



This dementia services directory is meant to help you finding information and support to live well with dementia in Stockport and/or to support family & friends in caring for someone with dementia.

This directory can also be used as a reference for professionals to signpost people with dementia and their carers to the right services.



Stockport Dementia Directory

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Most pages in this directory will have links to websites where you can find further information. You can access these webpages through clicking on the link with your mouse (all text that is underlined and marked in amber are links).

If you need help with accessing or reading the information in this dementia directory, please feel free to contact Stockport's local branch of the Alzheimer's Society (0161 483 4446) or FLAG (For Local Advice & Guidance, 0161 474 1042). They are there for you, to help you finding the information and support you need either for yourself or for somebody else affected by dementia.

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+ What is dementia?

Dementia is an umbrella term

Dementia is a condition affecting the brain. Every person is unique and will experience dementia differently. People with dementia may feel very well and be managing their condition well. Others might feel sad or angry and might find it sometimes difficult to come to terms with the diagnosis.

Symptoms of dementia include:

- Loss of memory, especially short-term memory
- Mood changes
- Problems with communication and reasoning
- Problems with carrying out everyday tasks, disorientation.

Factors affecting dementia symptoms may be for example personality, physical health and the environment.

The symptoms also depend on which part of the brain is affected.

As dementia is progressive, symptoms will gradually get worse. How fast dementia progresses will however depend on the individual.

+ Dementia

There are different types of dementia:

- Alzheimer's Disease

The most common cause of dementia (60%). Protein 'plaques' and 'tangles' develop in the structure of the brain leading to damage of brain cells.

People in the early stages may experience lapses of memory or have difficulty in finding words.

- Lewy Body

Lewy bodies are abnormal microscopic protein deposits in the brain that disrupt the brain's normal functioning causing it to slowly deteriorate. The effects include a degradation of cognitive functioning, similar to Alzheimer's disease, or a degradation of motor control, similar to Parkinson's disease.

- Vascular Dementia

Caused by lack of oxygen supply to the brain due to damage of the vascular system in the brain. Risk factors are high blood pressure, heart problems, high cholesterol, and diabetes. Can occur either suddenly, following a stroke, or develop over time through a series of small strokes.

People may experience problems with concentrating, memory and communication.

- Mixed

Mixed dementia is a condition in which Alzheimer's disease and vascular dementia occur at the same time. Many experts believe mixed dementia occurs more often than was previously realised and that it becomes increasingly common in advanced age.

Contact the local Alzheimer's Society Branch for more information about the different types of dementia or look for their very informative factsheets on

<http://www.alzheimers.org.uk>.

+ Dementia

There are different types of dementia:

- Fronto-temporal dementia

In this type of dementia damage is usually focused in the front part of the brain. Personality and behaviour are initially more affected than memory.

- Korsakoff's syndrome

Korsakoff's syndrome is a brain disorder that is usually associated with heavy drinking over a long period. Although not strictly speaking a dementia, people with this condition experience the same kind of symptoms like memory loss.

- HIV-related cognitive impairment

People with HIV and AIDS sometimes develop cognitive impairment, particularly in the later stages of their illness.

- Rarer causes of dementia

There are many other less common forms of dementia, like Pick's disease. People with multiple sclerosis, motor neurone disease, Parkinson's disease, and Huntington's disease can also be at an increased risk of developing dementia.

Contact the local Alzheimer's Society Branch for more information about the different types of dementia or look for their very informative factsheets on

<http://www.alzheimers.org.uk>.

+ Worried about your memory?

Dementia is not a single illness but a group of symptoms caused by damage to the brain. The symptoms include:

- **memory loss**, such as remembering past events much more easily than recent ones
- **problems thinking or reasoning**, or finding it hard to follow conversations or TV programmes
- feeling **anxious, depressed or angry** about memory loss, or feeling **confused**, even when being in a familiar environment

What to do?

If you are worried about your own memory please visit your GP or if you are worried about someone who is showing the signs above, encourage him/her to visit his/her GP to get an assessment.

See for more information: www.nhs.uk/dementia.

+ Normal ageing vs. Dementia

- Although many people do experience mild and gradual memory loss after the age of 40, severe and rapid memory loss is definitely not a part of normal aging. In fact, many people preserve their brainpower as they get older by staying mentally and physically active and making other healthy lifestyle choices.
 - The most common forms of mental decline (Mild Cognitive Impairment) associated with ageing are:
 - **Slower thinking and problem solving** - The speed of learning slows down; short-term memory takes longer to function; reaction time increases.
 - **Decreased attention and concentration** - More distractedness. All of the interruptions make learning more difficult.
 - **Slower recall** - A greater need for hints to jog the memory.
- Distinguishing between normal memory loss and symptoms of dementia is not always easy and it is therefore important to consult your GP if you worry about your memory.

Typical ageing	Symptoms of Dementia
<ul style="list-style-type: none">■ Complaining about memory loss but able to provide detailed examples of forgetfulness.■ Occasionally searching for words.■ May have to pause to remember directions, but doesn't get lost in familiar places.■ Remembering recent important events; conversations are not impaired.■ Interpersonal social skills are at the same level as they've always been.	<ul style="list-style-type: none">■ May complain of memory loss only if asked; unable to recall specific instances.■ Frequent word-finding pauses, substitutions■ Getting lost in familiar places and taking excessive time to return home.■ Notable decline in memory for recent events and ability to converse.■ Loss of interest in social activities; may behave in socially less appropriate ways.

+ Risk factors

→ follow a healthy lifestyle

There does not appear to be a single cause of dementia. Research to date suggests that a combination of factors affect the overall risk of developing it. You cannot do anything about factors such as your age or genetics but you can make changes to your lifestyle.

Age – this is the most significant risk factor and chances of developing dementia increase with age.

Genetics – this seems to be more significant if you develop dementia under the age of 65. In the majority of cases the significance of inheritance seems small. If a parent or other relative develops it, your own chances are only a little higher than if there were no cases in your family.

Lifestyle - people who follow a healthy lifestyle that protects their heart and blood vessels and who enjoy active and fulfilling lives have been shown to have a lower risk of dementia. Therefore aim to:

- eat a varied diet with plenty of fruit and vegetables
- eat less salty and fatty foods, particularly avoiding those high in saturated fat
- drink alcohol in moderation
- stop smoking
- take regular exercise
- enjoy an active life with plenty of outside interests that exercise body & mind
- get your blood pressure and cholesterol checked.

+ Dementia

and learning disabilities

There is no evidence that dementia affects people with learning disabilities differently to how it affects other people. However, the early stages are more likely to be missed or misinterpreted - particularly if several professionals are involved in the person's care. The person may find it hard to express how they feel when their abilities have deteriorated, and problems with communication may make it more difficult for others to assess change. It is vital that people who understand the person's usual methods of communication are involved when a diagnosis is being explored.

About 20 per cent of people with a learning disability have Down's syndrome, and people with Down's syndrome are at particular risk of developing Alzheimer's Disease

The prevalence of dementia in people with other forms of learning disability is also higher than in the general population.

People with learning disabilities are vulnerable to the same risk factors as anyone else.

The factsheet from the Alzheimer's Society regarding learning disabilities and dementia gives helpful information and further links to relevant organisations:
<http://www.alzheimers.org.uk/factsheet 103>

+ People with Learning Disabilities

supporting strategies

Many practical strategies have been developed to support people with dementia and their carers and these strategies are also beneficial for people with learning disabilities. Examples are:

- by understanding the person's past and personality it will be easier to understand what he/she might be feeling, and to interpret behaviour
- help the person by using visual clues and planners to structure the day and enable the person to have as much control over her/his life as possible
- use visual labels on doors to help the person find his/her way around their home
- try to structure the day so that activities happen in the same order. Routines should be individual and allow for flexibility
- ensure the environment is not too noisy or busy
- a 'life story book', comprising alternative ways of expressing feelings. Photos and mementos from the person's past may be a useful way to help the person interact and reminiscence.

A very useful document for carers and professionals is: 'Supporting Derek' from the Joseph Rowntree Foundation, see: www.jrf.org.uk/supporting-derek

+ Dementia and people from Black and Ethnic Minority (BME) Groups

Overall, the percentage of people affected with dementia is probably the same as within the general population. However, vascular dementia (caused by problems with the supply of blood to the brain) is thought to be more common among Asian and Black Caribbean people because they are more prone to important risk factors for vascular dementia such as cardiovascular disease, hypertension, and diabetes.

Overall, vascular dementia is thought to affect around 22 per cent of people with dementia but we do not know how many people with vascular dementia are from BME communities. Even among people with Alzheimer's disease, signs of damage to the blood supply in the brain can sometimes be observed alongside the other changes caused by the disease. This is sometimes known as 'mixed dementia'.

Early onset dementia (a rare type affecting people under 65) is more frequent among BME people. While just two per cent of people with dementia in the UK have the early onset form, the equivalent rate for people from BME communities with dementia is 6 per cent.

(source SCIE)

+ Information on dementia

information in different languages

The Alzheimer's Society has a large number of factsheets with initial summaries leading to full detailed factsheets on e.g. Alzheimer's disease, Vascular dementia, Dementia with Lewy bodies, Frontotemporal dementia, Creutzfeldt-Jacob Disease, AIDS-related dementia, Alcohol dementia, Head injury and Treatable conditions which may cause dementia-like symptoms. See:

www.alzheimers.org.uk/factsheets

Some of their leaflets are available in Bengali, Chinese, Farsi, Greek, Gujarati, Hindi, Italian, Polish, Punjabi, Russian, Somali, Spanish, Turkish, Urdu, and Vietnamese. [www.alzheimers.org.uk/factsheets in different languages](http://www.alzheimers.org.uk/factsheets_in_different_languages)

Other relevant information can be found in the SCIE research brief on dementia and BME (Black and Minority Ethnic) communities:

www.scie.org.uk/briefing35.pdf

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+ Diagnosing Dementia

- Diagnosing dementia is often difficult, particularly in the early stages. The GP is the first person to consult. The GP may then refer the person being diagnosed to a specialist consultant.
- Assessments can include conversations with the person being diagnosed and those close to them, a physical examination, memory tests and/or brain scans.
- Currently the Mini Mental State Examination (MMSE) is the most commonly used test for complaints of memory problems or when a diagnosis of dementia is being considered.
- Becoming forgetful does not necessarily mean that you have dementia. Memory loss can be an effect of ageing. It can also be a symptom of stress, an infection or depression. In rare cases, dementia-like symptoms can be caused by vitamin deficiencies and/or a brain tumour.

+ Diagnosis in Stockport:

it is important to seek help as early as possible

■ GP



■ Pennine Care Memory Service

Your GP is the best person to go to when you worry about your memory.

Your GP will assess you to rule out other medical conditions affecting your memory and could then, if needed, refer you on to the memory clinic of Pennine Care (the Meadows in Offerton) for further assessments and final diagnosis.

Professionals of the memory clinic will further investigate you and will also gather information from your partner or carer. The memory service will do the following:

- * assessment and diagnosis
- * define the type of dementia
- * in case of Alzheimer's Disease (one of the types of dementia): you can be started on medication to stabilise the development of the condition for a period of time (see also Dementia Treatment Clinic).

+ Why is a diagnosis important?

A proper diagnosis of dementia is essential, in order to:

- rule out other conditions that may have symptoms similar to dementia and that may be treatable, including depression, chest and urinary infections, severe constipation, vitamin and thyroid deficiencies and brain tumours
- rule out other possible causes of confusion, such as poor sight or hearing; emotional changes and upsets, such as moving or bereavement; or the side-effects of certain drugs or combinations of drugs
- have timely access to advice, information, training and support (emotional, practical and financial) from social services, voluntary agencies and support groups for the person with dementia and his/her carers
- allow the person with dementia to plan and make arrangements for the future.

And as drugs for treating different conditions become available, it is becoming increasingly important to identify which type of dementia the person has. For example, drugs are already available to treat some people with Alzheimer's disease and some people with dementia with Lewy Bodies. Although there is no cure yet, medication might stabilise your situation for longer.

+ Getting the most from a consultation

Whether you are attending the appointment for yourself or for someone you are supporting, it may be useful to do the following:

- Write down any questions or worrying signs beforehand to ask the GP or specialist. It can be difficult to remember everything you want to say during a consultation.
- Write down any important points the doctor makes during the consultation.
- Ask a doctor, or any other professional, to explain words or phrases you do not understand.
- Ask a doctor to write down any medical terms, particularly if English is not your first language. You could also ask your doctor if you may record the session.

+ After a diagnosis

The Alzheimer's Society has an informative factsheet: [factsheet 471, After a diagnosis](#) with tips and advice what to do next relating to arranging support, managing your finances, making advanced decisions about your future, continuing driving etc.

If you or someone you are close to is diagnosed with dementia, don't be afraid to seek help from your **GP**, to contact the **local Alzheimer's Society** (for all types of dementia!) on 0161 483 4446, to contact **Signpost for Carers** (0161 4420 442) or seek help from local support groups, if you feel you need it. Services are out there for you, please don't hesitate to use them.

For information about where to get local support and further advice once a diagnosis has been made, see the final part of this directory of services or contact **FLAG** - For Local Advice and Guidance – on 0161 474 1042 or email info@stockportflag.org.uk.

+ Young onset dementia

people under the age of 65 with dementia

Most people think of dementia as a condition affecting older people only. However, dementia can affect anyone. The term 'young onset dementia' is used for people diagnosed with dementia under the 65.

There are sometimes significant age-related barriers for younger people trying to get access to dementia services and the needs of younger people with dementia and their friends and family may differ from older people with dementia.

In many cases, people's fitness, activity and relationships matter as much as their age and diagnosis.

In general, younger people with dementia are more likely to:

- be in work at the time of diagnosis
- have dependent children or family
- be more physically fit and active
- have heavy financial commitments, such as a mortgage
- have a rarer form of dementia.

Younger people with dementia require specialist services able to meet their complex needs. **Pennine Care** therefore has a consultant specialised in Young Onset Dementia and a **Young Onset Support & Information Worker** available to especially meet the needs of people with young onset dementia. Referrals to this service need to go via your GP.

The **Alzheimer' Society** has a dedicated section on younger people with dementia on their website including an online discussion group 'Talking point'. See: www.alzheimers.org.uk/ypwd. Another helpful source might be the following website: www.dementiaweb.org.uk/younger-people-with-dementia.php

In this directory of services you will also find information regarding work, benefits, driving and, children and dementia that may be of help.

+ Treatment

'Dementia drugs' – Alzheimer's Disease

At present, there are no treatments that can reverse the progress of dementia once it has developed.

However, there are drugs that may alleviate some of the symptoms of Alzheimer's disease, for a limited period of time. These drugs (Aricept, Exilon and Reminyl) are known as cholinesterase inhibitors and they prevent enzymes related to Alzheimer's Disease breaking down in the brain. They however don't work for everyone and the medication can give side effects (most common side effects are loss of appetite, nausea, vomiting and diarrhoea).

Between 40%-70% of people with mild to moderate Alzheimer's Disease might benefit of the medication. People taking this medication often report: improvements in motivation, lower anxiety levels, increased confidence, improvements in activities of daily living, memory and thinking.

Another drug, Ebixa is licensed for the treatment of moderate to severe Alzheimer's Disease. It can temporarily slow down the progression of symptoms, including everyday function, in people in the middle and later stages of the disease.

Before prescribing any drugs the GP will refer the person with Alzheimer's Disease on to Pennine Care for further assessment. Pennine Care's **Dementia Treatment Clinic** will initiate the medication. Medication should be reviewed regularly and continued so long as the drug benefits outweigh any side-effects. Stopping the treatment should always be after speaking to the doctor first.

More in-depth information on dementia drugs can be found on the website of the Alzheimer's Society or you can ask the local Alzheimer's Society branch to send you a copy of the information: www.alzheimers.org.uk/info

+ Treatment

Vascular Dementia

People with vascular dementia will be treated for their vascular disease to try to prevent it from worsening. This may involve taking drugs to lower blood pressure (see for medication reminders: www.tabtime.com) and making lifestyle changes. People will especially benefit from a healthier lifestyle by stopping smoking, taking regular exercise, eating healthily, and drinking alcohol only in moderation.

Also visiting specific peer support groups as 'the walk & talk group' from the Alzheimer's Society and the walking groups offered by Age UK Stockport are highly recommended for people with Vascular Dementia. Call the local **Alzheimer's Society Stockport Branch** (0161 483 4446) and/or **Age UK Stockport** (0161 480 1211) for more information.

More in-depth information can be found on the website of the Alzheimer's Society or you can ask the local Alzheimer's Society branch to send you a copy of the following information:
www.alzheimers.org.uk/vascular-dementia

+ Complementary and alternative therapies for dementia

There are high levels of public interest in the various complementary and alternative therapies available today. Many people with dementia, and those who care for them, are interested in using these therapies as alternatives or additions to their conventional treatments. The **Alzheimer's Society** has developed a **factsheet** which explains what complementary and alternative therapies are, outlines several therapies for which there is some evidence of their effectiveness (like aromatherapy, massage, music therapy, acupuncture, light therapy, and herbal therapy) and describes how to access these treatments.

This factsheet only addresses therapies that have an evidence base and does not cover treatments for which there is no clinical evidence of effectiveness in dementia, even if they are widely used.

See for the factsheet: [www.alzheimers.org.uk/complementary and alternative therapies and dementia](http://www.alzheimers.org.uk/complementary-and-alternative-therapies-and-dementia) or call the local Alzheimer's Society Branch for a hard copy of this factsheet (0161 483 4446).

+ Other aspects of treatment

Medication can slow down the progression of dementia for some people but at the moment there is still no cure. Things that may improve the quality of life for people with dementia are:

- taking your prescribed medication (see e.g. for medication reminders: www.tabtime.com or www.pivotell.co.uk)
- eating a well balanced diet
- reducing smoking / alcohol intake
- attempting mental activity
- attempting physical activity
- attending support groups
- discussing symptoms with family/services
- keeping in touch with your GP
- continuing to engage in things that interest you like music, walking, football, gardening, swimming, golf, drawing and reading.

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+ Living well with dementia

Remember that you as a person with dementia or as a carer for someone with dementia are not alone. There is a lot of help and information to support you to live a quality life with dementia.

The **Local Alzheimer's Society** Branch for Stockport and Tameside is probably the best place to start. You can contact their support worker which can together with you look at how best to meet your needs and maintain your quality of life in the coming years (0161 483 4446).

There is also for example the monthly magazine [Living with Dementia](#), which is free to members of the Alzheimer's Society but can also be downloaded for free from the Society's website irrespective of membership. The magazine contains information about advances in research as well as general issues relating to living well with dementia.

(Please note that the Alzheimer's Society is there for carers and people with all types of dementia, not only Alzheimer's Disease.)

+ Living Well

staying active

Staying active is very important to stay fit and keep enjoying life.

There are several peer support networks in which people with dementia and their carers can undertake activities together. The local Alzheimer's Society, Age UK Stockport and FLAG will be able to direct people to the activities that match people's interests and hobbies.

There is also a helpful factsheet regarding traveling and going on holiday:

[www.alzheimers.org.uk/travelling and going on holiday](http://www.alzheimers.org.uk/travelling_and_going_on_holiday)

+ Living Well

tips to help the person with dementia & the carers

- Stay in touch – a visit, a card, a call means a lot
- Focus on what the person still can do
- Do the little things, like cooking a meal, bringing some shopping around
- Offer a listening ear, be there for the person with dementia and their carer
- Learn more about dementia by attending a course ([Stockport Dementia Care Training for unpaid carers](#), 0161 716 4531) and/or read a book about dementia
- Help the person with dementia stay healthy and active, organise an outing
- Do something nice with the person with dementia and give the carer a short break.
- Make a life story book together (see page 30).

+ Driving

- Being given a diagnosis of dementia does not automatically exclude a person with dementia from driving. However, there is a legal obligation to inform the Driver and Vehicle Licencing Agency (DVLA) of the diagnosis. The car insurance company must also be informed immediately. If you do not want to carry on driving you should return your driving licence to the DVLA. If you have a diagnosis of dementia, and do want to continue driving, the DVLA will undertake a medical investigation. The DVLA will ask for your consent for its medical advisors to get reports from your doctor and specialists. You may also need to take a special driving assessment. An assessment will be made of your driving abilities. You will be offered advice recommendations, information and support. The DVLA then has two possible courses of action:
 - It may issue a new driving licence that will be valid for a limited period of one year.
 - If the DVLA considers that you are not fit to continue driving, it will revoke your licence and ask for its return.

For more detailed information please refer to:

- DVLA Drivers Information - [Medical Rules](#)
- Alzheimer's Society Factsheet - [Driving and dementia](#)
- You may also find the downloadable booklet [At the Crossroad](#) helpful, it includes detailed information for a person with dementia and their carers on the topic of safe driving, an example of an 'agreement with my family about driving', monitoring early signs of unsafe driving, and gives alternatives to driving).

Source: www.dementiaweb.org.uk

+ Reminiscence & Life Story Work

Life story books

- Life story work

Is about developing a individual biography which will give the person with dementia the opportunity to tell about his or her life experiences. A life story can be captured in different formats, like a one page profile or more like a photo album and can be used as starting point of personalised care plan and/or can support the person with dementia to keep memories alive.

There are several websites with information on life story work, for example:

www.lifestorynetwork.org.uk/lifestory

[www.dementiauk.org/Guidance for using the Life Story Book Template](http://www.dementiauk.org/Guidance%20for%20using%20the%20Life%20Story%20Book%20Template)

- Reminiscence resources can be bought from websites like:

www.knowmewell.com

www.manyhappyreturns.org

www.dementialife.com

findsignage.co.uk/memory-boxes

+ Reminiscence & Life Story Work

memory boxes

Memory box

Having familiar objects around can be reassuring and can stimulate memory recollection from the distant past. It is a nice reminiscence activity to put a memory box together with the person with dementia. Typical items to put in the box could be photographs of family gatherings, weddings etc. , small toys, pieces of jewellery, tickets/programmes to the cinema/football, tools that were used by the person perhaps in their professional life, items associated with family members like baby shoes/glasses/small items of clothing.

Think of putting in something that has an interesting texture like a toy or some fabric or something that can be held and moved around in the hand or a familiar aroma like a favourite perfume.

Also, sound can be very evocative, so perhaps a recording with favourite music or familiar voices or the sound of a familiar place like the seaside.

Every box will be different and unique and can be brought out either when the person is on their own or when they have visitors. It is a powerful instrument for the person with dementia to share their unique story with others and it will also keep, especially care staff, focused on who the person is – the *me* in *dementia*.

+ Environment

Design can assist people with dementia in their daily living activities. Working with different colour schemes, supportive lighting, avoiding noise, assistive technologies, clear signage to indicate e.g. the bathroom and other aspects in the environment will improve people's quality of life.

The following websites give information on improvements people can make in their home and garden:

www.scie.org.uk/environment

www.dementiacentre.com/environment

[www.nhs.uk/CarersDirect/practical support](http://www.nhs.uk/CarersDirect/practical%20support)

The Alzheimer's Society has an [online shop](#) where household items can be bought like adapted cutlery, clocks, talking watches, and other daily living aids.

Online signage can be printed and laminated via www.dementiacentre.com to mark for example your bathroom door.

+ Support for members of the Lesbian, Gay, Bisexual and Transgender community (LGBT)

For people from a LGBT community some issues can be extra challenging, for example choosing a care home or looking for sheltered accommodation.

On the following webpage of the Alzheimer's Society some advice can be found: www.alzheimers.org.uk/LGBT

+ Going to hospital

An admission to hospital can be a confusing episode for a person with dementia. The Alzheimer's Society has developed a useful brochure called 'this is me' in which information about the person with dementia can be written down. In this way the staff on the wards will be better able to give personal centered care and attention to their patients with dementia.

The 'This is Me' brochure can be downloaded via the following link:

[www.alzheimers.org.uk/this is me](http://www.alzheimers.org.uk/this%20is%20me)

+ Nutrition

Eating well is vital to maintain the health, independence and wellbeing of people with dementia. However, for many people with dementia, eating can become challenging as their dementia progresses. Some lose their appetite or the skills needed to use cutlery, others struggle to chew and swallow or their food preferences might change.

Further information, tips and advice can be found on the website of SCIE: www.scie.org.uk/publications/dementia/eating

or in one of the factsheets of the Alzheimer's Society: [www.alzheimers.org.uk/eating and drinking](http://www.alzheimers.org.uk/eating_and_drinking)

Or visit the online 'Over 65s Healthy Eating' Booklet on: [healthy eating](#)

+ Advanced decision making (1)

A diagnosis of dementia often comes as a shock and can be worrying. But there are things you can organise or do to give you some peace of mind and help you make life easier and enjoyable.

- Discuss plans for the future with the people closest to you. You might want to consider doing some of the following:
 - Write down your wishes for the future
 - Sort out important documentation (bank, insurance, mortgage or tenancy agreements) and your will
 - Consider making an advance decision about forms of treatment you want of maybe don't want in the future
 - Grant lasting powers of attorney
 - Arrange benefits or allowances if you and/or your carer are eligible.

The [Wayfinder Team of Age UK Stockport](#) will be able to help or signpost you with organising the things mentioned above (0161 480 1211) or consult the [Local Citizen Advice Bureau](#) (0844 826 9800).

+ Advanced Decision Making (2)

factsheets

The Alzheimer's Society has several useful up to date factsheets to help you taking advanced decisions:

- [Factsheet 463, Advance decision](#)
- [Factsheet 472, Enduring Power of Attorney and Lasting Powers of Attorney](#)
- [Factsheet 467, Financial and legal affairs](#)
- [Factsheet 413, Benefits](#)
- [Making a will](#)

If you have dementia and live alone it becomes even more important to organise some affairs. The Alzheimer's Society has also a specific factsheet for people living on their own: [Factsheet 107, Living alone](#)

Dementia might affect the ability to look after financial affairs. It is important to take some advanced decisions on this. Make sure that all the important papers are in order, such as your mortgage, insurance, tax details and bank and building society statements. If you can, go through them with someone you trust.

The booklet '[Dementia: Money and Legal Matters](#)' covers these arrangements in more detail. See the end of this booklet for how to get a copy.

Extra money

There are benefits that you may be entitled to, to help you cope with the extra costs of having dementia. If you are of working age, benefits may help to compensate you if you can no longer work. Your social worker can advise on how to apply for them. The local Citizen's Advice Bureau or Age UK Stockport can also advise you on benefits.

Some of the main benefits you might be entitled to include Attendance Allowance, Disability Living Allowance, Income Support, Invalidity Benefit, Council Tax Discount and Benefit and Housing Benefit.

Paying bills

You can save yourself the trouble of remembering to pay bills. You could for example ask your bank to set up direct debits and standing orders for all your regular bills such as gas, electricity, rent, and so on.

+ Staying safe in your own home

equipment and adaptations

Through the Council's [My Care My Choice Website](#) much information can be obtained regarding telecare options that are available to support you living safely in your own home.

Examples are flood detectors, property access sensors, smoke detectors, gas detectors, movement sensors. See also the following factsheet: [www.alzheimers.org.uk/assistive technology](http://www.alzheimers.org.uk/assistive-technology) or the following website: www.atdementia.org.uk for more information. Or read the following [brochure](#) from 'Innovations in Dementia'.

A pendant alarm can be provided by [Care Call](#) (Stockport Homes). This could be an option for people who want to live independently but also want to have the reassurance to get assistance quickly when needed e.g. when having had a fall.

Finally the following [link](#) on the 'my care, my choice website, gives a good list of items to check to ensure your home is safe.

If you have further questions, please don't hesitate to contact Age UK Stockport, 0161 480 1211 or Adult Social Care 0161 217 6029.

+ Communication aids

Helpcards & talking mats

Helpcards for people with dementia

People with dementia and the 'Living with Dementia' development officers have designed and piloted a helpcard for people with dementia to use and carry with them, to maintain their independence. A Helpcard Pack can be obtained by contacting Xcalibre on 01628 529240. It is free of charge. The pack contains copies of the helpcard, a plastic wallet and an information sheet.

Talking mats

Talking Mats is a communication tool developed at the University of Stirling. It involves using a mat and picture symbols to communicate with people who have communication difficulties. Talking Mats provides a framework for involving people with dementia in decision making about issues that affect them, and has been used as part of extensive consultation processes involving people with dementia. See for more information: www.talkingmats.com

General information on communication can be found in the following fact sheet: www.alzheimers.org.uk/communicating

+ Needing more help

If you need more support in your daily living you can contact:

- your GP or social worker
- Age UK Stockport's Wayfinder Team 0161 480 1211
- Alzheimer's Society Stockport
(for all types of dementia) 0161 483 4446
- FLAG –For Local Advice and Guidance 0161 474 1042
- Council's Adults Social Care Contact Centre 0161 217 6029
- Signpost for Carers 0161 442 0442

All these organisations can help you arranging the care you might need at this moment or support you in anticipating on your future needs.

+ Day activities

Day services / weekend day centre / day activities

Age UK's 'Step out' program offers a range of dementia friendly peer support, day activities, and day center services. The services vary in level of support, offer a variety of activities and are located at different venues across Stockport. Please call Age UK Stockport for more information: 0161 480 1211.

ESMI Weekend Day Centre provides day care for people with dementia. The highly valued service is operated from Whitehill Resource Centre in South Reddish. The centre is open on Saturday and Sunday from 9am – 4pm. Please call for more information 0161 483 5612 or email esmiweekenddaycentre@gmail.com. The service can accommodate support with medication, special diets and personal care needs.

Alzheimer's society activities. The Alzheimer's Society offers a variety of peer support activities either for the person with dementia or for the person with dementia and their carers. Please call 0161 483 4446 for an up to date program of walk & talk groups, activity groups and life story activities.

Some facts:

- Anyone can make a referral to the services mentioned above.
- Transport can often be arranged.
- A variety of services are available for people with dementia in all stages of their condition.

+ Housing options

Extra Care Housing

In Stockport we want to support people with dementia and their carers to remain independent and live well in the community for as long as possible.

Extra care housing can help to achieve this. Extra care housing provides self-contained accommodation usually for older people with care and support available 24 hours a day. Stockport currently has extra care schemes in Edgeley, Reddish and Marple. New schemes are in development and the Council is making every effort to make these new developments dementia friendly.

The extra care housing schemes are available to either home owners or people renting, following a social work assessment. Allocations are made via a panel.

For further information please visit the Council's Adult Social Care Website www.mycaremychoice.org.uk and follow the care homes and housing choices link, sheltered and supported housing page or call Stockport Adult Social Care Team on 0161 217 6029.

+ Choosing a care home

- Deciding to move to a care home can be a difficult decision.

Age UK Stockport recognises this and offers people support in finding the right place for the person with dementia. Feel free to ask their 'Support for Access to Care' service to assist you in finding the right home for you or your loved one. You can contact Age UK Stockport on 0161 480 1211.

There is also information online to support you in making the right decision in finding the care home of your choice:

www.ageuk.org.uk, including a checklist www.firststopcareadvice.org.uk.

Did you also know that other housing options might suit your situation, for example adaptations to your home, retirement accommodation, sheltered accommodation, or extra care housing?

Please refer for more information to the 'my care, my choice' website of the local authority: www.mycaremychoice.org.uk

or call the Council's Contact Centre on 0161 217 6029 (Minicom 0161 217 6024).

Or look online at Age UK's list of options: www.ageuk.org.uk/housing-choices

+ End of Life

SCIE offers a very useful information resource regarding people with dementia in the end stage of their life.

See: www.scie.org.uk for information on:

- Eating and drinking
- Pain management
- Last days of life
- Carers' needs.

+ Part 4: Carers

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+ Information for Children

young carers

Info About Dementia

If you are a child or young person / teenager looking for information about dementia, then try checking out these links:

- [The milk's in the oven](#) a new online or print off booklet to help younger people understand dementia
- [Kids & teens](#) - resources for kids and teenagers about Alzheimer's.

Young Carers

Are you under 18 and helping to look after someone who has dementia? That makes you a Young Carer, even if someone else does more for that person than you do. Your mates at school might not always understand what life's like for you, so sometimes it can help to meet up with other Young Carers. You might also want to check out the [Young Carers website](#) or contact our local service: [Signpost for Young Carers](#), 0161 947 4690.

Explaining to Children

You may wonder how to explain about dementia to children. The Alzheimer's Society factsheet [Explaining to children](#) gives some tips on how to address this.

+ Looking after your self

Help for carers

To be able to look after the person you care for, it is very important to ensure that carers get the support they need. Carers' needs can vary from financial, emotional, social to health related needs.

Some helpful guidance can be found by following the links below:

www.alzheimers.org.uk/maintainingeverydaylife

<http://www.dementiaweb.org.uk/support-for-carers-and-family>

and in the booklet 'Who cares?' that can be downloaded through the following link: www.dh.gov.uk/who_cares

The local organisation that can help you in finding the support and advice you need is **Signpost for Carers**: 0161 442 0442. Don't hesitate to contact them. Also our local Alzheimer's Society Branch will be able to provide information and support: **Alzheimer's Society Stockport & Tameside**: 0161 4834446.

Stockport Dementia Care Training runs specific training courses for people caring for someone with dementia. Not only offer these courses a valued resource of information and advice for carers, it also offers people peer support. For information or to book a place on the next course (free of charge), please contact: 0161 716 4531.

+ Courses for carers in Stockport

- **Stockport Dementia Care Training** runs specific training courses for people caring for someone with dementia. Not only offer these courses a highly valued resource of information and advice for carers, it also offers people peer support. For information or to book a place on the next course (free of charge), please contact: 0161 716 4531.

- **Stockport Metropolitan Borough Council & the Carers Centre** in Heaton More run courses for unpaid carers to support them in their carer's role.

Topics covered are moving and handling, food, assistive technology – safe at home, relaxation techniques for carers, first aid, aroma therapy and massage to use on family and friends, safeguarding, benefits advice, and computer skills.

All courses are free for unpaid carers.

Call for more information: 075 2738 7374 or look on the website:

[www.stockport.gov.uk/training for unpaid carers](http://www.stockport.gov.uk/training-for-unpaid-carers) or contact

Signpost for Carers on 0161 4420 442.

+ Activities

helping someone maintaining everyday skills

- Maintaining everyday skills is really important for people with dementia. The Alzheimer's Society has a factsheet for carers on how to support people with dementia to continue to take part in everyday activities, see: [www.alzheimers.org.uk/maintaining everyday skills](http://www.alzheimers.org.uk/maintaining-everyday-skills)
- Alzheimer's Scotland developed a helpful booklet for carers who look after someone with moderate to severe dementia and who want some help with planning of activities. See: www.alzscot.org/pages/info/activities.htm

+ Activities

Continue reading – maintain skills

All libraries in Stockport provide a collection of **self-help material** including books, videos, cassettes and dvd's relating to subjects such as dementia. Stockport Libraries provide:

- Books, tapes, DVDs Information, Self-help booklets
- Free internet access
- Reading groups (including Read yourself Well groups helping bring meaning & understanding into your life by discussing literature & Poetry)
- Family activities, support group contacts
→ No appointment, no waiting, no charge, no hassle! To find out more, visit or contact your local library. www.stockport.gov.uk/selfhealthatyourlibrary

Stockport Libraries also provide a **Home Library Service**: based on your personal reading profile the library will bi-weekly bring and collect a box with box from your own home. See: www.stockport.gov.uk/morelibraryservices/ or phone 0161 474 5600.

Some **tips** from the EDUCATE group on reading:

- make a brief summary of every chapter
- make a list of main characters
- try a short story rather than a book with a complicated story line
- try an audio book.

+ Carers Checklist

Stockport

Stockport Metropolitan Borough Council's has published an useful 'Carers checklist' with all local support available for carers in Stockport on the following topics:

- Carers assessment
- Emotional Support & Stress Management
- Time off, respite
- Help with transport
- Financial Issues & Benefits (www.stockport.gov.uk/benefitsforcarers)
- Support from Social Care
- Training
- Practical help
- Health
- Emergencies
- List with useful contacts

See www.stockport.gov.uk/carerschecklist for the document or call the department 'staff development' 075 27 38 7374 for a paper copy of this handbook.

+ Breaks and respite

Providing a break from the pressures of caring is a vital part of supporting quality of life for both carer and the person being cared for. There are a number of organisations in Stockport that can provide services to help you to take some time off from your caring role. They offer information, advice and one-to-one or group support to carers and can act as a gateway to other services that can help carers to get the help and support they need. There are a wide range of carers breaks services in Stockport including:

- Sitting services that could include somebody to 'sit' with the person you care for, to enable you to have some time for yourself in the daytime or evening.
- A shopping service that supports you and the person you care for to go on shopping trips.
- Group meetings with other carers or organised activities.
- Grants to pay for things like gym membership, relaxation treatments, sports tickets or outings to the theatre, or longer holidays with or without the person you care for.
- Additional support for the person you care for when you go away.

Adult Social Care Stockport & Signpost for carers can also support carers in arranging some respite care or a carers break

Signpost for Carers: 0161 4420 442

Adult Social Care: 0161 217 6029 - see also www.mycaremychoice.org.uk

During specific weeks, Vitalise – www.vitalise.org.uk organises breaks for the person with dementia and their carers. (0303 303 0145)

+ Behaviour that Challenges (1)

introduction

If you are close to someone with dementia, there may be times when you are faced with behaviour that can be confusing, irritating or difficult to deal with like: repetition, wandering, shadowing, night-time waking, restlessness, aggressive, shouting and screaming, sexual inhibition, suspicion, agitation, apathy and resistance. This can be very distressing for you and can make you feel exhausted.

On page 61 you will find a link to several factsheets in which you can find useful information about challenging behaviour and some advice and coping strategies. Below follows some general advice and an overview of local support that is available to you and the person with dementia you are caring for.

+ Behaviour that Challenges (2)

assessment

It is important to think about what might cause challenging behaviour. Some of the first things to consider are the following aspects (a '**PAIN**' assessment):

- **P** **Physical problems** e.g. infection, pain, constipation, dehydration (think delirium!), sensory impairment, depression, hunger
Psychotic symptoms: delusions / hallucinations

- **A** **Activity related:** dressing, washing
Activities: lack of activities / overstimulation
Attitude of others: rushing, startling, ignoring, 'doing to' instead of explaining what you want and doing it together

- **I** **Iatrogenic:** e.g. side effects of drugs or medication toxicity

- **N** **Noise or other environmental factors** like lighting, signage, colours, and behaviour of others

It is in this assessment especially important to remember the person: the 'me' in de**M**Entia and include in the assessment questions like: profession, hobbies, family circumstances, and cultural background of the person with dementia.

+ Behaviour that Challenges (3) management (1)

Action 1: Ensure the environment doesn't cause stress

Interventions in the environment:

- Moderating noise and other levels of stimulation
- Increasing signage and access to toilets (different coloured toilet seats, clear signage)
- Ensuring the surroundings are well lit
- Improving time orientation (e.g. prominent calendar and clock in the room)
- Making the environment as 'home-like' and reassuring as possible and keep things in the same place
- Small scale group living
- Any measure to reduce stress levels
- If possible, consistency of caregivers and other staff.

+ Behaviour that Challenges (4) management (2)

**Action 2: keep people active and occupied during the day in a positive way
(see also page55)**

Exercise / Walking

- E.g. walking, swimming, gardening, dancing, playing bowls

Mental Stimulation: keep the person active and occupied

- E.g. games, reminiscence, 'rummage' box with interesting objects to touch

(Meaningful) Group Activities / peer-support

- E.g. singing, art & craft, gentle exercise, life story work, reminiscence

Maintaining routine

- Help people with dementia to keep their skills by involving them in daily activities like cooking, laying the table.

Life story work / memory box

- Getting to know people and engaging with them through positive memories.

+ Behaviour that Challenges (5) management (3)

Action 3: provide a relaxed and safe atmosphere

■ **Music / multisensory stimulation**

Relaxation and positive mood through music / lighting / snoezelen

→ **Age UK Stockport** runs a weekly singing group

■ **Pet assisted therapy**

■ **Massage**

■ **Aromatherapy (lavender)**

→ **Stockport Metropolitan Borough Council** offers free training for unpaid carers in massage and aroma therapy

([www.stockport.gov.uk/training for unpaid carers](http://www.stockport.gov.uk/training-for-unpaid-carers))

+ Behaviour that Challenges (6) management (4)

Action 4: ensure people feel well

■ **Use of the toilet**

Prompt the person with dementia to go to the toilet, place clear signage, and ensure that the person wears clothes that are easy to manage.

■ **Adequate diet**

Ensure that the person with dementia eats well and drinks enough.

■ **Clothes**

Ensure people wear comfortable clothes which don't irritate.

■ **Night-time support**

Ensure for example that the person has enough exercise during the day, that the room is lit appropriately (no dark shadows), a warm milky drink before going to bed, clock, dark curtains. Discourage daytime sleeps.

+ Behaviour that Challenges (7)

tips for communication

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Key tips in dealing with challenging behaviour are:

- 1) Don't take the behaviour personally
- 2) Find ways to react to challenging situations
- 3) Work out what triggers the behaviour
- 4) Tackle the triggers
- 5) Take time to deal with your own feelings & seek support.

While managing challenging behaviour it is also important to think about your communication:

- tell the person you are caring for what you are going to do
- try to understand and acknowledge the person's feelings and reassure them that they are safe and loved
- try to distract the person's attention in a positive way
- try to have patience and try to be reassuring
- avoid harsh facts
- check if the person is comfortable
- try to put yourself in the person's situation
- try to understand what the person is trying to communicate (lifestory work can help in getting to know the person and engage with the person in a meaningful way).

Caring for someone with a dementia can be challenging. We would therefore like to encourage you to seek help locally. It can be really beneficial to share for example your experiences with somebody else in the same situation or to regularly organise a break to have some time for yourself. Contact [the local Alzheimer's Society](#), [Age UK Stockport](#) or [Signpost for Carers](#) for help.

+ Behaviour that Challenges (8)

resources

The Alzheimer's Society has several very informative factsheets which are accessible online: www.alzheimers.org.uk:

- 'Unusual behaviour, carers' advice sheet 525: www.alzheimers.org.uk/factsheet/525.
- 'Dealing with aggressive behaviour', factsheet 509, www.alzheimers.org.uk/factsheet/509.
- 'Hallucinations in people with dementia', factsheet 520, www.alzheimers.org.uk/factsheet/520
- 'Coping with incontinence', factsheet 502, www.alzheimers.org.uk/factsheet/502.
- 'Moving and walking about', factsheet 501, www.alzheimers.org.uk/factsheet/501.
- 'Sex and dementia'. Factsheet 514, www.alzheimers.org.uk/factsheet/514.
- '[Food for thought: finger food ideas](#)'. Factsheet with advice regarding eating.
- 'Keeping active and staying involved', Factsheet 505, www.alzheimers.org.uk/factsheet/505.

The [Alzheimer's society's national website](#) has also an online forum 'Talking Point' where you can read about how others are experiencing their carer's role and where you can share your story or ask for advice. There is also a telephone helpline: [0845 300 0336](tel:08453000336).

The [local Alzheimer's Society branch](#) has support workers who can provide you with information, practical help and advice, or can offer you a listening ear. They also run local peer support networks: a welcoming setting where you and the person you care for, can meet others in the same situation while for example having a walk or enjoying lunch. Please contact the local branch for more details (0161 483 4446).

+ Pain management

Pain can be under diagnosed and be a reason for people's behaviour or mood change.

The university of Manchester has developed a helpful factsheet with information how to recognise and treat pain for people with dementia. The factsheet refers to:

- Common causes of pain
- Consequences of not treating pain
- Detecting whether someone is in pain
- Treating pain in people with dementia

See: http://www.pssru.ac.uk/Pain_factsheet.pdf

A specific resource regarding pain and people with a learning disability and dementia can be found on: www.jrf.org.uk

And finally, it might be important to also take pain caused by dental problems in consideration: www.alzheimers.org.uk/dental_care_and_dementia

+ Support and Information

Stockport – Local information

Alzheimer's Society	0161 483 4446	(info, support, advice)
AGE UK Stockport	0161 480 1211	(support, finance, activities, legal, safety, counselling)
FLAG	0161 474 1042	(local advice and support)
Signpost for Carers	0161 4420 442	(support, advice, breaks, counselling)
Signpost for Young Carers	0161 947 46 90	(family liaison, home work support, activities, school liaison, counselling and one to one support)
Stockport Metropolitan Borough Council – contact centre	0161 217 6029	(home care, telecare, safety, benefits, respite care, care homes Extra care housing)
Continence Service	0161 426 5370	(advice, info, support)
Stockport Dementia Care training	0161 716 4531	(training for unpaid carers)

+ Part 5: Useful contacts and links

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+ Useful websites (1)

national

Alzheimer's Society - www.alzheimers.org.uk - factsheets, online forums, information helpline, wide range of over **80 free factsheets** on all aspects of dementia.

Alzheimer's Research UK's website - www.alzheimersresearchuk.org - provides information on dementia for the general public and professionals, for example information on causes, symptoms and the treatments available.

SCIE: dementia gateway (information, e-learning modules on several topics important to people with dementia and their carers) - www.scie.org.uk
See especially the session on 'difficulties' of Buz Loveday: www.scie.org.uk

NHS Choices – understanding dementia: www.nhs.uk/Conditions/Dementia

Parkinson's UK - www.parkinsons.org.uk

Pick's Disease Support Group - www.pdsg.org.uk (including frontotemporal dementia, alcohol-related dementia and Lewy bodies)

Dementia Care Centre (information) - www.dementiacentre.com

Dementia Services Develop Centre (information, training, design and technology) - <http://dementia.stir.ac.uk>

Stroke association - www.stroke.org.uk

+ Useful websites

local

- **Disability Stockport:** www.disabilitystockport.co.uk, information, advice, counselling, advocacy
- **Age UK Stockport:** www.ageuk.org.uk/stockport
- **Stockport Metropolitan Borough Council – My Care My Choice:** www.mycaremychoice.org.uk
- **FLAG** – for local advice and guidance - www.stockportflag.org.uk
- **Easy Go Transport** - easygoct.wordpress.com
- **Stockport CP** – learning disabilities www.stockportcp.co.uk
- **Citizen advice bureau:** www.citizensadvice.org.uk, for legal and money issues

+ Useful websites

carers

Carers UK – useful information for carers including a specific dementia forum - www.carersuk.org

Carers Direct – information, advice and support, young carers, caring and work, legal support, own wellbeing - www.nhs.uk/carersdirect

'Carers checklist', see www.stockport.gov.uk/carerschecklist or call 075 27 38 7374 for a paper copy of this useful handbook.

Stockport Signpost for Carers, see: www.signpostforcarers.org.uk for carers support, breaks, respite, wellbeing, factsheets.

Care Call, www.stockporthomes.org - local personal alarm system

Stockport Care Schemes, www.stockportcareschemes.org.uk - for transport, befriending, helping the housebound, carers breaks

Stockport Carers Alert Emergency card, plan ahead for emergencies: www.mycaremychoice.org.uk/emergency

+ Main local telephone numbers

- Alzheimer's Society Stockport
(for all types of dementia) 0161 483 4446
- Age UK Stockport 0161 480 1211
- FLAG –For Local Advice and Guidance 0161 474 1042
- Council's Adults Social Care Contact Centre
(home care, day services, home support, housing, telecare) 0161 217 6029
- Citizen Advice Bureau 0844 826 9800
- Stockport Advice and Welfare Rights 0161 474 3093
- NHS Stockport 0161426 5000
- Pennine Care 0161 419 6050
- NHS Foundation Trust (Stepping Hill) 0161 483 1010

+ Main local telephone numbers

carers

- Signpost for Carers 0161 442 0442
- Stockport Care Scheme 0161 476 2812
- Stockport Dementia Care Training 0161 716 4531
- Stockport Crossroads 0161 905 1986
- Council's training for unpaid carers 075 27 387374
- Council's Adults Social Care Contact Centre
(carers assessment) 0161 217 6029
- Oasis for Carers 0161 292 7270
- Age UK Stockport 0161 480 1211

+ Reading List

The Alzheimer's Society has collated a list of its most popular publications:

- *Caring for the person with dementia* is a practical, hands-on guide to coping with dementia. It deals with topics ranging from the impact of caring, to understanding the person and getting support. To order, send a cheque for £7 to the Alzheimer's Society, Devon House, 58 St Katharine's Way, London E1W 1LB, with your name and address.
- *The Alzheimer's Society's book of activities*. The use of activities can significantly improve the quality of people's lives. This 160-page book contains tried and tested ideas and explains how to set up an activities programme. It costs £24.99 inclusive postage and packing costs. To order a copy, call Netpack on 017 3636 0036.
- *I'm told I have dementia* is a free publication written for people with dementia. It contains sections on finding support, driving, living wills, and telling other people about dementia. To order this free publications, call 017 5382 4007.
- *The Memory Handbook* is a free practical guide to living with memory problems. It concentrates on what people with dementia can do to manage their memory loss. To order this free publications, call 017 5382 4007.

Also useful reading could be:

- *Dancing with dementia* has been written by Christine Bryden, who has dementia. It is a story about living positively with dementia. The publisher is Jessica Kingsley, and ISBN number is 1843103325.
- *Dementia - Alzheimer's and other Dementias* will help readers how to recognise the symptoms of dementia, and how they can be treated. It is published by Class Publishing. The ISBN number is 1859590756.
- *Finding the right care home: a step-by-step companion* written by Rosemary Hurtley and Julia Burton Jones. Age Concern. The ISBN is 978-0-86242-428-2.

+ Disclaimer

This directory of services couldn't have been developed without the support of Alzheimer's Society's volunteer Mrs A. Wake. Also grateful thanks to the Community Mental Health Team – Pennine Care NHS Foundation Trust - for their support with collating the information in this document.

This directory is a working document. It will be updated quarterly.

The document is accessible through the following websites:

- Stockport Clinical Commissioning Group
- NHS Stockport
- FLAG
- Stockport Borough Metropolitan Council

Please email Nicole Alkemade for your feedback or in case you think information is missing, not presented correctly or if you have other information on dementia that might be valuable to share with others (nicole.alkemade@nhs.net).