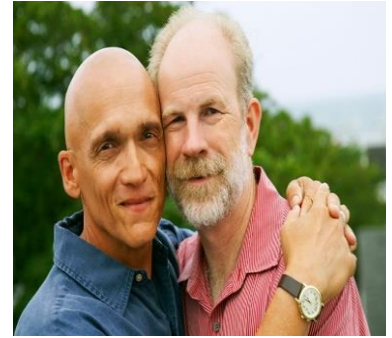


# Living Well with Dementia in Trafford



A guide to local services, activities and support for people living with memory loss in Trafford.





# Contents

Introduction 3

Diagnosing well 4

Supporting well 5 - 10

Living well 11 - 18

Preventing well 19 - 23

Dying well 24 - 27

# Introduction

**This guide includes information about some of the key services, activities and support in Trafford that people living with memory loss and their families or carers may find as a helpful tool.**

It has been produced by Age UK Trafford - Memory Loss Advice Service, MLAS, and brings together information from health, social care, voluntary and faith sector organisations in Trafford, as they continue their work to improve care and support for people living with memory loss.

Everyone's experience of memory loss is different but being prepared and connected to support is important. Inside this guide you'll find out what to expect, practical things you can do, strategies that could help you cope and where to turn for support.

The information is not designed to be an exhaustive list of all services operating in Trafford, as clearly there will be others you may benefit in using.

If there are other services that you think others would like to know more about in future editions of this guide, then contact Age UK Trafford on 0161 746 3944.

All information is correct at the of time of printing December 2023.



# Diagnosing well

**If you're worried about memory loss, it is recommended that you make an appointment to speak with your GP, as early as possible, as a timely diagnosis will enable you to live well with dementia for longer.**

## **At the GP's Surgery**

Your GP will ask you some questions, complete a quick memory test and arrange for you to have some blood tests. If they think you may have memory loss, they will refer you to the Memory Clinic for a specialist assessment.

Your GP will assist you with all aspects of your general health and provide you and your family with information on where you can access specific support in relation to your condition.

Depending on the type of dementia you have, they may prescribe medication. Your GP will review your condition and medication each year, alongside your physical and mental health they will ensure you and your families care and support needs are considered as well. It is important to have the review each year, and so do book one with your GP.

## **The Trafford Memory Service**

If your GP is concerned that you have memory loss, they will refer you to the Trafford Memory Assessment and Treatment service (MATS), for a specialist assessment.

MATS provides a service for Trafford residents aged over 18 years who require assessment, diagnosis and treatment of memory loss.

The service operates 9:00am - 5:00pm, Monday to Friday, excluding bank holidays.

MATS aim to assess people within 6 weeks of acceptance of a referral and deliver a diagnosis within 12 weeks.

**Tel: 0161 357 1740**



# Supporting well

**There is no right or wrong way to react to a diagnosis of dementia. It may seem overwhelming at first, you may feel shocked and worried about the impact it will have on you and those close to you.**

**On the other hand, you may feel relieved you can put a name to what's going on and better understand what's happening. Take your time to process what it means for you.**

**You don't have to go through the dementia journey by yourself, there are several local and national organisations here to help.**

## **Age UK Trafford - Memory Loss Advice Service (MLAS)**

If you have dementia or care for someone who does in Trafford, the memory loss advice service (MLAS) is provided by Age UK Trafford. All service users are referred routinely by MATS but may opt-out if desired.

MLAS provide personalised pre- and post-diagnostic information, support, and advice to help you understand what a diagnosis of dementia will mean for you and your family, and help you prepare for the future.

We provide a dedicated helpline Monday to Friday 9am - 4pm, community drop-ins, information Hub's, activities, newsletters, help with benefit applications and face-to-face advice by appointment.

## **Age UK Trafford - Mild Cognitive Impairment (MCI)**

If you have been diagnosed with MCI, our advisors will keep in touch with you to ensure you are able to manage your condition and help you with information on the latest evidence on preventing or delaying any possible progression to dementia.

Weekly structured support groups providing cognitive stimulation, exercise and the opportunity to socialise with people with the same diagnosis. We also undertake an annual review of your condition and will refer you for a clinical re-assessment if required.

**Tel:** 0161 746 3944

**Email:** [dementia.advisor@ageuktrafford.org.uk](mailto:dementia.advisor@ageuktrafford.org.uk)

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

## Age UK Trafford - Information and Advice Service

Fully trained friendly advisors providing free, independent and impartial advice on a wide range of topics and subjects.

Monday to Wednesday 9:30am - 1:00pm

**Tel:** 0161 746 3940

**Email:** [admin@ageuktrafford.org.uk](mailto:admin@ageuktrafford.org.uk)

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

## Age UK - Silver Line Helpline

The UK's only national 24/7 helpline supporting lonely and isolated older people. They offer a friendly chat, information, signposting, and support on a range of issues affecting older people.

**Tel:** 0800 470 8090

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

## African Caribbean Care Group

Providing a caring and supportive service for older people of African and Caribbean heritage who are residents of Trafford. We are here to ensure the wellbeing of our members offering services at affordable rates, while never compromising on quality and safety.

Monday to Friday 9am – 4:30pm  
Claremont Resource Centre  
2 Jarvis Road, Hulme M15 5FS

**Tel:** 0161 226 6334

**Email:** [info@accg.org.uk](mailto:info@accg.org.uk)

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



## Alzheimer's Society

Trafford dementia support workers offer information and guidance to help you understand dementia, and cope with day-to-day challenges. We offer support to people face-to-face, over the phone or in writing.

**Tel:** 0161 962 4769

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

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

## Alzheimer's Society

The Singing for the Brain group is for people living with dementia and their family, friends, carers. A friendly and social environment which can improve brain activity, wellbeing, and mood. You don't need to be a good singer to join in and benefit. The group is hosted by Alzheimer's Society's skilled, compassionate and experienced group leaders and volunteers.

First and third Fridays 1:00 - 2:30pm

Humphrey Park Community Centre, Humphrey Lane, Urmston M41 9PT

A Dementia Connect support line is also available to get personalised information, support and advice.

**Tel:** 0333 150 3456

## Cyril Flint Befrienders

Cyril Flint is a befriending service covering Trafford. We rely on volunteers to befriend a person on a regular, one-to-one basis. This may be someone who lives alone who has little or no contact from friends and family, and with limited community support.

**Tel:** 0161 942 9465

**Web:** [www.cyrilflint.org](http://www.cyrilflint.org)

## BlueSCI - Mental Health Welfare Rights Support Service

Provides a "one stop" benefits advice and support service for individuals needing support to navigate the complex benefits and welfare system.

**Tel:** 07445 817485

**Email:** [mike@bluesci.org.uk](mailto:mike@bluesci.org.uk)

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

## Citizens Advice Trafford

We can provide advice and information on a wide variety of issues from welfare benefits to employment to faulty kettles and everything in-between. Whoever you are, whatever the problem we will do our best to help you.

**Tel:** Freephone 0808 278 7803

**Web:** [www.casort.org/ca-trafford](http://www.casort.org/ca-trafford)

## Dementia UK

A national charity, committed to improving the quality of life for all affected by dementia. Providing free, confidential advice.

**Tel:** 0800 888 6678

**Email:** [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

**Web:** [www.dementiauk.org](http://www.dementiauk.org)



## Empowered Conversations

The Empowered Conversations course helps people to stay connected with loved ones with dementia. Providing one-to-one online person-centred counselling, coaching support for carers, and social groups.

**Email:** [emmasmith@ageuksalford.org.uk](mailto:emmasmith@ageuksalford.org.uk)

**Web:** [www.empowered-conversations.co.uk/](http://www.empowered-conversations.co.uk/)

## Eventbrite events

Digital and in-person information and training events covering a wide range of subjects. Just use the search bar and enter 'dementia' and your local area or search for events taking place online.

**Web:** [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

## Greater Manchester LGBTQ+ Online Dementia Support Group

Join this support group that meets the first Tuesday of every month 2-3:30 via Zoom. It's a safe and friendly space where you can express yourself and support each other.

**Email:** [kathryn.mellor@lgbt.foundation](mailto:kathryn.mellor@lgbt.foundation)

**Web:** [www.lgbt.foundation/](http://www.lgbt.foundation/)

## Trafford Talking Therapies

Trafford Talking Therapies provides talking therapy for adults of all ages. It is free, confidential, and proven to be effective. Referral is via GP or other healthcare provider or self-referral. We provide talking therapies for those experiencing difficulties with anxiety and depression-based presentations.

**Tel:** 0161 357 1350

**Web:** [www.gmmh.nhs.uk/trafford-talking-therapies](http://www.gmmh.nhs.uk/trafford-talking-therapies)





## The Counselling Family Centre

We help our clients achieve their ambitions through support groups and counsellor led activities such as our allotment project, art club and mindfulness sessions. Counselling charges are based on your annual household income. We also run Café in the Park, a lively venue with its own lounge for community events.

Monday to Friday 9:00am - 5:00pm

**Tel:** 0161 941 7754

**Email:** [altrincham@thecfc.org.uk](mailto:altrincham@thecfc.org.uk)

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

## The Toy House Cream Tea Sessions

On Thursday afternoon we host our Cream Tea Sessions for people ready to meet new friends. Also, suitable for people with dementia and their carers. We also offer a supportive listening ear to all families, carers and professionals.

**Tel:** 0161 746 8185

**Email:** [email@thetoyhouse.org](mailto:email@thetoyhouse.org)

**Web:** [www.thetoyhouse.org](http://www.thetoyhouse.org)

## Tide - together in dementia everyday

Here at tide, we walk alongside carers. Every step of the way. All that we do is grounded in the experience of the thousands of carers we have worked with over the years. We are continually inspired by the courageous people who come forward to add their voice to a growing movement. We see their confidence grow and lives change as carers realise the powerful impact of their voices. Whether you are a current or former carer of someone with dementia, or a professional working with carers, tide is here for you. Let's make the world a better place for everyone living with dementia in the UK.

**Tel:** 0151 237 2669

**Email:** [carers@tidecarers.org.uk](mailto:carers@tidecarers.org.uk)

**Web:** [www.tide.uk.net](http://www.tide.uk.net)

## Together Dementia Support

Activity groups for people living with dementia to meet new people in a fun, relaxed and social setting at The Amani Centre, Moss Lane East M16 7DG. Friendship and Activity Group at Alexandra Park, Whalley Range M16 7JL

**Tel:** 0162 226 7186

**Email:** [admin@TogetherDementiaSupport.org](mailto:admin@TogetherDementiaSupport.org)

**Web:** [www.togetherdementiasupport.org/groups](http://www.togetherdementiasupport.org/groups)

## Trafford Carers Centre

We aim to support both young and adult unpaid carers to recognise their own needs, have their voices heard, help with their physical and mental wellbeing, and ensure they are fully understood, valued, and supported in their caring role. We support carers by phone, face to face meetings (both in person or via Zoom), support groups, activities and events. Our team also provide regular sessions at venues across Trafford providing emotional and practical support including health checks, benefit advice, advocacy, peer support and counselling.

Monday to Thursday 9:00am - 8:00pm  
Friday 9:00am - 4:00pm.

**Tel:** 0161 848 2400 (option 1)

**Email:** [helpline@traffordcarerscentre.org.uk](mailto:helpline@traffordcarerscentre.org.uk)

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



## Young Onset Dementia

Receiving a diagnosis of dementia aged under 65 is relatively rare and information about young onset dementia and age-appropriate support can be hard for people to find.

Our website features information about young onset dementia, life with the condition, as well as a listing of related resources and publications to help you to feel better informed and supported.

**Tel:** 0800 888 6678

**Email:** [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

**Web:** [www.dementiauk.org](http://www.dementiauk.org)

# Living well

Everyone experiences dementia differently and the progression of symptoms will depend on the cause of your dementia and can vary for from one person to another.

Many people live independently long after their diagnosis and live well with dementia. But over time, it can reduce your ability to remember people and places, to care for and make decisions for yourself.

## Developing Strategies

Living well with dementia is achievable and a very personal thing. It's important you find things that work for you, which might take a bit of trial and error. The development of different practical strategies can help you deal with the challenges of dementia.

### ***Communication and behaviour***

Dementia can affect people's communication and behaviour in ways that can be hard to deal with at times. This is all part of the condition, especially as it progresses.

Unusual behaviour may include agitation, rocking, calling out, experiencing hallucinations, or movements like wringing their hands or pulling their clothes.

It can also include aggressive behaviour, both verbal and physical. You may also find that the person loses their inhibitions, self-control or judgement as a result of dementia.

These behaviours are difficult to deal with and can be upsetting. Sometimes you may not feel you're helping, or they may seem angry or upset with you, but just being there and staying calm and patient can be a comfort.

Here are some practical tips that you may find helpful for general communication and handling behaviour that challenges you:

### ***Interacting with others when you have dementia***

Try to make sure others don't take over – they may think they're being helpful by doing as much as possible but do what you can for as long as you can.

Don't be afraid to ask questions, say that you don't understand or have forgotten what was said. Stay in touch with friends and family so you don't become isolated.

If you find conversations between large groups hard to follow, perhaps try to meet just one or two friends at a time.

Carry a help card that can be used to let people know you have memory loss and include the contact details of someone who can help. This can be useful if you need assistance. See Hidden Disabilities Sunflower scheme later in this section.

### ***Speaking with people who have dementia***

Speak clearly and calmly, using simple language and short sentences – even if the conversation is frustrating.

Touch can be very important for people with dementia. A hug, holding hands, or a touch on the shoulder can be comforting and reassuring, even if they may not understand what you are saying.

Avoid testing the person's memory or decision making. It might help to ask questions with 'yes' and 'no' answers.

If their words are not making sense, try to think about what they might be trying to say - look for non-verbal clues such as facial expressions or gestures that might help you understand.

Try not to correct them when they make mistakes. As long as you can understand them, it's sometimes best just to listen and acknowledge.

If they keep asking the same questions, try not to get annoyed or frustrated. If either of you does, try walking away and coming back in a few minutes to see if the situation has calmed.

### ***Around the house***

Making your home safe and comfortable doesn't have to be expensive. Here are some practical ideas that may help you live well.

Follow a routine - doing things at the same time each day or week can reassure you and help stimulate your memory.

Pin notes up in prominent places to remind you of things you need to do regularly, such as locking doors at night or putting out the recycling.

Put important things, like your keys or glasses, in the same place every time so that you know where to find them.

Use simple gadgets, like a clock that shows the date and day of the week, or a pill box with compartments for different days and times.

Good lighting is important because dementia can affect people's ability to understand what they see. Make sure the home is well lit, and let in as much natural light as possible.



## ***Changing relationships***

As a person's dementia progresses, it's likely that your relationship will change. But that won't happen overnight. If you are looking after a parent, you might feel like your roles have somewhat been reversed - but they're still mum and dad. If your partner has dementia, you may find yourself feeling more like a carer and you may even question your relationship at times as a result of certain behaviours or changes in personality. A person with dementia may have more or less interest in sex and intimacy, or the way they express their sexual needs and feelings may change. If you are the partner of a person with dementia, these changes can be difficult to understand and cope with.

For many people living with dementia, physical intimacy continues to be a source of comfort, support, and pleasure for many years. However, some people may experience sexual difficulties. There is no single 'normal' way of dealing with these. It can be a difficult subject to discuss, but you might find it helpful to talk to someone you trust, such as a good friend or family member, your GP or the organisations named in this document.

## ***Benefit Entitlements***

The person with dementia may be entitled to Personal Independence Payment or Attendance Allowance depending on their age and whether they have care or mobility needs - or both.

They won't automatically qualify just because they have dementia. Neither benefit is means-tested so you don't need to worry about their income or savings.

Carer's Allowance is the main benefit for people with caring roles. You may be able to claim it even if you don't see yourself as a 'carer' or live with the person. Just bear in mind that it may reduce certain income-related benefits, such as Pension Credit, that the person you care for can claim.

If you receive State Pension at a higher rate than Carer's Allowance you won't receive Carer's Allowance, but extra money may be added to any means-tested benefits you claim, such as Pension Credit and Housing Benefit.

You could also qualify for reduced Council Tax if you live with someone with dementia. Age UK Trafford can help you with understanding your entitlements and assist you with the completion of benefits applications. You can check with a simple online benefits calculator at:

**Web:** [www.ageuk.org.uk/benefits-check](http://www.ageuk.org.uk/benefits-check)

## ***Dealing with money***

You may already be looking after the finances of the person you care for or if you have dementia, you may be considering what you might have to do in the future. It helps to have all the important documents, like bank statements, insurance policies, wills, and pension details, in a safe place.

## **Utility companies**

Paying household bills by Direct Debit is a simple way to ensure important utilities are paid regularly to make sure all services remain in place. Most companies offer third-party bill management, so as a carer or relative you will be able to talk to the company on behalf of someone else, get copies of bills and arrange payments. You can also ask your provider about being added to their Priority Services Register, which supports vulnerable customers access extra support.

## **Banking**

Joint bank accounts can be useful, but only when both people have mental capacity. If you have separate accounts, the person with dementia could set-up a third-party mandate giving the carer or relative permission to manage their bank account on their behalf. But again, these are only usually valid while they still have mental capacity.

It's a good idea to set-up a Lasting Power of Attorney for financial decisions with the person you care for so you can still look after their finances if they lose the ability to make their own decisions. See the Legal Affairs section.

## **Driving**

If the person with dementia drives, you must by law tell the Driver and Vehicle Licencing Agency, (DVLA), and your insurance company about your diagnosis. This doesn't automatically mean you must stop driving immediately, what matters is that you can drive safely.

**Tel:** 0300 790 6806

**Web:** [www.gov.uk/contact-the-dvla/y/driving-and-medical-issues](http://www.gov.uk/contact-the-dvla/y/driving-and-medical-issues)

## **Help with care**

As time passes, you might find your condition or the person you care for with dementia needs more or different care and attention. Your first step is to ask your local authority for an assessment of your needs, where they will:

- Assess your needs and give advice, whatever your financial circumstances.
- Tell you about local service options and who to contact for advice.
- Give you relevant information if you are an unpaid/family carer.

If the person with dementia is eligible for care and support, social services will agree a care plan detailing what support could help.

They'll then have a financial assessment of their income and savings to see whether they will have to contribute towards the costs.



## Adult Social Care

### General Enquires

**Tel:** 0161 912 5199 **Email:** [adultsocialcare@trafford.gov.uk](mailto:adultsocialcare@trafford.gov.uk)

### Safeguarding Hub:

**Tel:** 0161 912 2820 **Email:** [adultsafeguardinghub@trafford.gov.uk](mailto:adultsafeguardinghub@trafford.gov.uk)

## Hidden Disabilities Sunflower

The Hidden Disabilities Sunflower is a globally recognised symbol for non-visible disabilities. People living with these often face barriers in their daily lives including a lack of understanding and negative attitudes. So, some choose to wear the Hidden Disabilities Sunflower to discreetly identify they may need support, or just a little more time in shops, transport, or public spaces.

**Web:** [www.hdsunflower.com/uk/](http://www.hdsunflower.com/uk/)

## Home Library Service - Age UK Trafford

The Home Library Service is a free service delivering books and audio books, to your home on a regular basis. Aimed at people who cannot get to a library due to health issues or carer responsibilities. The service also acts as a 'well check' visit and can, with your consent, refer you on to more support if needed.

**Tel:** 0161 746 9754

**Email:** [admin@ageuktrafford.org.uk](mailto:admin@ageuktrafford.org.uk)

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

## Housing with Support & Monitoring Equipment – L & Q

We understand that staying independent in your own home is important to you, and our housing and support services are available throughout Trafford. There are 19 sheltered housing schemes and 3 extra care schemes in Trafford, which means you can stay close to your community, family, and friends.

Opening hours: Monday to Friday, 10am to 4pm

Address: Sale Point, 126-150 Washway Road, Sale M33 6AG

**Tel:** 0300 777 7777

**Email:** [contactnw@lqgroup.org.uk](mailto:contactnw@lqgroup.org.uk)

**Web:** [www.lqgroup.org.uk/your-home/landq-living](http://www.lqgroup.org.uk/your-home/landq-living)

Other housing with support providers may operate in the Trafford area.

## Trafford Discharge to Access Service

**Tel:** 0161 549 6930 or 0161 549 6931

**Address:** Meadway Health Centre, Sale M33 4PS

**Web:** [www.traffordlco.org/services/adult-community-services/discharge-to-assess-service/](http://www.traffordlco.org/services/adult-community-services/discharge-to-assess-service/)

### Legal affairs

It can be tempting to be put off talking about legal matters, but it can be very reassuring for you and the person you care for. It can save a lot of stress further down the line, knowing that a plan is in place and the wishes of the person with dementia are clear.

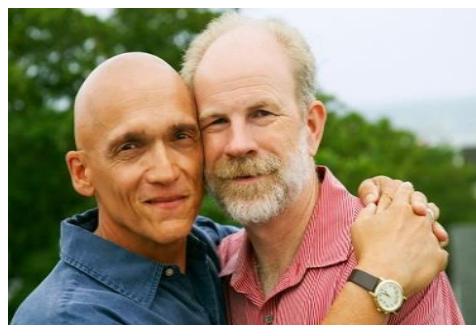
#### ***Wills***

If the person you care for still has mental capacity, talk to them about making a will or reviewing their existing one to ensure it still reflects what they want. This can be arranged with a Solicitor and Age UK Trafford can put you in touch with one in your local area.

#### ***Lasting Powers of Attorney***

If the person with dementia still has mental capacity, they may wish to set-up a Lasting Power of Attorney (LPA). This allows them to appoint someone they trust, (known as an 'attorney'), to make decisions on their behalf. This process can become more difficult and potentially more expensive, if left until someone loses capacity, so it's a good idea to set it up sooner rather than later.

You must register an LPA with the Office of the Public Guardian before it can be used. If the person with dementia loses capacity after they have signed the LPA but hasn't registered it yet, their attorney can still register it.



There are two types of LPA, one covering health and care decisions and another covering financial decisions. The LPA for health and care can only be used when someone has lost mental capacity, while the LPA for financial decisions can be used immediately if the person with dementia prefers. Contact the MLAS at Age UK Trafford for more information.

**Tel:** 0161 746 3944

**Email:** [dementia.advisor@ageuktrafford.org.uk](mailto:dementia.advisor@ageuktrafford.org.uk)

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



## ***Applying for deputyship***

If the person with dementia loses mental capacity but doesn't have an LPA, you can apply to the Court of Protection to be their deputy. As a deputy you can make particular decisions approved by the court on their behalf. It's better to get an LPA in place while the person still has capacity, as applying to be a deputy is a more expensive and lengthy process.

## **Living as an LGBTQ+ person with dementia**

Living with dementia as an LGBTQ+ person can present certain challenges. Some of the symptoms of dementia can mean daily decisions, memories and changes you have experienced in the past have certain implications. You could find it harder to remember who you have told about your sexual orientation or gender identity.

### **LGBT Foundation**

**Tel:** 0345 330 3030

**Email:** [info@lgbt.foundation](mailto:info@lgbt.foundation)

**Web:** [www.lgbt.foundation/](http://www.lgbt.foundation/)

## **Meals on Wheels – ICare Cuisine**

ICare provides a meals on wheels service to meet varying dietary and religious needs - delivered by Community Assistants 365 days a year. For more information and costs call or visit the website.

**Tel:** 0161 339 3090

**Web:** [www.icarecuisine.co.uk](http://www.icarecuisine.co.uk)

## **Community Mental Health Teams**

South Trafford (Altrincham)

**Tel:** 0161 357 1340

North and West Trafford (Sale)

**Tel:** 0161 358 1390



## **Playlist for Life - Age UK Trafford**

Playlist for Life is a music and dementia charity that harnesses the powerful effects of personal music to help anyone who is affected by dementia. Whether it's the music from a first dance, lullabies from childhood or a theme tune from a favourite TV show, music can take us back in time and remind us of our past.

Sharing your songs and memories can help people living with dementia connect with family, friends, and carers. Local Playlist Help Point:



**Age UK Trafford**

**Tel:** 0161 746 3944

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

## **Walking Football - Age UK Trafford**

Football is our national game, beloved of millions, and the walking version is a fun, friendly and safe way of engaging in physical activity for both men and women in later life. It's open to all over 50, whether you've played football before or not. It's great for the mind as well as the body and is a sociable sport.

**Tel:** 0161 746 9754

**Email:** [alison.mckenna@ageuktrafford.org.uk](mailto:alison.mckenna@ageuktrafford.org.uk)

## **Ramblers Wellbeing Walks (formerly Walking for Health)**

All our walks finish with a chance to have a chat and tea or coffee in comfortable surroundings - we believe the social side is just as important as the exercise. Our leaders and walkers are friendly and welcoming - and most of our walks offer a shorter and a longer walk.

**Tel:** 0161 282 8154

**Web:** [www.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-trafford](http://www.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-trafford)

# Preventing well

**There is no one specific method or treatment that is proven to prevent dementia. The good news is that we know there are things you can do to reduce the risk and delay or prevent dementia, thanks to the many studies on risk and prevention.**

**As many of the risk factors that can affect your chances of getting dementia involve your physical and mental health, the best way to reduce the risk is to lead a healthy, balanced lifestyle that takes care of both your body and your brain.**

## **Staying healthy**

The most effective way to prevent dementia is to minimise the risk factors and make healthy lifestyle choices that benefit both your body and brain.

The World Health Organisation, (WHO), guidelines recommend lifestyle behaviours and activities to delay or prevent cognitive decline and dementia - getting regular exercise, not smoking, avoiding the harmful use of alcohol, controlling weight, eating a healthy diet, and maintaining healthy blood pressure, cholesterol, and blood sugar levels.

### ***Brain health***

While there are some risk factors you cannot control, such as age and genetics, reducing the effects of risk factors that can be controlled makes good sense if you want to reduce your risk of dementia.

After all, the brain is one of your most vital organs. It plays a role in your every action and thought. Though you can't see it, your brain needs to be looked after and exercised regularly just like the rest of your body.

By following these tips and strategies, you're not only reducing your risk of dementia, you're also:

- Looking after your long-term brain health.
- Reducing your risk of other cognitive and chronic diseases and protecting your overall health.
- Less likely to develop heart disease, stroke, and diabetes - all risks associated with dementia.

Physical activity also pumps blood to the brain, which nourishes the cells with nutrients and oxygen, and may even encourage the development of new cells. As well, regular exercise helps to reduce stress and improve your mood. Being physically active can reduce these risk factors for dementia:

- Depression.
- Diabetes.
- High blood pressure.
- High cholesterol.
- Obesity and lack of physical activity.

### ***Be socially active***

Staying connected socially helps you stay connected mentally. Research shows that regularly interacting with others may help lessen your risk of developing dementia. Having an active social life also can reduce your stress, brighten your mood and keep your relationships strong. Being socially active can reduce these risk factors for dementia:

- Depression.
- Social isolation, and loneliness.

### ***Challenge your brain***

Just as physical activity improves your body's ability to function, studies show that exercising your brain can help reduce your risk of dementia.

By approaching daily routines in new ways, you engage new or rarely used mental pathways. It can be as simple as dialling a phone number with your less dominant hand or as complex as learning a new language. Remember, the goal is to give your brain a new experience and a workout every day.

### ***Eating and drinking well***

Good food, nutrition and hydration are important for everyone, but we know that eating and drinking can become increasingly difficult as dementia progresses. Healthy dietary choices not only improve your general health, in the long-term nutritious food helps maintain brain function and fight cognitive decline.

Contact your GP for more advice or request a copy of the Eat, Drink and Live Well booklet from:

Age UK Trafford

**Tel:** 0161 746 9754

**Email:** [admin@ageuktrafford.org.uk](mailto:admin@ageuktrafford.org.uk)

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



## ***Delirium and Dementia***

A sudden change in a person's mental state is known as Delirium. It can have a significant impact on the way a person behaves and functions and can lead to increased confusion, disorientation and difficulty concentrating.

It can come on very quickly and occur when someone is medically unwell and caused by infections, pain or dehydration and can be very distressing both for the individual and carers.

Delirium is a treatable condition and may co-exist with dementia. However, it is sometimes difficult to recognise in people with dementia because it has similar symptoms such as confusion and difficulties with thinking and concentration.

Contact the person's GP for an urgent assessment and advice. If a GP is not available and the confusion or disorientation has come on suddenly, contact the duty doctor who, if necessary, will arrange an ambulance.

You can avoid some of the causes of the confusion, like constipation, dehydration and infection by ensuring that the person stays well hydrated and observes hand hygiene.

## **Dementia United**

**Web:** [www.dementia-united.org.uk/delirium/](http://www.dementia-united.org.uk/delirium/)

## ***Make conscious and safe choices***

These common sayings have more relevancy than ever when it comes to making the right choices for your brain health! Our ability to maintain life-long brain health is very much influenced by the choices we make in our daily lives.

Research has found that, next to aging, lifestyle and environmental factors are the most influential factors in determining risk for dementia. Therefore, it's important to protect your body, at any age, for lifelong brain health.

Making conscious and safe choices can reduce these risk factors for dementia:

- Head injuries.
- Hearing loss.
- High alcohol consumption.
- Smoking.

## ***Managing stress***

Experiencing stress is a part of everyday life, but when it persists over time, it can cause vascular changes and chemical imbalances that are damaging to the brain and other cells in your body.

By managing or lowering your stress, you can improve your brain health and reduce your risk of dementia.

Managing your stress can reduce these risk factors for dementia:

- Depression.
- High blood pressure.

## Age UK Trafford - The Balance Programme

The Balance Programme is a specialised strength and balance programme for adults who are at risk of falling or who have a history of falling. Performing these evidence-based exercises that improve strength and balance are important to staying active and reducing their chance of falling.

The exercises include a mix of seated and standing movements and participants are encouraged to practice at home to maximise the benefits.

People can be referred by their GP, health care provider or other services, or self-refer and an initial assessment will be carried out.

## Age UK Trafford - Strength and Balance classes

Formerly known as Healthy Hips and Hearts, Age UK Trafford's rebranded Strength and Balance classes are seated and standing exercise sessions for over 50's, providing opportunities to improve muscle and bone strength, balance, and co-ordination in friendly, relaxed settings.

Sessions are held across the borough in a wide range of community settings. For further information contact Tom Snape.

**Tel:** 0161 672 9642

**Email:** [tom.snape@ageuktrafford.org.uk](mailto:tom.snape@ageuktrafford.org.uk)

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



## Carer - A break from caring

If you are a carer, you might feel you just can't take a break, even if you wanted to, or you might feel guilty for thinking about yourself. Taking a supported break away from caring can give you much needed time out from your responsibilities, allowing you to do things that you want or need to do, like meeting up with friends or go to the doctor.

Think about your options:

- Is there a relative or friend that can step in to give you a break?
- Ask the local authority about respite care.
- Contact the agencies named in this guide, specifically Age UK Trafford and Trafford Carers Centre.

## Day centres

Attending day centres allow you or the person with dementia to socialise with other people. They can offer an important change of scene and routine and enable much needed time to yourself if you are a carer.

Most day centres provide a rich, stimulating environment and a wide range of activities and facilities. Some are suitable for everyone, including someone with mild dementia, while some are specialist dementia care and support centres.

Your local authority Adult Social Care team can provide information and contact details about each centre.

### **Adult Social Care - General Enquires**

**Tel:** 0161 912 5199

**Email:** [adultsocialcare@trafford.gov.uk](mailto:adultsocialcare@trafford.gov.uk)

## Thinking about future care

In the later stages of dementia, the person will become increasingly dependent on others. It's an easy topic to avoid because it's not nice to think about but knowing what to expect can help you both prepare.

Everyone is different, but you may find that as the condition progresses the person's memory gets worse, they struggle to recognise you, or find it harder to communicate or understand things. They may also lose weight, especially if chewing or swallowing are difficult, lose their ability to walk, become incontinent and behave unusually.

This is why setting-up an Advance Decision or Lasting Power of Attorney sooner rather than later is extremely important. That way every effort will be made to care for them in the way they would like.

### ***Advance Statement of wishes***

An Advance Statement allows the person with dementia to record how they would like to be cared for when they can no longer make decisions or communicate their views.

Though not legally binding, it should be taken into account by health and social care professionals who are caring for them. It can cover where they would like to be looked after as their condition progresses and non-medical things like food preferences and beliefs.

### ***Advance Decision to Refuse Treatment***

An Advance Decision is legally binding and lets someone refuse specific treatments in the future, and only applies if they lack capacity to make a decision or communicate their wishes when the time comes.

# Dying well

**Thinking about the end of life can be difficult and we tend to not think about it until we have to. But being well informed can help you consider all your options, plan ahead and start getting your affairs in order. Taking steps now can give you the confidence that your wishes are documented, and that people close to you know what you want, if a time comes when you can no longer make your own decisions.**

## Talking about death

Talking about death with loved ones is difficult but sharing your thoughts with those close to you can make it easier for them to make decisions in the future, so they know your wishes and preferences as you reach the end of your life.

Sometimes family and friends are reluctant to have these conversations because they don't want to think about your death, or they might be worried about saying the wrong thing. It might reassure them if you say it would help you to talk.

There's no right or wrong way to have these conversations but being open and frank can make them easier. Choose the people you want to talk to and share as much information as you feel able to.

If your relatives or friends are still reluctant, try telling them they don't need to talk now, but it's something you would like to discuss at some point soon.

- It's a good idea to choose a time and place where you won't be disturbed or rushed so that you feel you can say everything you want to.
- Give advance notice so the conversations don't take them surprise.
- Don't feel obliged to cover everything in one conversation. It can take time to fully discuss all your wishes and so try not to rush this process.
- It can be helpful to write notes beforehand about what you want to discuss. This will help you stay focused and make sure you cover everything you want to.
- Don't be embarrassed if you get upset. Being honest about your emotions is a good way to let people know that it's okay to show your feelings.



## Thinking about your loved ones

There may be a number of things you would like to share with people before you die, or maybe you want to create something to leave behind. Some people find it helpful to put together a memory box or scrapbook of their life.

It may help to know there are a number of organisations which can offer support and information to your loved ones after you die. The most important thing throughout is to do what feels right for you, when it feels right.

## Cruse Bereavement Care

Our Helpline is run by trained bereavement volunteers, who offer emotional support to anyone affected by grief. We'll give you space to talk about your feelings and how you've been coping. We are completely non-judgemental and won't share what you've told them with anyone else unless you are in danger.

**Tel:** 0808 808 1677 freephone

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

Opening hours: Monday to Thursday 9:30am - 3pm

## Managing your documents and accounts


It can be helpful to gather key documents and keep everything in a safe place, telling a family member or the executor of your will where they are. This makes things simpler for them later on.

Some of the key documents to gather are:

- Birth certificate.
- Passport.
- Driving licence.
- Bank account details and recent bank statements.
- Pension plans.
- National insurance number.
- Your will.

If you use the internet to pay bills, shop online or keep in touch with friends, you should think about what will happen to your digital legacy (your accounts and profiles etc), after you die.

The Law Society recommends creating a personal assets log, which is a list of all your online accounts, along with clear instructions about what you want to happen to each account. For example, social media accounts to be deactivated, or you may want close friends and family to be able to recover sentimental items you have stored online, such as photographs.



If you have an online bank account, your executors can arrange for it to be closed down and claim the money on behalf of your estate. Don't leave details of your passwords or PIN numbers as someone using them after your death could be committing a criminal offence.

For more information on how to better manage your digital legacy and advise on how to ensure your end-of-life wishes are met in both the real world and digital realm, visit the Digital Legacy Association:

**Tel:** 0203 286 6812

**Web:** [www.digitallegacyassociation.org](http://www.digitallegacyassociation.org)

## Thinking about your funeral

Thinking about your funeral can be difficult but giving it some thought and talking about what you would like, finding out about the likely cost and putting plans in place can reassure and make things easier for your family and friends. It also makes sure that your funeral reflects your wishes.

Some of the things you might want to consider:

- Do you want a burial or cremation and will it be a religious service or not.
- Where you would like your funeral to be held and who will be invited.
- What songs or readings you would like and whether you want flowers.
- The clothes you want to wear, and what you would like your guests to wear.

Funerals can be very expensive so you may want to consider setting up a funeral pre-payment plan. These allow you to decide on the type of funeral you want and pay for it in advance at today's prices.

You can find more information from a local funeral director or the National Association of Funeral Directors:

**Tel:** 0121 711 1343

**Email:** [info@nafd.org.uk](mailto:info@nafd.org.uk)

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

## Looking after your pets

If you have pets, you'll want to think about what will happen when you're no longer able to care for them. You may know someone who is happy to help but may not be able to keep them permanently. If you have specific wishes about what you want to happen to your pets, mention this in your will. This will give you peace of mind that your pets will be cared for after you die.

Organisations with the skills and resources to help:

## **Cats Protection**

Offers a free service Called Cat Guardians. It will look after your cat until they find a suitable new owner.

**Tel:** 03000 12 12 12

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

## **Dogs Trust**

Offers a free Canine Care Card Scheme. When you die, Dogs Trust staff will arrange for your dog to be taken to the nearest rehoming centre, where it will be looked after until they can find a suitable new owner.

**Tel:** 020 7837 0006

**Email:** [info@dogstrust.org.uk](mailto:info@dogstrust.org.uk)

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

## **End of life care**

At the moment, dementia isn't curable. While people can live for very different lengths of time and with different experiences following diagnosis, everyone who has dementia will die with the disease - though not necessarily because of it. Coming to terms with this can mean you go through a form of grief, even while the person is still alive. Caring for people with dementia can become harder as their condition progresses. This decline can make it harder to recognise that someone is reaching the end-of-life. If you're looking after someone with dementia at home, speak with your GP about what services could help you care for them at home as their symptoms worsen.

If they live in a care home, ask their GP or care home staff what support would be available to help them die in familiar surroundings of the home and avoid unnecessary admission to hospital.

## **Advance Statements and Decisions**

If the person with dementia has made an Advance Decision to Refuse Treatment or addressed care preferences in an Advance Statement, make sure their GP and care staff know about it. If the person hasn't recorded their care preferences, key health professionals involved in their care can talk to you to ensure these are known, written down and respected.

The document is produced by Age UK Trafford and whilst every care has been taken in compiling the publication, it has not been designed as an exhaustive list of all services operating in Trafford, as clearly there will be others you may benefit in using.