

Live Well with Dementia

Your Guide to support and services in
Redditch, Bromsgrove & surrounding areas



Working to become
**Dementia
Friendly**
2019-2020

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After Diagnosis – What Next?

A diagnosis of Dementia can be overwhelming at first – but there are plenty of local organisations, services and events detailed in our guide to help you or your loved one live well with Dementia.

There are more than 50 million people around the world living with dementia and every 3 seconds somebody develops it.

Living with someone with dementia can feel stressful and challenging for the family as well as the person with the condition.

Encouraging activities for people living with dementia is one way to help someone find enjoyment, reduce boredom and feel fulfilled. Activities, or maintaining existing hobbies, can also maintain relationships and connection with family and friends. It's important to remember that a person living with dementia has the same needs as any other person and one of these is to be occupied.

Activity ideas for people living with dementia

Sensory activities for people living with dementia should focus on stimulating the mind, body and encouraging social interaction.

Examples include:

- Crossword puzzles
- Needlecrafts, knitting or crochet
- Dominoes
- Walking
- Playing games designed for dementia patients
- Exercise classes such as Tai Chi
- Looking through photographs and reminiscing
- Attending a concert
- Attending a singing class
- Going for a meal or drinks with friends
- Attending a dementia café/social club or group

Dementia Tip 1:

Try not to argue with a person living with Dementia:

Dementia can cause a person to lose their ability to reason and see both sides of the argument.

Community Dementia Café's

Dementia café's are an opportunity for those living with Dementia, their carers, friends and family to get together in an informal setting. They usually involve lunch or snacks, there may be speakers or some form of entertainment, and there's always a friendly face to welcome you.

REDDITCH DEMENTIA CAFE

First Wednesday of the month
11.30am to 1.30pm
Bridge Memorial Hall,
Headless Cross.
Lucy Bird 07858 353 329
lucy.bird@onside-advocacy.org.uk

BROMSGROVE DEMENTIA CAFÉ

Third Thursday of the month
2pm to 3.30pm
St John Ambulance Barnsley Hall Dr,
Lickey End, Bromsgrove
Lucy Bird 07858 353 329

ALCESTER DEMENTIA CAFÉ

Every Tuesday & Friday
10.30am to 12.30pm
The Jubilee Centre, St Faith's Road
Carole 01789 488 088
alcestercafe@gmail.com

REDDITCH DEMENTIA FRIENDLY COMMUNITY CAFÉ

Last Monday of every month
10am to 12noon
Victoria's Kitchen, Mason Road
Headless Cross
Zoe 07494 398 134 or
01527 810 855

NORTHFIELD DEMENTIA CAFÉ

Fourth Thursday of month
10.30am to 12.30pm
Northfield Methodist Church,
Chatham Road, Northfield
07827 940 844
birminghamandsolihull@alzheimers.
org.uk

BURCOTT GRANGE DEMENTIA CAFÉ

Second Thursday of the month
10.30am to 12.30pm
The Lodge at Burcot Grange, 23
Greenhill, Burcot, Bromsgrove
Aileen 0121 445 5552

WYTHALL DEMENTIA CAFÉ

Third Wednesday of every month
2pm to 4pm
Wythall Village Hall, Alcester Road
Wythall Together on 01564 824 927
for transport

Dementia Tip 2:

Understand how objects appear to people with Dementia:
Busy patterns can confuse the eye, so make sure household items like plates, table clothes and bedding are in bold, solid colours.

SINGING BY HEART

Third Thursday of the month
2pm to 3.15pm
Salvation Army, Ipsley St, Redditch
01527 674 98
linda.sayner@salvationarmy.org.uk

Day Centres

Day Care Centres specialise in supporting people to live well with all types of dementia, sensory impairments and disabilities.

VIP DAY CENTRE

The Barn, The Craft Centre,
Winyates Centre, Redditch
01527 758 070
Amphlett Hall, Crown Close,
Bromsgrove
07733 749 531
vipdaycentre@gmail.com

DENS DAY CLUBS

Thursday 10am to 3pm.
Lickey End Social Club,
17 Alcester Road, Bromsgrove
Denise 07947 675 186

ALCESTER DAY CARE

Every Monday & Thursday
9.30am to 3.30pm
The Baptist Church Hall, Henley St
Carole 01789 488 088
info@alcesterdaycare.org

Support at Home

HOME INSTEAD SENIOR CARE

Provide quality in home memory care, personal care, companionship and home help from highly trained CAREGiver's. Also offer tips and guidance on living with Dementia and community workshops.
Zoe 01527 810 855
info.redditchandbromsgrove@homeinstead.co.uk

Support Groups

As a carer for a person living with dementia, you may experience a range of difficult emotions. Looking after yourself – and learning to deal with challenges – means you will be in a better position to continue to care for the person affected.

BROMSGROVE & REDDITCH SUPPORT GROUP FOR CARERS

Fourth Thursday of the month
1.30pm to 3.30 pm
Prince of Wales Community
Hospital, New Haven, Stourbridge
Road, Bromsgrove
Jo Weir 07484 040 574

Dementia Tip 3:

Ask why? Keep a check on non-verbal signs. The better you get to know a person, the easier it will be to identify what they are trying to communicate

BROMSGROVE CARERS GROUP

Last Wednesday of the month
2pm to 3.30pm
Breme House, 46 Providence Road,
Sidemoor, Bromsgrove
Maureen Oliver 07427 474 776

CARERS CARELINE: SUPPORTING CARERS IN REDDITCH

Room 1 Ecumenical Centre,
6 Evesham Walk
01527 661 77

WORCESTERSHIRE ASSOCIATION OF CARERS: SUPPORTING CARERS IN BROMSGROVE

0300 012 4272

Dementia Friendly Activities

DEMENTIA FRIENDLY TEA DANCE

Last Tuesday of every month
2pm to 4pm
Parkside Suite, Parkside, Market
Street, Bromsgrove
01527 881 478

SINGING FOR THE BRAIN

Second & Fourth Tuesday of the
month
10.30am to 12noon
Rocklands Social Club, Redditch
Jo Weir 0748 4040 574

ROCKLANDS SOCIAL CLUB

59 Birchfield Road, Redditch
01905 621 868

STUDLEY DEMENTIA ALLOTMENTS

Redditch Road Allotments, Studley
Eric Holder
studleydementiaproject@gmail.com

TAI CHI FOR DEMENTIA

Mondays 2pm to 2.45pm
Amphlett Hall, Bromsgrove
Hayley Gwilliam 01527 881 404

Advice and Guidance

ALZHEIMERS SOCIETY

Charity that provides a wide range
of support and services for those
living with dementia
01905 621 887
www.alzheimers.org.uk

Dementia Tip 4:

Step into their reality: People with dementia may have a distorted sense of time. It may be better to 'join' their reality and accept what they are saying rather than causing unnecessary anxiety or upset.

ADMIRAL NURSES

Admiral Nurses provide the specialist dementia support that families need. When things get challenging or difficult, Admiral nurses work alongside the entire family, giving them one-to-one support, expert guidance and practical solutions.

0300 123 1734 WHCNHS.
admiralnurses@nhs.net

AGE UK H&W DEMENTIA WELLBEING SERVICE

The Dementia Wellbeing Service brings together a number of services and activities which offer support, information and guidance. These include Dementia Cafes, specialist support for families and people with Young Onset Dementia and help and advice from experienced Dementia Wellbeing Officers. 01905 740 950
www.ageukhw.org.uk

REDDITCH AND BROMSGROVE DEMENTIA FRIENDLY COMMUNITY

Redditch and Bromsgrove Dementia Friendly Communities is a group of local volunteers who work together to make our local community Dementia Friendly.

The group achieved recognition from the Alzheimer's Society in 2018 – but there is significantly more to be done.

If you would like to know more about volunteering for this group, email rbdementiafriendly@gmail.com or follow us on Facebook RB Dementia Community

We believe all information to be correct at time of going to press, but please do check before attending



Ten ways to cope with dementia as a family

Every three seconds someone in the world develops dementia.

A diagnosis of dementia is a daunting experience which can test even the strongest family. What stage is it at and how fast will it progress? How will it impact me, mum or dad? Will it mean going straight into a care home? You'll no doubt have all of these questions spinning around in your head but rest assured; there is help out there.

Here is some advice around how to cope with dementia as a family at what is, no doubt, an extremely difficult and emotional time.

- **Get an accurate diagnosis:** This is essential so that you understand what it is you are dealing with and what to expect
- **Communicate regularly:** Keeping family members updated and informed of all the changes in a loved one's condition can help alleviate confusion and hard feelings.
- **Consult with professionals:** A family meeting with a professional such as a GP may be needed to ensure that everyone shares the same information and gets the resources they need. The main carer sometimes unwittingly becomes the keeper of the information because they are the ones dealing with the situation.
- **Learn skills and techniques:** The behavioural changes that come with Alzheimer's disease and other dementias can be difficult to manage.
- **Expect change and learn to manage** it: Dementias are ever-changing conditions. Family carers can find solace and support by sharing with others who are facing similar challenges. Local support groups and care professionals can help.
- **Ask for help if you're the primary carer:** Perhaps you're the only one of your family/siblings living locally to your parent. Or maybe you're the oldest child and the one expected to care for everyone. Maybe you're a spouse. Whatever the circumstance, carers of people with Alzheimer's disease and other dementias shouldn't try to cope alone.
- **Tune into the main carers needs:** If you're not the main family carer, be attentive to the person who is. Otherwise, resentment can fester. Review regularly what needs to be done and how the primary carer can get some respite.
- **Assign tasks:** Even family members who live away can do things to help. Make a list of all that needs to be done and ask people to take part in tasks. Money management is among things that can be done remotely.
- **Tap into resources:** Families can't have too much information when it comes to trying to manage the potential behavioural changes of Alzheimer's disease and other dementias.

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be in is **your own**

Home Instead Senior Care Redditch & Bromsgrove

01564 741 620 | 01527 810 855

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