

# **Dementia Support Information**

## **Local support**

Some suggestions for local support patients can access:

- **East Lancashire dementia care website: (<http://www.eastlancsdementia.org/> )**  
East Lancashire has a range of dementia cafes, carer support groups, training for carers and respite services. A full guide to local services for people with dementia, their carers and health and social care professionals can be found at the website.
- **Alzheimer's Society East Lancashire:**  
([http://www.alzheimers.org.uk/site/custom\\_scripts/branch.php?branch=true&branchCode=12616](http://www.alzheimers.org.uk/site/custom_scripts/branch.php?branch=true&branchCode=12616) Tel: 01282 421 233) for information and advice regarding all issues related to dementia (all dementias – not only Alzheimer's disease), and the society offers a variety of peer support, dementia cafes, carers support groups, dementia advisers and one to one support workers.
- **Age UK Lancashire: (<http://www.ageuk.org.uk/lancashire/local-directory1/> )**  
have offices in Accrington, Burnley, Clitheroe, Nelson and Rawtenstall and can offer benefits advice, peer-support, one-to-one support, day care support, hospital aftercare, sitting services if people have a health appointment and connect people to activities in their locality. Age UK also offers a well check service which supports people in finding the right solutions for their needs.
- **CarersCentres/ Support services:**  
(<http://www.eastlancscarers.moonfruit.com/>Tel:0345 688 7113) Carers Link (Hyndburn and Ribble Valley) and Carers Contact (Burnley, Pendle and Rossendale) provide information, advice and support to carers. Practical help includes activities for Carers, one to one support, information and advice about caring roles, advice on respite and help in preparing Peace of Mind plans.
- **Help Direct East Lancashire (<http://www.helpdirect.org.uk/east-lancashire/> Tel:0303 333 11 11)** provides free and local information on a wide range of issues, sign posting people to get the practical support, guidance and / or information they need to get the most out of life.
- **Council's Contact Centre for social care support: (0845 0530000)** not all services are means tested.

Encourage people to attend a peer support group – people might be reluctant to attend a group but evidence shows that it keeps people socially active, it is beneficial to share information with others, it can give the carer a break and the vast majority of people find peer support a 'life saver'.

**National on-line support and information on dementia**

- **Talking point; (<http://forum.alzheimers.org.uk/forum.php>) is a national forum run by the Alzheimer's society offering a number of online discussion forums (24/7) for anyone affected by dementia. There are specific groups for younger people with dementia, carers and LGBT people affected by dementia. There is also a national helpline running 7 days a week (M-F 9-5, Weekends 10-4) that can be contacted by calling 0300 222 1122 or by email at [helpline@alzheimers.org.uk](mailto:helpline@alzheimers.org.uk).**
- **The national Alzheimer's society is also a source of a wide range of fact sheets around dementia covering practical, legal, financial, emotional issues as well as causes, information on progression and treatment. (<http://www.alzheimers.org.uk/site/scripts/documents.php?categoryID=200137>). A number of these factsheet topics are covered in the Dementia guide below, but not all.**
- **The Dementia Guide: (<http://www.alzheimers.org.uk/dementiaguide>) This guide is for anyone who has recently been told they have any type of dementia. It will also be useful to close friends and family of someone with dementia, as it contains information for anyone taking on a caring role. It can be downloaded from the website or free copies can be requested directly online, by emailing [orders@alzheimers.org.uk](mailto:orders@alzheimers.org.uk) or by phoning on 0300 303 5933 and asking for a copy to be sent. Health professionals can request 25 free copies of the guide at a time.**