

Queen Camel Medical Centre

Helpful numbers, hints and tips for families living with Dementia (January 2023)

Mind: 0300 123 3393 A mental health charity that provides advice and support to empower anyone experiencing a mental health problem. www.mind.org.uk

The Alzheimer's Society

The local Alzheimer's Society Number: 01458 251541

Talking Point online support from website 24 hours a day for anyone affected by dementia.

Virtual singing for the brain every week via The Alzheimer's Society website

www.alzheimers.org.uk

Companion Caller's: 0333 150 3456 can help people with dementia and their carers feel more connected and less lonely.

The Samaritans: are available 24 hours a day 116 123 they are there to help and support even before a crisis arises.

Somerset Carers Service: call 0800 31 68 600 for free support and information.

A list of micro providers who could provide care from **The Somerset Community Connect** website: www.somersetcommunityconnect.org.uk/micro-providers

Virtual Carer's Café: for more info contact Spark on 01458 550973

www.sparksomerset.org.uk

Carer's UK: offers help and advice 0808 808 7777, www.carersuk.org

Adult Social Care: (Somerset County Council) will do an assessment of care needs and can offer a sitting service 0300 123 2224

Tips

A scrap book filled with old photos can often be a comfort.

A whiteboard for reminders or a reminder clock to show the date and time.

A 'this is me' folder filled with background information for outside carers to read or to take into hospital is very useful.

Take ten minutes...listen to music, have a cuppa in another room or simply look at the birds in the garden.

Additional Information

Admiral Nurses: available to support the Carer 0800 888 6678
www.dementiauk.org/get-support/admiral-nursing/

Allowance:

Attendance allowance is non-means tested for more information go to
www.gov.uk/attendance-allowance

Carers allowance is means tested find out more at www.gov.uk/carers-allowance

Council Tax:

For more information about council tax claim forms contact Somerset District Council on
01935 462462

Power of Attorney: help is available from Citizens Advice 0800 144 8848

NHS Responders: 0808 196 3646 may be able to help you during the Coronavirus pandemic with shopping for food or essential items, they also offer a check in and chat service for anyone with caring responsibilities.

Please contact:

**The Health Coaches at the Surgery for any further information on
01935 850225**