

“Recall”

The Newsletter for Dementia Carers

August 2018

For more information about anything in this newsletter or to find out more about our support for carers of people living with Dementia, contact:

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Or Roma Mills,
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Making Carers Count

Welcome



It's been a while since the last newsletter and I can't believe that we're over halfway through 2018 already. It's a busy time for Carers in Hertfordshire as we are planning the Annual Event for Carers that takes place on Thursday 27th September 2018. Carers can now book to attend, see page 2 for details.

We also want to hear from carers about their experiences of some of the Dementia services provided by Hertfordshire Partnership University NHS Foundation Trust (HPFT) – more details on page 2.

So far this year we've had four Dementia Carers' Forums and one Young Onset Dementia Carers Forum which have been well attended. Issues raised at the meetings that I have shared with commissioners and providers of services in the county have included:

- The need for more training for carers. There is some good news about this below.
- The quality of Carer's Assessments; and
- A lack of post diagnostic support for people with young onset dementia and their carers.

If there are any issues or topics you want covered at future Forums in or upcoming newsletters please let me, Sally Stratford, Involvement Worker for Dementia and Older People, know. You can call me on 01992 58 69 69 or email me at sally.stratford@carersinherts.org.uk

Dementia Carers benefit from training and more courses could be on the way

More than 30 people caring for someone with Dementia benefited from a training session in May and more courses could be run soon.

The session was led by Dr Tomar, Consultant Psychiatrist from Hertfordshire Partnership University NHS Foundation Trust (HPFT). Topics covered included what Dementia is and the symptoms of the illness; the affects the condition has on everyday tasks and behavioural challenges. Carers were also given tips to help them in their caring role.

HPFT has received some funding to provide more training for Dementia carers. We will share details when we know more.



NHS Trust is improving its Dementia services and we want your views!

Hertfordshire Partnership University NHS Foundation Trust (HPFT) is reviewing its Dementia services in a bid to reduce the time a person needs to wait for a diagnosis and to improve the support available.

HPFT has just finished implementing a one stop pathway for Dementia referrals, which has reduced the time patients spend waiting for a diagnosis by at least six weeks.

HPFT is now going to review its other Dementia services such as the Assessment and Treatment Units and the Crisis Support Service to see if it can:

- Reduce hospital admissions or the length of admissions; and
- Improve and increase community services and the support available to people in their own homes or in care homes.

Jess Leivesley, HPFT's Director of Service Delivery and Customer Experience, said: "With one person developing Dementia every three minutes, many of us know of someone who is living with the condition. The Trust is committed to providing first class services and care for people living with Dementia as well as supporting their carers and families."

Roma Mills, Policy and Engagement Manager at Carers in Hertfordshire, said: "It is important that carers have a real influence on how services develop. In preparation for any changes we would like to hear from you about your experiences of HPFT services."

Please get in touch about your experiences if you have:

- Accessed crisis support from Mental Health Services for Older People;
- Called the Single Point of Access (SPA) to access support; or
- Applied for Continuing Healthcare Funding.

We also want you to tell us about your experiences if the person you care for has been admitted to Seward Lodge, Logandene or Prospect House.

If you have used any of these HPFT services and wish to share your experiences and have a say about how they should develop, then please contact Sally Stratford via email at sally.stratford@carersinherts.org.uk or call 01992 58 69 69.

The Annual Event for Carers

Thursday 27th September 2018

10am - 4pm

The Fielder Centre, Hatfield Avenue,
Hatfield, Herts, AL10 9TP.



If you are an unpaid carer please join us to:

- Obtain information and advice from us and other organisations that support carers.
- Tell us about your experience of caring.
- Learn about what is happening nationally and locally regarding care services and carers. We will also update you about our work over the last year and our plans for the future.

Places are limited and must be booked, so book early to avoid disappointment. Book via:

Phone: 01992 58 69 69

Email: contact@carersinherts.org.uk

Online at: www.carersinherts.org.uk

Spotlight on some Hertswise Dementia Services

It's been around 18 months since Hertfordshire's Dementia Service was given a refresh and investment by Hertfordshire County Council so more people could be supported.



Part of the new provision is Hertswise, a countywide service to support people with Dementia and low level memory loss as well as their family and carers.

The service is delivered by a partnership of community and voluntary groups, including Age UK Hertfordshire, Hertfordshire Independent Living Service, and ourselves, Carers in Hertfordshire.

Hertswise offers group based activities and one to one support. You can also get in touch for advice or information on all sorts of issues such as claiming benefits, Lasting Powers of Attorney, community care and health services.

As part of the service we currently support seven Carer Support Groups, which are free drop-in meetings. They give carers a chance to relax and share their experiences in a friendly, supportive environment. The Groups are in Bishop's Stortford, Buntingford, Cheshunt, Hemel Hempstead, Hertford, St Albans and Ware.

There are also Hertswise Dementia Hubs at venues across Hertfordshire that people with Dementia or memory loss and their carers can attend together. These are free for carers but others are asked for a contribution of £5 for each session.

Young Onset Dementia Support



Sam Balding is the Young Onset Dementia Worker at Hertswise. She supports people with Dementia who are under the age of 65 or were under 65 when diagnosed as well as their carers.

Sam has set up three support and activity groups that are running in Hatfield, Watford and East Herts and another is due to start in Letchworth in September 2018. More groups will be set up as and when needed.

Sam said: "I also offer one to one support for people to rebuild their confidence and access services they wish to continue with."

If you want more information about Hertswise and any of the groups (where and when they meet), please call HertsHelp on 0300 123 4044 or visit www.hertswise.org.uk

Herts Careline launches Portable Pendant & Location Service

Herts Careline has launched the Herts Bernie Portable Pendant & Location Service to meet demand for a pendant alarm that works outside the home.

Herts Bernie is a portable pendant that can help in an emergency, wherever a person is. It is a small device that combines the functions of a mobile phone with a Global Positioning System (GPS) locator and help can be obtained, any time, by pressing the SOS button.



A text message with a link to your location will be sent to the appointed family member or friend responder and also to Herts Careline. If your appointed person is unavailable an experienced Herts Careline operator will check to see that things are OK and provide on the spot advice or summon assistance if needed.

Herts Bernie costs £4.85 a week and you can get more information about it or apply by visiting www.care-line.co.uk/bernie Alternatively, send an email to CarelineSupport@north-herts.gov.uk or call 0300 999 2 999.

Diary Dates

All carers are welcome to our Dementia Carers' Forums. They provide an opportunity to meet others, get information and have your say about caring issues. Your views will be taken forward to those planning or providing health and care services.

Dementia Carers' Forums 2018

Monday 17th September 2018

At Hertford Theatre (River Room),
The Wash, Hertford, SG14 1PS.

Tuesday 20th November 2018

At Stanborough Centre (Armstrong
Room), 609 St Albans Road
Watford, WD25 9JL.

Young Onset Dementia Carers' Forums - For carers of someone diagnosed with Young Onset/Early Onset Dementia.

Wednesday 17th October 2018

At Birchwood Leisure Centre
(Sportsman Room), Longmead,
Hatfield, AL10 0AN.

**All sessions are from
10am - 12.15pm**

(followed by a sandwich lunch)

To book your place:

☎ 01992 58 69 69

@ contact@carersinherts.org.uk

🌐 www.carersinherts.org.uk

Please contact us if you don't have your own transport and want to discuss travel plans or if you require help with the costs of alternative care.

Carers' Passport Update

As this newsletter went to print a new, updated, Carers' Passport Offers Book was being finalised. We will let you know when it is ready.

It will be available in the Carers' Passport area of our website www.carersinherts.org.uk/carerspassport and also for collection at your local Hertfordshire library. You may need to ask someone in the library for a copy and show them your Carers' Passport Discount Card.

Mental Capacity Training for Dementia Carers

The Mental Capacity Act 2005 covers people in England and Wales who can't make some or all decisions for themselves. The ability to understand and make a decision when it needs to be made is called 'mental capacity'. (www.gov.uk)

The Mental Capacity Act is a difficult subject to understand as a carer of someone with Dementia and to help you we have organised a training session:

Tuesday 11th September 2018

10.30am –12.30pm (coffee served from 10am)

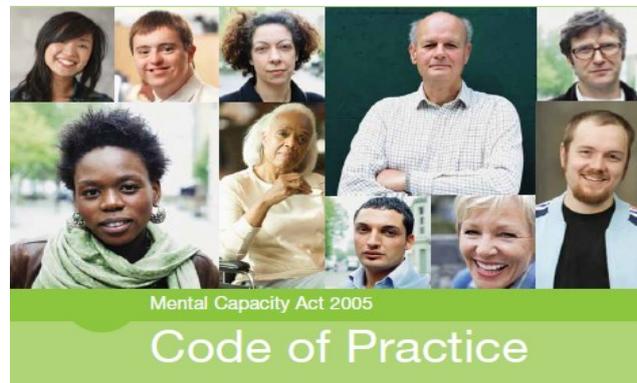
Birchwood Leisure Centre, Hatfield, Herts, AL10 0AN.

To book your place:

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Tips to keep well in hot and cold weather

Extreme hot and cold weather can cause additional health problems to people with Dementia such as dehydration or hypothermia. This is because their bodies may struggle to regulate temperature and they may forget to keep cool/hydrated or warm. Here are some tips to help them.

In hot weather

- Keep them hydrated with drinks within easy reach and in sight. Try different cups and glasses.
- Provide high water content food such as jelly, ice cream, soups and fruit like melon.
- Keep curtains and windows that are in hot, south facing rooms closed until the heat passes and then open them to let in the cooler air.

In cold weather

- Ensure rooms are warm (at least 18°C) but they may want the main room and bedroom warmer.
- Encourage the person to wear layers of clothing, ideally those made of natural fibres like cotton or wool.
- Provide plenty of hot drinks.
- Regular movement.