

Dementia related information and resources

For people living with dementia, or people supporting someone living with dementia		
Theme	Description	
Practical advice for managing Christmas	Alzheimer's Society have produced advice for supporting people with dementia over the Christmas period.	You can find the advice here .
Managing the cost of living crisis with dementia	Alzheimer's Society have compiled financial help resources that may be helpful for people living with dementia.	You can find the information here .
Tips for keeping warm this winter	Alzheimer's Society have developed practical tips for helping people living with dementia to keep warm this winter.	You can find the information here .
Understanding memory loss and dementia diagnosis	Useful resources to help understand memory loss and a dementia diagnosis.	You can find the information here .
Carer Support	If you are looking after someone living with dementia and need any support, advice or just someone to talk to, you can call the National Dementia Helpline. You can also join in the conversation on the Alzheimer's Society online Community, Talking Point by clicking here .	National Dementia Helpline on 0300 222 11 22
Staying active with dementia	Even small amounts of activity can make a significant difference to overall health and wellbeing for people living with dementia. Alzheimer's Society are supporting the We Are Undefeatable	

	campaign in partnership with Sport England. Find out more and share to support more people living with dementia to lead more active lives by clicking here .	
Carer support	Visit the national Carers UK website for information and advice to support people who care for a friend or relative. The website contains useful information on work, equipment, emotional support, relationships, health and lots more practical advice.	Access the website here .
Getting prepared for the colder months	Cheshire Fire and Rescue have prepared useful tips on home fire safety that may be helpful for people living with dementia, or their carers, to ensure that vulnerable people can stay warm and safe as the weather turns cooler.	Visit the web page here for more info or to arrange a home fire safety check.
How to support someone living with dementia in hot weather	Dehydration is a common challenge for older people, especially those with dementia. The warmer weather can cause discomfort, dehydration and distress. Visit the Alzheimer's Society advice page for tips on how to support someone living with dementia in hot weather to help them stay comfortable and well.	
Daily Living Aids catalogue	Alzheimer's Society's daily living aids catalogue is packed with a range of everyday assistive products including fidget widgets and dementia-friendly signage.	To download a catalogue and see the full range of products please click here
Starting a conversation with someone living with dementia	Sometimes people are worried about 'saying the wrong thing' to people living with dementia. Dementia Friends have teamed up with people living with dementia to	Click here to access the tips.

	give tips on how to get the conversation started.	
Explaining dementia to young people	Finding out that someone close to you has dementia, and then coping with it from day to day, can be distressing for everyone involved. It can be particularly challenging explaining things to children and young people. Alzheimer's Society have produced resources to explain how children and young people can be affected when someone close to them has dementia. It also suggests how parents can talk to their children about the condition and ways to help them feel secure and involved.	Click here to access the resources

Local groups and support*

(*The availability of the groups listed below, dates and times are subject to change. Please contact the group/organisation to confirm availability)

	Description	Contact
Halton Alzheimer's Society Dementia Advisor Service	For anyone with a diagnosis, or preparing for a possible diagnosis. • 1:1 support to help navigate health and social care support • help you understand your diagnosis • provide information in the format and time you prefer • help with benefits advice • help in identifying local support and activities that may be of interest to you • information about advanced care planning, wills and power of attorney	www.alzheimers.org.uk 0151 420 8010

	• or just a friendly face to share your fears or concerns whether you are living with dementia or caring for someone with a diagnosis.	
Halton Carers Centre	General support, advice and groups for people who care for someone else, including specialist dementia carers support • Dementia carers support group • START – resilience building for family carers of people living with dementia • Help in adjusting to a new caring role • Social events and access to therapies to support carers in their caring role	www.haltoncarers.co.uk 01928 580182
Later Life and Memory Service (LLAMS) -	Clinical assessment and post diagnosis care , including information provision and support for carers	01928 753 926
Halton Library Service Memory Boxes	Free reminiscence materials available for loan in 'memory boxes'. Available form Halton Libraries	Email Trudy.jones@halton.gov.uk for more information or pop into one of the libraries in Halton
Halton Admiral Nurses	Our Admiral Nurses work with families and carers of people with dementia to help them cope with the pressures of caring for someone with dementia. Our specialist dementia nurses give expert practical, clinical and emotional support to families. Their aim is to help improve the health and wellbeing of both carers and people with dementia.	0151 244 4369 to request a referral form, which we can send to you by post or by email so you can refer yourself to our service, or ask your GP to refer

Halton Borough Council Sure Start to Later Life	Provides a range of tailor-made services across Halton to improve the physical, social and mental health of residents over 50 years of age. We can offer information and a range of activities available in the local community that enable older people to take an active part in their community.	01928 569498
Halton Alzheimer's Society Activity Group	Informal activity group that can give you or someone you know that is affected by dementia the opportunity to take part in a variety of activities, which focus on socialising and getting to know the others in the group	Please contact Alzheimer's Society on 0151 420 8010
Reading Friends at Home Group	Halton Libraries has a Reading Friends at Home group for people over 60 who would like a chance to get together for a chat and meet new people. The group runs over the phone and is hosted by a member of library staff. The group meets every other Wednesday at 2.30 pm.	Please contact Halton lea Library 0151 511 7744 for more information and to book.

For organisations, companies, services and groups wishing to become more dementia friendly

Resource Theme	Description	Contact
Dementia friendly sports clubs and venues guide	A free, practical guide for organisations that want to become more accessible and inclusive for people affected by dementia.	You can find the guide here.
Singing for the Brain Groups**	You no longer have to be an Alzheimer's Society employee or volunteer to deliver Singing for the Brain Groups! Find out how you can become a delivery partner and	See the link here

	deliver your own groups, supported by Alzheimer's Society and their resources.	
A Practical Guide to Healthy Ageing	This colourful A4 publication includes the 'walking speed test' and aims to support people to stay physically and mentally well by providing hints and tips on how to keep fit and independent. It would appeal to clients of activity classes, day centres, lunch clubs, befrienders and friendship groups.	To access the guide click here .
Dementia-friendly environment checklist	A checklist to help you make your event as dementia-friendly and inclusive as possible.	To access the check list click here