

# Dementia Resources

## Information, services and support

January 2017



**NHS**  
*Brighton and Hove  
Clinical Commissioning Group*

**DAA** Dementia  
Action Alliance

## Resources

This leaflet is an excerpt from TDC's Dementia Friendly Guide. We have re-produced the 'Resources' section from the guide for easy use (please be aware that the list is not exhaustive and details can go out of date however).

For information on the full guide, please contact [Sue Sayers](#) at TDC – see the back cover for contact details.

## Dementia Friendly Guide for Community Groups

[The Trust for Developing Communities](#) (TDC) developed a Dementia Friendly Toolkit with community groups and organisations in 2014, funded by Brighton and Hove Clinical Commissioning Group. The Guide was developed by asking people with dementia and memory loss and their carers and local organisations "What would a dementia friendly community look like?" Based on their ideas, we worked with community groups to develop and pilot a toolkit. We used their recommendations and case studies in the Guide.

This Guide is relevant to all of us. Your community, someone you know or some of you, are likely to face the challenges of dementia and memory loss.

There are around 800,000 p in the UK with dementia. It mainly affects people over the age of 65. One in 14 people in this age group have dementia. It is likely that this figure has been underestimated, as many do not have a diagnosis. The real number may be up to three times higher. (Alzheimer's Society Fact Sheet). How others respond to the person with dementia, and how supportive or enabling the person's surroundings are, greatly affect how well someone can live with dementia.

The Guide was updated by TDC in December 2016, as part of the work of the Brighton and Hove Dementia Action Alliance.

## Brighton and Hove Dementia Action Alliance

Following on from the local Joint Needs Assessment undertaken in 2014, the Brighton and Hove Dementia Action Alliance (DAA) has now been formed and has 6 main objectives:

1. Brighton and Hove achieves recognition as a Dementia Friendly Community
2. Dementia Awareness is raised significantly within Brighton and Hove
3. Sustainability is built into the service model through the creation of community links / forums / groups
4. Increased health and wellbeing of people with dementia and their carers
5. Reduced social isolation of people with dementia and their carers
6. People with dementia and their carers experience significant improvements in their experience of living in Brighton and Hove

For further information, please contact the Brighton and Hove Dementia Action Alliance coordinator based at Age UK:  
Matthew Moors [DementiaA@ageuk-bh](mailto:DementiaA@ageuk-bh)

## Finding Out More about Dementia Services

**The Alzheimers' Society** provides a range of support for people with dementia and their carers in Brighton and Hove.

Tel: 01273 726266; Email: [brighton-hove@alzheimers.org.uk](mailto:brighton-hove@alzheimers.org.uk)  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk) or [alzheimers.org.uk/branchwebsite/brighton](http://alzheimers.org.uk/branchwebsite/brighton)

**Home Support and Care Service** provides specialist one-to-one support. Charges may apply. Telephone: 01273 726266

**Memory Assessment Service** provides assessment, diagnosis and support via Dementia Advisors and Community Mental Health Nurses. It is accessed through the GP. This is a partnership with Brighton Integrated Care Service (BICS) and the Carers Centre.

**Sussex Helpline Service:** Tel: 01403 213017.

**National Dementia Helpline:** Tel: 0300 222 11 22.

**Talking Point online:** [forum.alzheimers.org.uk/index.php](http://forum.alzheimers.org.uk/index.php)

**Live Online Advice Service:** [helpline@alzheimers.org.uk](mailto:helpline@alzheimers.org.uk)

**Age UK** provides a range of services and information

[www.ageuk.org.uk/health-wellbeing/conditions-illnesses/dementia/help-and-support7](http://www.ageuk.org.uk/health-wellbeing/conditions-illnesses/dementia/help-and-support7)

**Age UK Brighton & Hove** provides a variety of services for local older people in the Brighton & Hove area, including Information & Advice.

[www.ageuk.org.uk/brightonandhove](http://www.ageuk.org.uk/brightonandhove)

**Mind** provides a range of information on services for older people with dementia, including the Living Well with Dementia Service.

[www.mindcharity.co.uk/advice-information/mental-health-services/services-older-people](http://www.mindcharity.co.uk/advice-information/mental-health-services/services-older-people)

The Trust for Developing Communities – Dementia Resources

**Dementia UK** provides Admiral Nurses, specialist dementia nurses who give practical and emotional support to families affected by dementia. [www.dementiauk.org](http://www.dementiauk.org)

**Brighton & Hove Adult Social Care Phone** (01273) 295555;  
Minicom(01273) 296205  
Email: [accesspoint@brighton-hove.gov.uk](mailto:accesspoint@brighton-hove.gov.uk)

**Sussex NHS Partnership**  
[www.sussexpartnership.nhs](http://www.sussexpartnership.nhs)

## Resources to support general understanding of dementia

It is estimated that there are currently almost three thousand people aged 65 years or over with dementia in Brighton & Hove. The total population of over 65s is expected to rise by 8.5% (3,000 people) by 2020 increasing the proportion of people with dementia  
[www.bhconnected.org.uk/content/local-intelligence](http://www.bhconnected.org.uk/content/local-intelligence) Search 'dementia'

## Diagnosis and understanding dementia

See the comprehensive **NHS Sussex Integrated Dementia Care resource**: [www.brightonandhoveccg.nhs.uk](http://www.brightonandhoveccg.nhs.uk) Search 'dementia'

**Department of Health** (2011). Worried someone close to you is losing their memory?  
[www.nhs.uk/dementia/Documents/Dementia\\_campaign\\_leaflet](http://www.nhs.uk/dementia/Documents/Dementia_campaign_leaflet)



The Trust for Developing Communities – Dementia Resources

### **NHS Choices - Benefits of early diagnosis**

[www.nhs.uk/Conditions/dementia-guide/Pages/dementia-early-diagnosis-benefits.aspx](http://www.nhs.uk/Conditions/dementia-guide/Pages/dementia-early-diagnosis-benefits.aspx)

**NHS Choices - Symptoms of dementia** See also: articles under 'Symptoms & diagnosis' tab. [www.nhs.uk](http://www.nhs.uk) Search 'dementia symptoms'

**Alzheimer's Society Fact Sheets** [www.alzheimers.org.uk](http://www.alzheimers.org.uk) Symptoms and Diagnosis tab

**Alzheimer's Society Dementia Guide** - To order the guide free-of-charge visit [www.alzheimers.org.uk/dementiaguide](http://www.alzheimers.org.uk/dementiaguide)

### **Age UK - Recognising symptoms of dementia**

[www.ageuk.org.uk/health-wellbeing/conditions-illnesses/dementia/what-is-dementia](http://www.ageuk.org.uk/health-wellbeing/conditions-illnesses/dementia/what-is-dementia)

## **Equalities groups and dementia**

**Alzheimer's Society** provide information about Lesbian Gay Bisexual Transgender (LGBT) people with dementia and their specific needs [www.alzheimers.org.uk](http://www.alzheimers.org.uk) Search 'LGBT'

**Culture Dementia UK** This is a support group for African Caribbean community with dementia. It was set up because mental health illnesses, including dementia, are not openly discussed in this community. As a result, people are not accessing the care and support available to alleviate the pain and distress the disease causes [www.culturedementiauk.org](http://www.culturedementiauk.org)

## Carers

**The Carers Centre** works with carers of people with dementia

[www.thecarerscentre.org/our-services/aduly-carers/dementia](http://www.thecarerscentre.org/our-services/aduly-carers/dementia)

**Crossroads Care** provides trained care workers to go into the home of the person you care for to take over the caring tasks, giving you a break. [www.crossroadscare-esbh.org.uk/services](http://www.crossroadscare-esbh.org.uk/services)

**The Alzheimer's Society Carers Information and Support Programme (CriSP)** provides information about dementia and support in a group environment. Tel 01273 726266

**Carers' Support Groups** provide a safe, friendly environment to talk about dementia with others in a similar situation. Respite provision can be arranged so carers can access this service.

[www.alzheimers.org.uk/branchwebsite/brighton](http://www.alzheimers.org.uk/branchwebsite/brighton)

**Possability People** is a Brighton & Hove charity, led by disabled people offering advice and support to live independently. See 'It's Local Actually' – directory of activities: [www.possabilitypeople.org.uk](http://www.possabilitypeople.org.uk)

**St John's Centre** - Drop in centre and café running a variety of dementia-friendly activities for over 60s, run by Impact Initiatives. Tel 01273 729603 St Johns Centre, Palmeira Square, Hove BN3 2FL  
[www.olderpeopleservices.bh@impact-initiative.org.uk/hop-50](http://www.olderpeopleservices.bh@impact-initiative.org.uk/hop-50)

**New Larchwood Coldean** There is a community centre and café running a variety of dementia-friendly activities for 55+ by a community and voluntary organisation, The Trust for Developing Communities, in partnership with Hanover. Tel 01273 676416  
[www.trustdevcom.org.uk](http://www.trustdevcom.org.uk)



**Patching Lodge** There is a community centre and café running a variety of dementia-friendly activities for 55+ by a community and voluntary organisation, Lifelines, in partnership with Hanover. Tel 01273 688117  
[www.lifelinesbrightonhove.org.uk/?page\\_id=17](http://www.lifelinesbrightonhove.org.uk/?page_id=17)

**Ireland Lodge and Wayfield Avenue** provide day and respite care for older people with mental health needs. To be eligible for one of the services the person will need to be: over 65 years; living in Brighton or Hove; diagnosed as having mental health needs.

A financial assessment will be completed and you may be required to contribute towards the cost.

Ireland Lodge Resource Centre, Lockwood Crescent, Woodingdean BN2 6UH. Tel 01273 296120

Wayfield Avenue Resource Centre, 2 Wayfield Avenue, Hove BN3 7LW. Tel 01273 295880

## Activities, dementia-friendly community centres and day care

**Singing for Better Health** run weekly singing groups for older people, and those with long-term health problems and mental health issues. Their aim is to improve health and wellbeing, using a combination of relaxation, stretching, breathing exercises, and singing songs together. They want to support people with long-term health problems cope better with daily life, help to prevent illnesses, physical and mental deterioration and resulting social isolation. [www.singforbetterhealth.co.uk](http://www.singforbetterhealth.co.uk)

**Alzheimer's Society Singing for the Brain** for people with dementia and their carers, around music therapy and singing. The sessions incorporate social interaction, peer support and active participation.

[www.alzheimers.org.uk/branchwebsite/brighton](http://www.alzheimers.org.uk/branchwebsite/brighton) Tel: 01273 726266

**De-cafes** provide a supportive environment for people with dementia and their carers to meet socially, with entertainment and refreshments. [www.alzheimers.org.uk/branchwebsite/brighton](http://www.alzheimers.org.uk/branchwebsite/brighton)

## Dementia-friendly resources

There are guides including the Hampshire guide which is a resource looking at physical environment, awareness and social networks, which focus on steps to building a dementia friendly community. [www3.hants.gov.uk/adult-services](http://www3.hants.gov.uk/adult-services) Search 'dementia friendly toolkit for Hampshire'

There is extensive literature on dementia-friendly communities, see for example Joseph Rowntree Foundation: Dementia without walls. [www.jrf.org.uk](http://www.jrf.org.uk) Search 'dementia friendly communities'

## Awareness raising resources

**Dementia Friends** learn a little bit more about what it's like to live with dementia and then turn that understanding into action. From helping someone to find the right bus to spreading the word about dementia on social media, every action counts. [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

**Ideas Lab** supports people to have greater understanding of dementia through a Dementia Experience, which involves putting on rubber gloves with fingers taped together, goggles to simulate visual disturbance and earphones playing scrambled signals to create audio difficulties. [www.engageandcreate.com](http://www.engageandcreate.com)

## Communicating Well

For more information, see the NHS Choices Dementia Guide [www.nhs.uk/Conditions/dementia-guide/Pages/dementia-and-communication.aspx](http://www.nhs.uk/Conditions/dementia-guide/Pages/dementia-and-communication.aspx) Search 'dementia guide'

**Social Care Institute for Excellence - Communicating well** (from NHS Sussex Integrated Dementia Care) [www.scie.org.uk](http://www.scie.org.uk) Search 'living with dementia'

If you are a group with a 'meeting run' approach The Hampshire Dementia Guide has some useful advice for making your meetings dementia friendly. [www3.hants.gov.uk/adult-services](http://www3.hants.gov.uk/adult-services) Search 'Dementia Friendly Toolkit for Hampshire'

## Befriending and volunteering

**Befriending Network Scotland and Alzheimer Scotland** have an excellent resource "Quality of the Moment: working one to one with people with dementia." This includes an insightful DVD with people with dementia, including importance of community activity. [www.befriending.co.uk/befriendingpublication.php?type=1&id=31](http://www.befriending.co.uk/befriendingpublication.php?type=1&id=31)

**Neighbourhood Care Scheme** is a befriending scheme that supports older people, people with physical disabilities and carers by recruiting local volunteers to support them in a variety of ways. [www.bh-impetus.org/projects/neighbourhood-care-scheme](http://www.bh-impetus.org/projects/neighbourhood-care-scheme)

## Dementia-friendly environment

**The King's Fund** has produced resources to enable care environments, including hospitals and care homes, to become more dementia-friendly. They include assessment tools to assess whether the care environment is dementia-friendly. These are useful for community buildings too.

[www.kingsfund.org.uk/projects/enhancing-healing-environment/ehe-design-dementia](http://www.kingsfund.org.uk/projects/enhancing-healing-environment/ehe-design-dementia)

For information about dementia-friendly gardens and outside space:

[www.dementiasensorygardens.co.uk/environment](http://www.dementiasensorygardens.co.uk/environment)

**Dementia Centre, Stirling University** gives ideas about dementia-friendly design. It has interactive photos to show the reasons why different aspects of design are dementia-friendly.

[www.dementia.stir.ac.uk/sites/default/files/lounge.swf](http://www.dementia.stir.ac.uk/sites/default/files/lounge.swf)

**EAC First Stop Advice for Older People** has useful information including accommodation for people with dementia.

[www.firststopcareadvice.org.uk](http://www.firststopcareadvice.org.uk) Tel: 0800 377 7070

This is an excerpt from:

## **Welcome In: A Dementia-Friendly Guide for Community Groups and Organisations**

Second Edition

December 2016

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