

Guide to Dementia Services

This leaflet provides information about the services and support available to people with dementia and their carers in Derbyshire.



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An interpreting service is available if your first language is not English. If you would like information from us in another language, large print, Braille or audio, please let us know.

What is Dementia

Whilst the likelihood of developing dementia increases with age, dementia is not a normal or inevitable part of aging. Dementia is also not a disease in itself; it is a term used to describe a group of symptoms that may accompany a number of diseases or conditions that affect the brain.

There are many different types of dementia, the four most common are:

- Alzheimer's disease
- Vascular Dementia
- Dementia with Lewy bodies
- Frontotemporal Dementia

Detailed information about these and the more rare forms of dementia can be obtained from the Alzheimer's Society - **www.alzheimers.org.uk**

Dementia affects everyone differently. It can cause a wide range of symptoms, including difficulties with memory, problem-solving, communication and language. People may also become confused or struggle with how they perceive things. Dementia can cause changes in mood or emotions and may affect how an individual behaves. Dementia can also lead to mental health problems such as anxiety, mood swings and depression. Most forms of dementia are progressive, which means that symptoms increase over time. However, people with dementia can lead active and fulfilling lives for many years after diagnosis.

The Derbyshire Dementia Strategy

Derbyshire County Council and NHS Derbyshire have developed a joint strategy which sets out plans for improving local services for people with dementia including:

- Good quality, early diagnosis and intervention for all
- Easy access to care, support and advice following diagnosis
- A well informed and effective workforce across all services
- Good quality care in hospital
- Personal support services in the community.

You can access the full Derbyshire Dementia Strategy on the Derbyshire County Council website – www.derbyshire.gov.uk/dementia

Caring for someone with Dementia

Caring for someone with dementia can be stressful and but can also be highly rewarding. Advice and support available for carers includes:

- An assessment of your needs as a carer
- Information about support groups
- Registration for a Carers Emergency Card
- Welfare Benefits Advice
- Services to give you a break from your caring role
- Advice to manage a safe discharge from hospital.

For more information about the advice and support available to carers you can visit our website – www.derbyshire.gov.uk/carers or contact Call Derbyshire on tel: **01629 533190**.

The Dementia Support Service

The Derbyshire Dementia Support Service has been commissioned by Derbyshire County Council and is delivered by the national charity, Making Space. Trained Dementia Advisors are available in all areas of the county to provide information, guidance and support for those living with dementia and for their carers.

The Derbyshire Dementia Support Service is there to:

- help you to stay independent
- encourage you to live well with dementia
- help you to enjoy as full and active life as possible
- support you as you respond to the different stages of dementia
- keep you up to date with information on the things that matter.

The service covers the following key areas of support:

- **Support** for diagnosis at memory assessment clinics
- **Dementia Advisors** who can help you to understand dementia, maintain your independence, understand financial and legal matters related to dementia and get help locally
- **Memory Sessions** for people living with memory loss or dementia
- **Activity Sessions** at various locations across Derbyshire where you can meet other people with similar experiences
- **Carers Groups** that provide opportunities to meet other carers and people living with dementia.

To find out more about services in your area contact the Derbyshire Dementia Support Service by telephone on **01246 592010** or by email: **derbyshiredementia.service@makingspace.co.uk**

Preventative Services

Derbyshire County Council invests in a range of preventative services which you can access without the need for a formal social care assessment. These services are run by both statutory and voluntary services in the community and many are free of charge. They include:

- Home fire safety checks
- Home security checks
- Falls prevention services
- Affordable warmth advice
- Welfare Benefits advice and support
- Housing options advice and support
- Minor home adaptations
- Handy Van Service
- Befriending support
- Community alarms
- Social and recreational activities
- Healthy living advice and support
- Home Library service
- Adult Education
- Community transport
- Health and wellbeing zones.

You can find out more information about any of these services by looking at the pages on our website www.derbyshire.gov.uk/prevention or Call Derbyshire on **01629 533190**.



Brokerage Service

The Brokerage Service is a team of people who can provide further information over the telephone about a wide range of services in your locality including homecare agencies and care homes. Brokerage can advise you about which services might be suitable for people with dementia so you can have more choice over which service you choose.

The Brokerage Service can be contacted on **01629 537763** (Monday - Friday, 9.00am - 5.00pm) or visit www.derbyshire.gov.uk/brokerage to request a call back.

Community Care Centres

Community Care Centres are new developments, specifically designed for people with dementia. They provide a range of different types of support. These include public areas containing an internet café, hairdresser, shop, fitness and meeting rooms. A day service is available where people with dementia can take part in social and memory related activities. There are also residential beds available for short term, long term and intermediate care stays.

There are currently five community care centres in Derbyshire. Three of these, Florence Shipley in Heanor, Meadowview in Darley Dale and the Staveley Centre in Chesterfield, all offer residential accommodation. Two, Oakland in Swadlincote and Lacemaker Court in Long Eaton, provide residential accommodation combined with Extra Care housing.

Extra Care Accommodation

There are several Extra Care Housing schemes in Derbyshire which provide independent accommodation for older and vulnerable people, with care services also on site. This type of accommodation may be appropriate for people with dementia as it provides independence, whilst having the reassurance of having staff on site 24 hours a day to respond to any emergencies. Extra Care accommodation also allows the changing needs of individuals to be more easily identified and supported. If you would like further information about the housing options available in your area you can contact iDecide who provide independent housing options advice on **0115 850 8190** – **www.idecidederbyshire.org** or call Age UK **01629 761127** if you live in Derbyshire Dales. Further information is also available on our website – **www.derbyshire.gov.uk/extracare**

Home Care Support

If the Adult Care Worker finds at assessment that a person is eligible for support at home, they will discuss the different options available. This support may focus on assistance with personal care but could also involve sitting support to ensure the person's safety. Derbyshire County Council is currently developing a short term specialist home care service called Dementia Reablement which is already available in some areas of the county and is being expanded to cover all areas of the county. Our Brokerage team can be contacted on **01629 537763**; they are able to give you more information about dementia specific support available in your locality. Brokerage can also provide further details of a range of homecare providers.

Day Services

Day services enable people to meet other people and take part in regular activities to help reduce social isolation. Carers may also benefit from having a break from their caring role and some time for themselves. Derbyshire County Council runs a number of day services across the county that support people who have dementia. Many independent providers including care homes also provide day service activities for people with dementia. Transport arrangements will normally need to be arranged privately by the client or carer requesting the service. For more information about the services in your locality you can contact our Brokerage team on **01629 537763**.

Residential and Nursing Care

Whilst every effort is made to support people to remain independent, in some instances a person's needs may no longer be manageable at home. Your Adult Care Worker would then advise whether they feel the person requires residential or nursing care. They would also be able to provide advice about financial arrangements. Derbyshire County Council runs several residential homes as well as contracting with a number of independent care homes across the county.

For more information about care homes in your locality you can contact our Brokerage team on **01629 537763**. You can also find further information including a directory of care homes and information about available beds on our website – **www.derbyshire.gov.uk/carehomes**. We recommend that you make some time to read the care home inspection reports on the Care Quality Commission's website – **www.cqc.org.uk**



Useful Contacts

DCC Call Derbyshire Contact Centre

01629 533190

www.derbyshire.gov.uk

DCC Welfare Rights Team

01629 531535

www.derbyshire.gov.uk

DCC Brokerage Service

01629 537763

www.derbyshire.gov.uk/brokerage

Derbyshire Dementia Support Service

01246 592010

www.makingspace.co.uk

Derbyshire Carers Association

01773 743355

www.derbyshirecarers.co.uk

Dementia Action Alliance

01522 692681

www.dementiaaction.org.uk

Alzheimer's Society

01332 208 845

www.alzheimers.org.uk

AgeUK Derby and Derbyshire

01629 761127

www.ageuk.org.uk

University of the Third Age

020 8466 6139

www.u3a.org.uk

Further Information

Derbyshire County Council Adult Care department produces a range of information about its services and those provided by other organisations in the community. We provide leaflets on a range of topics that can be downloaded or ordered from our website at www.derbyshire.gov.uk/careinfo, obtained from staff, a local office or via Call Derbyshire on tel: **01629 533190**.

You can also contact us by:

- Text: **86555**
- Fax: **01629 533295**
- Minicom: **01629 533240**

Leaflets available include:

- Guide to Adult Care – how we work and what we provide
- Keeping Adults Safe – what to look for and what to do
- Guide to Carers Services – support, advice and information for carers
- Guide to Handy Van Services – practical help in your home
- Guide to First Contact – signposting to services and support
- Care Services Directory – residential homes and home care services in Derbyshire
- Putting People First – comments, compliments and complaints.

Leaflets are available in standard, large print and Easy Read versions and upon request in other formats such as Braille or an alternate language. We also have videos, including BSL conversions on our YouTube channel at www.youtube.com/derbyshirecc

The Adult Care Information Promise – a **FACT** you can rely on.
We promise to provide you with:



- Free** information
- Accurate** information
- Clear** information
- Trustworthy** information.

If you think we have broken our **FACT** promise, please let us know so we can make improvements.



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