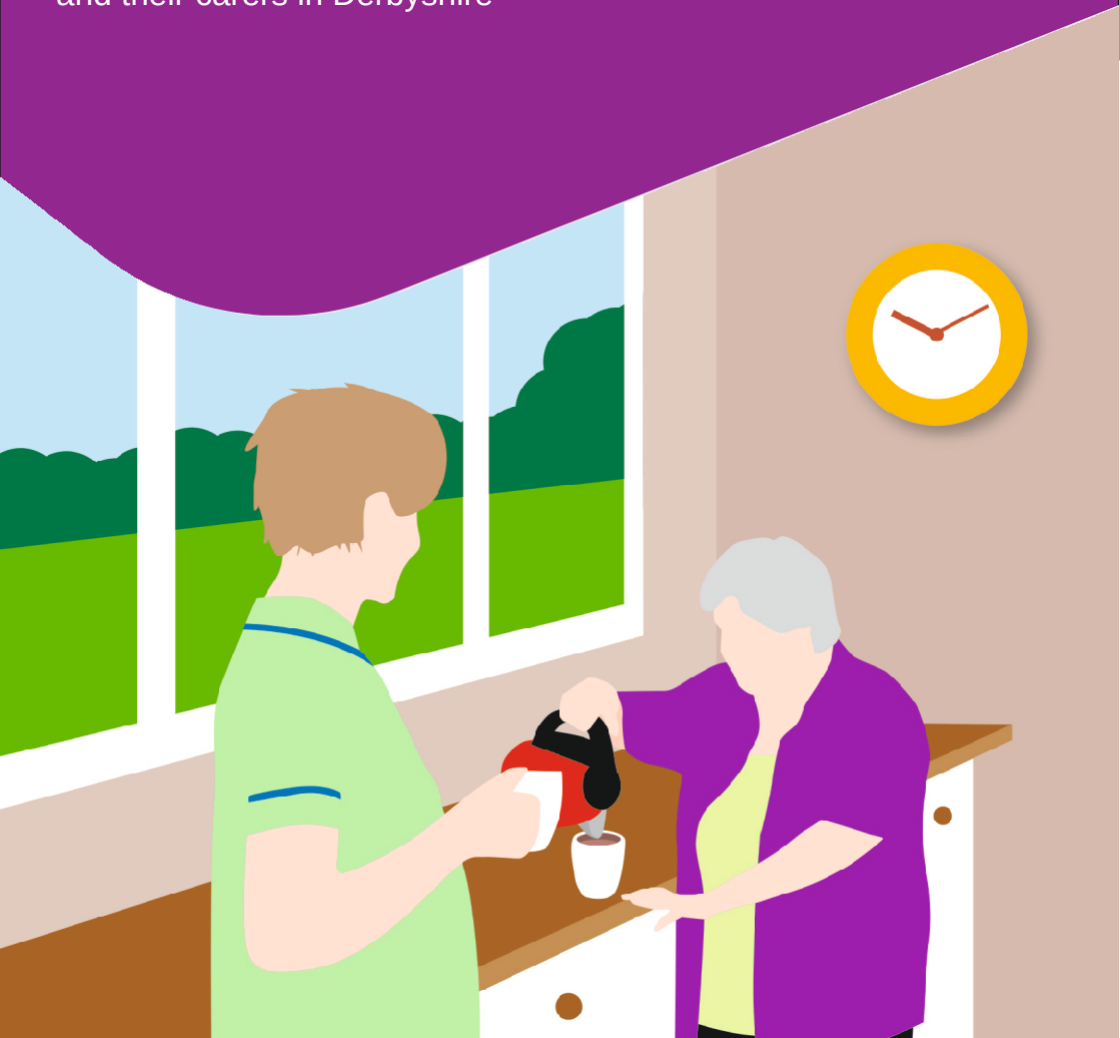
DERBYSHIRE County Council

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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This leaflet has been produced by Derbyshire County Council to give people living with dementia and their carers an overview on what support services are available in Derbyshire.

If you've recently received a diagnosis of dementia, it's likely you'll be given a lot of information and it can be overwhelming! Don't worry if you don't understand everything, there are people who can answer your questions verbally including your doctor and the Derbyshire Dementia Support Service.

This booklet has a notes section where you can write down important phone numbers, dates or whatever you like.

If you'd like this information in a different format please contact us and let us know. We can provide this leaflet in large print, easy read, Braille, audio, British Sign Language or another language. You can email: **adultcare.info@derbyshire.gov.uk** or tel: **01629 531310**

We work with Joined Up Care Derbyshire (also known as Derbyshire's Integrated Care System) so that health and social care organisations work more closely together when providing services for people living with dementia. More information can be found here: JUCD Dementia and Delirium.

What is Dementia?

Whilst the likelihood of developing dementia increases with age, dementia is not a normal or inevitable part of ageing. Dementia is also not a disease in itself; it's 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 but the four most common are:

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

More information about these and the more rare forms of dementia can be found on the Alzheimer's Society website at:
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 someone 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.

Young Onset Dementia

Dementia is 'young onset' when it affects a person aged 65 or under. It is also known as 'early onset' or 'working age' dementia. Currently there are more than 42,000 people in the UK who have the condition. Young onset dementia can often be difficult to recognise.

Young dementia UK provides information, support and resources on the condition on their website at: **www.youngdementiauk.org**

They also run a **young dementia network** that allows people with young onset dementia, their families and carers to share their experiences in a community environment: **www.youngdementiauk.org/young-dementia-network**

The Dementia Support Service

The Derbyshire Dementia Support Service has been commissioned by Derbyshire County Council and is delivered by the Alzheimer's Society.

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 a 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 can provide the following key areas of support:

Support for diagnosis at memory assessment clinics - If you've been referred for memory assessment you'll be invited to meet with a dementia advisor when you attend or at a later date if that is more convenient for you.

Dementia Advisors in all areas of the county can help you to understand dementia, maintain your independence, understand financial and legal matters related to dementia and get help locally. Your dementia advisor can support both you and your family members/carers through the different stages of dementia. They'll also be able to give you advice on community care and long-stay care.

The Dementia Support Service **provides the following groups**:

- **Dementia Cafés** provide an opportunity to meet regularly and talk about living with dementia in an informal social environment. They can provide information about dementia, local services and practical tips about living well with dementia.
- **Activity Sessions** at various locations across Derbyshire where you can meet other people in similar circumstances.
- **Carers Groups** that provide opportunities to meet other carers and people living with dementia. Advice and information from sector experts is available and a variety of workshops can be enjoyed.
- **Singing for the Brain** sessions provide a way for people with dementia, along with their carers, to express themselves and socialise with others in a fun and supportive group.

You don’t need an official diagnosis of dementia or to be of a certain age to get advice and support from the service.

To find out more about services in your area contact Derbyshire Dementia Support Service on tel: **01332 208845** or by email: **derbyshire@alzheimers.org.uk**.

Caring for someone with Dementia

Caring for someone with dementia can be stressful but can also be highly rewarding.

Carers in Derbyshire website – you'll find lots of information, advice and details of support services for carers at: **www.carersinderbyshire.org.uk** . You can use the searchable directory on the website to find support groups and services for carers in your area.

Alzheimers Society also provide support to dementia carers as part of the Derbyshire Dementia Support Service (see page 04).

The Carers Emergency Card Scheme is a way of letting emergency services know you are a carer and that someone relies on you for support. As part of the card application you will be asked to make contingency plans for the person you care for in case you are unable to provide care, for example, if you fall ill or have to stay in hospital. You can find out more and apply for a card at: **www.derbyshire.gov.uk/carerscard**

Derbyshire Carers Association (DCA)
DCA are commissioned by Derbyshire County Council and the NHS to provide the Derbyshire Carers Support Service. The service:

- provides information and advice
- can carry out an assessment of your needs as a carer
- administrates and awards Carer Personal Budgets
- offers support groups and activities for carers
- offers welfare benefits and legal advice
- gives advice on services to give you a break from your caring role
- can help you to make a carers emergency plan and apply for a Carers Emergency Card.

You can contact DCA on tel: **01773 833833**, email: **info@derbyshirecarers.co.uk** or visit their website at: **www.derbyshirecarers.co.uk**

The Herbert Protocol

The Herbert Protocol is a national scheme that has been introduced by Derbyshire Constabulary and other local agencies. It's named after George Herbert, a Second World War veteran of the Normandy landings, who lived with dementia and repeatedly went missing from his care home whilst trying to return home.

The protocol encourages families and carers of people with dementia or other mental vulnerabilities to prepare for the eventuality of the person going missing by collecting together important information that can quickly be handed to the police so they can start searching without delay. Find out more at:
www.derbyshire.police.uk/notices/af/herbert-protocol

Preventative Services

Derbyshire County Council invests in a range of services to help you stay healthy and well 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 services to help you:

- stay safe and secure at home
- improve your health and wellbeing
- get housing support
- find social and recreational activities
- claim benefits
- access advice and support to help prevent falls
- get the information and advice you need.

You can access these services through the Derbyshire First Contact Signposting Scheme.
Either visit: **www.derbyshire.gov.uk/firstcontact** or contact Call Derbyshire on tel: **01629 533190**.

Telecare and community alarms
Derbyshire Adult Social Care works with partners to provide a community alarms system which provides assistance 24 hours a day, seven days a week alarm monitoring provision.

Community alarm systems incorporate a pendant or wristband you can wear that connects to a telephone line through a base unit. If required, you can summon assistance by triggering an alert and then speak to an operator at a monitoring centre and they can contact your key contact or if need be call a doctor or ambulance.
Alongside basic alarms, Adult Social Care also has a range of telecare equipment that can support people with dementia and also their carers. Some examples of equipment are detailed below:

- Motion sensors can reduce the likelihood of accidents and falls occurring by automatically switching on a light at night when the individual gets out of bed.
- Sensors placed in a client's bed can alert staff if the person is having an epileptic seisure.
- Gas and water sensors can be used to alert staff if a client has not turned off the tap or cooker.
- A sensor can be placed on a front door to alert a staff member if a client with dementia has left home without anyone knowing.

For a telecare or community alarm assessment please contact Call Derbyshire on tel: **01629 533190** or visit:
www.derbyshire.gov.uk/telecare

Sensory Impairment Support

Derbyshire County Council works alongside a range of voluntary sector providers to support people who are Deaf/hard of hearing and/or have a visual impairment.
This includes information and advice, drop-in sessions, equipment demonstrations and rehabilitation services.
For further information about these services visit:
www.derbyshire.gov.uk/hearingloss or
www.derbyshire.gov.uk/visualimpairment
Alternatively you can contact Call Derbyshire on tel: **01629 533190.**

Assessments and Support from Adult Care

If you appear to have a need for social care support, an assessment is available. We will work with you to help identify existing and potential strengths, resources and community networks that can be accessed to support your wellbeing and ensure that you remain in control. We will also consider eligibility for formal support. We follow a national set of eligibility criteria which is available on our website at **www.derbyshire.gov.uk/eligibility**.

You will also need to have a financial assessment to see if you need to pay some or all of your care costs. To request an assessment please contact Call Derbyshire on tel: **01629 533190**.

If you prefer, you can buy care privately without having an assessment by Adult Social Care.

Short Term Support Services

Dementia Reablement Service
The Dementia Reablement Service is available to adults in Derbyshire who are living with, or experiencing the symptoms of, dementia. This short-term, home care assessment service is designed to work alongside other community services to help people with dementia continue to live at home. The personalised service focuses on stabilising support at home and identifying the right level of ongoing care and support required.

The service lasts for a maximum of 6 weeks and is free of charge for the duration of the service. You can find out more by contacting Call Derbyshire on tel: **01629 533190**.

Dementia Rapid Response Team
The Dementia Rapid Response Team (DRRT) is a community-based service provided by Derbyshire Healthcare NHS Foundation Trust. DRRT aims to improve the health and wellbeing of people living with dementia at times of crisis, by providing rapid assessment and intensive support. By providing support in people's homes, the service aims to reduce the need for admission into specialist dementia hospital beds.

The teams are multi-disciplinary and include mental health nurses, psychiatrists, occupational therapists and health care assistants. You can find out more at:
www.derbyshirehealthcareft.nhs.uk/services/mental-health/drrt/

Care and Accommodation Options

Brokerage Service
The Brokerage Service can provide information about a wide range of services in your area including homecare agencies and care homes. They can advise you about which local services might be suitable for people with dementia to help you make informed choices.

The Brokerage Service is free and can be used whether you are paying for care privately or getting funded support from Adult Social Care. Please contact Call Derbyshire on **01629 533190**; they will take details, then if needed, pass a Universal Offer request through to the Brokerage Team

Care Services Directory
In association with Care Choices we compile a directory to help people who are looking for care services in Derbyshire.
You can search the directory online at:
www.carechoices.co.uk/derbyshire or request a printed copy by contacting Call Derbyshire on tel: **01629 533190**.

Home Care Support

Home care services enable you to remain living in your own home for as long as possible.
This support may focus on assistance with personal care, such as washing, dressing and toileting but could also involve support with meals or medication prompts for example.
We have our own home care short term re-ablement service but there are lots of independent home care providers in Derbyshire too, who can provide long term services.

Day Opportunities

Day opportunities 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 offer 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 area you can contact Call Derbyshire on **01629 533190**.

Community Care Centres

Community Care Centres are specifically designed for people with dementia. They also have public areas including an internet café, hairdresser, shop, fitness and meeting rooms.
The centres have day service facilities where people with dementia can take part in social and memory related activities. For more information about the services in your area you can contact Call Derbyshire on **01629 533190**.

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.
Find out more at: **www.derbyshire.gov.uk/accommodation**

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 easily identified and supported.
Further information is also available on our website at:
www.derbyshire.gov.uk/extracare

Further housing advice

If you would like further information about the housing and accommodation options available in your area you can contact DIL@p3charity.org or visit their website: www.p3charity.org/services/derbyshire-independent-living-service or telephone them on 01773 742051 for independent advice, or call Age UK Derby and Derbyshire on 01773 766922.

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 Social Care Worker would then advise whether they feel residential or nursing care is required. 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 residential care and nursing homes across the county. Nursing homes are required to have qualified nurse(s) on site and so may be more appropriate for people with high care needs or complex health issues.

You can find information about care homes in your area through our directory of care homes; this also has information about bed availability. Please visit our website here:
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 at:
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

Derbyshire Dementia Support Service
01332 208845
www.alzheimers.org.uk

Derbyshire Carers Association
01773 833833
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
01773 768240
www.ageuk.org.uk

University of the Third Age
020 8466 6139
www.u3a.org.uk

Notes

Further Information

Derbyshire County Council Adult Social Care and Health 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 from your local library.

Leaflets available include:

- Guide to Adult Social Care & Health – 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 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, please email **adultcare.info@derbyshire.gov.uk**
We also have videos, including BSL conversions on our YouTube channel at **www.youtube.com/derbyshirecc**

The Adult Social Care and Health 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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