

“Recall”

The Newsletter for Dementia Carers

Spring 2019

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

Sally Stratford,
Involvement and Development Worker for Dementia and Frail Elderly.

Or Roma Mills,
Carers Policy and Engagement Manager.

Tel: 01992 58 69 69

@: contact@carersinherts.org.uk

Web: www.carersinherts.org.uk

Carers in Hertfordshire,
The Red House,
119 Fore Street,
Hertford, Hertfordshire,
SG14 1AX.

Making Carers Count

Carers invited to have a say in State of Caring Survey 2019

National carers charity Carers UK is calling for unpaid carers supporting someone who is ill, disabled or elderly, to complete its 2019 State of Caring Survey. Responses will help Carers UK identify issues affecting carers and in campaigning to Government or others for change. You can learn more or get the link to the Survey at

www.carersuk.org/news-and-campaigns/state-of-caring-survey-2019

Responses by 24th May 2019.

Welcome



This is our first newsletter for Dementia carers of 2019 and we're excited to tell you about what we at Carers in Hertfordshire have been doing for Dementia carers and what is happening locally.

For those who don't know me I'm Sally Stratford, the Involvement and Development Worker for Dementia

and Frail Elderly. I've worked at Carers in Hertfordshire for five years and I inform Dementia carers about the help available for them and enable them to have a voice with those planning or providing local health and care services that they or the person they care for access.

Organisations such as Hertfordshire County Council and Hertfordshire Partnership University NHS Foundation Trust (HPFT).

Since my last newsletter in August 2018, I've been helping carers get their views across to HPFT in response to their plans to close a Dementia Unit and enhance community support. You can read more about this on page 2.

I've also been involved in running carers' groups as part of the Hertswise service, which involves a partnership of organisations providing some of Hertfordshire's Dementia Services. Hertfordshire County Council has just renewed the contracts for Hertswise to continue for another year, to April 2020, as well as for us to carry on hosting Admiral Nurses to support carers of someone with Dementia. You can read about this on page 3.

Topics covered at our Dementia Carers' Forums have included Direct Payments, benefits available to carers and people with care needs, and the Carer's Assessment - what it involves and how to get one. You can find out more about these subjects on our website or by contacting our office and speaking to a Carer Support Advisor.

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

Trust cuts Dementia beds and is to invest in community-based support

In our last Dementia Newsletter we explained that Hertfordshire Partnership University NHS Foundation Trust (HPFT) was reviewing its services for people with Dementia and their carers. This was in order to identify savings and opportunities to re-invest in community-based services.

Following consultation with carers, service users and stakeholders such as Hertfordshire County Council, HPFT has decided not to refurbish Prospect House in Watford. Prospect House was a 16-bed Dementia Assessment and Treatment Unit that closed for refurbishment in September 2017 and services moved to The Stewarts in Harpenden. The Stewarts site closed at the end of March 2019 and HPFT is reviewing what to do with both sites.

HPFT is set to save around £1.2 million from the closure and plans to re-invest the money in services, including £500,000 in Dementia services. Plans include:

- Funding two Admiral Nurses to support carers and people with Dementia.
- Developing a Care Home Liaison Team to support people with Dementia to remain in care homes when they are unwell, avoiding admission to hospital.
- Developing the team that carries out NHS Continuing Healthcare Assessments to decide if people with long-term health conditions are eligible for NHS funded social care.
- Improving crisis support; and
- Building on the use of assistive technology, with support from Hertfordshire County Council.

HPFT's in-patient provision for older people's mental health now comprises of:

- 16 Dementia Assessment and Treatment beds at Seward Lodge, Hertford, and 16 at Logandene, Hemel Hempstead;
- 24 Continuing Healthcare beds at Lambourn Grove, St Albans, and 24 in Victoria Court, Stevenage; and
- 16 Frail Functional Assessment and Treatment beds at Kingfisher Court, Radlett.

Sandra Brookes, HPFT's Acting Director of Service Delivery and Service User Experience, said: "Our new plans will allow us to provide more intensive support to our service users in their own homes or in a care home setting. This will reduce the need for people to be admitted to hospital and cut lengths of stay for those who are admitted."

Sally Stratford, our Involvement and Development Worker supporting Dementia Carers, said: "It's important that carers are involved in the re-modelling of the services, so that their views and needs are taken into account. We will continue to identify ways to bring carers together with representatives from HPFT and Hertfordshire County Council for co-production."

If you wish to discuss any issue related to the changes please contact Sally by sending an email to sally.stratford@carersinherts.org.uk or calling 01992 58 69 69.

New service in West Herts aims to keep frail older people out of hospital

A new urgent response service is working to free up ambulances and keep frail elderly people in West Hertfordshire from unnecessary hospital admissions.

When someone calls 999 or NHS111 about an elderly patient and call handlers have determined the person doesn't require hospital care, a specialist team can be sent to the person's home instead.



The team consists of a Paramedic or Nurse and an Occupational Therapist (OT). They can provide any treatment needed and arrange further medical support. The OT can offer safety advice and organise mobility equipment if required.

The service operates 8am - 7pm Monday to Friday (except Bank Holidays). Situations the team can help with include falls and with conditions such as minor burns.

It is funded by Herts Valleys Clinical Commissioning Group and provided by Herts Urgent Care.

Contracts renewed for Hertfordshire's Dementia Service providers

Around 13,000 people in Hertfordshire have Dementia and with the number continuing to increase health services and Hertfordshire County Council regularly review the support they provide or commission.

In March 2019, Hertfordshire County Council granted a third year contract extension to the organisations providing Dementia services in the county. This includes:

- The team of four Admiral Nurses we host with Dementia UK. The nurses provide intensive support to carers of someone with Dementia, who are at risk of crisis.
- The Hertswise partnership, led by Age UK Hertfordshire, which works with various organisations including us. The partnership provides information and groups. As part of this we run eight support groups for Dementia carers. A list of these groups is below.
- Alzheimer's Society's community work, which involves the provision of one to one support to people with Dementia and their relatives/carers.

The services can be accessed via HertsHelp on 0300 123 4044



Dementia Carers' Support Groups

These are friendly, informal sessions where you can meet other carers in similar circumstances, get support and information. They are free, drop-in groups, so no need to book!

Group Venue	Meeting Details
Bishop's Stortford Bishop's Stortford Baptist Church, Twyford Road, Bishop's Stortford, CM23 3LJ.	Second Thursday of the month, 1pm-3pm.
Buntingford The Tea Room and Wine Bar, High Street, Buntingford, SG9 9AQ.	Third Wednesday of the month, 10am –12pm.
Cheshunt Rosedale Community Centre, Andrews Lane, Cheshunt, EN7 6LB.	Third Wednesday of the month, 1.30pm-3pm.
Hemel Hempstead The Village Hall, Leverstock Green, Hemel Hempstead, HP3 8QQ.	First Friday of every month, 12.30pm-2pm.
Hertford The Hertford Club, Lombard House, Bull Plain, Hertford, SG14 1DT.	Fourth Friday of the month, 10am-12pm.
St Albans St Mary's Church, 1 Sherwood Avenue, St Albans, AL4 9QA.	Fourth Wednesday of the month, 10.30am-12pm.
Ware The Beefeater, Marsh Lane, Ware, SG12 9QB.	Second Monday of the month, 10am-12pm.
Young Onset Dementia Support Group Friendship House, Wellfield Close, Hatfield, AL10 0BU.	Every second and fourth Monday of the month, 2.30pm-4.30pm.

Forum dates

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

Dementia Carers' Forums 2019

Wednesday 15th May 2019

At Hoddesdon Baptist Church, Burford Street, **Hoddesdon**, EN11 8HX.

Wednesday 17th July 2019

At Birchwood Leisure Centre, Longmead, **Hatfield**, AL10 0AN.

Wednesday 11th September 2019

At Bishop's Stortford Baptist Church, Twyford Road, **Bishop's Stortford**, CM23 3LJ.

Wednesday 20th November 2019

At The Stanborough Centre, 609 St Albans Road, **Watford**, WD25 9JL.

Young Onset Dementia Carers' Forums - For carers of someone diagnosed with Dementia under the age of 65.

Wednesdays 12th June and 16th October 2019

At Birchwood Leisure Centre (Sportsman Room), **Hatfield**.

All sessions are from 10.30am - 12.30pm

(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 wish to attend, but do not have your own transport or you need help covering the cost of alternative care.



Day Centre helps my Mum and me!

Caring for someone with Dementia can bring positive moments and tough times, particularly as their condition changes. Here Karen, who cares for her Mum, talks about their experience of Day Centre support. Karen moved her Mum to Hertfordshire from Devon about three years ago, so she was nearby.

Karen said: "Last year I became worried about Mum as she had nothing to keep her brain stimulated and no local friends that she could visit whilst I was at work. Then I was given the best piece of advice, which was to find a local Day Centre Mum could attend. I did and this has improved her life.

I found out that most Centres are open 10am-2pm. The Centre my Mum attends provides home cooked lunches and as a result of no longer eating alone, she is eating more, which is fantastic as she had been losing weight.

I never imagined that my Mum would enjoy attending a Day Centre, but she loves going four times a week. She has made new friends and enjoys all sorts of activities including yoga, music days, crosswords and days out. The Day Centre staff are amazing, and a volunteer driver collects Mum each morning and takes her home each afternoon.

Having access to such a professional and supportive service has made a world of difference to both of us. I know Mum is being well cared for and it allows me some respite from caring whilst I'm working, particularly as I know that she is happy.

If like me, you haven't previously considered a Day Centre I'd recommend giving it a go! It could turn out to be life changing for you and your loved one. You can learn more about the Day Centres in your area by calling HertsHelp on 0300 123 4044."

Dementia carers can benefit from training

Hertfordshire Partnership University NHS Foundation Trust (HPFT) is to provide more training for Dementia carers following a successful course last year.

Dr Tomar, a Consultant Psychiatrist at HPFT, will be providing training on **Friday 26th April 2019 from 10.30am - 12.30pm** at Harpenden Quaker Meeting House, 12 Southdown Road, **Harpenden**, AL5 1PD. Topics covered include what Dementia is and the symptoms of the illness; the affects the condition has on everyday tasks and behavioural challenges.

If you would like to attend please call us on 01992 58 69 69 or book online at www.carersinherts.org.uk/events