

Dementia Help

Do you have a will and or/ Lasting Power of Attorney in place? If not, now may be a good time to think about these things.

Are you claiming for Attendance Allowance? Attendance Allowance is a benefit for people over State Pension age who need help with personal care or supervision because of an illness or disability. The website for the form is <https://www.gov.uk/attendance-allowance/how-to-claim> or you can apply for a pack to be sent to your home address by contacting the DWP (Department of Work & Pensions).

The following organisations can offer support with applying for benefits, completing forms, and offer financial and legal advice. There may be a fee for this service.

- Diverse Abilities – 0300 330 5514 or <https://diverseabilities.org.uk>
- Citizens Advice Bureau – 0800 144 8848 or <https://www.citizensadvice.org.uk>
- Independent Age – 0800 319 6789 or <https://www.independentage.org>
- Leonardo Trust – 01202 698325 or <https://leonardocarersupport.org>

Once Attendance Allowance has been awarded, you may be able to apply for a Council Tax Reduction. To claim the 'Disregarded Person's Discount' (apologies about the name!) contact Dorset Council on 01305 211970. For more details <https://www.dorsetcouncil.gov.uk/w/severely-mentally-impaired>.

While a dementia diagnosis doesn't guarantee a blue badge, it is often the case that a person with a dementia diagnosis will be eligible. To apply online <https://apply-blue-badge.service.gov.uk/applicant> or to speak with someone call 01305 224321. It is a good idea to enclose a copy of a diagnosis letter or Attendance Allowance award.

Cognitive Stimulation Therapy (CST) is a proven program of group activity and stimulation suitable for use with many people with early to mid-stage dementia. Age UK runs the programme in Poundbury. For more details or to book, please call 01305 269444 or email: CST@ageuknswd.org.uk

CHS Healthcare can help you to find specialist dementia care at home if that is needed. just complete their enquiry form online at www.carehomedselection.co.uk or call them on 0808 175 3609. They will take time to understand your needs, preferences, and any concerns you may have. A dedicated care liaison advisor will support you throughout the process, providing a personalised shortlist of suitable dementia care agencies. Once you've made your choice, they'll handle all the arrangements to ensure everything goes smoothly.

A Careline may be useful. It is important to find the correct type and to check that they chosen company covers the area where you live. They are available to wear on the wrist or a pendant. Below are details of two providers, but many more are available.

- Telecare - 0800 180 8540 or www.telecare24.co.uk
- Careline 365 – 0800 101 3333 or <https://careline.co.uk>

A RADAR key is a key that unlocks accessible toilets across the UK, making it a fantastic resource for unpaid carers and those they care for. These toilets are designed for people with disabilities or specific needs, ensuring a comfortable and dignified experience when out and about. You can get a

RADAR key for a small fee from some local tourist information offices, and on the Disability Rights website (www.disabilityrightsuk.org) or by calling 020 3687 0790.

There are some **documents** that may be useful in certain circumstances:

- **This is Me** – Provides a lot of useful, non-clinical information that may be helpful if your loved one is admitted to hospital. www.alzheimers.org.uk/get-support/publications-factsheets/this-is-me
- **Lions Message in a Bottle** – <https://lionsmessageinabottle.co.uk> These are free, but it is necessary to pay for postage if ordering from the Lions club. You may be able to collect one from a pharmacy, but they are not stocked everywhere. It is sensible to place a note of the location of 'This is Me' and your 'Carers Emergency Plan' in this bottle so that the Emergency Services can easily find it.

Equipment

The Greenwood Independent Living Centre in Dorchester has a wide range of equipment for you to look at and try to see if it meets your individual needs. These include robotic like pets, audio and visual reminders to drink, and trackers. Free parking is available on site with two disabled spaces close to the entrance. The building is wheelchair accessible. Visits to the centre are by appointment only - Monday to Friday between 9.00am and 4.00pm. Call 033 300 30010 or email milifegreenwood@millbrookhealthcare.co.uk

Social Activities

- **Dementia Talking Point Online Forum** – <https://forum.alzheimers.org.uk> is very good to drop in to without having to be in a certain place at a certain time.
- **Dorchester Connect Carers Meeting** – Meetings take place on the first Wednesday of each month between 10.30am and 12.30pm in the Garden Room at Dorchester Connect, Acland Road, Dorchester, Dorset DT1 1SH. Call 01305 269073 to book your place.
- **Dorchester Age UK Forget-Me-Not Dementia Support Group** – Every third Monday of the month 1.30pm – 3.00pm at the Shire Hall Museum, High West Street, Dorchester, DT1 1UY £2.50 per person. Join for activities, guest speakers, games and a warm welcome.
- **Sing Together Dorchester** – Not specifically for carers but carers fee is waived, and you can attend for free. Every Monday 10.30am to 11.30am at Dorchester Town Hall. Run by Dorchester Arts. Phone 01305 266926 or email engage@dorchesterarts.org.uk
- **Sing Together Blandford** – Open to all, donations welcome. Both groups are similar, singing the same songs, however the second group tends to go at a gentler pace. Tuesdays 1.45pm – 2.45pm or 3.00pm – 4.00pm. Blandford Rugby House, 53 East Street, Blandford Forum, DT11 7DX.
- **Dorchester Carers Nook** – Takes place on the second Wednesday of every month from 10.00am to 12.00noon in Dorchester. Each month features a different focus, designed to offer targeted information and support. If you want to visit for information and advice, there is no need to book, just come along anytime. If you would like to book your cared for into the activity, then pre-booking is required to secure a space. For more information see <https://mid-dorsetpcn.co.uk/dorchester-carers-nook>

- **Blandford Carer Support Group** – Meets on the first Thursday of each month 10.00am – 12.00noon at the Blandford Rugby Club, 53 East Street, Blandford DT11 7DX

Carer Courses

- Online course run by the **Alzheimer's Society**. Contact Jim Marshall on 07719 074485 or jim.marshall@alzheimers.org.uk
- **Dementia Adventure** offer two different training sessions to friends and family: [Understanding Dementia Better](#) and [Mood and Motivation](#). In both sessions, you will connect with experienced dementia trainers and other family caregivers. You'll be able to ask questions, and you'll receive free resources after the session. <https://dementiaadventure.org/training-and-support>
- **Age UK** offer in person Dementia training in Poundbury. Fees are £40 per person. <https://www.ageuk.org.uk/northsouthwestdorset/services>

Useful Helplines and Websites

- **The Alzheimer's Society** – For dementia support, call: 0333 150 3456. Support line opening hours are Monday to Wednesday: 9am – 8pm / Thursday and Friday: 9am – 5pm / Saturday and Sunday: 10am – 4pm
- **Age UK Local** – <https://www.ageuk.org.uk/northsouthwestdorset> Contains information regarding local events, services and products that may be useful. Their phonenumber is open Monday to Thursday 10am - 3pm. Call 01305 269 444.
- **Age UK National** – Their advice line is 0800 055 6112. Open 8am to 7pm every day of the year. Their team will give you information that is reliable and up to date and will help you access the advice you need.
- **The Leonardo Trust** – <https://leonardocarersupport.org> They aim to provide, information, advice, financial help and a range of wellbeing and support services to enable carers to have the quality of life they want, need, and deserve. Their number is 01202 698325.
- **The National Dementia Helpline** offers information, support, guidance and signposting to other appropriate organisations for those with concerns about Alzheimer's or any other form of dementia. Call 0300 222 1122.
- **Help and Kindness** – <https://www.helpandkindness.co.uk> They have a database of services and events in Dorset that may be of interest.
- **Reading Well for Dementia** – These are recommended books chosen by people living with dementia, carers, and health professionals. The books provide reliable information, advice and support as well as personal stories. For more details www.reading-well.org.uk/dementia