

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.

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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
- **Early Onset Dementia Coffee Corners** specifically for those caring for someone with dementia aged under 65
- **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 482 3456**

Admiral Nurse Service

Age UK Wirral has teamed up with Admiral Nurses to offer specialist support, information and advice to the carers of people with dementia.

How can this service help me?

Admiral Nurses work in partnership with carers, families and people with dementia. The services they offer include:

- **Provide support** to carers, families and individuals with dementia
- **Psychological support** to help understand and deal with feelings and emotion
- **Practical advice**
- **Helping carers** to develop and improve skills in care giving
- **Referral to treatment and support services**
- **Therapeutic, educational and social support carer groups**
- **Guidance** about how appropriate services and sources of support can be accessed in your local area
- **Liaison** with other professionals and organisations to ensure that families obtain coordinated support

For further information regarding the Admiral Nurse service please contact carer support at Age UK Wirral **0151 482 3456**

Reminder Finders

This is a weekly group for people with mild to moderate dementia. It provides a range of stimulating and enjoyable activities, as well as the opportunity to interact socially, have fun and make new friends.

Research has shown that these MCST (Maintenance Cognitive Stimulation Therapy) groups can help people with mild / moderate dementia to maintain skills and memory for longer and improve general wellbeing and happiness.

This is a 12 week MCST programme for those who have memory problems. Anyone waiting for a diagnosis or had a recent diagnosis of dementia can be referred to the service. Our Service Co-ordinator will invite the person and their family to the Devonshire Resource Centre to tell them more and to assess their suitability for the group.

To get the benefit of the full programme it is important they attend all the sessions and advise us, in advance, if they know they are unable to make one week.

The sessions are FREE.
A small contribution will be required towards the cost of a light lunch.



Reminder Finders



COMMUNITY FUND

For further information including start dates and venues please call **0151 488 7804**

Devonshire Days – Day Care

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 Saturday 9am to 5pm, with a late night Thursday until 8.30pm subject to venue
- **Specialist sessions** for people with early onset dementia 8am to 6pm. Available at the Devonshire Resource Centre on Tuesdays, Wednesdays and Thursdays only
- **Choice of refreshments, lunch and tea** (if staying for evening session)
- **All personal care and support needs** can be met by our fully qualified Devonshire Days Support Workers
- **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



Get in touch and have some 'me time', trust us, your loved one will be well looked after. For further information please call carer support on **0151 482 3456**

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 please call **0151 482 3456**

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 are experienced and skilled in what we do
- **Locally focussed**
Our priority is the people of Wirral in their local communities
- **Changing lives**
We make a difference through what we do and how we do it
- **Person-centred**
We provide support tailored to each individual

Our Mission

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



Your local, independent charity
Registered charity number 1034510