

Broxtowe Dementia Directory 2026 edition

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Local Authority Contact Numbers

Nottinghamshire County Council

0300 500 8080

Nottingham City Council

0115 915 5555

Contents

Local Authority Contact Numbers	2
Dementia Advice & Support	8
Alzheimer’s Society	8
Referral form for professionals	8
Search for support.....	8
What Family Carers Need to Know.....	9
Register as a carer with GP.....	9
Carer Assessment.....	9
Carers Hub	9
Tu Vida Young Carers Service	9
Carers Cards	9
Dementia Carers Count.....	9
Dementia UK.....	9
AgeUK	10
Information and Training Courses for Carers	10
Dementia Information Programme	10
Virtual Information Programme	10
Foundations in Dementia Awareness & Care.....	10
Respite for Carers	10
Carers Break.....	10
In an emergency.....	10
Privately paid respite	10
Planned Short Breaks	10
Home First Response Service.....	10
Carefree Breaks	10

Carers Space Notts	11
General Services	11
Citizens' Advice Bureau Broxtowe	11
Nottinghamshire County Council	11
General benefits advice	11
Single Point of Contact	11
Nottingham City Council.....	11
NHS Primary & Community Care	11
Annual GP review	11
Memory Assessment Service	11
Community Mental Health Team	11
Intensive Home Treatment Team	12
Entitlements	12
Attendance Allowance.....	12
Council Tax Reduction.....	12
Personal Fall Alarm	12
Herbert Protocol	12
Pegasus Scheme.....	12
Power of Attorney.....	13
Living Well with Dementia at Home.....	13
Brain Training.....	13
Brain Workout.....	13
Apps to stimulate and entertain	13
Armchair Gallery	13
Thinkability	13
House of Memories	13
Reminiscence	14

Memory Lane Bags	14
Keeping active.....	14
Dementia UK.....	14
Love To Move	14
PRAISED	14
Music	14
Music for Dementia	14
Goldies Sing and Smile Charity.....	14
*BBC Music Memories.....	14
Playlist for Life	14
Live Music Now Concert Library	14
Community singing	14
Musicworks	14
Heron Music Café	14
Singing for the Brain.....	14
Beeston Open Voices	14
Social activities	15
Dementia Studio	15
Eastwood Memory Café.....	15
Beeston Memory Cafe	15
Stapleford Memory Cafe	15
Selston Memory Café	15
Hummingbird Memory Group.....	15
Trent Dementia	15
Dementia Friendly Cinema.....	16
Tuesday Talkie	16

ARC Cinema, Beeston Silver Screen	16
CEA Card	16
Sports and Exercise	16
Forget Me Notts	16
Move More @ Clifton Leisure Centre	16
Swim for Health	16
Sporting Memories	17
Day care	17
Service Tree Socials	17
Radford Care Group	17
Dementia Studio	17
Creative Daycare.....	17
Couples Support Groups	17
Carers' Drop-In	17
Sybil Levin Day Centre	17
Care homes sometimes offer day places – enquire directly.	18
Dementia Friendly Care Agencies	18
Right At Home	18
The Service Tree	18
Home Instead	18
Respectful Care	18
Care Homes, Personal Assistants and Home Care	18
Groups for Carers.....	18
Paying for care	19
Needs assessment.....	19
Local Authority Contact Numbers	19
Who pays?	19

Holidays	20
Dementia Adventure.....	20
Equipment and technology	20
Personal care tips and hints	20
Research and Networking Opportunities.....	21
JDR -Join Dementia Research.....	21
Dementia Change Action Network.....	21
Alzheimer’s Society – Dementia Support Network	21
Mind For You.....	21
Appendix: Dementia Diagnosis Pathway	22

Dementia Advice & Support

Alzheimer's Society

The Dementia Wellbeing Service is the Alzheimer's Society's personalised support service for people with dementia and their carers, families and friends. It consists of our 1:1 Dementia Support Service, our Carers Information and Support Programme and Cognitive Stimulation Therapy. It's free for service users.

The 1:1 Dementia Support Service puts you in touch with Dementia Advisers who offer support, advice and information. This can include: providing information on dementia and how to live well with it; providing help with legal documents and form completion; signposting to dementia groups and other local community services and access to publications covering a wide range of dementia-related subjects.

The Carer Information and Support Programme (CrISP) aims to improve the knowledge, skills and understanding of those caring for a person with dementia, by providing effective support and up-to-date, relevant and evidence-based information. The online programme led by trained Society staff and volunteers is held in the evenings to include people in employment.

Cognitive Stimulation Therapy (CST) is for individuals with mild to moderate dementia. It provides meaningful and stimulating activities with the aim of aiding and maintaining memory function. Please note that referrals to CST will only be through the Memory Assessment Service (MAS), Therapeutic Intervention Service (TIS) or the Mental Health Services for Older People (MHSOP).

To refer yourself or someone you know please phone 0333 150 3456

www.alzheimers.org.uk

Monday, Tuesday and Wednesday: 9:00am – 8:00pm

Thursday – Friday: 9:00am – 5.00pm

Saturday – Sunday: 10:00am – 4:00pm.

Online support forum is available 24-Hours a day

<https://forum.alzheimers.org.uk/>

[Referral form for professionals](https://www.alzheimers.org.uk/dementia-professionals/make-a-referral)

<https://www.alzheimers.org.uk/dementia-professionals/make-a-referral>

[Search for support](https://www.alzheimers.org.uk/find-support-near-you) Alzheimer's Society has a search facility to identify all kinds of support near you:

<https://www.alzheimers.org.uk/find-support-near-you>

What Family Carers Need to Know

Register as a carer with GP Ask to be registered at your surgery as a carer – this can lead to getting appointments more easily and access to regular reviews, vaccinations, etc. Most surgeries have a Carers Champion who can signpost you to information/support. Many have a Social Prescriber who is well informed about local resources for carers and people with dementia. All have a copy of this Directory!

Carer Assessment

Anyone caring for someone with dementia should request a carer assessment from their local authority.

Nottinghamshire County Council Adult Social Care (ASC): 0300 500 8080. www.nottinghamshire.gov.uk
Almost all services available via this website.

Nottingham City General Enquiries: 0115 915 5555 Monday -Friday, 9-5.

Carers Hub

0808 802 1777 Text: 07814 678 460 carersfederation.co.uk

Nottingham City and Nottinghamshire County

Email referrals: Carershubreferrals@carersfederation.co.uk

General email: carershubinfo@carersfederation.co.uk

Address: 21-23 Pelham Street, Sherwood Rise NG5 1AP

Tu Vida Young Carers Service 0115 824 8824

Provides support groups, signposting, info, advice for young carers. youngcarers@tuvida.org

Carers Cards hold details of the cared for and contacts, to be used as reference if you as a carer, have an emergency. (This can be applied for separately or as part of a Carer Assessment with Adult Social care – see above.)

Dementia Carers Count

0800 652 1102

www.dementiacarers.org.uk

A range of free services that give family carers the opportunity to understand more about dementia and to connect with others in a similar situation. Online courses and a telephone line Mon-Fri 9am to 5pm for support and advice.

Dementia UK

0800 888 6678

<https://www.dementiauk.org/>

Dementia UK is a charity that provides Admiral Nurses for families affected by dementia. Call our Dementia Helpline to find out how we can support you (number above).

AgeUK

0115 844 0011

<https://www.ageuk.org.uk/notts/our-services/>

General advice and help to complete Attendance Allowance forms.

Information and Training Courses for Carers

Dementia Information Programme by Radford Care Group. Free 7-week programme. Various dates and locations throughout the year. Respite may be available whilst carer attends. Booking required. Call 0115 9786133 or email info@radfordcaregroup.org.uk or call Bev Pearson 07745 956880

Virtual Information Programme for family, friends and carers of people living with dementia provided by the Alzheimer's Society. Call 0115 9343811 to find out more and book place.

Foundations in Dementia Awareness & Care – online course developed at the University of Nottingham Centre for Dementia, free on Futurelearn platform: <https://www.futurelearn.com/courses/dementia-awareness-training>

Respite for Carers

This is accessed via the Carers' Hub Service – see above p16.

Carers Break (between £600- £1,200) organised with Adult Social Care (ASC) following a Carer's Assessment (p16). Typically the person being cared for would stay in a care home, but you can engage private individuals, (in Nottinghamshire, including friends or relatives) to come to your home to stay with the person with dementia. To arrange respite you need to give at least 10 days' notice, provisionally book your break/Care Agency, then ring ASC to access funding. The person you care for must have had a Needs Assessment from ASC.

In an emergency something can be put in place straight away – this eventually will be means tested and back tracked for payment.

Privately paid respite – approach local Nursing/Residential Homes to see what they offer or use private Care Agencies – or a Personal Assistant. Can search <https://www.yournottsdirectory.org.uk/>

Planned Short Breaks – these are available for the person with dementia who will need to be assessed by Adult Social Care to attend a Council-run Day Unit. They can also be arranged in a private residential or nursing home which has space. There is a Directory of Homes with listing of places available from Adult Social Care or your Social Prescriber. Or search www.carehome.co.uk

Home First Response Service (HFRS) - for the cared for, if you as the carer are suddenly unavailable. A short-term rapid response service (usually within 2 hours) if you need social care support to remain at home. This is accessed through Adult Social Care 0300 500 8080 (emergency duty team 0300 456 4546)

Carefree Breaks <https://carefreespace.org/take-a-break/> You can register via Carers Hub or email carershubinfo@carersfederation.co.uk 0808 8021777

Carers Space Notts

<https://www.carersspacenotts.com/>

Run by NHS, Notts County Council, Notts Carers Association and unpaid carers. It is a strategy group to bring expertise/experiences/insight together in monthly meetings, a place for equal voices, to help shape policies/service design. New website and online monthly meetings available to all.

General Services

Citizens' Advice Bureau Broxtowe

<https://citizensadvicebroxtowe.org.uk/>

Phone advice 10-4, Monday-Friday.

Adviceline: 0800 144 8848

Textphone: 0800 144 8884

Help to Claim Universal Credit:

Drop -in Council Offices Foster Avenue 10-1 on Monday, Tuesday, Thursday and Friday

Drop-in Eastwood Library 9.30-12.30 Monday and Tuesday, 1-4pm Thursday

Nottinghamshire County Council

General benefits advice

<https://www.nottinghamshire.gov.uk/care/benefits-finance/benefits>

Single Point of Contact

Notts County Council: Adult Social Care 0300 500 8080

Nottingham City Council

Adult Social care: 0115 876 3330, Monday to Friday, 9:00 am to 5:00 pm

Website: <https://healthandsocialcareportal.nottinghamcity.gov.uk/web/portal/pages/home>

NHS Primary & Community Care – All NHS services are accessed through your GP

Annual GP review Once a person has a diagnosis from Memory Assessment Clinic, they are entitled to an annual medication review from the GP surgery. If there has been a deterioration the GP might refer back to Mental Health Services for Older People (MHSOP) to see if any other support or treatment can be offered.

Memory Assessment Service – diagnosis and short-term treatment with Memory Assessment Groups and Cognitive Stimulation Therapy.

Community Mental Health Team (CMHT) – long-term support and advice for complex problems.

Intensive Home Treatment Team – for urgent treatment that needs a response within 48-72 hours. This is a short-term service for older people with acute mental health difficulties, to prevent psychiatric hospital admission or work towards putting in place a package of care.

Entitlements

Attendance Allowance 0800 731 0122 (DWP) <https://www.gov.uk/attendance-allowance/how-to-claim>

AgeUK offer help to complete this form. You can get Attendance Allowance if you've reached State Pension age and the following apply:

1. you have a physical disability (including sensory disability, for example blindness), a mental disability (including dementia), or both
2. your disability is severe enough for you to need help caring for yourself or someone to supervise you, for your own or someone else's safety
3. you have needed that help for at least 6 months (unless you might have 6 months or less to live)

Council Tax Reduction 0115 917 7777 Broxtowe Borough Council

You need to be in receipt of Attendance Allowance. The council will provide an application for which you need to complete and ask your GP to sign before returning to the council.

Personal Fall Alarm 0115 917 3358 Email: lifeline@broxtowe.gov.uk

You can purchase the Lifeline Service by contacting the Broxtowe Borough Council Dedicated Lifeline Co-ordinator by phone. You can also apply online using the Lifeline Application Form.

Herbert Protocol Call main switchboard 101

A national scheme run by the police to gather useful info on one short form, which can be used in the event of a vulnerable person going missing. Find the Herbert protocol form online: <https://www.nottinghamshire.police.uk/>

Pegasus Scheme Call main switchboard 101

Pegasus is a secure PIN number database that immediately provides the emergency services with key details about the caller when calling on the phone or requesting help in person with an emergency or non-emergency situation. To register, apply in writing to Nottinghamshire Police Headquarters, Pegasus NG5 8PP or email: pegasus@notts.police.uk <https://www.nottinghamshire.police.uk/police-forces/nottinghamshire-police/areas/campaigns/campaigns/pegasus-scheme/>

Power of Attorney

A Lasting Power of Attorney or Deputyship allows someone to take complex decisions for another person who lacks the mental capacity to do this themselves. There are two separate types of Power of Attorney:

- Property & Finance
- Health & Welfare

Further information about powers of attorney can be found on the Alzheimer's Society website:

<https://practice365.co.uk/uploads/sites/1461/2023/11/Lasting-Power-of-Attorney.pdf>

Living Well with Dementia at Home

People with dementia should expect and be supported to continue with their usual pursuits and hobbies. Anything that encourages social contact, enjoyable experiences, mental stimulation and physical exercise is beneficial.

Brain Training

Brain Workout Monthly Brain Workout puzzles delivered to the door as part of a commitment to a monthly donation to Alzheimer's Society

[Brain Workout | Alzheimer's Society \(alzheimers.org.uk\)](#) or call 0333 1503456

Apps to stimulate and entertain

Armchair Gallery [Armchair Gallery - City Arts \(Nottingham\) \(city-arts.org.uk\)](#)

An Ipad/phone app with special features for people living with Dementia – brings world class art and culture to the screen (collections from Chatsworth House, The Lowry, Newstead Abbey and others). Interactive and creative activities with full instructions.

Thinkability

Based on the evidence for Cognitive Stimulation Therapy, Thinkability is designed to stimulate conversation and engagement between the person with dementia and a friend, carer or family member. It is available on the App store (£4.49) and Google Play (£4.99).

House of Memories

<https://www.liverpoolmuseums.org.uk/house-of-memories/my-house-of-memories-app>

Easy to use, free, app, allows you to explore objects from the past and share memories together. Browse objects, brought to life with sound, music and description. Also has "My Memories" feature, to allow personal photos to be uploaded. It can be used by anyone but has been designed for people living with dementia and their carers.

Reminiscence

Memory Lane Bags 01623 677200 Free to borrow from your local library

Each bag contains a selection of multisensory items that may engage people with reminiscences. Free to borrow for 3 weeks. There are also cases of memorabilia which can be borrowed for 3 weeks.

Keeping active

Dementia UK [Meaningful activities part two: Physical exercise - Dementia UK](#)

Love To Move [Love to Move | British Gymnastics Foundation](#)

PRAISED (Promoting Activity, Independence and Stability in Early Dementia) <https://youtube/BXNHm9Nj1pk>

Music

Music for Dementia Information and resources: <https://www.musicfordementia.org.uk/>

Goldies Sing and Smile Charity (words on screen) [Welcome to Golden-Oldies - Home \(golden-oldies.org.uk\)](http://golden-oldies.org.uk) Live weekly online sessions, every Tues and Thurs on Facebook or YouTube 11-12noon.

*BBC Music Memories <https://musicmemories.bbcrewind.co.uk/home>

This website is designed to use music to help people reconnect with their most powerful memories. Evidence shows that music can help people - including those living with dementia - to feel and live better. Create a playlist and then export it to Spotify to listen to your tracks in full.

Playlist for Life <https://www.playlistforlife.org.uk/>

How to compile a playlist of personally-meaningful music.

Live Music Now Concert Library

<https://www.youtube.com/playlist?list=PLff9wYQdEudgTx9QteHNile6e8zmuB1tZ>

Community singing

Musicworks 0115 9145879 www.Musicworksnet.co.uk

Heron Music Café – singing for wellbeing (based in West Bridgford) Well-known songs with lyrics to sing along to. Poppy and Pint Pub, Lady Bay 10.30 start (but flexible and welcoming start!) until 12 noon (Can also access videos via their YouTube channel by clicking website link or via their FB page)

Singing for the Brain – various face to face groups meeting regularly around the county provided by the Alzheimer’s Society and others. <https://www.alzheimers.org.uk/find-support-near-you>

Singing for the Brain in Clifton Methodist Church 07718 697246 Email: Angela.O’Neill@alzheimers.org.uk

Beeston Open Voices 0115 958 9312 Email: admin@music-for-everyone.org

Every Tuesday Morning at Middle Street Resource Centre NG9 2AR 0115 958 9312. Voluntary donation £2.

Social activities

Dementia Studio 07543 534336 <https://dementiastudio.org>

A place to create and connect for people with dementia and their carers. See Day Care

Eastwood Memory Café 07847 716759 <https://eastwoodmemorycafe.co.uk/>

A charitable incorporated organisation for people with dementia and their carers to live well.

Beeston Memory Cafe 07846 403342 <https://beestonmemorycafe.com>

A safe, friendly venue open to anyone living in the community with dementia together with their supporter. Meets at Middle Street Resource Centre NG9 2AR on Thursdays 1.45-3.45pm.

Stapleford Memory Cafe 0779 6651950 or email: jayne.daykin60@gmail.com

For anyone living in the community with dementia together with their carer. We meet on Wednesdays fortnightly at 2pm – 3.30 pm at The Carnegie Centre, Warren Avenue, NG9 8EY.

Selston Memory Café Please book: 01773 864510.

Social group offering a sandwich lunch, first Friday of the month, 1-3pm at the Tin Hat Centre, Chapel Road, NG16 6 BW.

Hummingbird Memory Group Tel:07310 655991 (Jassent)

Join us in a culturally sensitive, safe and supportive space for the black Afro-Caribbean community. Last Monday of every month 10am-12pm, at the Pauleen Davies Centre, Radford Care Group NG7 5QE.

Trent Dementia 0115 7484220 www.trentdementia.org.uk

A charity which aims to improve the quality of care, support and well-being of people living with dementia in the East Midlands and beyond -support given to join online events. In person Peer Support Groups and activities for people affected by dementia (Craft evenings, day trips, walking groups and carers evening). Email: contact@TrentDementia.org.uk

Trent Dementia runs a drop-in on the third Wednesday of the month, from 10.30am until 1.30pm at Cleaves Hall on Castle Gate, Nottingham City, NG1 7AS. Further information: suzanne.osborne@trentdementia.org.uk

Dementia Friendly Cinema

Tuesday Talkie

Contact Sandra 07966171261

Second Tuesday of the month 2pm at West Bridgford Methodist Church NG2 7PQ. Films shown with subtitles, low lighting and volume reduced. Wheelchair accessible. Refreshments on arrival and choc ices served in the interval. £2 donation welcome.

ARC Cinema, Beeston Silver Screen.

<https://beeston.arccinema.co.uk/silverscreen.php>

£5 for over 65s, carers go for free. Complimentary hot drinks. Every Thursday 1pm .

CEA Card

01244 526 016

Email: info@ceacard.co.uk

A scheme set up to make cinema visits more accessible for “disabled guests who might need assistance whilst visiting the cinema”. Card entitles you to one free ticket for someone to accompany you to the cinema. 90% of cinemas accept this card. Annual fee of £6.

Sports and Exercise

Forget Me Notts Dementia Programme

0115 9823000

Trent Bridge Community Trust

<https://www.trentbridge.co.uk/trust/forget-me-notts.html>

Free Sporting Activities and Social Interaction sessions for those living with dementia and their Carers. All on Tuesdays, 10.30 -11.30am

- Variety of Physical activities (Rushcliffe Arena) 1st and 3rd Tuesdays of the month
- Golf at Edwalton Golf Club 2nd Tuesday of the month
- Café at Trent Bridge Cricket Ground – last Tuesday of the month

Move More @ Clifton Leisure Centre

A morning of social activity welcoming those living with dementia and their carers. Clifton Leisure Centre Wednesdays 10.30-12.30. £5 includes access to swim for health, sports hall activities and tea/coffee.

Swim for Health at Clifton Leisure Centre: quieter more relaxed sessions for anyone with a disability or health condition: Mon 6-7 pm. Need to be a member of Active Nottingham (free) – sign up at the Leisure Centre directly. Nottingham City Active Nottingham website www.activenottingham.com

Sporting Memories

07543 534336

Games, reminiscence and conversation about people's sporting passions. Free. Tuesdays 2-4pm at Dementia Studio, 16 Hall Croft, Beeston, NG9 1EL. Booking essential: 07543 534336

Day care

Service Tree Socials

0115 9455639

www.theservicetree.co.uk

Tuesdays 11-3pm at Holy Spirit Church Social Centre, West Bridgford & Wednesdays at Tollerton 10-3.15. Fully supported activities, companionship, entertainment, includes lunch £47.50. The day socials are particularly designed to be of benefit for those with dementia and those that would benefit from greater social interaction.

Radford Care Group

0115 9786133 [add website here](#)

Purpose-built day care centre, 9 - 4.30pm Mon-Thurs. Taster sessions available.

Dementia Studio

07543 534336 www.dementiastudio.org

Creative Daycare conversation, exercises to music and activity sessions on Monday pm (1-4) and Tues am (10-1). Couples Support Groups on Wednesdays 11-12.30 or 1.30-3. Carers' Drop-In Monday morning 10.45-12.15

All at the Royal British Legion Hall, 16 Hall Croft, Beeston, NG9 1EL

Sybil Levin Day Centre

0115 8440011 or 0115 9780011 [add website link here](#)

Day centre run by Age UK, a SPECAL-informed specialist dementia day service, which is unique to Nottinghamshire. Operating Mondays to Fridays 10 am – 3 pm. Two-course lunch and in some instances assistance with minibus transport. 577a Nuthall Road, Cinderhill NG8 6AD sybils@ageuknotts.org.uk

Broxtowe Day Service

0300 500 8080

Sunnyside Road, Chilwell, Nottingham, NG9 4FR. Referrals can be made following a social worker assessment.

Care homes sometimes offer day places – enquire directly.

Dementia Friendly Care Agencies

Right At Home 0115 8800911 [Right at Home UK - Homecare Assistance | National Provider](#)

Dementia specialist home care/companionship services, based in West Bridgford.

The Service Tree 0115 9455 639 [Dementia Care & Domiciliary Care In Nottingham \(theservicetree.co.uk\)](#)

Dementia specialist home care/companionship services, based in West Bridgford.

Home Instead 0115 922 6116 [High Quality Elderly Home Care with HomeInstead](#)

Personal care/companionship/household tasks, based in Beeston

Respectful Care 0115 778 8566 <https://www.homecare.co.uk/homecare/agency.cfm/id/65432222516>

Elderly Home Care Services in South Nottinghamshire, based in West Bridgford.

Care Homes, Personal Assistants and Home Care

Local providers can be found by searching the Notts Help Yourself directory here:

<https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/home.page>

Groups for Carers

Forget Me Not group for carers whose loved one is no longer living with them. At Middle Street Resource Centre, Beeston, second Thursday of the month, 12:30-2. Contact Maggie Haskey 07508 263677.

Paying for care

Needs assessment

A formal needs assessment of the person requiring care must be done before local authorities assume financial costs. Contact your local authority for a needs assessment.

Local Authority Contact Numbers

Nottinghamshire County Council 0300 500 8080

Nottingham City Council 0115 915 5555

Independent Age Guide to Needs Assessment <https://www.independentage.org/care-needs-assessment-guide>
Free Helpline 0800 319 6789

Who pays?

If you have social care needs and savings less than £23,250 the council should pay for care to meet those needs. A useful guide to paying for care: <https://www.nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/self-funders-guide>

There is more information online: <https://www.nottinghamshire.gov.uk/care/adult-social-care/paying-for-care>

For people living in Nottingham City:

<https://www.nottinghamcity.gov.uk/information-for-residents/health-and-social-care/adult-social-care/financial-and-legal-support/>

Holidays

Dementia Adventure

01245 237548

<https://dementiaadventure.org>

Dementia-friendly holidays and supported group holidays.

Equipment and technology

Call Notts County Council Adult Social Care (0300 500 8080) to ask for a Care Needs assessment with regard to potentially providing equipment. They would be able to put in a referral to Technology Enabled Care: 0115 8040023- Rob Lewis

Even if you are self-funding, advice can be given with respect to: alarms, sensors, memory aids, personalised prompts on Electronic Tablets (MemRabel), meds dispensers, trackers etc.

Personal care tips and hints

Booklet produced in 2022 as part of a research programme at East Anglia University. It is for both family carers and care home staff. Download it free here at the link below. You need only click on 'Submit' to see the document, no other information needs to be given.

<https://www.uea.ac.uk/about/school-of-health-sciences/research/projects/understanding-personal-care-interactions-in-severe-dementia/personal-care-in-dementia-booklet>

Research and Networking Opportunities

JDR -Join Dementia Research

[Join dementia research - register your interest in dementia research : Home \(nihr.ac.uk\)](#)

A place to register your interest in taking part in vital dementia research. (an opportunity to be matched up with studies both local/national and virtual)

Dementia Change Action Network (DCAN)

DCAN harnesses the power of networks to tackle key challenges for people living with dementia together. DCan is for people with dementia and people working in dementia related roles in health, social care, charities, communities and academia. [DCAN | Dementia Change Action Network](#)

Alzheimer's Society – Dementia Support Network

An online community to share experiences of dementia. <https://www.alzheimers.org.uk/get-support/dementia-support-forum>

Mind For You

01509 351008

www.mindforyou.co.uk

Information, digital services, financial advice.

Appendix: Dementia Diagnosis Pathway

If someone is concerned about cognitive deterioration:

1. See your GP for a brief cognitive assessment and history taking.
2. Depending on the results and patient preference, GP may watch and wait (monitored annually).
3. If considering a referral to MAS (Memory Assessment Service), the GP will need blood tests to rule other causes out. This is classed as a physical health screening.
4. You will potentially be referred to MAS at Stapleford. Expect a letter within 3-4 weeks (currently face to appt but option of a video or telephone if not wishing to attend)
5. MAS Clinic appt – full history taken including carer/family concerns, further memory tests, depending on history and test results then might be sent for CT scan, or possibly further assessment by another member of team.
6. CT Scan if required, at QMC. Usually a long wait (6 months or more)
7. Called back to MAS Clinic to discuss results and diagnosis. If dementia diagnosis confirmed, then signposted to Alzheimer's Society Dementia Connect Service. Depending on type of dementia, treatment (including possible medication) may be considered to help slow progression.
8. People with confirmed dementia will also be offered a referral to Therapeutic Intervention Service (TIS). This is an eight- week Education Programme, 2 hr sessions for the person with dementia.
9. Following from this, the person with dementia might want to access further Cognitive Stimulation Therapy (CST) sessions, run by the Alzheimer's Society in the community. CST provides activities to keep brain working and slow down decline.

This directory was based on work by Gwynneth Owen. If you have amendments to the information contained here, please email: admin@dementiastudio.org