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If you are becoming increasingly forgetful, particularly if you are over the age of 65, it may be a good idea to talk to your GP about the early signs of dementia.

As you get older, you may find that memory loss becomes a problem. It's normal for your memory to be affected by age, stress, tiredness, or certain illnesses and medications. This can be annoying if it happens occasionally, but if it's affecting your daily life or is worrying you or someone you know, you should seek help from your GP.

Dementia is a syndrome (a group of related symptoms) associated with an ongoing decline of the brain and its abilities. This includes problems with:

- memory loss
- thinking speed
- mental agility
- language
- understanding
- judgement

It is important to get a diagnosis of dementia. An early diagnosis can help people with dementia get the right treatment and support, and help those close to them to prepare and plan for the future. With treatment and support, many people are able to lead active, fulfilled lives.

You can find lots more information on [www.nhs.uk](http://www.nhs.uk) and search on ‘dementia’. (Source: NHS Choices)

**Peterborough’s Dementia Strategy**

Peterborough has an overall strategy for supporting people with dementia and their families. It covers:

- Prevention
- Diagnosis
- Supporting people and their families with access to health and social care
- Ensuring people with dementia can live safe and normal lives
- Ensuring that people with dementia can die with dignity in a place of their choosing
Caring for someone with dementia can be stressful. There is a wide range of advice and support available locally including:

- You can ask for an assessment of your needs as a carer from the council
- You can register for the Emergency Support for Carers Scheme
- You can access a range of carer support services through the Dementia Support Service
- You can contact Carers Trust Peterborough who provide support and services

To request an assessment of your needs as a carer or register for the Emergency Support for Carers Scheme, you can either telephone 01733 747474 and select option one or visit www.peterborough.gov.uk and search ‘carers assessment.

To contact Carers Trust Peterborough telephone 01733 645234.
The Dementia Support Service

To contact the Dementia Support Service telephone 01733 893853 or visit the Dementia Resource Centre, 441 Lincoln Road, Peterborough, PE1 2PE.

The Peterborough Dementia Support Service has been commissioned by Peterborough City Council and is delivered by the Alzheimer’s Society.

Dementia Support Workers offer information and practical guidance to help people understand dementia, cope with day to day challenges and prepare for the future. They offer support face to face, over the telephone or in writing.

The service is available Monday to Friday 09.00 – 17.00 and can be contacted by telephone on 01733 893853 or you can visit the Dementia Resource Centre, 441 Lincoln Road, Peterborough, PE1 2PE.

Contacting the council for support

If you, or the person you care for, needs support you can contact the council and ask for an assessment of their needs. You can do this by telephoning 01733 747474 and selecting option one.

The Customer Service Team will take your information and pass it to a social care professional for a decision. The council can also conduct a financial assessment to see whether you would be eligible for council funded support. Often the first step that the council will take is offer you a period of ‘Reablement’.

Reablement

Reablement aims to give people with dementia the opportunity, motivation and confidence to relearn or regain some of the skills they may have lost. It may also enable you to learn new skills that can help develop and maintain your independence. The reablement service provides intensive support for a maximum of six weeks and can help with a range of tasks, including:

- personal care tasks such as washing and dressing;
- domestic skills, such as food and drink preparation;
- encouraging you to be confident when moving around

Access to reablement services is through a discussion with a social care professional. If you still have ongoing care and support needs following the period of reablement, you may be eligible for care and support.
**Planning ahead and making decisions**

Living with dementia involves making a wide range of decisions. As someone’s dementia progresses their cognitive (mental) abilities will decline, which will affect their ability to make their own decisions. When this happens carers, family members and health and social care professionals need to become involved in the decision making process.

**Mental Capacity Act**

The Mental Capacity Act 2005 explains how to decide whether someone is able to make decisions for themselves. It also outlines how to make decisions for someone if they are not able to do so. It is assumed that every person has capacity unless it is proven otherwise. A Mental Capacity Assessment will be undertaken by a social care professional.

**Planning ahead**

There are steps that people with dementia can take to ensure that they have more control over decision making in the future. One option is to choose someone (or more than one person) they trust to be an ‘attorney’ through a Lasting Power of Attorney (LPA). A Lasting Power of Attorney gives someone else the ability to make decisions on behalf of the person with dementia. There are two types of LPA, one relating to managing finances and one relating to health and care decisions.

People with dementia can also choose in advance the type of medical treatment they want to refuse in the future by making an Advance Decision. This is a useful legal document that ensures the person’s wishes are carried out a later stage when they lack the capacity to decide.

**Driving**

If you have received a diagnosis of dementia and want to continue to driving you must by law inform the Driver and Vehicle Licensing Agency (DVLA). You must also inform your car insurance company or your policy may become invalid.

**More information**

There is lots of useful information on decision on the Alzheimer’s Society website [www.alzheimers.org.uk](http://www.alzheimers.org.uk) Search on ‘Making Decisions’.
There are lots of pieces of equipment, called ‘Assistive Technology’ that can help people with dementia stay safe at home. These include:

- Fall and motion detectors
- Automated prompts and reminders
- Automatic lights
- Automated shut off devices for gas and cookers
- Water isolation devices to turn off a tap if left running
- Carbon Monoxide and flood detectors
- Clocks and calendars
- Medication aids
- Communication aids eg adapted telephones and communication cards
- Devices to monitor daily activity

More information can be found on the Alzheimer’s Society website [www.alzheimers.org.uk](http://www.alzheimers.org.uk) by searching on ‘Assistive Technology’.
Activities and things to do during the day

There are lots of activities available in Peterborough for people with dementia and their carers. You can see some of these listed below, but they do change quite regularly. The Dementia Support Service and Carers Trust can give you up to date information on activities available locally.

**Dementia Cafes**
Dementia Cafes provide information about living with dementia and other services available locally in an informal and comfortable environment. A Dementia Café is also a place to relax, socialise and meet other people with dementia and their carers. Dementia Cafes are held around the city regularly.

Other activities include:

- Singing for the Brain
- Young Onset Dementia Activity Group Peterborough
- Knit and Knatter
- Current Affairs
- Gardening Group
- Healthy Memories
- Arts and Crafts
- Carer Information and Support Programme
- Peer Support Group Peterborough Carers

Details of times and venues can be found by contacting the Dementia Resource Centre on 01733 893853 or searching the Alzheimer’s Society website on [www.alzheimers.org.uk](http://www.alzheimers.org.uk).

**Carers Trust Peterborough** also run a range of activities and support groups for carers. These include:

- Coffee mornings and afternoon tea
- Carers drop in sessions
- Pamper days
- Working carer group

Details of times and venues can be found by contacting Carers Trust on 01733 645234 or searching the events section of Carers Trust website on [www.carerstrustcambridgeshire.org.uk](http://www.carerstrustcambridgeshire.org.uk).
Whilst every effort is made to support people to remain independent, in some cases you, or the person you care for, are no longer able to cope at home. In these instances you may want to consider moving to more appropriate accommodation.

There are a number of options for you

- Extra Care Housing
- Care Home
- Care Home with Nursing

Whichever option you choose, we recommend that you make some time to read the care provider’s inspection reports on the Care Quality Commission’s website – [www.cqc.org.uk](http://www.cqc.org.uk)
Extra Care Housing

Extra Care Housing may be appropriate for people with dementia as it provides independence, whilst having care staff on site 24 hours a day to respond to emergencies.

Extra Care also allows the changing needs of individuals to be quickly identified and supported. For some Extra Care schemes in Peterborough you will need to be referred by Adult Social Care.

There are eight Extra Care Housing schemes locally and details can be found in our Care and Support Directory.

Residential and Nursing Care

If you feel that you, or the person you care for, are no longer able to manage at home and would also not be sufficiently supported in Extra Care, you may want to consider residential or nursing care. Details of care homes in the area can be found in our Care and Support Directory.

Peterborough Care and Support Directory

You can request a copy of the Care and Support Directory by calling 01733 747474 and selecting option one, or you can view it online at www.carechoices.co.uk and searching ‘Peterborough’.

Further questions - get in touch

01733 747474  adultsocialcare@peterborough.gcsx.gov.uk  www.peterborough.gov.uk