

A Carers Guide

to services for people living with Dementia



Stepping Stones

Advice, Support, Respite Care, Longer Term Care and over 30 years experience available to you from Age UK Wirral.

Help is just a phone call away - SEE INSIDE FOR DETAILS

Help is just a phone call away

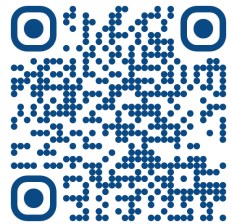
Being a carer is one of the hardest jobs in the world! Let us help. In this booklet you will find a range of Age UK Wirral services which are designed to provide you and your loved one with the emotional and practical support which ensures you both have time to enjoy some of the fun things in life too.

Someone who listens and understands.

There's someone to talk to, someone who will listen, someone who understands. Just one phone call that is all it takes to find someone who appreciates your needs and those of your loved one. They will tell you about the help that's available locally, what you need now to make your life easier and more fulfilling and how to access it quickly.

Take a look at all the services that are available to you, it's just an outline – then please call **0151 482 3456** to discuss what are the next steps for you.

Scan the QR code for referral forms to Dementia Carer Support, Devonshire Days and Active Days.....



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Dementia Carer Support

Life as a carer can be full of challenges, so it is good to know that there is support out there for you. We run our Carer Support Service to help take some of the strain for you, through providing both practical and emotional support.

The help available to you includes:

- **Support for carers** coming to terms with a diagnosis
- **Emotional Support** - as a carer, looking after your loved one at home can put you under tremendous pressure, and we understand that caring responsibilities can be exhausting, isolating, stressful, and worrying
- **Introduction to Carers Groups** – to help build friendships and know there is support there for you
- **We arrange carer's events**, regular coffee corners and carer lunches, soup and sandwich socials
- **Dementia Friendly Screening** - Age UK Wirral supports the monthly Dementia Friendly Screening at the Light Cinema, New Brighton
- **Offer of a Carers Course** - this aims to provide carers with valuable advice and information from experienced professionals
- **Legal Surgery** - held every month, which offers carers the opportunity to gain free legal advice from a solicitor during a 30 minute appointment



“It’s not easy being a carer but knowing that there are others out there going through it with me has helped me get by.”

For further information regarding Dementia Carer Support please contact Carer Support at Age UK Wirral **0151 488 7804**

Active Days

This is a regular group for people with mild to moderate dementia who are at the beginning of their dementia journey. It provides a range of stimulating and enjoyable activities, as well as the opportunity to interact socially, have fun and make friends.

It is designed to maintain skills and memory for longer and improve general wellbeing and happiness. An assessment will be completed prior to starting to ascertain your suitability for this group.

**This group is not subject to
funding from the local Authority.**

Devonshire Days - Day Time Break

Devonshire Days are about what a person can do, not what they can't do.

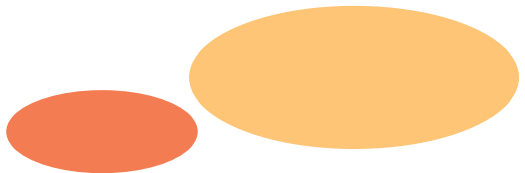
Devonshire Days provide the opportunity for people, including those living with dementia to socialise, enjoy themselves and enhance their health and wellbeing, in a stimulating environment. They also provide a break for carers too; many carers talk to us about how difficult it is to entrust the care of a loved one to someone else, particularly at first. Yet it isn't usually long before our new client is settling in, socialising, engaging in activities or simply enjoying the 'change of scene'.

Devonshire Days includes:

- **Full day & half day** sessions available
- **Sessions catering for people with dementia**, younger people with dementia and people who are frail and isolated
- **Support to promote cognitive ability** through a range of Cognitive Stimulation Therapy exercises and activities
- **Dementia sessions** available Monday to Friday 9am to 4.30pm
- **Specialist sessions** available Monday to Thursday 8.30am to 5.30pm
- **Choice of refreshments**
- **All personal care and support needs** can be met by our fully qualified Devonshire Days Care Navigators
- **A safe, warm and comfortable environment**
- **Venues at both Meadowcroft, Bromborough and at Devonshire Resource Centre, Birkenhead with its Bradbury wing**, purpose built to cater for younger people living with dementia



Devonshire days
are stimulating days



Get in touch and have some 'me time', trust us, your loved one will be well looked after. For further information please call

Devonshire Resource Centre, Birkenhead – **07752 701630**

Meadowcroft, Bromborough – **07514 990684**

Stanhope Court - Residential Care

Our Residential home based in Bromborough has 13 bedrooms, featuring one 'short stay' bedroom, and is registered with the Care Quality Commission. We offer residential accommodation and short term breaks for people with dementia. With a 'home from home' feel, all of our bespoke, ensuite ground floor bedrooms have views of the garden or courtyard, and our small facility ensures a very personal service during your stay.

Each room in Stanhope Court includes all of the facilities to ensure a comfortable stay, including a flat screen TV, easy chair, wardrobe, chest of drawers, nurse call point and individual heating controls.

Meals can be served within guests' rooms or in our dining room, and there are several smaller communal areas where guests can relax or take part in activities. What sets Stanhope Court apart from other Respite Centres is that guests can also choose to take part in a range of activities available in the adjoining Health & Activity Centre, including exercise classes, flower arranging, computer classes and much more.

Our Respite Team is led by our Registered Manager, who oversees our committed care staff all of whom hold relevant, up-to-date qualifications and have Diplomas in Dementia Care. They are all supported by an excellent and friendly team of housekeeping and catering staff.

Stanhope Court is regulated by the Care Quality Commission (CQC). Their latest report is available on our website www.ageukwirral.org.uk or we can send you a summary.



For further information regarding Active Days please contact Carer Support at Age UK Wirral **07903 000470**

About Age UK Wirral

Over 30 years' experience in caring for people with dementia

We understand that choosing the right respite care for a loved one can be a challenging and difficult decision.

We have been working on the Wirral since 1948, so we know a lot about the Borough and the communities that live here. We have been caring for people with dementia since 1984, and with over 30 years' experience, we have a wealth of knowledge and expertise that underpins our excellent reputation in Wirral. Over recent years, we have also built up specific additional expertise around working with younger people with dementia.

Our values:

• Friendly

We treat people with respect and courtesy

• Professional

We treat people with respect and courtesy

• Locally focussed

We treat people with respect and courtesy

• Changing lives

We make a difference through what we do and how we do it

• Person-centred

We make a difference through what we do and how we do it

Our Mission

Age UK Wirral exists to promote the well-being of people throughout the Metropolitan Borough of Wirral, helping to make their life a fulfilling and enjoyable experience.



Your local, independent charity
Registered charity number 1034510