time: Tuesdays - 2.00.pm. - 4.00.pm</p> <p>Address: Trinity House, Godson St., OL1 2XL.</p> <p>Contact Alessandra or Barbara: 0161 716 2792. (This group is by referral only)</p>
<p>Dementia Support & Information Group (8 week programme)</p>	<p>Time: Thursdays - 10.30.am. - 12.30.pm.</p> <p>Address: Variable Venue.</p> <p>Contact The Memory Service: 0161 716 2792. (This group is by referral only)</p>
<p>Memory Makers (MCI Group)</p>	<p>Time: Every 1st Thursday of the month 10.30.am. - 12.30.pm.</p> <p>Address: The Grange, Bartlemore Street, Derker, Oldham, OL1 4DP.</p> <p>Contact The Memory Clinic: 0161 716 2792. Or Contact Carrie: 0161 633 2403.</p>



The Memory Service Support Groups
Telephone: 0161 716 2792

Practical Tips

There are many types of dementia and no two people will experience it in the same way.



Some people find it useful to have practical tips or information guides they can refer to, to help them with ideas of what may work in certain situations.

There are a range of publications that can be provided, including:

- Helpful hints for carers
- Caring for someone with Dementia
- Living with early stage Dementia
- Design at home for people living with dementia
- Any many more!

Contact Age UK Oldham's Dementia Information Service who can arrange for information guides to be sent out to you.



Dementia Information, Support & Carers Assessment Service

Telephone: 0161 622 9333 / 9309

Address: 10 Church Lane, Oldham, OL1 3HB.

Email: donna.atherton@ageukoldham.org.uk

Age UK Oldham Dementia Support and Carers Assessment Service



This service works in partnership with The Memory Clinic Practitioners, Oldham Clinical Commissioning Group and Oldham Adult Services and provides information, emotional and practical support to help people understand dementia and continue live well, with or without a formal diagnosis.

The service can help you by providing: -

- One to one emotional support for you and those you care for
- Information regarding diagnosis – explain where to start and what will happen at the GPs surgery and how the Memory Clinic can help you.
- Carry out a Carer's Assessment – helping you to carry on your caring role whilst looking after your own well-being and where eligible apply for a Carers Personal Budget and develop a support plan
- Access to Carers Emergency Card
- Access and support to relevant care and support services, where necessary
- Planning for the future – Lasting Power of Attorney etc.
- Practical support and introductions to social groups and / activities or services
- Help you to access and connection to other local and Age UK Oldham services, such as luncheon clubs, walking groups etc.



Dementia Information, Support & Carers Assessment Service

Telephone: 0161 622 9333 / 9309

Address: 10 Church Lane, Oldham, OL1 3HB.

Email: donna.atherton@ageukoldham.org.uk

Opening hours: Monday to Friday - 9.00.am. – 3.30.pm.

Age UK Oldham Dementia Carers Assessment



If you are caring for someone and feel that the care you provide impacts on your life, work or family, you are entitled to a carer's assessment. You can have an assessment whether or not the person you care for has had an assessment of their own needs or want one themselves.

Following the assessment, you will be given information about any services and support which you may be entitled to.

A carer's assessment is an opportunity to discuss any help you may need with caring and with maintaining your own health and wellbeing.

Following your assessment a support plan will be agreed with you which may include some of following outcomes:

- Information and advice
- Emotional support
- Information on groups
- Carers Personal Budget
- Carers Emergency Card
- Aids and Adaptations

What is a carer's personal budget?

Completing the carer's assessment will help us to identify if you are entitled to a carers personal budget. This is a non means tested grant to support carers to take a break and to alleviate some of the stresses that can arise when caring for someone. One application can be made per year.



Dementia Information, Support & Carers Assessment Service

Telephone: 0161 622 9333 / 9309

Address: 10 Church Lane, Oldham, OL1 3HB.

Email: donna.atherton@ageukoldham.org.uk

Carers Emergency Card

In the event of an emergency which affects your ability to provide care, we will provide support to get in touch with your emergency contacts. In some cases, we will provide emergency care for the person you care for, for a period of up to 72 hours.



The support provided is essential care so we may not be able to cover all of your caring responsibilities, but we will ensure the health and wellbeing of the person you care for is maintained.

Oldham Carers Services

Oldham Carers Services support carers who are over 18 and who care for an adult or child with a range of illnesses or disabilities.



Oldham Carers Centre provides practical and emotional support, information and advice to unpaid carers in Oldham.

By unpaid carer we mean somebody who is not employed or paid to provide care for a person.

- Carers Assessments which helps us to identify if there is any advice or support we can offer the carer.
- One-to-one emotional support and guidance.
- Signposting and referrals to external agencies.
- Access to an advocacy service.
- Personal Budget – This is a non means tested annual budget that may be awarded as an outcome of a Carers Assessment dependent on eligibility.
- Carers social club (drop in sessions) where carers can meet each other.



Oldham Carers Services

Telephone: 0161 770 7777 (Option 4).

Email: carers.centre@oldham.gov.uk

Website: <https://www.oldham.gov.uk/>

Oldham Carers Training Opportunities



Age UK Oldham continuously works with partners and other agencies who offer opportunities for carer training. For information on the latest opportunities, please contact Age UK Oldham for more information.



Dementia Information, Support & Carers Assessment Service

Telephone: 0161 622 9333 / 9309

Address: 10 Church Lane, Oldham, OL1 3HB.

Email: donna.atherton@ageukoldham.org.uk

Opening hours: Monday to Friday - 9.00.am. – 3.30.pm.

Saddleworth Carers Group



Note: Due to Covid-19 the service mentioned may have temporarily suspended or dates/times may have changed. Please contact the service directly to confirm before attending.

A friendly social group that meets on second and fourth Fridays of each month, 10.00am. – 12.30pm. at the Church Hall, The Church of the Sacred Heart and St William of York, 31 High Street, Uppermill, Saddleworth, OL3 6HS.

There is something organised for each meeting, whether it's talks, quizzes, games, activities, outings or party celebrations and is a great way to get information from other carers on various topics.

Why not come along and join our circle of friends?
Meetings are free of charge, including refreshments.



Saddleworth Carers Group

Telephone: 01457 810 614

Telephone: 01484 845 350

Springboard Oldham Dementia Carers Group

Note: Due to Covid-19 the service mentioned may have temporarily suspended or dates/times may have changed. Please contact the service directly to confirm before attending.



A social meeting place with a range of positive activities for people living with dementia, their carers, family and friends. It's a welcoming and safe environment, where people are not judged.



Meetings are being held:

Every Tuesday from 10.00am. to 12.00pm. at St Herbert's Court, Wellington Street, Chadderton. Oldham OL9 0JD.

Every Thursday from 1:00pm. to 3.00pm. Downey House, Church Street, Royton, OL2 5JS (opposite St Paul's Church).



Springboard Oldham Dementia Carers Group

Telephone: 07541 705 009

Website: www.springboard.btik.com

Activity Provision

Making Space Group Timetable



Note: Due to Covid-19 the service mentioned may have temporarily suspended or dates/times may have changed. Please contact the service directly to confirm before attending.

The service will help to introduce people to social & community activities, which match their hobbies & interests. Working in partnership with other dementia specialist agencies to ensure that users are fully supported regarding accessing groups and activities.

Name	Date / Location	Group Information
Dementia Drop In	Every Monday 10.00am. – 12.00pm. St Herbert' Court, Wellington St, Chadderton, OL9 0JD.	Drop in for a chat, tea/coffee and biscuits. Come and relax and start the week on the right foot.
Healthy Cooking Group	Every other Monday 1.00pm. – 3.00pm. Mills Hill Church, Mills Hill Road, Middleton, M24 2FD.	This group is run in conjunction with the Memory Service and is a healthy cooking group.
Walk and Talk Group at Chadderton Hall Park	Every Tuesday 1.30pm. – 3.00pm. Meet at the Café, Chadderton Hall Park, off Chadderton Hall Road, Burnley Lane, Oldham, OL9 0QB.	A lovely walk and a friendly chat in the wonderful Chadderton Hall Park.
Drop in session	Every Wednesday 10.00am. – 12.00pm. Trinity House, Godson Street, Oldham Or Aster House, Aster Street, Oldham.	Come along and have a cup of tea and a chat. Ring Paul on 0161 633 2403 for details of which location is being used for the Wednesday you wish to attend.

Peer Support Groups

Drop in session	Every Wednesday 1.30pm. – 3.00pm. Hopwood Court Housing 21, Thornham Road, Shaw, OL2 7LR.	Music, quizzes and light hearted fun.
Carers Support Group	Every other Thursday 6.00pm. – 8.00pm. Charles Morris House, Failsworth, Oldham, M35 9GR	A support group for carers to obtain advice and information on any issues that may be affecting them, or just a space to sit, relax and have an informal chat.
Music Group / Dementia Café	Every Friday 1.00pm. – 3.00pm. St. Herbert's Court, Wellington Street, Chadderton, Oldham, OL9 0JD.	Come and have a sing or simply listen – bring along an instrument if you have one, we'd love to hear you play or sing but mainly – bring yourself and come and have a good time – you do not have to be musical to enjoy this group believe me!!
Hope Chapel Activity Group / Drop in session	Every other Friday 10.00am. – 12.00pm. Hope Methodist Church, Oldham Road, Failsworth M35 9AN (turn down Derby St. and the Church has its own car park at the side).	Music, quizzes and light hearted good fun!

Please note that all the groups in this listing are open to anybody with a memory issue and their carers. A diagnosis of a memory condition is not a criterion for attendance, we will be glad to see you, so do come along.



Activity Provision – Making Space Oldham

Telephone: 0161 633 2403

Telephone: 07779 986 624

Fatima Women's Association



Note: Due to Covid-19 the service mentioned may have temporarily suspended or dates/times may have changed. Please contact the service directly to confirm before attending.

Subject	Day	Time
Arabic Studies	Monday	10.00.am. – 12.00.pm.
Walking to Health	Monday	10.30.am. – 11.30.am.
Sewing Classes	Monday	12.00.pm. – 2.00.pm.
Creative English	Tuesday	10.15.am. – 12.15.pm.
Creative English	Wednesday	9.30.am. – 11.30.am.
50+ Group Arts & Craft – D.I.Y – Lunch 'n' Club	Wednesday	10.30.am. – 12.30.pm.
Sewing – Fashion & Design	Wednesday	10.15.am. – 12.15.pm.



Fatima Women's Association

Telephone: 0161 627 3109

Address: Marlborough Resource Centre, Marlborough Street,
Glodwick, Oldham, OL4 1EG.

Firwood and Residents District Association



Note: Due to Covid-19 the service mentioned may have temporarily suspended or dates/times may have changed. Please contact the service directly to confirm before attending.

Wednesday Coffee Morning

Meets each Wednesday from 10.00am. – 12.00pm. Drop in for a chat – all welcome! Wednesday Coffee Morning is run at Mills Hill Baptist Church, Mills Hill Road Middleton, M24 2FD.

There is disabled access to the building and toilet facilities.

Friday Lunch Club at Mills Hill Primary School

Meets each Friday in term time from 12.00pm. – 2.00pm. for lunch. This is another intergenerational activity run by volunteers from the Firwood and District Residents' Association.

Lunch is prepared in school and consists of fruit juice, soup, roast meat lunch with 5 vegetables from local allotments, pudding, tea/coffee, chocolates and cake if it's a birthday celebration. Diabetic needs are catered for.

Bar and Grill

The Bar and Grill is an early evening meal out. It is run once a month on a Tuesday from 4:30pm. - 6:30pm. at Bar and Grill, Chadderton. It is a great way to get out and socialise.



Firwood and Residents District Association

Telephone: 0161 284 2275

Telephone: 0161 652 0965

Peer Support Groups

Pakistani Community Centre



Note: Due to Covid-19 the service mentioned may have temporarily suspended or dates/times may have changed. Please contact the service directly to confirm before attending.

Subject	Day	Time
Sewing class	Monday	09.30 – 11.30.am.
	Tuesday	09.30 – 11.30.am.
Luncheon / Health Club	Tuesday	11:00am. – 1:00pm.
Welfare Advice Surgery	Tuesday	1:30pm. – 4:00pm.



Pakistani Community Centre
Telephone: 0161 628 4800
Website: www.pccoldham.co.uk

Singing for the Brain



Note: Due to Covid-19 the service mentioned may have temporarily suspended or dates/times may have changed. Please contact the service directly to confirm before attending.

Singing for the Brain is a programme developed by Alzheimer's Society for people with memory problems. It promotes communication through singing which can help with articulation, concentration, focus and motivation. Alzheimer's Society in collaboration with Oldham Music Service holds Singing for the Brain sessions on Wednesday afternoons.

These are friendly, informal sessions ran from 1:30pm. – 3:00pm. at Oldham Music Centre, Lyceum Building, Union Street, Oldham, OL1 1QG. There is a charge to attend, Carers come along free.



Singing for the brain
Telephone: 0161 477 6999
Email: stockport@alzheimers.org.uk
Address: Oldham Music Centre, Lyceum Building, Union Street, Oldham, OL1 1QG.

Westwood and Coldhurst Women's Association



Note: Due to Covid-19 the service mentioned may have temporarily suspended or dates/times may have changed. Please contact the service directly to confirm before attending.

Subject	Day	Time
Coffee morning	Thursday	9:30.am. - 11:00.am.



Westwood and Coldhurst Women's Association

Telephone: 0161 652 0000

Email: info@wcwa.co.uk

Website: www.wcwa.co.uk

Note

This is not an exhaustive list of all the activities available in Oldham. There may be other groups you may wish to attend.

Help at a local level

Oldham Dementia Action Alliance

Oldham Dementia Action Alliance is made up of lots of different organisations and businesses, big and small, who have come together to work towards creating a dementia friendly community in Oldham. Each member organisation has committed to taking a few actions to help make their service more inclusive for people with dementia e.g. awareness sessions for their staff. Members are eligible to display the Alliance logo and the Dementia Friendly Community logo.



Dementia Friends

Dementia Friends awareness sessions are free 1 hour sessions which anyone can attend. The sessions cover key points about dementia and explain how small actions can help make a difference for someone with dementia.



They are delivered by Dementia Friends Champions, who have attended a free 1-day training session – this training is open to everyone. The Oldham Dementia Friends Champions network provides support, updates, resources and information. If you or someone you know would like to become a Dementia Champion, please contact:



Oldham Dementia Action Alliance
Dementia Friends
Telephone: 07966 887 152
Email: OldhamDAA@makingspace.co.uk

Oldham Gallery – Making Memories

Arts, Heritage and Culture for older people and their carers.



We offer:

- Themed reminiscence boxes for hire
- Bespoke reminiscence boxes for care organisations
- Bespoke theatre based training package
- Curator talks and museum object handling sessions for groups
- Free gallery trails (gander and gab)

The Gallery is easy to find, we are just off Union Street, near Sainsbury's. All our staff are trained in dementia awareness and are Dementia Friends. The trail gives pointers and suggestions to start conversations. We also have a lovely café, serving a reasonable prices range of wholesome food from our seasonal menu, including homemade cakes and pastries.



Oldham Gallery – Making Memories

Telephone: 0161 770 4663

Address: Gallery Oldham, Greaves Street, Oldham, OL1 1AL.

Email: Joy.thorpe@oldham.gov.uk

Website: www.galleryoldham.org.uk

Opening hours: Monday – Saturday 10.00.am. – 5.00.pm.
(Last admission 4.45.pm.).

Adult Social Services (Oldham)



There is information on our website about a range of services such as: choosing somewhere to live; help to live at home; getting out and about e.g. blue badges; caring for someone; disabilities and sensory loss; looking after yourself and keeping healthy; arranging and paying for your health and social care.

To find out more, go to:

https://www.oldham.gov.uk/info/100010/health_and_social_care

Our aim is to help you live as healthily and independently as possible without the need for ongoing support. Care and support is the term used to describe the help some adults need to live as well and as independently as possible with any illness or disability they may have. It can include help with things like getting out of bed, washing, dressing, getting to work, cooking meals, eating, seeing friends, caring for families and being part of the community.

If you think you need some help to live at home, we will talk to you about your situation and ask questions to help us to understand your needs, the everyday things you want to be able to do, and the impact on your day-to-day life of not being able to do them. This is called an assessment. We will provide you with the information and advice or tell you about services or facilities available in your local community, which might help your needs. We will talk to you about any practical things including what might help you to do things for yourself. This could include things such as grab rails which help you get out of bed or up and down steps safely, or personal alarms which alert someone in case you fall, or walking aids that help you move inside or outside your home safely.

If your needs are eligible for local authority support, we will estimate the cost of that support and let you know what your personal budget is in order to purchase services to meet your needs. You can take your personal budget as a direct (cash) payment and arrange your own support or you can ask the Council to arrange services on your behalf. You may be required to contribute towards the cost of services.

To ask for an assessment, please contact: 0161 770 7777 or go to www.oldham.gov.uk for further information or where you can complete a referral form for an assessment on line.

Support Services for the home

Out-of-hours emergencies

This is the social work service for people in crisis to meet their urgent needs in the following out of hour's times: 5.00pm. - 9.00am., Monday to Friday. 24 hours at weekends and Bank Holidays. The Emergency Duty Team can be contacted on:

Telephone: 0161 770 6936 Minicom: 0161 770 8302 Fax: 0161 770 8502 Email: edt@oldham.gov.uk



Oldham Social Services

Telephone: 0161 770 7777

Email: adult.mash@oldham.gov.uk

Opening hours: Monday – Friday
8.40am. – 5.00pm.

Out of hours

Telephone: 0161 770 6936

Email: edt@oldham.gov.uk

Opening hours: Monday – Friday
5.00pm. – 9.00am.

24 hours' weekends and bank

Age UK Oldham Choosing the Right Care and Support



This service provides independent information and support to anyone who requires assistance finding suitable care within the community or in a care home in Oldham.

Our service is free, impartial and confidential.

We offer:

- Advice on what you need to do if you or someone you care for needs help.
- One to one support to explain your options and help you to make your own decisions regarding your future care.
- A recognised list of care providers - to help you stay living independently in the community
- Access to current inspection reports on all care providers
- Help finding out about the current bed vacancies in care home
- Help addressing specific financial concerns you may have when paying for care either in your own home or in a care home
- Advice on claiming all the benefits you are entitled to
- An explanation of the housing options available to you
- Referrals to external or internal services that can offer you support
- Provide information to access respite care
- Explain the pathway and help you to access day care services.
- A useful information pack if you are considering moving into a care home
- Full details on the care homes in the Oldham area
- A range of in-depth factsheets
- Accompanied visits to alternative accommodation, if appropriate
- Coordination of suitable transport to view accommodation, if appropriate.



Age UK Oldham Choosing the Right Care and Support
Telephone: 0161 622 9314 / 0161 622 9333.
Email: Christine.Coupe@ageukoldham.org.uk

Day Care Centres

Day care services can be provided to older people, who have an assessed physical and/or cognitive impairment. Day Care service users receive one-to-one support from fully trained care workers and enjoy social interaction with other service users.



Age UK Oldham Day Care Centres

Selina House

Selina House caters for older people who have an assessed physical and/or cognitive impairment. We work with clients and their carers to put a support plan in place which suits their individual needs. Our surroundings ensure you / the person you care for feel comfortable and are able to take part in meaningful activities.

What to expect at Selina House?

- Stimulation which is enhanced through a full range of entertainment and activities tailored to suit the needs of individuals
- One-to-one treatments including hand massage and nail treatments
- Access to a large, secure garden with seating area
- Meals which are freshly prepared and include light breakfast, a three course lunch, afternoon tea and other refreshments.

What level of care will I receive?

All staff have received a high level of training and are 'Dementia Champions'. All clients can expect one-to-one support and care that is matched to their individual needs. Care plans are monitored and reviewed regularly.

How to access Selina House?

A set number of places are funded by Oldham Council on set days of the week. Contact Social Services on 0161 770 7777 for a referral or for more information. Privately funded places are also available at £49.05 per day.



Selina House Day Care Centre
Franklin Street, Oldham, OL1 2DP.
Tel: 0161 678 1598.
Open: Monday – Friday.

Age UK Oldham Day Care Centres Bluebells



Our dementia friendly centre is based in the Moorside area of Oldham.

At Bluebells we believe in choice. We work with individuals to choose the support that is best for them. Our surroundings ensure you/ the person you care for will feel comfortable and able to take part in things that interest you/them.

What to expect at Bluebells?

- Stimulation in a community oriented friendly setting which is enhanced through a full range of entertainment and activities tailored to suit the needs of individuals and the group as a whole
- Meals which are freshly prepared by and include light breakfast, a three course lunch, afternoon tea and other refreshments including tea and coffee
- Use of our 'home from home' and community-themed facilities including a nail bar, pub themed room, large lounge area, dining room, conservatory (outdoors indoors), large garden with decking area

What level of care will I receive?

All staff have received a high level of training and are 'Dementia Champions'. All clients can expect one-to-one support and care that is matched to their individual needs. Care plans are monitored and reviewed regularly.

How to access Bluebells?

A set number of places are funded by Oldham Council on particular days of the week. Contact Social Services on 0161 770 7777 for a referral or for information. Privately funded places are also available at £49.05 per day.



Bluebells Day Care Centre
Ripponden Road, Oldham, OL1 4SQ.
Tel: 01457 878 160.
Open: Tuesday - Thursday

Other Day Care Centres

Day Care services are also provided by a range of local care homes in Oldham throughout the week. For a full list of the Care Homes that provide Day Care, please contact Age UK Oldham on the contact details below.



Options to accessing Day Care Services

There are various options on how to access Day Care services, either via local authority needs assessment or on a private basis.

For more information on Day Care services, including how to arrange a needs assessment or how to access day care services privately, please contact Age UK Oldham where we can provide you written and verbal information.



For information and advice:
Age UK Oldham
Telephone: 0161 622 9309 / 9314.
Email: Donna.Atherton@ageukoldham.org.uk

Oldham Care and Support Helpline and Response Service



A 24/7 service that provides clients with an alarm system, where we monitor and offer a physical response service to deal with emergency calls when people have activated their alarm to request help.

The client is given a personal alarm unit which connects them to specially trained staff in a control centre. In an emergency, you can receive help by pressing the red button on the unit or a small portable button, which can be attached to clothing, wrist strap or a neck cord. When you press the alarm, the operator at the control centre will be able to talk to you and assess the situation. The operator will then inform your contact, or send assistance.

3 different levels of service are available.

- Bronze – monitoring only, your next of kin will be contacted in an emergency
- Silver – response staff will attend to your emergency accessing your property via a key safe
- Gold – as silver with an additional weekly welfare call



Helpline and Response Service

Telephone: 0161 770 5189

Applications for this service can also be made online at www.oldham.gov.uk/helpline

Assessment, Reablement and Recovery Service

Supports individuals, in their own home, to regain the skills needed to live as independently as possible and increase their confidence in their own abilities. This service works alongside other health professionals to devise and deliver an appropriate programme of support. Support is available for up to 6 weeks following a period of illness, disability or loss of confidence.



Support Services for the home

The service will be appropriate for some people on discharge from hospital or when they are at risk of being admitted to hospital. To receive the service people must be assessed by Oldham Social Services as having an eligible need.



Assessment, Reablement and Recovery Service
Telephone: 0161 770 8246

Assistive Technology Services

A range of telecare equipment is available to help people with dementia to continue to live in their own home and maintain an independent lifestyle, and to support their carers.



Examples include, emergency location devices (as part of assessment process), automated medication dispensing equipment (monitored through Helpline and Response), voice prompt recordings and movement sensors, bed exit equipment, property exit equipment, automated falls triggers.

Equipment can also be installed to assist in the assessment process to establish what care package is required and identify needs following concerns raised by others regarding someone's safety in the home or a person's deterioration in health. The assistive technology service will assess and customise the equipment to the individual's needs.

Assistive Technology works alongside the Reablement process and the Helpline and Response Service.

The equipment installed can be used as a stand-alone piece of equipment; some equipment requires to be connected to the Helpline and Response Service.



Assistive Technology Services
Telephone: 0161 770 4197 / 0161 770 3498
Email: assistive-tec@oldham.gov.uk

Oldham Extra Care Housing

Extra Care Housing supports people to live independently in their own homes within a Community setting.



Staff are on site 24 hours a day, this can vary from either a scheme Manager, Concierge and/or care staff. Extra Care Housing gives you support, security and privacy to live in your own home, with daily activities and services on site that help you to stay well and continue to live independently.

Care staff are available 24 hours a day to provide care and support, either via on-site staff 7 am to 11 pm or via the Helpline and Response who will respond to emergency needs outside of these hours.

How do I qualify for Extra Care Housing?

- You need care/support services identified by Adult Services following a care assessment.
- You must be a resident or have connections to Oldham.
- Tenants are usually older people over 60 years old, but there are some exceptions to this.



Oldham Housing Advice Service
Telephone: 0161 393 7117.

Independence Service

The Independence Service is designed to offer advice and assistance to help you have the peace of mind of living independently. With your own member of the independence team, they can provide help as and when you need it. You will have weekly contact with one another and they are on hand with a direct phone number for you, should you need any assistance.



The service is available to people aged 55 and over, who live in Oldham. This service is chargeable and this cost may be covered by Housing Benefit depending on personal circumstances.



Independent Service
Telephone: 0161 393 5488
Email: independence@fcho.co.uk

Diggin' for health



The Digging for Health Project is a community gardening and food growing initiative based at The Hub, Alexandra Park. At The Hub you can learn how to grow your own food, access fresh produce, be more active, find out about eating more healthily or simply enjoy the garden setting.



The Hub, Alexandra Park is located within Alexandra Park but is accessed via gate on Kings Road, Oldham OL8 2BH (just along from Kings Road car park).

Oldham Community Leisure



Easy Does It Activities

There are over 110 classes available which are suitable for older adults in Oldham. The Easy Does It classes are suitable for all ages, shapes and sizes and are a fun sociable way to add variety to your exercise routine and meet new friends.



Classes are held at: Failsworth Sports Centre; Royton Leisure Centre; Oldham Leisure Centre; Chadderton Wellbeing Centre and Saddleworth Pool and Leisure Centre.

If you want to get fit, lose weight or are recovering from an illness or injury you'll find the perfect class for you with Oldham Community Leisure.

Oldham Active Card

The Oldham Active card is designed to increase activity levels and improve overall health by offering a price reduction on a wide range of leisure activities.

Healthy Lifestyle

An Oldham Active card lasts for 1 year, costs just £3.85 for everyone.



Concession entitlement is available for the following categories:

- Over 60 years of age
- Under 18's or those in full time education
- Registered disabled
- Registered carers
- In receipt of unemployment benefit or income support

You can apply for your Oldham Active card by visiting your nearest Oldham Active Centre and ask at reception for an application form – you'll then receive your card the same day! Alternatively, you can call the Customer Contact Team on 0161 207 7000 to join over the phone and collect your Active Card in centre.



Oldham Community Leisure

Telephone: 0161 621 3354 / 07795 493 531 / 0161 207 7000.

Address: Oldham Community Leisure, Middleton Road,
Oldham.

Let's go for a walk



Note: Due to Covid-19 the service mentioned may have temporarily suspended or dates/times may have changed. Please contact the service directly to confirm before attending.

A joint free of charge initiative between Age UK Oldham and Oldham Council and offers plenty of choice for all levels of fitness and abilities. Join us for a great way to have fun and get active around Oldham's fantastic parks and countryside locations. Walk your way to a healthier lifestyle and at the same time meeting new people. For those people who require additional support to take part we have trained volunteers available.

Park	Address	Day / Time	Miles
Chadderton Hall Park	Meet outside the Pavilion Café, Chadderton Hall Park, Burnley Lane, Chadderton, Oldham, OL9 0QB.	Monday 11.00am	1.5
Alexandra Park	Meet at the Car Park (next to 'The Hub') Alexandra Park, Kings Road Entrance, Oldham, OL8 2BE.	Wednesday 1.00pm	2.5
Daisy Nook	Meet outside the Countryside Centre John Howarth Countryside Centre, Daisy Nook Country Park, Off Stannybrook Road, Failsworth, Manchester M35 9WJ.	Thursday 1.00pm	3
Tandle Hill	Meet at the main entrance Tandle Hill Country Park, Tandle Hill Road, Royton, OL2 5UX	Friday 1.00pm	2

Scenic Strolls



Note: Due to Covid-19 the service mentioned may have temporarily suspended or dates/times may have changed. Please contact the service directly to confirm before attending.

Our strolls are ideal for you if you would like to get out into the fresh air and walk at a slow pace. We will walk for a short distance with plenty of chances to stop for a rest and have a sit down. Our friendly staff members are trained as walk leaders and we also may have some volunteers helping out. Our staff, volunteers and our activities are dementia friendly. Anyone aged 50 or over can join in.

Park	Address	Day / Time
Alexandra Park	Meet at the Boathouse Café Alexandra Park, Boathouse Café, Oldham, OL8 2BE. We also have a Knit and Natter group which meets at 10.30am at the Boathouse Café on Thursdays before our stroll.	Thursday 10.30am
Stitch and Stroll Dunwood Park. Meet at the community building.	Dunwood Park, Shaw, Oldham. Come along to enjoy a nice relaxing stroll, chat, meet new friends and enjoy a drink in Café Mandel's afterwards.	Tuesday 10.30am



Let's go for a walk

Scenic Strolls

Telephone: 0161 622 9267 / 07841 344 194

Email: Teresa.Griffiths@ageukoldham.org.uk

Community Health Services



NHS Foundation Trust provides a wide range of treatment and care for the whole community, helping to keep people out of hospital and ensuring that they receive the highest quality care. Key services offered that may be of help for people with dementia at some point include:

Community Health Service	Telephone
Community Matrons	0161 621 7185
District Nurses	0300 323 0464
Stoma / Continence Nursing Service	0161 621 7104 / 7148
Nutrition and Dietetics	0161 770 2300 (option 4)
Physiotherapy Team	0161 484 1375
Occupational Therapy	0161 770 2300 (option 6)
Falls Prevention	0161 770 2300 (option 1)
Speech and Language Therapy	0161 770 2300 (option 5)
Podiatry	0161 621 3803
Audiology	0161 621 3468
Neurological Rehabilitation & Stroke Team	0161 770 2300 (option 2)
Parkinson's Nurse Specialist	0161 770 2300 (option 2)
Adult Learning Disability Service	0161 633 9951
Macmillan & specialist end of life care	0161 621 7171
Tissue Viability/Leg Ulcer Services	0161 621 7113

NHS Foundation Trust also provides a range of community services that help people to stay at home, instead of having to go to hospital, and to help people who are in hospital to return home more quickly and safely.

These include:

- Early supported discharge services
- Discharge liaison services
- Crisis/rapid response teams
- IV therapy
- Intermediate care /rehabilitation centres



Community Health Services

Telephone: 0161 622 6500.

Address: Ellen House, Waddington Street, Oldham, OL9 6EE.

Community Mental Health Services for Older People



Pennine Care NHS Foundation Trust provides mental health services to people living in Oldham. We provide a range of services for people who have serious mental illness, as well as more common mental health problems including depression, anxiety and dementia.

Our services include:

- Primary care mental health services – talking therapies
- Psychological therapy for older people
- Community Mental Health Teams who co-ordinate the care of those with acute mental health issues and complex needs
- The Intensive Home Treatment Service who will support people at home who are experiencing a mental health crisis and need acute care
- Inpatient care in hospital for those whose acute mental health problems
- Older People's Mental Health Liaison Services which provides:
 - Dedicated older people's liaison practitioners working on general hospital wards to provide mental health assessments to people with dementia (and other mental health needs) and ensure their needs are being met.
 - The practitioners also provide hospital staff with expert clinical advice, training and support on how to care for patients with dementia. They develop staff's knowledge and understanding of dementia and how to manage challenging behaviour, as well as how to identify and meet each patient's specific care needs.
 - Older People's Mental Health Liaison Services will help to improve the quality of care provided to patients with dementia and help to prevent patients from staying in hospital for long periods of time.

If you feel you may require mental health assessment or support, please see your GP who can refer you to us.

Age UK National

Age UK provides a range of information and advice on health conditions including dementia.



Log on to the website www.ageuk.org.uk > Menu > Information and Advice > Health & Well-being > Conditions and Illnesses > Dementia – where you can access the following:

- **Understanding Dementia**
- **Diagnosis and Treatment**
- **Living Well with Dementia**
- **A dementia friendly home**
- **Getting care and support**
- **Planning for the future**
- **Caring for someone with dementia**

There are a number of related pages attached to the above which deal with more in-depth specific issues, including diagnosis and treatment, help and support, life book – helping you remember the important information and make plans.

Alzheimer's Society National



Information - The Alzheimer's Society provides reliable and up to date

information to help you with every aspect of living with dementia. Over a hundred factsheets and publications on dementia provide the answers to many of the common questions you may have.

Go to: www.alzheimers.org.uk

National Dementia Helpline: 0300 222 1122.

Open 9.00am. – 5.00pm. Monday to Friday & 10.00am. – 4.00pm.

Saturday and Sunday. The advisers on Alzheimer's Society National

Dementia Helpline can ensure you receive all the information you need.

Online Support Network 'Talking Point'

You can also access a wide range of information and learn from the experiences of other carers or people with dementia through the online support network, 'Talking Point' – just follow the link from our website.

'Living with dementia' - Alzheimer's Society members receive a monthly magazine which provides all the latest news and developments in the field of dementia.

Dementia catalogue - You can also search our Dementia Catalogue for specific dementia-related topics from a database of over 11,500 published items.

Dementia UK National

Dementia UK is a national charity, committed to improving quality of life for all people affected by dementia. They provide free, confidential advice on any aspect of dementia care.



You can contact Admiral Nursing DIRECT a national helpline and email service, provided by experienced Admiral Nurses, for family and professional carers, people with dementia and those worried about their memory. It gives practical advice and emotional support to anyone affected by dementia.



Dementia UK

Telephone: 0800 88 6678

Email: direct@dementiauk.org

Website: <https://www.dementiauk.org/>

Opening hours: Monday – Friday 9.15.am. – 4.45.pm.

Making Space National

Making Space is a national charity working in the fields of mental health and learning disability and is now providing and developing specialist dementia services to people across the country. The organisation has plans to develop and provide new dementia specific services to offer support from early diagnosis through to the later stages of dementia for both the person living with dementia and their carers.



Making Space

Telephone: 01925 571 680

Email: enquiries@makingspace.co.uk

Website: <http://www.makingspace.co.uk/>

Young Dementia UK National

Young onset' dementia – a term used when people under 65 are diagnosed with dementia. Although younger people experience similar symptoms to older people with dementia, the impact on their lives is significantly different. Younger people are more likely to still be working when they are diagnosed. Many may have financial commitments such as mortgages; they often have children to care for and sometimes dependent parents too.



<https://www.youngdementiauk.org/> which provides relevant information and also shares the individual stories of younger people diagnosed with dementia.

Attendance Allowance



You could get Attendance Allowance to help with personal care because you have a physical or mental disability and you're aged over State Pension age.

It's paid at 2 different rates, either £60.00 or £89.60 (April 2021 – March 2022) and how much you get depends on the level of care that you need because of your disability.

How much you get depends on the level of care that you need because of your disability. The other benefits you get can increase if you get Attendance Allowance.

You can get Attendance Allowance if you're over State Pension age and the following apply:

- you have a physical or mental disability
- your disability is severe enough for you to need help caring for yourself or someone to supervise you, for your own or someone else's safety
- you have needed that help for at least 6 months (unless you're terminally ill)

How to apply:

Contact the Attendance Allowance Unit to request a claim form on:

Telephone: 0800 731 0122 (Option 1).

Support completing the form:

There are a number of organisations that can assist you to complete the Attendance Allowance application form, if you need support in this area.



Age UK Oldham: 0161 622 9333.

Oldham Citizens Advice Bureau: 0300 330 9073.

Oldham Welfare Rights Team: 0161 770 6655.

Carers Allowance

The main benefit for carers is called Carer's Allowance and **it's worth £67.60** (April 2021 – March 2022) to help you look after someone with substantial caring needs.



You don't have to be related to, or live with, the person you care for.

- You must earn no more than £128 a week
- You must be 16 or over and spend at least 35 hours a week caring for them.
- They must also be receiving a qualifying benefit such as Attendance Allowance.
- There are other eligibility requirements which we can provide information on.

There are different rules if you are of State Pension age, to discuss your circumstances in more detail, please contact **Age UK Oldham: 0161 622 9333**.

Claims can be made online or by paper form, for more information contact **The Carers Allowance Unit on: 0800 731 0297**.

Support completing the form:

There are a number of organisations that can assist you to complete the Carers Allowance application form, if you need support in this area.



Age UK Oldham: 0161 622 9333.

Oldham Citizens Advice Bureau: 0300 330 9073.

Oldham Welfare Rights Team: 0161 770 6655.

Council Tax Discount (SMI)



To qualify for this discount, all of the following points must apply:

- The person must have a severe impairment of their memory or dementia which appears to be permanent
- A registered medical practitioner must confirm this
- The person with dementia and/or memory problems must be entitled to certain benefits.

This discount will only apply where the person lives in the property as their main home. If two or more people live there besides the person with dementia / memory problems, a discount will not normally apply.

Personal Independence Payment (PIP)



Personal Independence Payment helps with some of the extra costs caused by long-term ill-health or a disability if you're aged 16 to 64.

PIP is usually paid every 4 weeks. It's tax free and you can get it whether you're in or out of work. It's made up of 2 components. Whether you get one or both of these depends on how your condition affects you. The rate depends on how your condition affects you, not the condition itself.

You'll need an assessment to work out the level of help you get.

You must have a long-term health condition or disability and face difficulties with 'daily living' or getting around. You must have had these difficulties for 3 months and expect them to last for at least 9 months.

Daily living difficulties

You may get the daily living component of PIP if you need help with things like:

- preparing or eating food
- washing, bathing and using the toilet

Financial Assistance

- dressing and undressing
- reading and communicating
- managing your medicines or treatments
- making decisions about money
- engaging with other people



Mobility difficulties

You may get the mobility component of PIP if you need help going out or moving around.

How to claim:

You can contact the Personal Independence Payment Claim line to begin your application by phoning:

Telephone: 0800 917 2222

Text phone: 0800 917 7777

Support completing the form:

There are a number of organisations that can assist you to complete the Personal Independence application form, if you need support in this area.



Age UK Oldham: 0161 622 9333.

Oldham Citizens Advice Bureau: 0300 330 9073.

Oldham Welfare Rights Team: 0161 770 6655.

Blue Badges

The Blue Badge scheme helps those with severe mobility problems or hidden disabilities who have difficulty using public transport to park close to where they need to go.



With a Blue Badge you may park for free for as long as you need to, at on-street parking meters and pay-and-display machines (unless there is a traffic sign specifying a time limit for Blue Badge holders).

Blue Badges can be issued for up to 3 years.



Blue Badge Team

Telephone: 0161 770 1222

Email: bluebadgeteam@oldham.gov.uk

Lasting Power of Attorney

In the future you might need someone to make decisions for you or act on your behalf for a number of reasons.



You may wish to make long term plans, for example if you have been diagnosed with dementia or have an accident or illness, which may cause you to lose 'mental capacity'.

Registering a lasting power of attorney (LPA) is a way of giving someone you trust, known as your attorney, the legal authority to make decisions on your behalf, if either you no longer wish to make decisions for yourself, or if in future you aren't able to make decisions.

No one automatically has the right to deal with your bank accounts and pensions, or to make decisions about your health and social care, if you lose the capacity to do so. You need to set up an LPA to give them this authority.

There are two types of LPA: an LPA for financial decisions and an LPA for health and care decisions.

You can let your attorney make all decisions on your behalf, or you can give instructions about the types of decisions they can make.

Services that can offer guidance

Age UK Oldham's Dementia Information, Advice and Support Service can offer you help and advice on power of attorney, including:

- Explaining the Lasting Power of Attorney process
- The benefits of having a Lasting Power of Attorney
- What are the costs associated with setting up Lasting Power of Attorney?

Age UK Oldham cannot help you complete the forms for Lasting Power of Attorney but can offer you guidance and resources, including a Lasting Power of Attorney pack, with guidance and application forms included.



Office of Public Guardian

Telephone: 0300 456 0300

Email: customerservices@publicguardian.gsi.gov.uk



Age UK Oldham

Telephone: 0161 622 9333 / 9309

Address: 10 Church Lane, Oldham, OL1 3AN.

Email: donna.atherton@ageukoldham.org.uk

Community Occupational Therapy Team



If you or a member of your family are having difficulty getting around your home due to a physical disability, sensory impairment or old age, you can request an assessment for equipment and adaptations to make it easier for you to live independently.

The Community Occupation Therapy Team can assist by:

- Promoting independent living and wellbeing through individualised assessments which may lead to the provision of assistive technology (equipment) or adaptations to the home
- Specialist assessments for seating and manual handling including training informal and formal carers in the safe use of any equipment provided.
- Advice to clients and other agencies on re-housing options and designing new builds/refurbishments of housing for people with a disability to reduce impact need for major adaptations.

Referral Methods

- Self-referral
- GP
- Health professional
- Social care professional

Equipment

There are lots of examples of equipment that you could use around your home to help you with day-to-day tasks. If you are struggling to do something there may be a piece of equipment that could make life easier for you, helping you to remain in control of your own life.

Request an assessment by the Occupational Therapy team

Contact the Community Occupational Therapy Team to carry out an assessment to get a clearer picture of the difficulties that you are having and advise you about eligibility, and tell you about other services that may be available.



Community Occupational Therapy Team

Telephone: 0161 770 2300 (Option 6).

Address: 140 Union Street, Oldham, OL1 1DZ.

Email: donna.atherton@ageukoldham.org.uk

Disability, mobility and healthcare aids

Age UK Oldham's More Mobile shop provides information, advice, equipment and gadgets that can help older people in the community maintain independence.



The purpose is to promote independence by providing impartial information and expert advice on daily-living equipment and other services available. We have a wide range of factsheets and information and offer practical solutions and basic tips as well as advise what to consider when choosing equipment.



Age UK Oldham More Mobile

Telephone: 0161 622 9266

Address: More Mobile, 5 Barn Street, Oldham, OL1 1LP.

Guide to choosing equipment

AskSARA

AskSARA is an online self-help guide that is useful if you are not sure what items might help you.

Website: <https://asksara.dlf.org.uk/> **Telephone:** 0800 999 0004



Mio Care

Website: https://www.miocare.co.uk/what/miocare_safety.php

Telephone: 0161 770 8777

Alzheimer's Society

Website: <https://www.alzheimers.org.uk/get-support/staying-independent/equipment-adaptations-improvements-home>

Telephone: 0300 222 1122

Living Made Easy

Website: <https://www.livingmadeeasy.org.uk> **Telephone:** 0300 999 0004



Age UK Oldham More Mobile

Telephone: 0161 622 9266

Address: More Mobile, 5 Barn Street, Oldham, OL1 1LP.

Accessible Holidays



Local Respite Care

If you are a carer and you are planning to take a break independently from the person you are caring for you may wish to contact your social worker to discuss respite care.

If you do not have a social worker, you can contact:

Adult Social Services

Telephone: 0161 770 7777 to find out more about respite care in a care home or provision of an in house care package for the person with dementia, while you are away.

Useful Contact Numbers

British Airways Passenger Medical Clearance Unit

Telephone: 020 8738 5444

Email: pmcu.pmcu@ba.com

Website: www.britishairways.com

Advises travelers about whether they consider patients with certain medical conditions to be fit to travel.

Dementia Adventure

Telephone: 01245 237548

Email: info@dementiaadventure.co.uk

Website: www.dementiaadventure.co.uk/contact

Specialises in designing and delivering small group short breaks and holidays for people living with dementia, their partners, family, friends or carer to enjoy together.

Mind for you

Telephone: 07788292938

Email: info@mindforyou.co.uk

Website: www.mindforyou.co.uk

Company that offers supported holidays for people with dementia and their carers together, throughout the UK.

Holidays

National Express Assisted Travel Team

Telephone: 08717 818 179 (24hrs a day, 7 days a week)

Email: DPTH@nationalexpress.com

Website: www.nationalexpress.com



Provides specialist support on coaches across the UK.

Tourism for All UK

Telephone: 0845 124 9971

Email: info@tourismforall.org.uk

Website: www.tourismforall.org.uk

Holiday and travel information service for disabled and older people and their carers.

Revitalise

Telephone: 030 3303 0145

Website: www.revitalise.org.uk

A national charity providing essential breaks for people with disabilities, visually impaired people and carers. Revitalise's centres provide 24-hour care on-call and personal support in a relaxed, holiday environment. They also run specific breaks for people with dementia throughout the year.

Frequently Asked Questions

Yes. Everyone is entitled to make their own decisions. However, there may be a time where you may no longer wish to, or be able to make decisions for yourself and so there are measures you can put in place.

Will I still be able to make my own decisions?

Do I have to tell my family?

No. You have the right to decide who knows about your dementia diagnosis. However, families and friends can be an excellent support system and ensure you get the support you need.

Yes. Many people living with dementia remain in their own home for as long as possible. However, there may be a time in the future where you or your family may wish to consider alternative housing or care options.

Can I stay in my own home?

What benefits am I entitled to?

As everyone's circumstances are different, there may or may not be benefits you are entitled to. Contact **Age UK Oldham** on: **0161 622 9333** to discuss your individual circumstances.

Useful Contact Numbers

Age UK Oldham	0161 622 9333
Alzheimer's Society National Helpline	0300 222 1122
Alzheimer's Society Local	0161 477 6999
Assistive Technology Services	0161 770 3497
Care Quality Commission	03000 616 161
Choosing the Right Care and Support	0161 622 9314
Citizens Advice Bureau	0300 330 9073
Dementia Carers Assessments	0161 622 9309
Dementia Information Support Service	0161 622 9309
DVLA drivers' medical enquires	0300 790 6806
Firwood and District Peer / Carers' Groups	0161 284 2275
Making Space Activity and Social Inclusion	07779 986 673
Mental Health Care Home Liaison Services	0161 716 2165
Oldham Adult Safeguarding	0161 770 7777
Oldham Assessment, Reablement and Recovery Service	0161 770 8246
Oldham Bereavement Support Service	0161 627 8207
Oldham Carers' Centre	0161 770 1188
Oldham Carers' Training	0161 770 8700
Oldham Community Health Services	0161 622 6500
Oldham Community Leisure	0161 207 7000
Oldham Gallery	0161 770 4653
Oldham Helpline and Response Service	0161 770 5189
Oldham Housing Options	0161 770 4463
Oldham Libraries' Support for Dementia	0161 770 8011
Oldham Memory Clinic	0161 716 2792
Oldham Peer / Carer Services	0161 284 2275
Oldham Social Services	0161 770 7777
Saddleworth Carers	01484 845 350
Springboard Peer / Carers' Group	07541 705 009
Welfare Rights Team Oldham	0161 770 6655

Living Well with Dementia Handbook



Any questions?

To discuss your individual circumstances with an advisor you can contact:

Dementia Information, Support & Carers Assessment Service

Telephone: 0161 622 9309

Email: donna.atherton@ageukoldham.org.uk

www.ageukoldham.org.uk

