



# Useful information for carers of a person with memory loss or dementia

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**Carers  
Leeds**

Working together to support carers

carers advice line  
**0113 380 4300**



/carersleeds



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[www.carersleeds.org.uk](http://www.carersleeds.org.uk)

A carer is someone who provides unpaid support to a friend or relative who due to illness, disability, dementia, a mental health or drug/alcohol problem cannot manage without their help.



## What is Dementia ?

The term '**dementia**' is used to describe the **symptoms** that occur when the brain is affected by specific diseases and conditions.

Only some people get dementia. It does not happen to everyone as they get older. A person of any age can get dementia.

Symptoms can include:-

- memory difficulties
- difficulties organising and sequencing tasks
  - difficulties recognising people and places
  - disorientation to time or place
  - perception difficulties
- difficulties with speech and communication
  - changes in taste (including poor appetite)
  - changes in behaviour



## What support do we offer?

We provide specialist support to carers of people living with memory problems or a diagnosis of dementia. This may be on a one to one or group basis.

We work in the local community, over the phone and online using Zoom to offer the following:-

- Education about dementia & coping strategies.
- Guidance about care services, aids & equipment, blue badge scheme, emergency planning, local social support and much more.
- Support with referrals to other services.
- Guidance to ensure that the person that you are caring for is getting the relevant disability benefits.

# Weekly coffee catch up for carers



Coffee catch up for carers of a person with memory problems.

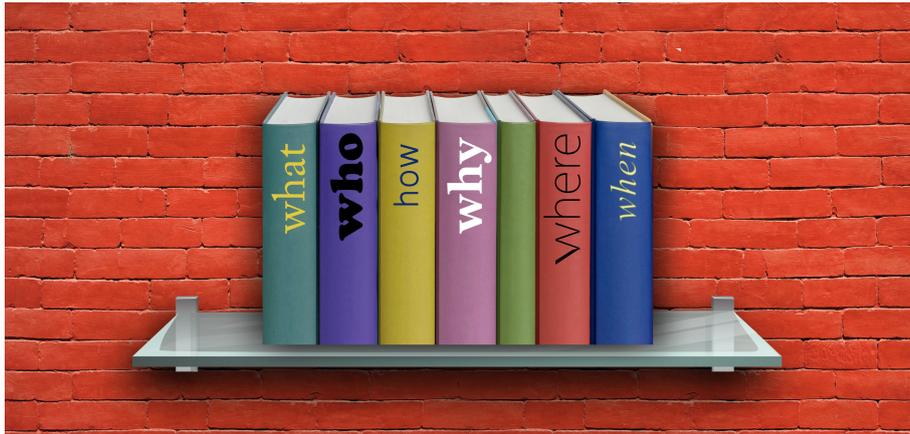
Every Friday at 11am for 30 minutes on Zoom.

If you feel that you would benefit from additional knowledge to help you in your caring role then join us at these short, informal sessions where we share information about dementia and services, featuring guest speakers at times.

The sessions are also a chance to catch up with other carers. You can come to sessions that are of interest or come to them all, it is entirely up to you.

Contact [dawn.perkins@carersleeds.org.uk](mailto:dawn.perkins@carersleeds.org.uk) or our Advice Line 0113 3804300 for more information.

# Our training for carers



Carers Leeds offer free online workshops which cover the following aspects of supporting a person with memory problems:-

Understanding dementia  
Coping with unusual behaviours  
Mental capacity and legal matters  
Maximising income  
Support for the future

(Dates for 2022 to be confirmed)

For more information  
call our Advice Line: 0113 380 4300

# Carer Support Groups



Group support is a good way to share experiences and get emotional support from other people who are in the same or similar situation.

Yeadon – First Tuesday of the month 2pm – 3pm  
Yeadon Town Hall, LS19

Garforth – First Friday of the month 2pm – 3pm  
The Miners Welfare Hall, LS25

Morley – Second Thursday of the month 2pm – 3pm  
The Church of Nazarene, LS27

For more information, please contact advice line on  
0113 3804 300

Young dementia (if the person with memory problems  
is under 65)

Second Tuesday of the month 6.30 - 7.30pm in Cottingley,  
LS11.

For more info contact Lucy on 07375897048

# Are you online?

We are!

There is more information about the support Carers Leeds can offer on our website such as social or wellbeing activities for carers.

[www.carersleeds.org.uk](http://www.carersleeds.org.uk)

You can also find up to date information on our dementia hub Facebook page.



<https://www.facebook.com/dementiahubleeds>

# Preparing for an emergency

Register with the **Leeds Carers Emergency Scheme**, provided by Comfort Call, a registered care agency which can help you to create an emergency plan and also co-ordinate a response in the event of an emergency where you are unable to provide care.

Tel: 0113 205 2990

Request a **Message in a bottle** from Leeds Lions Club, a simple but effective way for people to keep their basic personal and medical details where they can be found in an emergency on a standard form in a common location – the fridge.

Tel: 0121 441 4544



Order a **Carers Emergency Card** from Carers Leeds, a wallet sized card to keep on your person to let people know you are a carer in an emergency. Order via our website

[www.carersleeds.org.uk/carers-leeds-emergency-card](http://www.carersleeds.org.uk/carers-leeds-emergency-card)

or call 0113 380 4300



# Where else can I find information or support?



**Alzheimer's Society** have an informative website with factsheets about dementia.

[www.alzheimers.org](http://www.alzheimers.org)

They also have a Dementia Connect support line  
0333 150 3456



**Dementia UK** also have a useful website full of free resources. Visit [www.dementiauk.org](http://www.dementiauk.org)

Their helpline is staffed by Admiral Nurses (experts in dementia) and is open Monday - Friday 9am - 9pm  
and Saturday - Sunday 9am - 5pm

# Useful numbers to keep handy

## **Adult Social Care**

0113 222 4401

Open Weekdays, 9am - 5pm, except Wednesdays when it is open from 10am.

Call for an assessment of what help may be available for the person you care for.

## **Adult social care (Out of hours team)**

0113 378 0644

For social care emergencies Monday to Thursday 5pm - 8am and Friday to Monday 4.30pm - 8am.

## **Leeds mental health crisis assessment team**

0800 183 1485

Single Point of Access number for an acute mental health crisis. Open 24 hours a day, 7 days a week.

**Leeds Directory** can support you to live well by connecting you to checked and vetted local services and tradespeople as well as local activities and events.

call 0113 378 4610

or visit [www.leedsdirectory.org](http://www.leedsdirectory.org)

# Useful numbers continued

## **Connect Helpline**

0808 800 1212

Emotional Support and information for people in Leeds open 6pm – 2am every night of the year. Call if you are feeling anxious, lonely, angry or just need to talk.

## **Samaritans**

Call free 116 123 for support 24 hours, 365 days a year.

## **NHS direct**

Call 111 for non urgent health advice and reassurance. 24 hours a day, 365 days a year.

## **Memory support worker team**

0113 231 1727

A service for people living with memory problems in Leeds. They can help with information and advice for you (or the person you care for) about memory problems. They can also be a contact person for people living at home with dementia or memory problems and their family and carers.