

# Bedfordshire Dementia Handbook



## Welcome



Welcome to the Bedfordshire Dementia Handbook, created by the Memory Navigation Service. The service supports people living with dementia, their family and friends. It's delivered by Carers in Bedfordshire's team of staff and volunteers.

The handbook covers the "dementia journey" from getting a diagnosis, medical support, peer support, keeping well and preparing for end-of-life. It is for anyone concerned or impacted by dementia.

It will help you find the support and services available in Bedfordshire. It includes suggestions from people living with dementia and their carers.

Local services often change. So contact the Memory Navigation Service, a local dementia support service for the latest information or use the QR code below.



**0300 111 9090**



**[www.memorynavigationsservice.co.uk](http://www.memorynavigationsservice.co.uk)**



## Working in Partnership



The Memory Navigation Service works in partnership to support those impacted by Dementia or memory loss in Bedfordshire





## First Signs of Dementia



The word ‘dementia’ is an umbrella term for a number of different types: Alzheimer’s disease, Vascular dementia, dementia with Lewy bodies, Frontotemporal dementia and others.

This is a simplified list of the ten most common signs experienced.

 **Search “nhs dementia” for a detailed explanation.**

1. Memory changes that impact daily life.
2. Difficulty in making plans or solving problems.
3. Trouble completing familiar tasks at home, at work or at leisure.
4. Confusion with time and place.
5. Trouble understanding images and spatial relationships.
6. Problems remembering words when speaking or writing.
7. Misplacing things and losing the ability to retrace.
8. Decreased or poor judgement.
9. Withdrawal from work or social activities.
10. Changes in mood and personality

Make an appointment with your GP if you are concerned about your memory.

 **Contact the Memory Navigation Service on 0300 111 9090 to discuss any concerns**

## Why Get a Diagnosis

Not keen to visit your GP about your memory issues? You are not alone. People tend to put off getting a diagnosis for at least a year, fearful of what a diagnosis might mean.

**There are many benefits for being assessed early:**

- Your symptoms might not be caused by dementia and might be treatable.
- It is easier to identify the type of dementia in the beginning as you are better able to describe the symptoms
- Early diagnosis leads to treatments which can help to slow down the progress.
- You can learn strategies to help you remain active for longer.
- You can choose to focus on the things that are important.
- It helps you to make decisions about your future.



→ **Contact the Memory Navigation Service on 0300 111 9090 to discuss any concerns**

**Q. What are the benefits of getting a diagnosis?**

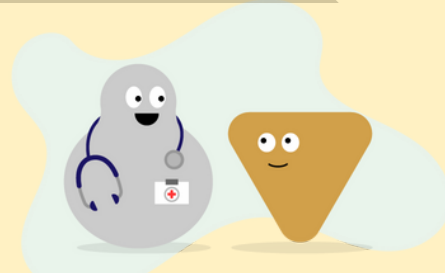
**A. People living with dementia and their carers said:**

It helps you to know what you are dealing with and you can prepare for the future.

The Consultant showed the scans which helped me to understand it was a physical illness and not to take it personally when my husband did things that were upsetting.

Thank you,  
that makes  
sense

You know something is wrong so having an assessment means you get the services and support you need.



## Visiting your GP



They will talk to you and your family about what has been happening and for how long. They might arrange a blood test to check that there is no other cause. They may do a memory test. You might be referred to the Memory Assessment Service.

## Memory Assessment Service



This service assesses and diagnoses dementia. You have to be referred by your GP.

### What to expect at the Memory Assessment Service

You will get a phone call to arrange an appointment. You will be seen by a nurse who will ask about your difficulties. You may need more than one appointment for a diagnosis to be made or ruled out.

If needed, they may start you on medication. Once the team feels it is appropriate, you will be transferred back to your GP. The GP will carry out an annual Dementia Review (see p.8).

## Moving Forward Session



Once diagnosed, you and your family will be invited to a Moving Forward session. This is run by the Memory Assessment Service. You will meet the organisations who provide support and you may also be directed to a series of videos from local services to explain the services available.

### Q. How did you tell your family and friends?

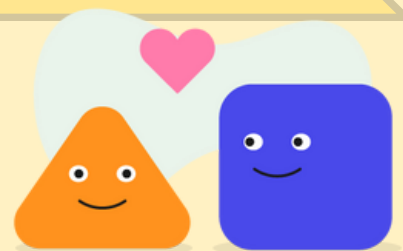
#### A. People living with dementia said:

We put a note in the Christmas cards so that we could let as many people know and avoid lots of conversations

I was open with them - they needed to know what was going on.

I will tell them when I am ready

I had to come to terms with my diagnosis before I could tell my family and friends



## Taking Medication



As there are different types of dementia, medication is not appropriate for everyone. The Memory Assessment Service will discuss if medication is suitable for you. As there is no cure for dementia, medication cannot stop the disease from progressing. It can ease some of the symptoms and help maintain what you are able to do.



It is important to use medication in combination with accessing support and activities. There are four main drugs which are used in the UK: Donepezil, Rivastigmine, Galantamine and Memantine. Your doctor or nurse will discuss which drug is best.

As with all medications, it is important to take the right dose at the right time. If this is difficult to remember, you can use equipment to help you.

The Pharmacist can give all your medication in a blister pack with the day and times on. You can buy a box which beeps or only opens at the time you need to take your tablets. You can get this as part of a Telecare package (see p.26).



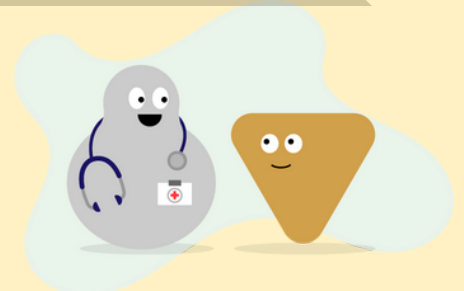
**Contact the Memory Navigation Service on 0300 111 9090 to discuss any medication concerns**

### Q. What has been your experience of taking medication?

#### A. People living with dementia said:

The nurse explained everything very well so I wasn't worried.

I believe they help; so I am happy to take my tablets.



## Your GP



Your GP is responsible for monitoring your condition and medications. They are your first contact for any physical issues or mental changes.

If you experience a major change, you can ask your GP to refer back to the Community Mental Health Team for a further specialist discussion.



## Living in a Care Home



You may have a home visit from a nurse or a doctor from the Memory Assessment Service. The Care Home will then be given advice on how best to care for you.

## Annual Review



You should have an annual review with a GP. If this is not offered then you should ask for an appointment.

They will check your memory, mood and general health. If there are any concerns, they will contact the Community Mental Health Team.

## Deterioration



Dementia is a progressive condition which changes over time. How and when these changes happen are unpredictable. They will vary from person to person.

People with dementia still experience illnesses and common conditions during life. If you experience any changes or new symptoms, contact your GP.



**Contact the Memory Navigation Service on 0300 111 9090 to discuss any deterioration concerns**

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## Bedfordshire Community Health Service



This is co-ordinated by the Single Point of Access. You can call yourself to arrange to speak to a District Nurse, Physiotherapist, Falls Prevention and Occupational Therapist. Your healthcare professional can refer you for the Continence Service, Pressure Ulcers and home care. You can ring at any time.



**Contact Single Point of Access on 0345 602 4064 for support. You can call NHS 111 for urgent and out-of-hours medical support.**

## Staying in Hospital



Going into hospital can be frightening and may make you more confused. There are things you can do to make this easier.

You might find it useful to use the This Is Me booklet. This records details about yourself, such as important people in your life, your preferences and routines.

It can help staff to understand what makes you to feel calm and secure, so they can tailor support for you. It can help overcome problems with communication and prevent more serious issues such as malnutrition and dehydration.



**Contact Alzheimer's Society on 0333 150 3456 for a copy or visit [www.alzheimers.org.uk](http://www.alzheimers.org.uk).**

Ideally you should tell medical staff that you have dementia as they might not know and it can help with the care you receive.

Many hospitals operate the Butterfly Scheme for patients with dementia. This means a picture of a butterfly is placed on your bed to alert staff that you have dementia and might need more support.



**Visit [www.butterflyscheme.org.uk](http://www.butterflyscheme.org.uk).**



## Hospital Support for Carers



If you are caring for someone with dementia, you should tell the hospital that you are their carer.

**John's Campaign** gives carers of people with dementia the right to stay with them at all NHS services. This includes A&E, community and mental health.

People with Dementia may find it difficult to adapt to unfamiliar surroundings and faces, therefore Bedford Hospital will try to offer the main carer the chance to have unrestricted visiting. This enables the carer to be present at a time that is convenient for them and enables them to offer support to the person with Dementia, giving advice/guidance and help to staff, should they wish to. This is supported with a carers pack which offers concessions on parking fees and a hospital discount. You can get a carers pack from the Hospital Carers hub.

## The Carers Hub at Bedford Hospital



Our Carers Hub in Bedford Hospital offer support for carers in in a safe and confidential setting.

We know a hospital admission can be scary for both you and the person you care for and we are experienced in understanding hospital processes around discharge and continuing care once back in the community.

We can help with information, advice, practical or emotional support, as well as liaise with hospital staff if you have any queries about the treatment of the person you care for, or around discharge arrangements. If you are visiting the hospital or attending an outpatient appointment with the person you care for, then pop in and say hello.

You can also call 0300 111 1919 to get in touch with one of our support workers at the hubs or email [carershub@carersinbeds.org.uk](mailto:carershub@carersinbeds.org.uk).

### Q. What is your experience of using the Carers Hub?

#### A. Carers said:

I didn't know that there were people I could talk to, thank you. I feel a bit better now.

I found the help provided here very helpful at a difficult time. they made things very clear as what to do.

Always a cup of tea and someone to talk to.

## Benefits



Living with a health condition such as dementia can be expensive. So it is important to maximise your income. Applying for benefits can help, subject to eligibility.

This is a complex process and is often done online. So it is important to ask for help, rather than not apply. **Each year millions of pounds of benefits go unclaimed.**

### Benefits you might be able to apply for:

- Attendance Allowance (over state pension age) or Personal Independent Payment (below state pension age)
- Pension Credit
- Council Tax Reduction
- Carers Allowance / Carers Credit
- Free NHS prescription charges

What financial support you're entitled to can be confusing. If you would like to talk to a Memory Navigation Support Worker, who can help you to identify the right benefits through the use of the Turn2Us Benefits calculator. Contact 0300 111 90 90. Other organisations can also be of assistance:



**Advice Central on 0300 303 6666**

#### Citizens Advice:



**Bedford on 01234 867 944**

**Dunstable on 01582 670 003**

**Leighton Buzzard on 01525 373 878**

**Mid Bedfordshire on 01767 601 368**



Anyone aged 50+ contact **Age UK Bedfordshire on 01234 360 510.**

### Q. How has applying for benefits helped?

#### A. People living with dementia and their carers said:



I wouldn't have applied for Attendance Allowance as I thought it was means tested. I couldn't do without it.

It's an extra bit of money and that's always helpful.



## Needs & Carers Assessments



Bedford Borough Council and Central Bedfordshire Council are responsible for assessing if social care is needed.

### Asking for a Needs and a Carers Assessment

It is your right to request a Needs Assessment if you think you have care needs. It will cover:

- A person's living and care arrangements.
- How a person's illness is impacting their daily life.
- The support a person would like.
- What family members feel is needed.

If you cannot manage without the help of a family member or friend, they should ask for a **Carers Assessment**. It is a person's right to ask for a Carers Assessment.

It looks at the impact caring has on the person helping to care for you. It will recommend services and ways to help your carer stay well.

A **financial assessment** may be carried out at the same time to determine how the costs of caring will be covered.

There are a wide range of services and support available depending on your situation. For example:

- Signposting to support organisations and local groups
- Lunch groups and Day Centres
- Home Help & Personal Assistants

- Reablement Team
- Telecare or help with meals
- Respite or Residential Care

→ **Contact your local council for a Needs Assessment or Carers Assessment.**

For **Bedford Borough Council** call **01234 267 422** For **Central Bedfordshire Council** call **0300 300 8303** (Needs Assessment), **0300 300 8036** (Carers Assessment).

**Q. Would you encourage people to go through a Needs Assessment and/or Carers Assessment?**

**A. People living with dementia and their carers said:**

At my Carers Assessment, the social workers encouraged me to carry on working as that was important to me.

My social worker has been brilliant - a good port of call.

My social worker brought up things that I hadn't thought about, their help has been terrific.



## Concerns About a Person's Welfare



Concerned about the safety of someone who is “vulnerable”? They could have a need for care and support due to an illness, disability or mental illness. If so, you can raise a “safeguarding concern.”

Your concern may be about physical or emotional harm. It may be about financial exploitation or self-neglect at home or in a care setting.

The local councils each have a Safeguarding team.

→ Contact your local council to report a safeguarding concern.  
For **Bedford Borough Council** call **01234 276 222**.

For **Central Bedfordshire Council** call **0300 300 8122**.

→ Contact the **Memory Navigation Service** on **0300 111 9090** if you are not sure what to do.

## Local Support



You do not have to go on this journey alone. There are support organisations to help whether you have been diagnosed with dementia or you are caring for someone with dementia.

## Memory Navigation Service



You can contact the **Memory Navigation Service** on **0300 111 9090** with any questions about memory loss, dementia and local services. This telephone service is run by trained staff and volunteers. A dementia nurse is available to speak to should you have any clinical questions.

If you have a question about treatment or medication, you can **Ask the Team** at the **Memory Navigation Service** on **0300 111 9090**. Alternatively, you can submit a question at [www.memorynavigationsservice.co.uk](http://www.memorynavigationsservice.co.uk)

**Q. How has contacting the Memory Navigation Service (MNS) helped?**

**A. People living with Dementia and their Carers said:**

My friend can't get to groups so she uses the MNS which she finds invaluable.

It's really good to talk to someone who knows what they are talking about.

## Dementia Intensive Support Service (DISS)



A dedicated crisis service to assist people with dementia and their family carers when they are experiencing extreme and urgent difficulties. They provide a rapid response to enquiries, from 9am to 8pm every day of the year. They can be contacted on 01582 707537.

## Carers in Bedfordshire



Carers in Bedfordshire support carers of all ages over the phone, through face to face contact, support groups and workshops. They have dedicated services for adult support, young carers and dementia support. This includes wellbeing support and welfare and benefits specialist.

They hold their carer hubs across Bedfordshire across 4 locations. Bedford, Marston Moretaine, Biggleswade and Dunstable.

These are a place to access in person support to services, information and staff. The Hubs are designed for carers to take a break from their caring role, meet others in similar situations, learn carer coping tips and share experiences.

Carers in Bedfordshire also hold monthly training sessions from local services who will provide information for carers who care for a loved one with Dementia.

These are run by local services who come in to talk about what they do and how they can help you in your caring role. They are often hosted on Zoom, so if you cannot make in person, you can access at home if that works for you.



Contact Carers in Bedfordshire on **0300 111 1919** or visit their website at [www.carersinbeds.org.uk](http://www.carersinbeds.org.uk) for details.

## Tibbs Dementia Foundation



Tibbs Dementia Foundation run weekly groups focusing on music, physical activities and discussions, and also offer Cognitive Stimulation Therapy. The charity supports people throughout all the stages of living with dementia.



Contact **01234 210 993** or visit [www.tibbsdementia.co.uk](http://www.tibbsdementia.co.uk) for details.

### Q. How has going to a group helped?

#### A. People living with Dementia and their Carers said:

I like this group as you are given information and are able to talk to other people.

Great to receive so much continuous support and suggestions of where to find things to do.

Social interaction is really important.





## Practical Support, Information and Advice



Age UK Bedfordshire provides practical support for people over 50s.

### Services include:

- Information and advice
- Support applying for benefits
- Telephone Friendship

### For a fee, you can access:

- Home Help, Handyman and Gardening
- Carers Respite Service



Contact **Age UK Bedfordshire** on **01234 36 510** for details.

**Bedfordshire Rural Communities Charity** provides Village and Community Agents in every Bedford Borough village, parts of Central Beds and parts of Bedford town. They can help people access their local community and other support.

They also coordinate **Good Neighbour Schemes** and run community transport in parts of the country.



Contact **Bedfordshire Rural Communities Charity** on **01234 838 771**.



## National Support



As well as local organisations there are a number of national organisations that can provide information and support.

**Alzheimer's Society National Helpline** provides support for people with dementia and their family and friends. The Helpline is open Monday to Wednesday (9am to 8pm), Thursday and Friday (9am to 5pm) and at weekends (10am to 4pm).

→ Contact **0333 150 3456**.

[www.alzheimers.org.uk](http://www.alzheimers.org.uk) provides a wide range of information and you can ring the helpline for information booklets.

**Dementia UK - Admiral Nurses Dementia Helpline** is able to answer questions about dementia and provide ongoing support. They are open till 9pm Monday to Friday and are open 9am to 5pm at the weekend.

→ Contact **0800 888 6678** or visit [www.dementiauk.org](http://www.dementiauk.org).

**Age UK** supports people over 50 years old. They provide a wide range of information booklets. They also have an Advice Line which is available 8am to 7pm 365 days a year.

→ Contact **0800 678 1602** or visit [www.ageuk.org.uk](http://www.ageuk.org.uk)

**Carers UK** provides support for unpaid family/friend carers. It has a number of useful information resources. You can also ring for information and support.

→ Visit [www.carersuk.org](http://www.carersuk.org)



## Information Programmes



Understanding the impact of dementia can help you and your family prepare better. You can learn new ways to manage your condition. These programmes are free to attend.

**Tibbs Dementia Foundation** runs **Support for Memory**. The course will develop your understanding of dementia. You will develop strategies to live an active life and build support networks.

→ Contact **Tibbs Dementia** on **01234 210 993** for details.

If you are not able to attend, you can access online courses.

→ Visit **[www.memorynavigationsservice.co.uk](http://www.memorynavigationsservice.co.uk)** for details.

**Q. What are the benefits of going to a course about dementia?**

**A. People living with Dementia and their Carers said:**

It gave me a framework to understand what was happening to my mum.

Now I have hope, I understand my symptoms and I realise that I still have a life to live.

Brilliant. 12 out of 10. Everyone should attend.

I feel a bit more in control, knowing that there is a lot of support.

→ Contact the **Memory Navigation Service** on **0300 111 9090** to learn more about the support provided by Carers in Bedfordshire, Tibbs Dementia Foundation and other community groups.

## Cognitive Stimulation Therapy



This is an evidence-based group programme. It provides activities designed to improve mental abilities and memory for people with mild to moderate dementia. Courses are run throughout Bedfordshire.



Contact the Memory Navigation Service on **0300 111 9090** for information about Cognitive Stimulation Therapy.

### **Q. How has attending Cognitive Stimulation Therapy helped?**

#### **A. People living with Dementia and their Carers said:**

It has been fun and the chance to discuss with other persons with dementia.

It's really brilliant and geared just right.

My husband enjoys coming and I have had a lot of support and made friends with other carers.

It's been good fun for the carers and my partner with dementia.



## Benefits of Music



Music can stimulate memories, lift mood and help you to relax. Many people living with dementia and their carers love using music as a way to connect. **Tibbs Dementia Foundation** runs Music4Memory groups in Bedfordshire.



**Q. What are the benefits of attending music groups?**

**A. People living with Dementia and their Carers said:**

It was good, I enjoyed it.

It gets me out of the house we have a joke and a laugh.

It gives me a lift. You can go in feeling down and come out feeling great.

It's somewhere they understand.



Contact the **Memory Navigation Service** on **0300 111 9090** for more information on music groups.

## Group Support



Meeting others with dementia can help reduce feelings of uncertainty and isolation.

It is useful to share tips on how to cope. It helps when others understand how you are feeling.

Meeting people is very important to your emotional and physical wellbeing.

There are so many groups and activities for people living with dementia and their families in Bedfordshire.



Contact the **Memory Navigation Service** on **0300 111 9090** for details about groups.



## Keeping Active



It is important to continue doing the things you love. This will help you cope better. It will help to maintain your physical health and mental wellbeing.

Tibbs Dementia and Carers in Bedfordshire run a range of activity groups e.g. walking, armchair exercise, and bowling.



Contact the **Memory Navigation Service** on **0300 111 9090** for details about activity groups.

### Q. Has attending groups helped?

#### A. People living with Dementia and their Carers said:



Definitely! It has been great to make new friendships.

The groups are the best thing, that's what has been most helpful to me.

You stop from feeling so alone.

My wife loves going and really enjoys herself. She always looks forward to going.

## Day Centres



Using Day Centres gives you a different place to go to and new activities to try. It also gives the person who is caring for you a break.



Contact your local council for details about Day Centres. For **Bedford Borough Council** call **01234 276 168**.

For **Central Bedfordshire Council** call **0300 300 8303**.

## Living Alone



You might be worried about how you are going to cope. There are things that you can do and organisations that can support you.

The “Living Alone” booklet gives ideas on how you can adapt your life



Contact the **Alzheimer’s Society** on **0333 150 3456** for a copy

Telecare can help you to keep safe in your home. This includes emergency cords and other safety equipment. See p. 26 for further details.

Here are a few tips:

- Keep in touch with friends
- Allow family to help
- Use strategies to help your memory
- Plan ahead
- Make sure you are known by the services
- Arrange for medication deliveries



Contact the **Memory Navigation Service** on **0300 150 3456** for support.

### Q. How have you coped living alone with Dementia?

#### A. People living with Dementia said:

Keep doing what you usually do and ask for help if you need it.

My son arranged a hot meal to be delivered to me which is a great help.

I enjoy coming to the group, it means I meet other people and make friends.



## Working with Dementia



You might still be working when you are diagnosed with dementia. If this is the case you can request reasonable adjustments to help you stay at work longer. You can also apply to Access to Work for support and funding.



Visit [www.youngdementiauk.org](http://www.youngdementiauk.org) for information

## Caring for Someone



If you are looking after someone, it is important to take the time to look after your own health and wellbeing.

**Carers in Bedfordshire**, a local charity supports family or friends who are caring for people at home or in a care home.

You might have received a copy of the **Bedfordshire Carers Guide** when the person you are caring for was diagnosed. If not, contact Carers in Bedfordshire for a copy.



Contact Carers in Bedfordshire on **0300 111 1919** for support and information or visit [www.carersinbeds.org.uk](http://www.carersinbeds.org.uk).

It is important to take **regular breaks**. This will help maintain your health and wellbeing. If you need someone to sit with the person you are caring for, **Age UK Bedfordshire** run a Carers Respite Service. The local council might be able to help with the cost (see p.12).



Contact **Age UK Bedfordshire** on **01234 360 510**

### Q. What advice would you give to other Carers?

#### A. Carers caring for someone with dementia said:

Definitely! It has been great to make new friendships.

The groups are the best thing, that's what has been most helpful to me.

You stop from feeling so alone.

My wife loves going and really enjoys herself. She always looks forward to going.



## Choosing Care



You might want to consider if paid care can help improve your quality of life. It might help you stay at home longer.

The **Bedfordshire & Luton Directory: Adult Care and Support Services** lists local organisations providing paid care.

- For **Bedford Borough** call **01234 267 422**
- For **Central Bedfordshire** call **0300 300 8036**
- For **Carers in Bedfordshire** call **0300 111 1919**

There are different types of care available. These booklets from Alzheimer's Society can help you understand your options.

- Replacement (Respite) Care
- Care Homes - when is the right time and who decides?
- Selecting and moving into a care home

- Contact **Alzheimer's Society** on **0333 150 3456** for a copy

The Care Quality Commission carries out Independent Reviews. They check the quality of care providers, day care centres and care homes.

- Visit **[www.cqc.org.uk](http://www.cqc.org.uk)** for the reports.



## Paying for Care



Paying for care can be done privately or through the local councils. If you need help with costs contact the local councils for a Needs and Carers Assessment (see p. 12).

Booklets “Personal Budgets” and “When does the NHS pay for Care” can help you understand your options.

- ➔ Contact **Alzheimer’s Society** on **0333 150 3456** for a copy
- ➔ Contact the **Memory Navigation Service** on **0300 111 9090** or the **Disability Resource Centre** on **01582 470 900** for information and advice.

### Q. How has using paid care helped?

#### A. Carers caring for someone with Dementia said:

It took me a long time to accept the need to have paid care. I felt it was my duty as wife. I now wouldn’t be without it.

It was the right time for us.



## Staying Safe



Staying safe is important for your wellbeing. It also gives your family and friends peace of mind.

### Herbert Protocol

The Herbert Protocol helps if you want to stay independent but might get lost when out. You can register with Bedfordshire Police. If you go missing, this might help the police find you quicker.



Contact **101** for details.

#### Q. How has registering for the Herbert Protocol helped?

##### A. People living with Dementia said:

I know that if anything happens there is someone out there who will find and help me.



### Telecare

Telecare are devices which can help to improve your safety at home. It includes alarm pendants, chair alarms, cooker safety and other options.



For **Bedford Borough** call **01234 718 128**  
For **Central Bedfordshire** call **0300 123 5544**

#### Q. How has Telecare helped?

##### A. People living with Dementia said:

Being able to press the button when I fall is really helpful and gives peace of mind.



### Key Safes

Key Safes allow you to keep a key outside your home. This allows others to access your home if needed.



Contact **Age UK Bedfordshire** on **01234 360 510** to buy one.

## Bedfordshire Fire and Rescue Service Scheme

This helps people with dementia and their families reduce the risk of injury from a fire. They will visit your home and carry out a safety check.

→ Contact **01234 845 000** or email [safeandwell@bedsfire.gov.uk](mailto:safeandwell@bedsfire.gov.uk)

## Transport



### Driving

It is important to understand how Dementia affects driving. By law you have to inform the DVLA and your insurance provider when diagnosed.

→ Contact the **Alzheimer's Society** on **0333 150 3456** or the **DVLA** on **0300 790 6806** for information.

### Disability Bus Pass

If you are no longer able to drive, you can apply for a **disability bus pass** (if you have not already received a bus pass due to your age.)

### Blue Badge

You can apply for a **Blue Badge** if someone in your family is driving. The Blue Badge is for people with mobility issues as well those experiencing psychological distress when visiting places.

→ To apply visit [www.gov.uk/apply-blue-badge](http://www.gov.uk/apply-blue-badge)

### Other Transport Schemes

There are **Community Transport** or **Good Neighbour Schemes** which you can use.

→ Contact the **Memory Navigation Service** on **0300 111 9090** for details.



## Legal Decisions



Legal decisions must be made whilst you have the “mental capacity” to understand. If not, it can be difficult to sort out later.

The Lasting Power of Attorney lets you choose a person (or people) to act for you. There are two different types. One covers decisions about finances. The other covers health and welfare. You can make both or just one.



➔ Contact **Alzheimer’s Society** on **0333 150 3456** for information.

### Q. Would you recommend applying for Lasting Power of Attorney?

#### A. People living with Dementia and their carers said:

It’s there if you need it and gives you peace of mind.



You should prepare a Will stating your wishes regarding your assets.

➔ Contact **Age UK** on **00800 678 1602** for information.

## Advance Care Planning



Advance Care Planning gives you the chance to think about your future. You can state your wishes and care choices before you are no longer able to make decisions for yourself.

Advance Care Planning involves a number of documents: funeral plans, advance statements or decisions, lasting Power of Attorney, organ doantion and anything else you would like people to know.

Though you might feel reluctant to do this, it can have a significant impact as:

- It helps you have more control over your future and the way you live.
- It lets your loved ones and friends know what you would like, making it less stressful for them.

→ Contact **Alzheimer's Society** on **0333 150 3456** and **Age UK** on **0800 678 1602** for information.

**Q. How has preparing an Advance Plan helped?**

**A. People living with Dementia and their carers said:**

Advance Care Planning really helped give us a better understanding of what needed to be done to prepare for the future and to get us thinking about it.

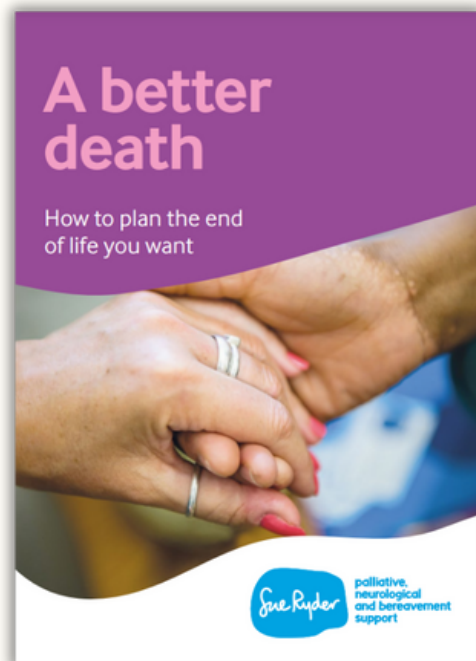


**Talking About Death**



No-one likes to talk about death and dying. Finding the courage to do so can help both you and your family cope better. A Better Death booklet guides you through this process. It suggests ways to start the conversation.

→ Contact **Sue Ryder** on **0808 164 4572** for a copy.



**Palliative Care**

This is arranged through the **Palliative Care Hub** run by Sue Ryder. They aim to help manage symptoms such as pain. They provide support for family and friends.

→ Contact **01767 641 349** for support. They are open 24 hours a day.

## Your Notes



This section is for you to keep a record of your diagnosis and the people who are involved in your care. It is useful to take this information with you to appointments so others can see who else is involved.

<b>Date of Diagnosis</b>	
<b>Type of Dementia</b>	
<b>Do you have advance wishes for your treatment e.g. location of care or a Do No Attempt CPR?</b>	
<b>Your named Power of Attorney</b>	

<p><b>Carer/Next of Kin</b> Name Contact No.</p>	<p><b>GP</b> Name Contact No.</p>
<p><b>Day Centre</b> Name Contact No.</p>	<p><b>Home Care Company</b> Name Contact No.</p>
<p><b>Voluntary Organisation</b> Name Contact No.</p>	<p><b>Voluntary Organisation</b> Name Contact. No.</p>
<p><b>Other</b> Name Contact No.</p>	

## Local Contact Numbers

### Memory Navigation Service

0300 111 9090

[info@memorynavigationsservice.co.uk](mailto:info@memorynavigationsservice.co.uk)

[www.memorynavigationsservice.co.uk](http://www.memorynavigationsservice.co.uk)



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### NHS

#### Single Point of Access - Bedfordshire Community Health Service

0345 602 4064

[singlepoint.ofcontact@nhs.net](mailto:singlepoint.ofcontact@nhs.net)

#### Bedford Hospital Carers Hub

01234 355 122 ext. 5247

#### Palliative Care Hub

01767 641 349

#### NHS 111

### Councils

#### Bedford Borough Council

01234 267 422

#### Central Bedfordshire Council

0300 300 8036

### Local Charities

#### Advice Central

0300 303 6666

[www.advicecentral.org.uk](http://www.advicecentral.org.uk)

#### Age UK Bedfordshire

01234 360 510

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

#### Bedfordshire Rural Communities Charity

01234 838 771

#### Citizens Advice

Bedford: 01234 867 944

Dunstable: 01582 670 003

Leighton Buzzard: 01525 373 878

Mid Bedfordshire: 01767 601 368

#### Disability Resource Centre

01582 470 900

[www.drcbeds.org.uk](http://www.drcbeds.org.uk)

#### Tibbs Dementia Foundation

01234210 993

[Contact@tibbsdementia.co.uk](mailto:Contact@tibbsdementia.co.uk)

[www.tibbsdementia.co.uk](http://www.tibbsdementia.co.uk)

### Services

#### Bedfordshire Fire and Rescue Service Scheme

Bedford: 01234 867 944

#### Herbert Protocol - Bedfordshire Police

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