

CHANGING LIVES

SHAPING OUR DEMENTIA JOURNEY TOGETHER



City of Westminster



We've put together a handy little guide that's jam-packed with lots of helpful stuff. On this page, you'll find a list of useful contact details where you can get advice on everything from staying safe to financial support.

And on the next page, we've come up with our top tips on ways to make living at home a bit easier.

LOCAL HEALTH AND CARE SERVICES

Age UK

Advice on dementia care, funding care provisions and entitlements to benefits

Kensington and Chelsea -

T: 020 8969 9105, or go to ageuk.org.uk/kensingtonandchelsea

Westminster - T: 020 3004 5610 or go to ageuk.org.uk/westminster

BME Health Forum

Health advice for members of the black, Asian and minority ethnic communities. T: 07958 479217 or go to bmehf.org.uk

Marie Curie

Care and support through terminal illness. T: 0800 090 2309

Macmillian Nurses

Care and support for cancer. T: 0808 808 0000



Admiral Nurses

Information, practical advice and support for people who care for a relative or friend who has dementia. T: 020 3317 3667

People First

Supporting independent living and health in your borough. peoplefirstinfo.org.uk/looking-after-someone

Dementia Advisors

Practical support, advice and guidance on services and local activities

Kensington and Chelsea - T: 020 3181 0002

Westminster - T: 020 3905 6981

Kensington and Chelsea and Westminster Adult Social Care Services

Local social care, information, advice and support. rbkc.gov.uk and westminster.gov.uk

GENERAL ADVICE AND INFORMATION ON DEMENTIA

Age UK

Freephone 0800 678 1602 or go to ageuk.org.uk

Alzheimer's Society

Advice for people affected by dementia. Freephone 0300 222 1122 or go to alzheimers.org.uk

Dementia UK

Provides specialist dementia advice and support for families through its Admiral Nurse service

Freephone 0800 888 6678 or go to dementiauk.org

Young Dementia UK

Support, information and guidance for those who are affected by young onset dementia. youngdementiauk.org

NHS

Need medical attention? Call 111 or dial 999 in an emergency. For general medical information and advice, go to nhs.uk

THINGS TO DO IN YOUR AREA

Open Age

Activities for all older people. T: 020 8962 4141 or go to openage.org

Rainbow Memory Café

For members of the LGBTQ+ community living with dementia. T: 020 7239 0400 or go to openingdoorslondon.org.uk/rainbow-memory-caf

Arts4Dementia - T: 020 7239 4954

or go to arts4dementia.org.uk

Creating with Dementia - T: 07775 784520

E: creatingwithdementia@gmail.com

Resonate Arts

Find out what activities are on in your area. T: 020 7321 2702 or go to resonatearts.org

STAYING SAFE

The Metropolitan Police

In an emergency call 999
If you want to report a crime call 101

The London Fire Brigade

For information on fire prevention & safety advice, or to get a free fire alarm fitted, call 020 8555 1200 or go to london-fire.gov.uk

ADVICE FOR CARERS

Carers Network

Advice and support on: carer's assessment, benefits, legal rights and wellbeing.

T: 020 8960 3033

E: carers@carers-network.org.uk
carers-network.org.uk

Carers Trust

Helping unpaid carers access the help they need to live their lives. carers.org.uk

Carers UK

Advice and support to anyone looking after a family member or friend with dementia.

T: 0808 808 7777

Open Age - Time for Me

Free or low-cost leisure activities for people over 50 who look after a family member or friend as an unpaid carer.

T: 020 8962 4141

openage.org.uk/carers

Revitalise

Respite holidays for carers.

T: 0303 303 0145

Westway Community Transport

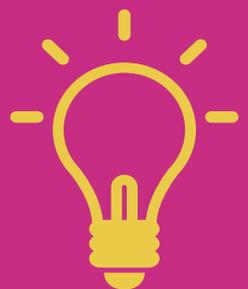
A local charity providing transport for those who find it difficult to get around.

T: 020 8964 4928



DID YOU KNOW?

Lots of arts and cultural organisations host events aimed at people living with dementia and their carers. The Victoria & Albert Museum, the National Gallery, the Museum of Brands, The Royal Albert Hall and Marylebone Cricket Club to name a few.





TOP TIPS



LIVING AT HOME WITH DEMENTIA



SAVE MONEY

You might qualify for a discount or an exemption on your council tax. To find out more just go to:

Kensington and Chelsea – Call 020 7361 3005 or go to www.rbkc.gov.uk/council-tax/discounts-and-exemptions

Westminster – Call 0343 178 2743 or go to <https://www.westminster.gov.uk/discounts-and-exemptions-0>



MAKE EATING AND DRINKING EASIER

Try using clear containers to store your food, so you can see what's inside.



USE A CALENDAR OR DIARY

Get into a routine of checking a diary, calendar or noticeboard. Cross off each day from your calendar before you go to bed, so you know what date it is when you wake up in the morning. You could also use an automatic calendar clock which reminds you of the date and day of the week too.



KEEP IMPORTANT ITEMS IN ONE PLACE

If you're having trouble remembering where you've put things like your purse, mobile phone or keys, try and get in the habit of keeping them in the same place.



GET A DAILY NEWSPAPER

Consider buying a newspaper each morning, or getting one delivered. That way you will always know what the day and date are.



TV & RADIO

It can be enjoyable to watch your favourite show or listen to music, however consider switching them off if you need to concentrate on something.



GET A SMOKE ALARM INSTALLED

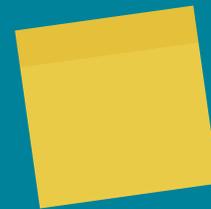
If you haven't got one already, or want to test an existing alarm, this can be done free of charge by the London Fire Brigade. Just call them on 020 8555 1200.



SHOPPING LIST

Take a list out with you when you go shopping and cross things off as you put them into your basket. At home, keep a list of items that have run out so you can easily add them to your shopping list. If you find it difficult to write, you could keep part of the packaging of items you've run out of.

Alternatively, talk to your local supermarket about getting your shopping delivered.



STICKY NOTES (POST-ITS)

You can use sticky notes in your home to remind you to do something. Stick one on the freezer to remind you to take something out to defrost or stick one on your bookshelf so you don't forget to return a library book.

MORE INFO

For more information about dementia, local services and what's happening in your area, go to peoplefirstinfo.org.uk

