

Dementia Support Service in Leicester & Leicestershire

WELLBEING SERVICES



For more information please contact us:



0116 223 7363



dementia.support@ageukleics.org.uk

Open weekdays between 08:30 - 17:30



Age UK Leicester Shire & Rutland, Thorncroft,
244 London Rd, Leicester LE2 1RH



www.ageukleics.org.uk

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Age UK Leicester Shire & Rutland



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What is dementia support?

- This Dementia Support Service is here to support people living with dementia and their carers throughout their dementia journey
- We will provide you with information and support tailored to your individual situation
- We will enable you to explore strategies that will support you to live well with dementia by focusing on your strengths and abilities
- We will provide emotional support and help you to access other health, social care and community services
- We will provide support as you require, as your needs may change over time

Eligibility for support:

- You are aged 18+ with a formal diagnosis of dementia
- You are a family member or carer of someone living with dementia
- You are a person living with dementia who is registered with a general medical practice within Leicester City or Leicestershire
- You are a family member or informal carer of a person with dementia. You do not have to be a resident of Leicester City or Leicestershire.

How to refer:

- We accept self referrals and referrals from professionals
- Referrals accepted via telephone or email

Support available through this service:

When we receive a request for support, one of our team will make contact within 2 weeks to discuss your individual support needs.

We will provide you with different support options you may wish to access within the Dementia Support Service as well as other services.

Support Options

Personalised one to one support

We can provide support via telephone, face to face or online.

Post diagnostic information session

Following referral, you will be invited to attend a post diagnosis information session where you will be provided with a range of information to help you understand more about dementia, learn strategies to support you to manage dementia symptoms, receive key

information about planning ahead and local services you may wish to access.

Information, advice and signposting

Our Dementia Support Workers can provide information and support around a broad range of topics and will make referrals to other organisations where required. The most commonly discussed topics include the following:

- Dementia Journey
- Keeping safe and well
- Support from health, social care & local services
- Assistive technology, aids around the home
- Maximising your income
- Having a benefits check (disability benefits, carers allowance and income related benefits)
- Planning ahead including discussion around Lasting Power of Attorney

Social groups and activities

Our programme of groups and activities are based in the community and are designed to keep you active and connected to other people.

Informal carer learning

Our programme of informal carer learning is designed to equip carers with the skills and knowledge that will support them and the person they care for, to live well with dementia. Sessions include the following topics:

- Understanding dementia
- Strategies to support the person living with dementia
- Managing money
- Support available
- Planning for the future
- Looking after yourself

On-line and digital support

The Dementia Support Service provides a range of on-line content that is designed to provide people with the information they need.

The Dementia Support Service works closely with other Age UK Leicester Shire & Rutland services in order to provide a range of holistic support that will make a positive difference and support your health and wellbeing.

How can we help you?

Information & Advice

0116 299 2278

A free and confidential service to assist with issues affecting your quality of life including: finances & welfare benefits; housing & property; leisure activities. Open Mon - Fri 09:00- 13:00

Day Care Services

0116 222 0558

Social support in a community setting including care, entertainment and companionship, with optional transport if required.

Home Care

0116 299 2266

Assistance with domestic tasks to make living at home that little easier to manage. Services include: food preparation; cleaning & ironing; shopping; collecting prescriptions; personal care; companionship.

Personal Assistants

0116 299 2266

A flexible service to give you help with household management, getting out and about and to appointments.

Handyman & Gardening

0116 299 2266

A 'no job too small' household maintenance service including: gardening; home security & safety; basic decorating; home maintenance.

Respite

0116 299 2266

Fully trained Respite Workers offer carers a break from the stress and demands of caring for someone. We also offer dementia respite by workers experienced and trained in dementia care.

Age UK Business Directory

0800 599 9435

Directory of local trusted traders across the City and two counties.

Lunch Clubs

0116 222 0558

The chance to socialise and enjoy a hot lunch with friends.