Sheffield Dementia Information Pack

An introductory guide to sources of assessment, advice and support for people with memory problems or dementia and their families
Sheffield Dementia
Information Pack:

An introductory guide to sources of assessment, advice and support for people with memory problems or dementia and their families

Compiled by David Reid, Tony Warnes and Lori Low

The cost of producing this booklet in 2015 has been paid for by Sheffield Town Trust and the Marjorie Coote Old People’s Charity Fund.

School of Nursing and Midwifery
The University of Sheffield
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ISBN 978-0-9541612-6-2

4th edition, April 2015
SHEFFIELD DEMENTIA INFORMATION PACK

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FOREWORD

It is a great pleasure to write a Foreword for the Sheffield Dementia Information Pack. When I gave the Marjorie Coote Annual Lecture in Sheffield in 2010, I was privileged to witness at first hand the enthusiasm about, interest in and commitment to dementia, from
the wide range of people in the audience. I mentioned the issue of a *Bounty Pack for Dementia* (a phrase coined by my colleague Gillian Ayling at the Department of Health) that would provide much needed local information about the subject.

I was delighted when Tony Warnes (with his colleagues David Reid and Lori Low) told me that they had engineered such a resource, with generous support from the Marjorie Coote Old People’s Charity Fund, the Sheffield Town Trust and the Sheffield Church Burgesses.

The pack, compiled with contributions from Sheffield’s dementia-care organisations, provides valuable information about memory problems and dementia, endorses and supports the important ideal of living well with dementia and presents detailed information about treatment, support and advice services. It is superbly written in an accessible style and I was overwhelmed by the range and quantity of services described. Once I had started to read it I could not put it down – the thought of an Indian Head massage for 50p was most appealing.

Information about dementia and locally available health and social care resources is so important for people with dementia and their carers. It empowers people to make informed decisions about what help they access, it puts individuals in touch with the right care and it can be of real practical help immediately after a diagnosis, for many a time of change and uncertainty.

Tony, David and Lori are to be congratulated on putting together such a useful document and they clearly had much needed support from all the organisations concerned and the charities who provided the funding. It will serve as an invaluable resource for the people of Sheffield and as a template for others to follow.

**Alistair Burns** National Clinical Director for Dementia, Department of Health Professor of Old Age Psychiatry, University of Manchester

www.sheffield.ac.uk/snm/dementiapack
1. PURPOSE OF THE PACK AND ITS NAME

This booklet is for people with serious memory problems or dementia and all those who advise, help and support them. It is an introductory guide to the relevant medical, care, support and advice services in Sheffield. Information and advice can be more effective when it is repeated and when it is delivered by someone we trust. The booklet will therefore be useful for family members, volunteers and professional carers who are supporting people with memory problems. We believe that the information may be particularly helpful to those who have recently become aware of their own or a relative’s or friend’s serious memory problems, and to those who have not yet sought medical advice or had a diagnosis.

The booklet explains how serious memory problems can develop and where to go for assessment and advice. It also explains what dementia is and how it affects people, and describes the assessment, treatment, advice and support services that are available in the city. Although the focus of this booklet is on dementia, serious memory problems can be brought about by many other disorders. The included information may therefore be relevant to you even if you have a memory impairment that is not related to dementia.

Just as everyone is different, so are individual preferences and needs. Obtaining individualised advice is very important. As with any medical problem, the first port of call should be the general practitioner (GP). We also give the contact details of many organisations in Sheffield that provide advice and support to people with memory problems.

The term ‘dementia’

In the past, the term ‘dementia’ has been regarded as stigmatising, and even now it produces fear and uncertainty among some people. Many dislike the term, especially younger people with cognitive decline. In the United States clinicians recently were advised to avoid using ’dementia’ and recommended instead to refer to types of ‘cognitive impairment’.
There is, however, a different view in the UK. As The Alzheimer’s Society puts it, ‘for too long dementia has remained in the shadows’. After decades of being a low priority, the 2009 National Dementia Strategy for England sought to transform dementia services, to raise awareness of dementia, and to achieve earlier diagnosis and higher quality treatment at every stage of the illness. In 2015 The Prime Minister’s ‘challenge on dementia 2020’ sets out further ambitions for improvement, including to make England “the best country in the world for dementia care and support and for people with dementia, their carers and families to live”.

NHS Trusts and local authorities across the country are busily implementing their responses. The agenda goes beyond improving clinical services. The Alzheimer’s Society’s Living With Dementia programme ‘encourages those who have dementia, or care for someone who does, to be heard on all matters to do with dementia, so that they can have an impact on the policies being developed for dementia and the treatments provided’.

In practice, then, the government, the medical establishment and a lead charity in the field believe it is better to increase understanding of the realities of dementia and to promote widespread empathy and support for people with the condition than to exclude the term from either the clinical or everyday vocabulary. We agree with this view.

**Finding your way around the Pack**

To keep this booklet short, it was decided not to give details of every residential home that provides care for people with dementia, including day care. Nor does it detail every organisation that provides personal, domestic and care services in people’s own homes. Instead we provide signposts to sources of information and advice about residential and domiciliary services.

The creation of this booklet in 2012 was supported financially by three independent local charities and the University of Sheffield.

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The costs of producing this fourth edition have been met by Sheffield Town Trust and the Marjorie Coote Old People’s Charity Fund. Our sincere thanks go to both charities. Many of Sheffield’s dementia-care organisations and a number of people with dementia have checked the factual details and commented on the booklet’s design and content.

There are four further sections. The next (Section 2) describes what dementia is and its symptoms. Section 3 summarises the most frequently offered suggestions about how to live well with dementia. Section 4 is an overview of assessment and treatment services in Sheffield, and focuses on the role of the National Health Service (NHS) memory services and the pathways into them. Section 5 is a directory of advice and support services in Sheffield that have expertise in dementia. This section is produced as an insert so that it can be updated. Please check the pack website to ensure you have the most recent Section 5 directory insert.

Next steps in Sheffield

As across the country, in Sheffield the NHS and the City Council formed a Dementia Strategy Board to implement the National Dementia Strategy policy locally. It has recently taken a number of initiatives to Transform Support for People with Dementia who live at home. With the aim of making the city ‘dementia-friendly’ by 2015, the City Council has supported the formation of the Sheffield Dementia Action Alliance which, in turn, has produced A Charter for Change (http://www.dementiaaction.org.uk/local_alliances/2795_sheffield_dementia_action_alliance).

Revisions of this booklet

The information in this booklet is revised for each edition. If you find that any information is out of date or incorrect please contact us. The latest version is available from most of the organisations mentioned in the booklet and is available to download (as a PDF) for free on the website at www.sheffield.ac.uk/snm/dementiapack
2. MEMORY PROBLEMS AND DEMENTIA

It is normal for a person’s memory to be affected by age, stress, tiredness, certain illnesses and some medications. This can be annoying if it happens occasionally, but if it is persistent or progressing, make an appointment with your GP and ask for their advice.

Dementia is not a single illness but a term for various symptoms of several conditions that affect the brain. It can happen to anyone and in most cases there is no cure and the condition tends to be progressive. For some conditions there are treatments that may stabilise or slow the progression of the disease. The symptoms depend on the particular form of dementia but include:

**memory loss**, such as difficulties finding the right word, remembering where you have put something, and remembering past events more readily than recent ones.

**problems thinking or reasoning**, such as increasing difficulties with tasks and activities that require concentration and planning.

Problems with memory and reasoning may lead people to become anxious or depressed. For some, this is one of the effects of dementia on the brain, but in other cases mood disorders disturb an individual’s memory. In such cases, treatment of the anxiety or depression can improve the symptoms of memory loss.

Some people with dementia lose their ‘drive’ and some have problems controlling their emotions. Aspects of the personality may change, such as developing compulsive behaviour or acting in ways that are unusual or out of character. Some people with dementia may also see or hear things that others do not. These symptoms do not occur with every form of dementia or in every case.

Although the symptoms of dementia gradually become more severe, much can be done to help manage them. With the
right support, many people with a diagnosis of dementia live happy and fulfilling lives for many years. Some ways of living positively with dementia are described in Section 3.

**Types of dementia**

The Alzheimer’s Society estimates that in the United Kingdom, 850,000 people have a form of dementia. Around 1 in 100 people aged 65-69 years are affected, 1 in 25 of people in their seventies, and 1 in 6 of people aged 80 plus. So the great majority of people with dementia are aged more than 75 years, but it does occur among younger people. For example, it is estimated there are 40,000 younger people with dementia in the UK.

There are several types of dementia. They are distinguished by the part of the brain that malfunctions. The symptoms and progression of the different types vary, and more than one can be present. Memory problems and dementia that result from parts of the brain receiving insufficient blood and oxygen, as after a stroke, may be treatable and can improve. Clearly, therefore, it is very important for anyone with severe memory problems to seek medical advice and a diagnosis.
3. LIVING WELL WITH DEMENTIA

In the early stages, the effects of dementia are mild and many with a diagnosis lead busy, diverse and enjoyable lives. In the later stages, the whole life of the person is affected, and those close to the person are also much affected. We are fortunate in Sheffield, however, because a lot of advice and support is available, both for those with the diagnosis and for those who care for or support a person with dementia. The assessment, support and advice services in the city are detailed later.

This section begins by pointing to many ways that people living with dementia can take part in enjoyable, safe and healthy activities, including meeting people in similar situations. It closes by describing the arrangements that we all should make to protect our interests should we become incapable of making decisions at the end of our lives.

These days a great deal of information is available on the Internet but of course not everyone has a computer or can go ‘on line’. This information booklet therefore always gives an alternative way of getting more information, usually a phone number. Remember, though, that many of the organisations in Sheffield that provide advice to people with dementia and their carers will help you access and use the Internet, and that all the city’s local libraries offer free access to computers and the Internet.

People with dementia should remain as independent and active as possible and continue as many of their usual pastimes as they can. If a person with dementia can prepare a drink or snack, or can put the groceries in their place as they have always done, these tasks should not be taken over. Continuing to meet friends and relatives, old and young, is particularly important. Those who have enjoyed going on walks, trips and holidays should continue to do so. There is no reason why people should not still enjoy listening to music, singing, dancing, painting, craftwork or going for a swim. Maintaining social life makes a very important contribution to continued wellbeing.

www.sheffield.ac.uk/snm/dementiapack
Worsening memory problems may eventually mean that most activities outside the home have to be accompanied, but short walks independently in well-known areas should not be ruled out. Even using a neighbourhood shop is possible if the shop owner and assistants are briefed and know who to contact if there is a problem. Encouraging people in the neighbourhood to be ‘dementia friendly’ will also help others. More ambitious trips can be undertaken with careful planning. There is a lot to be said for arranging walks and outings with others who have dementia and their carers.

**Meeting people with dementia and their carers**

First contacts can be made at the various dementia cafes and day centres in Sheffield described later in the booklet. They are great places to relax, reminisce, exchange views and get informed advice in an informal way. Even if you have never been a ‘club joiner’, it is worth going along to one to see if it suits. For those who have not heard of dementia cafes, a four-minute introductory video on the NHS website is highly recommended (http://www.nhs.uk/video/pages/memory-cafe.aspx).

Some day centres and lunch clubs for older people in Sheffield welcome people with memory problems or dementia. Sheffield City Council provided grants to around 60 lunch clubs right across the city in 2013-14. They are listed at www.sheffield.gov.uk/in-your-area/grants/lunchclubs.html and on the Help Yourself (www.shefieldhelpyourself.org.uk/) website. Most take place one day a week, a few are more frequent.

The charge varies in the range £1.50 to £4.50. Some offer transport to or from the centre. A few cater particularly to older people from an ethnic or national group and the following are named: African-Caribbean, Bangladeshi, Pakistani, Asian and Yemeni. If you are interested in joining a lunch club or would like details of a club near you, the city council invites you to email: lunchclub@vas.org.uk or telephone 0114 2536674.

www.sheffield.ac.uk/snm/dementiapack
Travel and holidays

If a person with dementia has to travel alone and requires assistance, it is important to let the transport company know in advance. Most airports and rail companies offer help to board the train or plane, and will assist with changes and connections. If the person is likely to become disorientated or distressed during the journey, it is recommended strongly that he or she has an escort.


The charity Vitalise offers short breaks and holidays at its own centres for people with dementia at various prices. (Vitalise, Short Break Bookings Team, 212 Business Design Centre, 52 Upper Street, London N1 0QH. Tel: 0303 303 0145. Website: www.vitalise.org.uk/).

Another organisation that offers trips at various prices for small groups and couples affected by dementia is Dementia Adventure, a Community Interest Company. Their focus is on action-packed breaks, and connecting with nature in a fun and fulfilling way. Email: info@dementiaadventure.co.uk Tel: 01245 230661. Website: www.dementiaadventure.co.uk

Driving

A diagnosis of dementia does not result in the automatic withdrawal of the person’s driving licence. What matters, legally and practically, is whether the person is still able to drive safely. If you have the diagnosis and wish to continue to drive, the law requires that you tell the Driver and Vehicle Licensing Agency (DVLA). This is done using form CG1 available at from the DVLA website (www.gov.uk/government/publications/cg1-online-confidential-medical-information). Alternatively telephone 0300 790 6806 and they will send a copy (the line is open 8 am to 5.30 pm Mondays to Fridays, and 8 am to 1 pm on Saturdays). DVLA
recommend that if you are unsure what answers to put down, you should discuss the form with your GP.

Fuller information about the legal situation with regards to driving and practical steps to take is available in an Alzheimer’s Society factsheet or on its website (page 24 has contact details). This runs through the factors that should be taken into account when considering whether to stop or continue driving.

If someone with a diagnosis of dementia is unsure of their ability to continue driving, they can take a driving assessment. To do this, the person applies directly to an assessment centre and pays a fee. The nearest are at St Mary’s Hospital, Leeds (tel: 011333508989) and Kingsway Hospital, Derby (tel: 01332 371929). An assessment is not the same as a driving test. It is an overall assessment of the impact that the dementia is having on a person's driving performance and safety, and it makes some allowances for the bad habits that drivers get into.

**Personal finances**

Depending on a person’s financial circumstances, a number of social security benefits are available to those with a diagnosis of dementia and their carer.

**Care and mobility costs**

- The *Attendance Allowance* is for people aged 65+ years who need help with personal care because of physical or mental disabilities. It is paid at two different rates depending on the level of care required.
- The *Disability Living Allowance* (DLA) is paid at different rates depending on the level of help needed. In the coming years, the *Personal Independence Payment* will replace DLA for people aged 16 to 64 years. No further applications for DLA can be made.
- For those aged less than the retirement age and who are unable to work because of illness or disability the *Employment and Support Allowance* (ESA) offers:
- Financial support if you are unable to work, and personalised help so that you can work if you’re able to. You can apply for ESA if you are employed, self-employed or unemployed.
- Help for those on low income (*Income Support*)
- Help with housing costs for those on low incomes (*Housing Benefit or Local Housing Allowance*)

*Carer’s Allowance* is available to people who spend at least 35 hours a week caring for someone. The government is changing some benefits and you need to make sure that you have up-to-date information. It is probably best to start by approaching one of the several organisations in Sheffield that provide advice: Age UK Sheffield, the Alzheimer’s Society, a neighbourhood Citizens’ Advice and Law Centre, and Carers in Sheffield. Their contact details are given later. These organisations offer further information and help with filling out the associated paperwork. If you or a relative have access to the Internet, DWP has an informative website: www.gov.uk/browse/benefits/disability

**Sensible advance planning**

Accidents or becoming ill can happen to anyone at anytime. Whether or not this leads to a person going to hospital, it is sensible for everyone to carry information about any medical conditions and dietary requirements. This information is very useful for those who come to your aid and might prevent delays in decisions about the best treatment.

The Alzheimer’s Society and the Royal College of Nursing have produced a standard form for this purpose called *This is Me*. You can request a copy at Alzheimer’s Society Sheffield or get one from a webpage (http://www.alzheimers.org.uk/thisisme). Alternatively, telephone 0300 222 11 22 to request a copy. People with a diagnosis of dementia are strongly advised to complete this form because it sets out the person’s contact details and background.

www.sheffield.ac.uk/snm/dementiapack
Every adult should make a will. In the same way, we should all make arrangements to protect our interests should we become unable to make our own decisions about money, property or medical treatment.

The Alzheimer’s Society’s advice is that, ‘if a person has dementia, it is important that they organise their financial and legal affairs while they are still able to do so. This ensures that in the future, their affairs will be set up in a way that they have chosen. The person may want a friend or family member to help them with this. Make sure that important papers are in order and that you know where to find them, including bank and building society statements, records of mortgage or rent, insurance policies, a will, tax and pension details and bills or guarantees’.

The Mental Capacity Act 2005 made provision for people to choose someone to manage not only their finances and property should they become incapable, but also to make health and welfare decisions on their behalf. They are able to do this through a ‘Lasting Power of Attorney’ for personal welfare. For more information, ask the Alzheimer’s Society for copies of their factsheets 460, Mental Capacity Act 2005, and 472, Enduring Power of Attorney and Lasting Powers of Attorney. A government website also has useful information: www.gov.uk/power-of-attorney/overview

Other things can be done to ensure that your wishes are followed with respect to social security benefits, managing bank accounts, and your will. To learn more, the Alzheimer’s Society website is a good starting point (and has the factsheets just mentioned), or consult them directly.

The Sheffield Citizens’ Advice and Law Centre offers advice on these subjects. Its service is free, confidential and independent. Trained advisers offer information and advice on many issues including benefits, housing, debt and employment. They may be able to help you resolve your problem or they may provide details of other professionals or organisations. Many Advice and Law Centres have a solicitor able to give free advice, and some also have an accountant, and can often

www.sheffield.ac.uk/snm/dementiapack
provide information in a range of languages, or refer people to an interpreting service.

The principal Sheffield Advice and Law Centres are at:

- 416-418 London Rd, Sheffield S2 4ND. Tel: 0114 258 3322
- 207 Duke Street, Sheffield S2 5QP. Tel: 0114 275 4578
- Pitsmoor, 30 Spital Hill, Sheffield S4 7LG. Tel: 0114 275 5376
- 5 Chapel Street Woodhouse Sheffield S13 7JL. Tel: 0114 248 0043

There is a Pakistani Community Advice Centre at 127 Page Hall Rd, Sheffield S4 8GU. Tel: 0114 261 9130
The Yemeni Welfare & Advice Centre is at 1st Floor, Firvale Centre, Ear Marshall Road, Sheffield, S4 8LA Tel: (0114) 256 0933 or 68 Burngreave Road, Sheffield S3 9DD Tel: (0144) 276 2472

There are a number of other Advice and Law Centres across Sheffield. To make contact, ring the Sheffield Advice Line for an assessment of your needs on 0114 5055055 between 10am-4pm Monday-Friday, or visit Advice Sheffield website at: http://www.advisesheffield.org.uk/

Advice booklets

The Alzheimer’s Society has produced many ‘factsheets’ about various aspects of living with dementia. Many are available on its website, where their new Dementia Guide presents attractively much of the material (www.alzheimers.org.uk/dementiaguide). Other organisations across the country have produced useful online booklets. They include:


www.sheffield.ac.uk/snm/dementiapack
Living Well with Dementia, NHS Gloucestershire, Gloucester

(www.dementiapartnerships.com/resource/gloucestershire-living-well-handbook)

If you are worried about your memory, Alzheimer Scotland has very useful material on its website
(www.alzscot.org/pages/worried_about_my_memory.htm)

The organisation Dementia Web has produced a useful booklet, Hints and Tips About Dementia, that is available without charge at: www.dementiaweb.org.uk

Supporters and family members of people with dementia might find a new website useful. Dementia Carer has been developed with and by family members who look after someone who has dementia. (www.dementiacarer.net)
4. ASSESSMENT AND TREATMENT SERVICES

Anyone concerned about their memory problems should seek the opinion of their GP, and anyone concerned about a relative or friend’s memory should encourage them to go their GP. The GP will assess the severity of the problems and the likely causes. If they believe that the patient’s problem requires further investigation, they will refer him or her to the specialist NHS services. There are different services in Sheffield for people aged less than and more than 65 years.

The Memory Services

Sheffield Health and Social Care NHS Foundation Trust (SHSCT) is the main source of dementia assessment and treatment for people aged over 65 years. Its Memory Service aims to provide early assessment and diagnosis so that treatment and support can be initiated quickly. The service is based at the Longley Centre at the Northern General Hospital. The Memory Service carries out tests to determine whether a diagnosis of dementia (or other brain disorder) is appropriate. Not everyone who undergoes these tests receives a diagnosis of dementia. For some people given a diagnosis of dementia, there is medication that may slow the progress of the illness.

If you are diagnosed with dementia, then you might be eligible for a number of specialist and community support services and therapeutic groups. Among the services are rapid response and home treatment teams, which offer people with dementia who are experiencing difficulties a number of treatment and support options in their own homes. Some services are specifically for people who are discharged from the city’s general hospitals, and others are for people living in their own homes. Equally, if you support someone with a diagnosis of dementia, you might be eligible for one of the services run or funded by the Memory Service to meet the needs of carers. Fuller details of the Trust’s dementia services are given on its

www.sheffield.ac.uk/snm/dementiapack
website under the A-Z directory of services (see http://shsc.nhs.uk/service-a-z/letter/D/ and http://shsc.nhs.uk/service-a-z/letter/M/)

SHSCT also provides specialist services for people with learning disabilities who are diagnosed with dementia and their carers. The Learning Disabilities Team carries out a wide range of assessments and can give a diagnosis of dementia. Anyone with a learning disability who is seriously concerned about their memory problems can consult either their GP or the Learning Disability service on 0114 226 2900.

**The Neurology Memory Service**

The memory clinic for people of working age is run by the neurology service at the Royal Hallamshire Hospital. People with complex needs, including some older people, are referred to this service by GPs or hospital clinicians. Serious memory problems among younger people stem from various conditions and usually need specialist investigations. The neurology service carries out the appropriate tests to make a diagnosis, assess needs and arrange appropriate treatment and support. More information is available at: www.sth.nhs.uk/neurosciences/neurology/neurology-memory

The patients of the Neurology Memory Service are, where appropriate, assisted by various community and therapy services and support groups, some of which are provided in collaboration with the Alzheimer’s Society in Sheffield (see their entry in Section 5 below).
5. ADVICE AND SUPPORT SERVICES

Introduction

Apart from the specialist NHS treatment centres that have just been described, many other organisations offer support and advice to people with dementia, their families and carers. Some provide advice and support services for all older people but welcome people with dementia. Others run informal ‘day clubs’ or ‘dementia cafes’ where people with dementia and their carers exchange views and share experiences. Some organisations run specialist support groups to which people with special needs are referred; some provide personal care and domestic services in people’s own homes. Finally, there are many residential and nursing homes with staff trained to care for people with dementia, and some of them offer short-term breaks and day care. There is more information about personal care and residential-care services after the Alphabetical Directory of Organisations.

The services are provided variously by Sheffield City Council, the NHS, voluntary non-profit organisations or charities, and for-profit companies. Several services are funded by Sheffield City Council and/or an NHS Trust but managed by a charity, such as the Alzheimer’s Society, Age UK Sheffield and the Darnall Dementia Group. The charges vary considerably, from none to commercial rates.

Some care and support services have been approved by Sheffield City Council in two ways. Those which are contracted by the Council are said to have a ‘Framework Agreement’, which means that the providing organisation is subject to robust and regular quality assurance and contract monitoring by its Contracts and Partnership Team. The Council also maintains a ‘Recognised Providers List’ (RPL). This enables those who are drawing up packages of care and support to choose providers who adhere to a clear quality framework.

The Help Yourself website (www.sheffieldhelpyourself.org.uk/) aims to offer further reassurance about the quality of services by also highlighting ‘Money Management’ and ‘Support Planner’
status organisations. Organisations awarded the Money Management quality mark are recognised by the Council as being able to help you manage your direct payments. Those organisations awarded Support Planner status have been recognised by the Council as being compliant with their ‘Support Planners Protocol’.

The residential care provided by care homes is not included in the scheme, although respite and day-care services provided by care homes are eligible for Recognised Provider status. The list changes frequently and should be checked when a package of support services is drawn up or revised. The Directory that follows indicates which were noted as having ‘Registered Provider’ and ‘Framework Agreement’ status on the Help Yourself website in March 2015.
ALPHABETICAL DIRECTORY OF Organisations

Both telephone numbers and, if available, web-site addresses are given for all organisations. For those who do not have a computer or Internet access, remember that your local library and the mobile libraries provide free computer and Internet access. All services of particular types, e.g. dementia cafes, are indexed at the end of the brochure.

Age UK Sheffield

44 Castle Square, Sheffield, S1 2GF
Open Monday, Wednesday, Thursday and Friday, 9.15 am-4 pm, Tuesday 10 am – 4pmTel: 0114 250 2850
The information desk is open Monday to Friday 10.30 am–1 pm and at other times depending on volunteer availability. You can browse the leaflets on display at any time of the day.
Email: enquiries@ageuksheffield.org.uk
Website: www.ageuk.org.uk/sheffield/

The charity Age UK Sheffield supports people aged 50 or more years including those with dementia and memory problems. Its friendly and experienced team will help with any inquiry, and its diverse services aim to help people live as independent and fulfilling lives as possible. Where appropriate, Age UK Sheffield signposts you to other organisations.

1. Information and Advice

This free drop-in service at 44 Castle Square is staffed Monday-Friday from 10.30 am to 1 pm (tel: 0114 250 2850). It provides information and advice on various topics including finances, leisure activities and support groups. Service users must be aged 50 plus.

www.sheffield.ac.uk/snm/dementiapack
2. Memory Lane in the Park

Tuesdays, Wednesdays and Thursdays from 9.30 am to 3.30 pm.
Venue: Community Building, Norfolk Heritage Park, Guildford Avenue, Sheffield, S2 2PL Tel: 0114 2502850

For people aged 60 or more years with memory problems. You can come one or more days each week. Activities include: reminiscence, music, song and movement, cards, games, bingo, quizzes, board and floor games, daily living skills, and arts/crafts.

Cost: Including refreshments and two course lunch, the cost for the day is £66.70 or £45.00 if you a member of Age UK Sheffield’s Club (see below for details). If you have a diagnosis of dementia you may be eligible for a free place. Transport is available for specific catchment areas and further details should be sought by calling 0114 2502850.

3. Age UK Sheffield’s Club

This is a membership scheme which entitles the user to a range of discounts from Age UK Sheffield’s products and services, such as reduced entry to the day service above. Membership also gives users with dementia and memory problems access to a monthly cinema trip, specifically designed around the needs of this client group, at the Show Room Cinema, Sheffield. Entry includes a ‘plus 1’ such as a friend, relative or carer. Membership to the Club costs £25 per annum, but for those meeting the criteria, funded places are available. Please contact 0114 2502850 for further details.

4. Sheffield Choice

Sheffield City Council Recognised Provider/Framework Agreement Service

This is a chargeable service for people aged 50 plus with mild to moderate dementia. It helps people live independently with an individualised package of support, which may include:

www.sheffield.ac.uk/snm/dementiapack
• Help with shopping or meeting up with friends and family, trips out, getting out and about
• Help with pets including dog walking
• Support with cooking, gardening, housework or entertaining guests
• Support to use public transport and getting out of the house
• Buying equipment and using new technologies from microwaves to internet
• Help to attend appointments

An initial assessment will take place to establish the most suitable package. Age UK Sheffield Choice costs £19.50 per hour - or £17.50 per hour for Club Members, plus any additional costs incurred whilst working on your behalf including mileage at 40p per mile.

For more details, telephone 0114 250 2867.

5. South East older person’s home support scheme

This free service offers housing support (for up to six months) to people aged 55 plus with housing-related needs living in south-east Sheffield, including those affected by dementia and memory problems. The aim is to enable a person develop the skills necessary to remain living independently in their home. Once a support plan has been agreed, a support worker will be allocated to work alongside the person to implement the plan. The type of support typically provided includes:

• Finding and moving into a new property
• Obtaining furniture
• Home safety check
• Making a full benefit check and applying for relevant benefits
• Budgeting skills and debt management
• Accessing other agencies and organisations providing primary health care
• Making sure essential utilities are connected
• Promoting and encouraging life skills such as cooking, shopping and cleaning
• Preventing social isolation
• Support following a crisis

For more details, telephone 0114 250 2850.

www.sheffield.ac.uk/snm/dementiapack
6. Advocacy for older people with mental health problems

This is a free, one-to-one advocacy service for adults aged over 65 with a mental health problem or learning disability, including those affected by dementia and memory loss, but no formal diagnosis is necessary. Trained advocates help individuals make independent choices and will represent them when they are unable to speak for themselves. Advocates also give help with accessing services that improve quality of life. People can self-refer or be referred by family/friends or professionals. For more information, telephone 0114 250 2850.

7. ‘Older Sheffield’ website

This website is a directory of a wide range of services for older people in Sheffield. It can be searched by postcode and by key words such as ‘dementia’ (see www.oldsheffield.org.uk)

**Alzheimer’s Society Sheffield**

Venture House, 105 Arundel Street, S1 2NT.
Tel: 0114 276 8414. Advice available Mondays to Fridays, 9.00 am to 4.30 pm
Email: Sheffield-enquiries@alzheimers.org.uk
Website: www.alzheimers.org.uk

The Alzheimer's Society is the leading national support and research charity for people with dementia, their families and carers. It works to improve the quality of life of people affected by dementia in England, Wales and Northern Ireland. Many of its members have personal experience of dementia, as carers, health professionals or through having dementia themselves. Alzheimer's Society staff and volunteers have immense experience of advising and supporting people with dementia and their carers.
1. Information and advice team

The Sheffield team welcomes enquiries from anyone who is affected by dementia, including family members and carers, by telephone, email or by calling in. They can give general advice on diagnosis, finances and benefits. Legal issues can be discussed and, if needed, signposts are provided to other organisations that offer specialist advice. Contact can be just once or more frequently, and each person, couple or family and will receive individualised support throughout. Where appropriate they will point you or your relative/friend to a number of support services and groups run by the Alzheimer’s Society.

2. Dementia cafes

Dementia cafes provide a relaxed atmosphere for people with dementia, their carers and families in which to gather, meet and socialise. Alzheimer’s Society staff and volunteers and people from local dementia services are on hand to offer advice, support or answer any questions. Anyone who is worried about their memory or who has concerns about a friend or relative is very welcome.

The longest established cafe in Sheffield is held on the last Friday of each month at the United Reformed Church in Norfolk Street, opposite The Crucible Theatre, between 10 am and 12.30 pm. There is no charge, and it is jointly sponsored by The Alzheimer’s Society, the SHSCT and Sheffield City Council. This cafe often attracts more than 100 people.

The Alzheimer’s Society also runs free monthly cafes in Beighton (Thursdays), Hillsborough Arena, Middlewood Road (Wednesdays), Roman Ridge (Extra-care scheme, Wednesdays) and Jordanthorpe (White Willows Extra-care scheme, Thursdays). All four cafes are open from 10 am to 12 noon. For more details about the Alzheimer’s Society cafes, telephone 0114 276 8414.

www.sheffield.ac.uk/snm/dementiapack
3. **Peer-support groups**

These small groups meet to discuss thoughts, feelings and share experiences in a supportive environment. On one Tuesday, Wednesday and Friday each month, there is a support group for people with dementia and memory problems. On the first Thursday of each month there is a support group for the carers of people with dementia. For more details, and to find out about vacancies, telephone 0114 276 8414 or email: sheffield-enquiries@alzheimers.org.uk

4. **Singing for the Brain**

Singing is not only an enjoyable activity, it can also provide a way for people with dementia, along with their carers, to express themselves and socialise with others in a fun and supportive group. The free ‘Singing for the Brain’ sessions bring people together to sing in a friendly and stimulating social environment. They take place every week at the Quaker Meeting House, 10 St James Street, Sheffield S1 2EW, very near The Cathedral tram-stop in the city centre. To enquire about vacancies, telephone 0114 276 8414.

5. **Day Care and Outreach Provision**

Referrals to both services can be made by care management and health professionals, carers or individual budget holders. The Alzheimer’s Society is registered by the Care Quality Commission (CQC) to ensure that they provide a quality service.

*Day care  Sheffield City Council Framework Agreement Service*

This service is held at Boyden House, 16 Chapelwood Road, Sheffield S9 5AY. It provides stimulating, building-based, day support for people aged less than 65 years diagnosed with dementia. Transport to and from the centre is provided, and outings take place during the day.

*Home Support Service (Community Outreach)*

The Alzheimer’s Society is a registered provider of domiciliary care offering individualised home support for people diagnosed with dementia before the age of 65 years.

www.sheffield.ac.uk/snm/dementiapack
The Alzheimer’s Society recognise that each person with dementia is different and provides support to help clients participate and continue with daily living activities, hobbies and interests that are important to them.

6. Help for people with dementia who live alone

Two community workers (a dementia support worker and a dementia advisor) have been appointed in Sheffield to offer support particularly to those living alone with memory problems or dementia. Meetings may take place at home or at the Alzheimer’s Society Office, and the appointed contact will keep in touch with service users on a regular basis. The service aims to:

- Give information, advice and support to help individuals stay as well as possible for as long as possible
- Help people access groups and activities they might enjoy
- Advise about equipment or services they may benefit from
- Offer support to go places or to appointments they may feel anxious about going to alone
- Provide family and other supporters with advice

Alzheimer’s Thursday Club

St Saviour’s Church, Mortomley Lane, High Green, Sheffield. S35 3HS. Tel: 0114 418 2036. For further information email: alzheimers@stsaviours.info

A voluntary organisation provides this lunch club for older people living in the community who have dementia. It meets on Thursdays 9.30 am – 4 pm in St Saviour’s Church, Mortomley Lane, High Green, Sheffield S35 3HS. Prepared meals are brought in. Members come from East and West Ecclesfield.

Care2care Services

Sorby House, 42 Spital Hill, Burngreave, Sheffield, S4 7LG
Tel: 0114 213 3171 or 0114 213 3172

www.sheffield.ac.uk/snm/dementiapack
Sheffield based care-company providing companionship, home and day care services to older people, including those with dementia.

1. **Companionship**

Provides companionship and non-personal care in the home, such as help with cleaning, laundry, gardening, shopping and escorting, tailored to individual needs.

2. **Home Care**

Range of personal care and support in the home, tailored to individual needs. Services include bathing, personal hygiene, meals, medication administration and help with rising in the morning and retiring at night.

3. **Dementia Day Care** - Sheffield City Council Recognised Provider and Framework Agreement Service

Provides a friendly environment for people with dementia to socialise and participate in activities. Hot and cold lunch choices are available and refreshments are served throughout the day. Door to door transport is provided for all clients. Sessions are held at Sorby House, 42 Spital Hill, Burngreave, on Mondays, Wednesdays and Thursdays 9.30am-3.30pm.

Cost: £45 per day for clients in S4 & S5; all other will incur an additional cost.

4. **Muslim Elders Day Service**  - Sheffield City Council Recognised Provider and Framework Agreement Service

A day care service for Muslim Elders (over 65 years old), catering for all of the city’s Muslim communities.

Venue: The Meadows – South Yorkshire Housing Association’s Extra Care Scheme, 30 Busk Meadows, Sheffield S5 7JH. Service Times: Tuesday 10am-3.30pm
Activities are tailored to individual needs and aim to improve quality of life and independent living skills, whilst being culturally sensitive to the needs and beliefs of the varied ethnic groups in the Muslim community. Personal Care such as hairdressing, dentists, opticians, chiropodists and others can be arranged at the centre. There is also a laundry service and bathing facilities for an extra fee, and provision is made for worship and prayer. Lunch and refreshments are provided with a range of halal and vegetarian options. Transport is provided.

5. Support Planning  Sheffield City Council Recognised Provider and Recognised Support Planner

Provides support to map individual needs and identify what services will suit the client best; will approach services on your behalf and write up the support plan and Sign Off record ready for submission. The 2 support planners have specialist experience working with dementia and with the Muslim community and can provide consultations in Arabic. They can also travel to clients’ homes.

Carers in Sheffield

7 Bells Court, Bells Square, Sheffield, S1
2FY Tel: 0114 278 8942, Helpline: 0114 272 8362
Email: office@sheffieldcarers.org.uk
Website: http://sheffieldcarers.org.uk/

Carers in Sheffield offers information, advice and support and advice to people who are caring for relatives or friends who are ill, frail or disabled, including those affected by dementia and memory problems. In particular, advice is available on:

- Benefits
- Practical changes to your home to help with disabilities
- Equipment to make life easier
- Support groups to overcome isolation and gain mutual support
- Respite services and taking a break from caring

www.sheffield.ac.uk/snm/dementiapack
• Understanding how the social care system works

The first step is to telephone or email, and you can be added to the mailing list. The services include:

• Information pack and quarterly newsletter
• Telephone helpline for information or a friendly, listening ear.
• Specialist advice on benefits, debt, power of attorney, wills etc.
• Carers café on the second Friday of each month between 10am-12pm at the Central United Reform Church, Norfolk Street, Sheffield. Carers are welcome to bring the person they care for with them and the venue is fully wheelchair accessible. This provides an informal environment to meet other carers over a cup of coffee and piece of cake.
• Local carers’ support groups in Manor Library, Darnall, Low Edges, Hillsborough, Wordsworth Avenue and Woodhouse. In addition, there is a support group for carers who are also working and one for younger adult carers.

The following support groups for minority ethnic groups are listed on the website:

• Support for Asian women carers, Roshni, 444 London Road and 259 Pitsmoor Road, Tel: 0114 250 8898 or 0114 258 0220
• Support for Somali carers, Somali Mental Health, Tel: 0114 275 8556
• Support for African Caribbean Carers, Sheffield African Mental Health Association (SACMHA), Tel: 0114 272 6393

Other sources of support:

• ‘Time For Me’ Carer break service offering grant of up to £200 to allow carers to take a break from their caring responsibilities
• Training courses for carers encompassing various topics such as IT and mental health first aid
• Employment support service for carers who are in employment or are seeking to get back into work
• Counselling service
• Telephone support for isolated carers

**Chinese Community Centre**

Sheffield Chinese Community Centre, 157-159 London Road, Sheffield S2 4LH

Tel: 0114 258 8863

[www.sheffield.ac.uk/snm/dementiapack](http://www.sheffield.ac.uk/snm/dementiapack)
Contact: Belinda Shiu (Centre Manager)

Email: belinda@sheffieldchinesecommunity.org.uk

Website: http://www.sheffieldchinesecommunity.org.uk/

Opening hours: Mondays-Thursdays 10 am-5 pm, Fridays 10 am-3 pm, and Sundays 12.30 pm-5 pm.

1. **Chinese Day Care Service**

Contact: Vince Yuen (Day Care Worker),

Email: vince@sheffieldchinesecommunity.org.uk

Tel: 0787 941 4829

Service hours: Tuesdays and Thursdays from 9.30 am to 5 pm; and Wednesdays from 9.30 am to 4 pm.

The Chinese Day Care Service provides a focal point for Chinese elders aged 50 or more years to meet, socialize, and share health and social information and ideas. It offers a friendly environment in which a sense of community and cultural belonging is promoted. With members and volunteers from England, Vietnam, Malaysia, Hong Kong and mainland China, the service encourages multiculturalism. They welcome people with dementia and short-term memory problems, but advise that they are accompanied by a carer, friend or family member. There is an outreach service for isolated and housebound individuals who cannot attend the day care service. The main services are:

- **Elderly Lunch Club**: Operates every Tuesday 12 noon to 3.30 pm with traditional Chinese hot meal (£2.00 per member).

- **Health, social and leisure activities**

- **Health and social information talks, podiatry service from NHS, hand massage, knitting and craft, **Wii Fit**, gentle exercise, help with grocery shopping.**

- **Support and advice**
2. **Kinhon Chinese Health Programme (Kinhon)**

Contact: Andrew Wong (Programme Coordinator)

Email: andrew@sheffieldchinesecommunity.org.uk

Tel: 0114 250 0340 or 07848441325

Service hours: Mondays to Thursdays 9 am to 5 pm, Fridays 9 am to 3 pm, and Sundays 12.30 pm to 5 pm. Out-of-office hours services are provided for individuals when appropriate.

‘Kinhon’, meaning ‘health’ in Chinese, is the community-based health programme of the Sheffield Chinese Community Centre. Kinhon provides a comprehensive set of information, support and advocacy services to Chinese families living in Sheffield in accessing the NHS and related services. In addition, they run a series of health-related activities such as health talks, open days, screening sessions and weekly drops-ins.

3. **Mental Health Project**

Contact: Jenny Chen (Emotional Wellbeing Support Officer). Email: jenny@sheffieldchinesecommunity.org.uk  Tel: 0114 250 0340 or 07581541114

Service hours: Tuesdays and Thursdays 9.45 am to 5 pm, and Fridays 10 am to 3 pm

The Mental Health Project provides vital support for mental health service users and carers including befriending, counselling and signposting help on benefits, accommodation and patients' rights. Other regular activities include talks, group therapy, Tai Chi, day trips, outreach and visits to other organisations, self-help groups, monitoring and assistance with recovery for hospital patients. They work closely with a Crisis Team and a Home Treatment Team.
Darnall Dementia Group

Office telephone: 0114 226 2116. Mobile: 0777 338 1621
Email: Darnalldementia@yahoo.com
Website: www.darnalldementiagroup.co.uk

Day care
Sheffield City Council Recognised Provider/Framework Agreement Service

Darnall Dementia Group provides day care for people with dementia from any part of Sheffield on Mondays, Wednesdays and Fridays in a local church hall in Darnall. The Group has more than 30 years’ experience of supporting individuals affected by dementia. Sessions are carefully planned to promote a sense of community, friendship and fun in an informal setting, supported by volunteers and qualified workers. Individualised support is provided, enabling all service users to be involved in decisions and to decide how they would like to spend their day.

Inquiries about referrals and vacancies should be to the office (contact details above). An assessment will be carried out to ensure that attendance at Darnall Dementia Group will benefit the individual. There is a charge for the service, currently £20 per day plus £10 for people using our transport.

Dementia? Welcome! Cafe

Dementia? Welcome! Cafe
The Furnival, 199 Verdon Street, Pitsmoor, Sheffield, S3 9QQ
Tel: mobile (Nick Edmondson) 07725 569 380

This cafe is on Wednesdays from 11 am to 1 pm and welcomes anyone affected by dementia or memory problems.

It provides light refreshments in a relaxed environment where people share stories, reminisce and play games. This informal and sociable cafe promotes living a full and enjoyable life with
dementia, and an understanding of the needs and issues that arise from memory problems. It makes everyone welcome, is free, and people can drop in as often as they wish.

Dementia? Welcome! Cafe has recently received a grant from the Community Development Foundation and South Yorkshire Community Foundation.

**Hope Cafe, Deepcar**

St John the Evangelist, 65 Manchester Road, S36 2QX. For details please contact Stuart Shaw on 07854 751941

A drop-in cafe for people with dementia and their carers which is held every Tuesday from 10 am to 1 pm (lunch not provided). A community café and lunch club open to all is held on Thursdays from 11.30am (lunch served at 12 noon).

**Pakistani Advice and Community Association (PACA) dementia cafes**

PACA, 127 Page Hall Road Sheffield S4 8GU. Tel: 0114 261 9130

PACA runs three *monthly* dementia cafes for people from Sheffield’s Black and Minority Ethnic communities who been diagnosed with dementia, caring for someone with dementia, or involved with any aspect of the illness. The cafes offer:

- Help with shopping or meeting up with friends and family, trips out, getting out and about
- Support through very difficult times
- An exchange of experience and information
- Access to a wide range of information and services
- Talks on a wide range of dementia topics
- Social activities to do together
- Refreshments served in pleasant settings

www.sheffield.ac.uk/snm/dementiapack
Bilingual staff in Urdu, Punjabi, Somali and Arabic will be available to provide support.

To check dates and book a place, telephone the contact numbers below.

Venues:
1. 127 Pagehall Road, Sheffield S4 8GU. Tel: 0114 261 9130. Urdu speaking staff
2. Jane’s Kitchen 454-456 London Rd, Sheffield S2 4HP. Tel: 0114 250 8898. Women only; Urdu, Punjabi speaking staff.
3. Vestry Hall, Burngreave, Sheffield S3 9DD. Tel: 0114 256 0933 or 0782 852 9697. Somali and Arabic speaking staff

**Parson Cross Forum JABADAO**

56 Margetson Crescent, Sheffield, S5 9NB. Contact: Louise Askew. Tel: 0114 327 9727, Email louisec@pxforum.org. Websites: [www.pxforum.org](http://www.pxforum.org) and [www.jabadao.org](http://www.jabadao.org)

Parson Cross Forum continues to deliver their dementia project JABADAO. This community activity is specifically aimed at people with dementia and their carers. Run by a coordinator and a team of volunteers the group is an hour of fun and laughter, using movement and music as the shared language. Both standing, but mostly seated in chairs, lots of props are used to enable everyone to join in.

Families caring for someone with dementia will know that they can become very withdrawn and this group explores different ways of connecting with participants by using a multisensory approach. This interaction is particularly important for someone who has advanced dementia. Bright colours, interesting sounds and tactile objects can all catch a person with dementia attention in a way that other activities, such as making conversation or reading, may not any more. All volunteers have been trained to engage with every member of the group, no matter how frail or how boisterous, and they seek to forge bonds with each one of them. Carers are welcome to join in the activity or have a cuppa and a chat with others.
Places are available but must be booked. If you would like to know more about this group or would like to book a place then call on 0114 3279727 or email louisec@pxforum.org.

**Roshni Sheffield Asian Women’s Resource Centre**

444 London Road, Sheffield, S2 4HP. Contact: Ghazala Razzaq. Tel: 0114 250 8898. Email: admin@roshnisheffield.org.uk. Website: www.roshnisheffield.org.uk

**Sheffield City Council Recognised Provider and Framework Agreement Service**

Roshni is a resource centre run by and for South Asian women in Sheffield, including older people and those with physical or sensory impairments, chronic health conditions and mental health issues. It actively promotes the needs of this community via self-help, advocacy, information and cultural and wellbeing activities. It has 2 specific projects for older people and also a service to help with self-directed support budgeting:

1. **Safe and Secure Project**

Supports South Asian women aged over 50 by increasing awareness of issues such as mental health, dementia, healthy eating for diabetes, legal and financial information. A range of social, recreational and therapeutic activities are offered as well as coffee mornings on a regular basis. Many clients are unable to attend to their own affairs due to complex health and social issues and the service assists them with one-to-one support and help to access services they require.

2. **Muslim Elders Project**

Roshni has teamed up with Somali Mental Health and Sheffield Citizens’ Advice and Law Centre to deliver a pilot project for Muslim Elders of both genders from the Bengali, Somali and Pakistani communities of Sharrow/Abbeydale areas of Sheffield. Within a framework of faith, it raises awareness of dementia, Alzheimer’s disease and depression and seeks to break the isolation suffered
by many Muslim Elders. Workshops also include relevant health topics such as chest pain awareness, prostate and breast cancer, diabetes and benefits awareness.

3. Personalisation Service

For people eligible for social care support, Roshni provides a Self-Directed Support Service which:

- Helps write support plans for individuals with budgets
- Helps with management of budgets
- Helps with access to weekly activities, monthly group sessions and one off events and day trips
- Can provide a personal advisor who helps with shopping, escorting, paying bills, attending appointments etc
- Home visiting and advocacy for vulnerable women in need of practical and emotional support
- Help support individuals looking for voluntary, employment and training opportunities

Royal Voluntary Service

Formerly WRVS. South Yorkshire Hub, Unit 25, 53 Mowbray Street, Sheffield, S3 8EN. Tel: 0114 399 0086 or 0845 600 5885

Email: southyorkshirehub@royalvoluntaryservice.org.uk
Website: www.royalvoluntaryservice.org.uk/service/1223-south-yorkshire

1. Good Neighbours Scheme

Many people with memory problems living on their own do not need highly skilled practical assistance or care, but just someone to spend time with while enjoying a cup of tea and a friendly chat or someone to help with daily living tasks such as shopping. The RVS volunteers who deliver the Sheffield Good Neighbours Scheme help people who lack such basic support. The aim is to ensure that everyone accepted into the scheme has an appropriate package of support tailored to their
individual needs and desires, utilising services provided by both other organisations and the RVS. All the volunteers have training in dementia awareness and are Disclosure Barring Service (DBS) checked. They may be able to assist with befriending, shopping, transport, simple DIY/gardening and attending health appointments. Anyone can refer themselves or a relative or acquaintance to this service.

2. Dementia Support at the Northern General Hospital

Office base, Huntsman 6, Northern General Hospital.
Tel: 0114 399 0086. Email: southyorkshirehub@wrvs.org.uk or Sue.sharp@sth.nhs.uk

Trained RVS volunteers work alongside the hospital staff on the wards, encouraging patients with dementia or memory problems to eat, reading to them, spending time with them away from the ward, and with activities such as painting, crafts and singing. The volunteers give support around the clock to older people that have long stays in any of the hospital wards. They also help family members and carers.

The RVS support to both patients and family members can continue after the hospital stay. The service is jointly funded by Sheffield Teaching Hospitals NHS Foundation Trust and the Royal Voluntary Service. All staff and volunteers are fully Disclosure and Barring Service (DBS) checked. Patients can be identified by the nursing staff and self-referrals are also accepted. There is no charge for this service.

Sheffield City Council

The City Council provides a wide range of advice and support services for older people, many designed to help with ‘looking after your health and well-being, staying active, taking care of your finances, keeping safe and much more. A service found reassuring by some people with memory problems is ‘City Wide Care Alarms’. This monitoring and response service, including the support worker responses, costs £4.93 per week. It can be supplemented with several specialist monitors and alarms (see

www.sheffield.ac.uk/snm/dementiapack

The Council’s Adult Care Services provide various care services for people with disabilities (including dementia) and functional limitations, some in the individual’s own home (domiciliary care) and some in a residential care or nursing home. These include a specialist home-care service for people with dementia. ‘Adult care’ services are means-tested: some are free to people on low incomes and with modest assets.

The Council’s Adult Care Services provide various care services for people with disabilities (including dementia) and functional limitations, some in the individual’s own home (domiciliary care) and some in a residential care or nursing home. These include a specialist home-care service for people with dementia. ‘Adult care’ services are means-tested: some are free to people on low incomes and with modest assets.

To obtain the advice of the city’s Adult Care Services Access Team, contact First Point. The central office at Howden House, 1 Union Street, S1 2SH is open Monday to Friday from 8.30 am to 5.30 pm. It has a 24-hour telephone number (0114 2734908) and the email address is firstpoint@sheffield.gov.uk. In addition, there are four local First Point walk-in centres. All (except Manor Library) open Mondays to Fridays 9 am to 5 pm:

- Chapeltown, at Chambers Court, off Cowley Lane.
- Crystal Peaks, at 1-3 Peaks Square, Waterthorpe.
- Hillsborough, at The Mall, off Langsett Road.
- Manor Library, at Ridgeway Road. Closed Thursdays, and variable opening hours.

There is a ‘How to Get Social Support’ page on the Sheffield City Council website at www.sheffield.gov.uk/caresupport/adult/how-get-support.htm
The libraries and Internet access

There are nearly 30 public libraries in Sheffield and all will provide help with accessing the Internet. A complete list and map is available at www.sheffield.gov.uk/libraries.html

Computers are available to everyone with a library card in all the libraries. Every computer has Internet Explorer for web browsing and all registered users are given their own disc space that can be accessed from any computer in any Sheffield public library. All library services are free to anyone who lives, works or is educated in Sheffield or the surrounding area.

The city’s libraries manage the already-mentioned Sheffield Community Information Service ‘Help Yourself’ website (www.sheffieldhelpyourself.org.uk/default.asp). This lists a wide range of services and can be searched by postcode and by the keyword ‘dementia’. Personal enquiries can be made at any library or by telephoning 0114 273 4763.

Sheffield Churches Council for Community Care

SCCCC, 11 Holland Place, Sheffield, S2 4US

Tel: 0114 2505293 for information and general enquiries.
Email: mail@sccc.co.uk

Sheffield Churches Council for Community Care (SCCCC) is a registered charity that works closely with the statutory agencies in Sheffield to provide a network of support mainly for older people, their carers and families. Most of its work helps older people in their own homes and SCCC also supports people admitted to or discharged from hospital or living in a residential home. It works in every setting and is particularly involved in hospital discharges and working with intermediate care teams.
SADACCA Day Centre

Sheffield and District African-Caribbean Community Association (SADACCA), 4 Willey Street, Sheffield, S3 8JU Tel: 0114 275 3692 or 0114 275 3479

Email: sadaccadaycare@hotmail.com or enquiries@sadacca.org.uk Website: http://www.sadacca.org.uk/ourcauses/daycare

SADACCA runs a friendly, relaxed day centre for elderly African-Caribbean individuals where they can meet, socialise and enjoy a meal together. It welcomes people affected by dementia and memory problems. There is no need to book a place as people are encouraged to drop any Monday to Friday between 9 am and 5 pm. Services are chargeable and include:

- A minibus pick up service for those unable to travel independently
- A traditional West Indian hot meal during the day
- A laundry service on site, including delivery and pick up if required
- A ‘meals-on-wheels’ service
- A chiropodist service once per month
- Medication advisory service (through Wicker Pharmacy)
PERSONAL CARE AND DOMESTIC HELP

A person with dementia or their carer might need or appreciate help with domestic or care tasks at home (generally called ‘domiciliary services’). Several charities and for-profit organisations and Sheffield City Council provide personal care, domestic help and companionship services. Charges vary considerably.

Community support services are very diverse. The index on the last pages of this Pack points towards many organisations that provide ‘Carer support’, ‘Day care’, and ‘Home care and support’.

Those with substantial care needs may be eligible for Sheffield City Council’s personal social services and should seek the advice of its Adult Care Services (see the entry above).

This booklet does not list all providers of domiciliary services. The Sheffield Community Information Service website ‘Help Yourself’ lists approved and other providers (see www.sheffieldhelpyourself.org.uk/). It can be searched by postcode and by the keyword ‘dementia’. Personal enquiries can be made at the Reference and Information Service in the Central Library or by telephoning 0114 273 4712.

The Care Quality Commission (CQC) website (http://www.cqc.org.uk/) lists organisations that provide ‘Services in your home’ and enables searches for particular areas. In Sheffield, for example, it identifies more than 150 active organisations. If a service has been inspected by CQC, a summary of the findings is displayed on the web page and there is a link to the full report.

The Age UK ‘Older Sheffield’ website gives summary details of many services and can be searched by postcode and by keywords (such as ‘dementia’) (www.oldersheffield.org.uk)
Several commercial websites can also list homecare services in South Yorkshire, Sheffield and other areas:

- www.homecare.co.uk
- www.accessplace.com
- www.yell.com

www.sheffield.ac.uk/snm/dementiapack
RESIDENTIAL CARE AND SHORT BREAKS

A time may come when a person with dementia would appreciate a short break from home, or when their carer needs to be away. Many residential care and nursing homes offer short stays as well as permanent residence, and most homes have considerable experience of caring for people with dementia. All homes welcome telephone calls and visits. Their charges vary considerably. Those with substantial care needs may be eligible for residential care part-paid by Sheffield City Council. The advice of the City’s Adult Care Services should be sought (see the entry above).

This booklet does not give information about individual residential care and nursing homes in Sheffield. Sheffield City Council’s website lists the local residential care and nursing homes and has a lot of useful advice about this option and about choosing a home (see www.sheffield.gov.uk/caresupport/resnursing.html).

The Care Quality Commission (CQC) inspects and registers care homes. Its website identifies 44 homes within 5 miles of Sheffield that care for people with dementia (see www.cqc.org.uk/public and click on the ‘care homes’ tab). For each home, the website gives a very brief tick-box summary of the results of the most recent inspection.

The Sheffield Community Information Service website ‘Help Yourself’ lists approved and other residential care providers (www.sheffieldhelpyourself.org.uk/welfare_search.asp?code1=ELD/ACC/PRES) Personal enquiries can be made at the Reference and Information Service in the Central Library or by telephoning 0114 273 4763. Several commercial directory websites also list care homes, nursing homes in the city. Examples include:

- www.carehome.co.uk/
- www.nursing-home-directory.co.uk
- www.accessplace.com

www.sheffield.ac.uk/snm/dementiapack
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HAS THIS PACK BEEN USEFUL?
Please send us your feedback

We are very keen to receive your views on the Pack and its usefulness.

Please send any comments and suggestions to David Reid.

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Thank you.
SYDEM RAG
South Yorkshire Dementia Research Advisory Group

It is vital that the perspectives and opinions of people living with dementia and their supporters are heard and reflected in the research agenda.

The core role of group members is to contribute to the development of dementia research at a local level and from the point of view of someone with direct or indirect experience of the condition. If you would like to get involved please get in touch.

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The Sheffield Dementia Information Pack is funded by:

Marjorie Coote Old People’s Charity Fund

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