

Dementia Services in Rutland

A guide to support available for those living with dementia, their carers and families.



DSIR Dec 18



Leicestershire Partnership NHS Trust



How to use this guide

This guide has been set out to provide you with more information about the type of support that is available locally in Rutland.

The guide has been designed to reflect the typical journey on the dementia pathway. Because a visit to your GP is normally the first step on the dementia pathway, we have put this service at the beginning of the guide, along with other services that you are likely to come into contact with as part of the process of being diagnosed.

The guide also includes information about where you can go to get the practical help and information that you will need in order to live well with dementia.

Whilst there is no cure for dementia, there are many things that can be done to reduce the impact of the symptoms. This can include keeping physically active and taking steps to maintain a healthy lifestyle. As such, this guide also includes information about organisations that can support people to live well with dementia.

If you have any comments about this guide, please contact **Age UK Leicester Shire & Rutland** on 0116 299 2233 or email dementiasupport@ageukleics.org.uk

An electronic copy of this guide can be downloaded from www.ageukleics.org.uk

What is Dementia?

Dementia describes a set of symptoms that may include memory loss, difficulty with thinking, problem solving or language.

Dementia can have a serious effect on a person's ability to carry out everyday activities.

There are many different types of dementia and they are all progressive, which means that they get worse over time.

The main symptoms of dementia include:

- **Forgetfulness** This can include having trouble with remembering what has happened recently and with recognising familiar people and places.
- **Problems with planning and carrying out everyday tasks** such as dealing with money or preparing a meal
- **Feeling confused** in a familiar setting
- **Finding it hard to follow conversations** and forgetting what you were saying or about to say.
- **Trouble controlling your mood or behaviour**

If you are experiencing these symptoms, it may not mean that you have dementia. However, it is recommended that you speak to a professional who will offer guidance and support. The first point of contact should normally be your GP.

GP Surgeries

If you have concerns about your memory, please make an appointment to see your GP.

Your GP may refer you for a specialist assessment to the memory clinic. If you do have a diagnosis of dementia, your GP practice can then continue to help and support you with ongoing care and management, supporting you and your family if required.

People aged between 40 and 74 are able to have a health check carried out by their GP practice. The health check now incorporates memory awareness questions.

If you are aged between 40 and 74 you may wish to ask your GP practice for a health check.

Certain groups of patients with Long Term Conditions are eligible for a 'flu vaccination that is performed by your GP practice usually between September and January each year. Memory awareness questions are now asked at practice flu clinics. Enquire with your GP practice as to their 'flu vaccination programme and whether you are eligible.



Memory Service

The Memory Service provided by Leicestershire Partnership Trust is a diagnostic and treatment service for patients with concerns about memory loss and dementia.

Patients referred are assessed for a diagnosis and treatment care plan developed and agreed with the patient. The service offers a non-urgent mental health assessment, Monday to Friday 9.00am until 5.00pm (excluding public and bank holidays).

Patients can be referred by their GP.

The memory service works closely with dementia support services across Leicester, Leicestershire and Rutland to ensure coordinated on-going support is provided following diagnosis. Following diagnosis patients may be discharged back to their GP for ongoing care or to the CMHT for ongoing medical management.

The service is available at:

Neville Centre, Leicester General Hospital, Gwendolen Road, Leicester. LE5 4QG (East)

Who to contact to access the service:

East Locality:

Stuart Kennedy

0116 225 6143 / 0116 225 3724

stuart.kennedy@leicspart.nhs.uk

Opening Hours: **Monday – Friday, 9:00am – 5:00pm**

Rutland County Council

People living with Dementia can request an assessment from Rutland County Council's Adult Social Care Team. This identifies any support needs you have and will help you to identify the services and options that are right for you. These include carers' assessment and help to return home.

Rutland County Council – Carers

If you are a carer, there is a wide range of support available to help you keep things in balance and to maintain important aspects of your own life alongside your caring role.

A carer's assessment can be requested from Rutland County Council's Adult Social Care Team. This identifies any support needs you have in relation to your caring role and will help you to identify the services and options that are right for you.

Rutland County Council – Help to Return Home

Rutland residents admitted to hospital will be offered support to return home.

The Rutland Integrated Hospital Team will contact you in hospital to understand your needs. The Team will look at practical aspects with you including your safety at home, your ability to move around and how you will manage your personal care and domestic arrangements. Our aim is to get you back into your usual routines as soon as possible.

If you cannot return directly home, for example because you are not mobile, you may continue your recovery in a community hospital or care home bed in or near Rutland. You might also be offered a short period of physical therapy to give you the skills and confidence to thrive at home.

'Rehabilitation' is exercise rebuilding your strength and movement, while 'reablement' helps you to learn new ways to accomplish daily living tasks that have become more challenging. The professionals working with you will explain what to expect from your personalised therapy programme and will agree the aims with you.

If you would like a broader chat about support to help you to manage at home longer term, you can contact Rutland's Adult Social Care team who may signpost, offer advice or recommend a social care assessment.



Further information can be found in the 'Options - A guide to care and independent living Peterborough' brochure available from Rutland County Council.

Who to contact to access services:

Contact: **Adult Social Care – Duty Line**
Address: **Rutland County Council, Catmose, Oakham, Rutland LE15 6HP**
Telephone: **01572 758 341**
Email: **adultduty@rutland.gov.uk**
Opening Hours: **Monday – Thursday 8:30am – 5:00pm**
Friday 8:30am – 4:30pm

Rutland Community Wellbeing Service

The Rutland Community Wellbeing Service is delivered via a partnership between Citizens Advice Rutland, the Bridge Housing Support Services and Spire Homes, with additional delivery support and expertise provided by Vista, and Age UK Leicester Shire and Rutland.

The aim of this service is to provide Rutland citizens and the community a “one stop shop” for advice, information and support on a range of issues including:

- Housing and Homelessness
- Financial Wellbeing
- Volunteering
- Healthy Lifestyles including smoking cessation, weight loss, physical activity & substance misuse
- Emotional Wellbeing
- Hearing and Sight Impairment
- Community and Voluntary Sector Support

The Rutland Community Wellbeing Service provider for older people and for **Dementia Support** is **Age UK Leicester Shire & Rutland**.

This part of the service offers a point of contact for people living with dementia who are resident in Rutland including:

- Person centered support that helps people to understand how to live well with dementia
- Information about diagnosis
- Information about services and how to access ongoing support
- A peer support group that enables people who are caring for someone with dementia to meet each other, share information and experiences
- A Carers Support group that offers a programme of speakers and activities
- Access to training opportunities for informal carers
- Memory Cafes where people who are living with dementia and their carers can meet and socialise



The service works with health and social care professionals to:

- Raise awareness of community services
- Provide advice and support relating to working with people with dementia
- Support the process of hospital admission and discharge.

The service engages with the local community to:

- Promote Dementia Friendly communities
- Recruit, train and support local people to become Dementia Friends so that communities are better able to support people to live well with dementia.
- Work with people who are living with dementia so that their needs are recognised and taken into account.

Who to contact to access the service:

Clients can self-refer to the service by calling in to the Citizens Advice office at 56 High Street, Oakham, by telephone or via the web form on our website.

Contact: **Clare Thomas**
Address: **56 High Street, Oakham, Rutland. LE15 6AL**
Telephone: **01572 725 805**
Website: www.rutlandwellbeing.org.uk (for electronic referrals)
Opening hours: **Monday to Friday between 9am and 5pm for telephone enquiries**
Drop-in times: **Monday: 10am - 5pm / Tuesday & Thursday: 10am - 1pm**
Wednesday & Friday: 10am - 4pm

Rutland Reminders

We offer Therapy through Singing for people with dementia and their carers throughout Rutland. Our sessions in Oakham, held since 2010, usually attract some 30 folk, the majority with dementia, together with carers and our volunteers.

The Uppingham sessions are smaller and more intimate.

We sing old well-loved songs from our songbook; the third edition contains 140 songs and we usually manage about 18 in a session including a number of choices from those present.

Sessions are very friendly occasions and we welcome new guests with dementia and their carers.

Happily we are able to offer door-to-door transport if required.

Who to contact to access the service:

Contact: **Angela Ashpole (Administrator)**
Telephone: **07779 413 889**
Email: amarutlandreminders@outlook.com
Opening Hours: **Second Tuesday of each month from 2pm - 4pm at
Aberdeen House, 20 Stockerston Road, Uppingham LE15 9UD**
**Third Tuesday of the month from 10.15am - 12.15pm at
Brambles, Rutland Care Village, 1 Huntsmans Drive, Oakham LE15 6RP**



Active Rutland

Active Rutland helps coordinate dementia friendly walking and swimming opportunities locally. It has been proven that these activities can benefit people living with dementia and their carers, family and friends as well as providing health and wellbeing benefits.

The activities are full of stops and starts, can be social or quiet and are provided in a safe and supportive way.

Our aim is to increase sport, health and physical activity opportunities for all, whilst meeting the health and wellbeing needs of the community. We strive to get more people to take part in our programmes and reach more people within our community.

Who to contact to access the service:

Contact: **Active Rutland**
Address: **Active Rutland Hub, Oakham Enterprise Park, Ashwell Road,
Oakham, Rutland LE15 7TU**
Telephone: **01572 720 936**
Email: activerutland@rutland.gov.uk

For more information, regular updates or to contact a member of the Active Rutland Team, please visit our website and social media pages.

Website: www.activerutland.org.uk
Twitter: ActiveRutland

Facebook: ActiveRutland1
Instagram: activerutland

Rutland Community Ventures (RCV)

Rutland Community Ventures develops and delivers community-based arts activities, aimed – but not exclusively – at those diagnosed with early or young onset dementia and their carers. This work supports the view that arts activities are beneficial and fulfilling for people facing long-term health challenges, including dementia.

New Memories – Creative Experiences is in two phases: (1) Arts Practitioner Training in Early Onset Dementia Awareness; and (2) Practical Workshops in a range of arts and arts-related disciplines.

Certificated practitioners are registered in both the Rutland County and Arts4Dementia Artist Directories and qualify for paid work on our *New Memories – Creative Experiences* workshops held at Oakham Castle.

Workshops fall under the following broad headings: music making; the spoken word & storytelling; dance; movement & physical activity; and 2D/3D art.

The workshop programme concentrates on helping participants rebuild confidence in their ability to be active in the community; focuses on what they can achieve and aims to help them make new memories through new and fulfilling experiences.

Who to contact to access the service:

Contact: **Tony Gray or Ben Searle**
Address: **The Clipsham Suite, King Centre, Main Road, Barleythorpe, Oakham, Rutland LE15 7WD**
Telephone: **Tony Gray 07879 683 808**
Ben Searle 07590 034 331
Email: info@rutlandcommunityventures.uk
Website: www.rutlandcommunityventures.uk
Opening Hours: **Normal Office Hours**

