

# Christchurch

## Dementia Information Prescription

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

There are many things to think about when you are affected by dementia, be it as the person who has been diagnosed or as a family member or carer.

The **Dementia Information Prescription** includes a list of key services, organisations and contact telephone numbers for Christchurch where you may be able to access information and support. An \* highlights where a service offers dementia specific support. Other things that you may wish to consider are included in a list at the end of the prescription, but as everyone's life and dementia experience is unique it does not mean that you will need information about every subject. We aim to provide you with relevant information when the time is right for you.

We can also provide you with up-dates and an Information Prescription localised to your postcode and personalised to your own individual requirements. Please contact the **helpline** or write to us at **Dementia Helpline, Willow Tree House, Station Lane, Witney, Oxfordshire, OX28 4BH** for further details.

If you would like to discuss any of this information or you need any further help please do not hesitate to contact the **24 hour dementia helpline** on **0845 120 4048**.

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|----------|--|----------------------------------|
| <b>1</b> | <b>Dementia Adviser/Support Worker, Admiral Nurse etc</b> – <i>for face to face support and information</i>  |                                  |
|          | <b>Age UK Dorchester – Memory Advisory Service*</b><br>Provide assistance to people to navigate and access appropriate services, ensuring that they are able to make contact with the right person for support and to enable them to make appropriate choices. They have Memory Advisers covering Christchurch, call through for details.<br>Rowan Cottage, 4 Prince of Wales Road, Dorchester, Dorset, DT1 1PW.<br><b>Web:</b> <a href="http://www.ageuk.org.uk/dorchester">www.ageuk.org.uk/dorchester</a> | <b>01305 263113</b><br>Liz Cragg |
|          | <b>Alzheimer's Society*</b><br>Alzheimer's Society offers information and support for people with any type of dementia and their families. Phone lines are open Monday to Friday 9.00 am – 5.00 pm with answer phone outside of these hours.<br>Alzheimer's Society East Dorset Office, The Lodge, Alderney Hospital, Ringwood Road, Poole, Dorset, BH12 4NB.<br><b>Email:</b> <a href="mailto:dorset@alzheimers.org.uk">dorset@alzheimers.org.uk</a>  | <b>01202 716393</b>              |

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|----------|--|--|
| <b>2</b> | <p><b>Local adult social care contact</b> – if you wish to find out about care at home, respite or Care Homes you will need this number to request a Community Care Assessment – see details below: <b>(a)</b></p> <p>If you think you may benefit from equipment or advice to help with everyday activities around the home you can request an Occupational Therapy Assessment – see details below: <b>(b)</b></p>    |  |
|          | <p><b>(a) (b) Adult Access Team</b><br/>         Dorset County Council, County Hall, Colliton Park, Dorchester, Dorset, DT1 1XJ.<br/>         Monday to Friday 8.30 am – 5.30 pm.<br/>         Saturday and Sunday – Closed.<br/> <b>Email:</b> <a href="mailto:adultaccess@dorsetcc.gov.uk">adultaccess@dorsetcc.gov.uk</a><br/> <b>Web:</b> <a href="http://www.dorsetforyou.com">www.dorsetforyou.com</a></p>       | <p><b>01305 221016</b><br/>         or<br/> <b>01202 657279</b><br/>         Out of hours service.</p> |
| <b>3</b> | <p><b>Local Council</b> – people living with dementia may be eligible for a discount on their council tax – contact the council for a form</p>   |  |
|          | <p><b>Council Tax – Christchurch</b><br/>         Stour Valley Partnership, PO Box 7466, Blandford Forum, Dorset, DT11 1BW.<br/> <b>Email:</b> <a href="mailto:counciltax@stourvalleypartnership.gcsx.gov.uk">counciltax@stourvalleypartnership.gcsx.gov.uk</a></p>  | <p><b>01202 639150</b></p>   |
| <b>4</b> | <p><b>Benefits help and advice</b> – you may be eligible for some financial support including a non-means tested benefit called Attendance Allowance</p>   |  |
|          | <p><b>Age Concern Christchurch</b><br/>         Supports local older people by providing both a face-to-face and telephone information and advice service.<br/>         Age Concern Christchurch, 85 Bargates, Christchurch, Dorset, BH23 1QQ.</p>   | <p><b>01202 488311</b></p>   |
|          | <p><b>Benefits (East Dorset and Christchurch)</b><br/>         Stour Valley Partnership, PO Box 7466, Blandford Forum, Dorset, DT11 1BW.<br/> <b>Email:</b> <a href="mailto:benefits@stourvalleypartnership.gcsx.gov.uk">benefits@stourvalleypartnership.gcsx.gov.uk</a></p>   | <p><b>01202 639100</b><br/>         Press Option 1.</p>  |
|          | <p><b>Citizens Advice Bureau</b><br/>         Christchurch Citizens Advice Bureau operates a phone first service via the Dorset Adviceline. When you speak to an assessor on the Dorset Adviceline they will take details of your enquiry and decide the best way to help you. Opening times for the Adviceline: Monday to Friday, 10.00 am – 4.00 pm.<br/>         2 Sopers Lane, Christchurch, Dorset, BH23 1JG.</p> | <p><b>0844 245 1291</b></p>  |

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| <b>5</b> | <b>Local support for the person with dementia</b> – ( <i>inc: practical and emotional support, possible opportunities/activities</i> )   |  |
|          | <b>Alderney Hospital*</b><br>Alderney Hospital provides a comprehensive in-patient based service for Older People with organic mental health problems, e.g. dementia. Alderney Hospital, Ringwood Road, Poole, BH12 4NB.<br><b>Email:</b> enquiries@dhuft.nhs.uk   | <b>01202 735537</b>                              |
|          | <b>Alzheimer's Society – Christchurch Memory Café*</b><br>Alzheimer's Memory Cafés provide practical information and support on living well with dementia. They offer an opportunity for people with dementia, their families and carers to ask questions and to hear from others about their experiences. Within an informal and sociable environment a variety of guest speakers provide a wide range of information and support on every day issues as well as dementia related topics.<br>2nd Wednesday of each month 2.30 pm – 4.00 pm.<br>St Josephs Parish Centre, 63 Purewell, Christchurch, BH23 1EH. | <b>01202 716393</b>                              |
|          | <b>Alzheimer's Society Singing for the Brain®*</b><br>These are fun sessions for people with dementia and their carers using the benefit of music therapy through singing, led by trained facilitators. Each session offers the opportunity to socialise, receive and give peer support whilst engaging in singing in a supportive group.<br>4th Wednesday of each month 2.00 pm – 3.30 pm.<br>St Josephs Parish Centre, 63 Purewell, Christchurch, BH23 1EH.  | <b>01202 716393</b>                              |
|          | <b>Christchurch Hospital*</b><br>Patients can be referred to the Day Hospital by a primary care professional (such as a GP), a hospital clinician or someone in social care. There are some services that patients can also self-refer. Christchurch Hospital, Fairmile Road, Christchurch, BH23 2JX.<br><b>Web:</b> www.rbch.nhs.uk/christchurch  | <b>01202 486361</b><br>Ask for the Day Hospital. |
|          | <b>Dementia Social Group*</b><br>Facilitated by a District Nurse, speakers and themes.<br>1st and 3rd Wednesday of each month, 1.30 pm – 3.30 pm. £2.50 per person, refreshments provided.<br>St Marks Church Library, Hinton Wood Road, Highcliffe, BH23 5AA.   | <b>01202 474106</b><br>Ask for Lisa Gray.        |

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| <b>5</b> | <b>Local support for the person with dementia</b> – ( <i>inc: practical and emotional support, possible opportunities/activities</i> ) <i>CONT...</i>   |  |
|          | <b>Melodies for Memories*</b><br>Melodies for Memories uses the power and joy of music and singing to bring people together in a friendly and stimulating social environment. Music is extraordinarily powerful particularly when the ability to communicate verbally is difficult or lost completely.<br>1st and 3rd Thursday of each month 1.45 pm – 3.15 pm.<br>Woodlands View, Christchurch Day Centre, (Sometimes referred to as Highcliffe Day Centre), 250 Lymington Road, Christchurch, Dorset, BH23 5ET.   | <b>07747 533252</b><br>Yvonne Cable        |
|          | <b>Memory Assessment Service *</b><br>Individuals who wish to meet with the Memory Assessment Service can visit their GP, who will take a blood test and ensure relevant information is provided to the Memory Assessment Team. All service users will then have a first appointment with a Memory Assessment Nurse within four weeks of their GP making the referral.<br><b>Email:</b> enquiries@dhuft.nhs.uk<br><b>Web:</b> <a href="http://www.dorsethealthcare.nhs.uk/">http://www.dorsethealthcare.nhs.uk/</a> | <b>01202 305746</b><br><b>GP Referral.</b> |
|          | <b>Memory Loss &amp; Dementia Services – Memory Support Team*</b><br>This service provides support for people with memory problems or dementia and their carers. Thursday 2.00 pm – 4.00 pm.<br>Sunrise Senior Living, 42 Belle Vue Road, Southbourne, BH6 3DS.   | <b>01202 307692</b>                        |
| <b>6</b> | <b>Local support for family, friends and carers</b>   |  |
|          | <b>Circles of support for people with dementia*</b><br>A Circle of Support is a small group of people (which could include family and friends) who come together to support a person. The group helps the person to identify what they would like to do in their life, then makes this happen. Circles of Support build upon people's natural networks in their local communities including family members, neighbours, friends and volunteers, as well as paid staff.  | <b>01202 421480</b>                        |

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| <b>6</b> | <b>Local support for family, friends and carers</b> <i>CONT...</i>  |  |
|          | <p><b>Christchurch Carers Support Group</b></p> <p>Meet on the second Tuesday of each month 1.30 pm – 3.00 pm. A 6 monthly programme is organised with varied activities to ensure that carers are able to enjoy a social and informative group.</p> <p>The support group is open to patients of Purewell Medical Centres, Highcliffe Surgery and carers of those attending the Day Centre. Woodlands View, Christchurch Day Centre, (Sometimes referred to as Highcliffe Day Centre), 250 Lymington Road, Christchurch, Dorset, BH23 5ET.</p>  | <p><b>01202 207310</b></p> <p>or</p> <p><b>07867 354588</b></p> <p>Sharon Boyle Carers Support Worker (Prama).</p>                 |
|          | <p><b>Carers Social Group*</b></p> <p>This is a social drop-in group and provides the opportunity to chat over a coffee with carers in a similar situation.</p> <p>2nd Wednesday, 10.00 am – 11.30 am. Stewarts Garden Centre, Lyndhurst Road, Christchurch, Dorset, BH23 4SA.</p>  | <p><b>01202 474106</b></p> <p>Ask for Lisa Gray.</p>   |
|          | <p><b>Dementia Social Group*</b></p> <p>Facilitated by District Nurse, speakers and themes.</p> <p>1st and 3rd Wednesday of each month, 1.30 pm – 3.30 pm. £2.50 per person refreshments provided.</p> <p>St Marks Church Library, Hinton Wood Road, Highcliffe, BH23 5AA.</p>  | <p><b>01202 474106</b></p>   |
|          | <p><b>Stour Surgery Carers Group</b></p> <p>1st Wednesday of each month, 1.30 pm – 3.00 pm.</p> <p>Stour Surgery, 49 Barrack Rd, Christchurch, Dorset, BH23 1PA.</p> <p><b>Email:</b> <a href="mailto:stour.surgery@dorset.nhs.uk">stour.surgery@dorset.nhs.uk</a></p> <p><b>Web:</b> <a href="http://www.stoursurgery.co.uk/">http://www.stoursurgery.co.uk/</a></p>   | <p><b>01202 464500</b></p> <p>Ring through and ask for Jane Weir. Check the date and venue, as it sometimes has to be altered.</p> |
|          | <p><b>St Johns Ambulance – Carers Support Programme</b></p> <p>St John Ambulance Dorset provides a free Carers Support Programme to help people in a caring role and is led, developed and delivered by a dedicated team of experienced registered nurses. The programme consists of 4 weekly sessions delivered over 4 consecutive weeks from 10.00 am – 1.00 pm followed by a free lunch.</p> <p>St John House, Bridport Road, Poundbury, Dorchester, DT1 2NH.</p> <p><b>Email:</b> <a href="mailto:kerry.course@dorset.sja.org.uk">kerry.course@dorset.sja.org.uk</a></p> <p><b>Web:</b> <a href="http://www.sja.org.uk/sja/counties/dorset/carers-supportprogramme.aspx">http://www.sja.org.uk/sja/counties/dorset/carers-supportprogramme.aspx</a> (Free course for carers).</p> | <p><b>01305 751160</b></p>   |

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|          |  |                      |
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| <b>7</b> | <b>Local health care contacts</b> – <i>there may be options in your local area for certain health specialist services to visit you at home – where applicable we have listed services in your area, but if in doubt contact your GP practice for further details</i>   |                      |
|          | <b>Alternative Therapies</b> (always discuss with your GP first, but can be a good source of relaxation)   |                      |
|          | <b>Federation of Holistic Therapists</b><br>18 Shakespeare Business Centre, Hathaway Close, Eastleigh, SO50 4SR.<br><b>Web:</b> <a href="http://www.fht.org.uk">www.fht.org.uk</a>   | <b>0238 062 4350</b> |
|          | <b>Continence</b> (problems associated with toileting)   |                      |
|          | <b>Continence Advisory Service (CAS)</b><br>The service provides specialist continence assessment, treatment and management for patients with bladder or bowel control problems.<br>The CAS administer a home delivery service of continence products to people in their own home or care home, following assessment by a health professional.<br>Dorset Health Care University NHS Foundation Trust, 11 Shelley Road, Boscombe, Bournemouth, BH1 4JQ.<br><b>Email:</b> <a href="mailto:customerservices@dhuft.nhs.uk">customerservices@dhuft.nhs.uk</a> | <b>01202 541400</b>  |
|          | <b>Dentist</b> (dental pain and/or poor oral health may be a great source of distress)   |                      |
|          | Visit <a href="http://www.nhs.uk">www.nhs.uk</a> to find your nearest NHS dentist and register   | <b>Website.</b>      |
|          | <b>Community Dental Service</b><br>The Community Dental Service (CDS) provides dental care for people who are unable to access treatment from a general dental practitioner (GDP) because of special needs, or disabilities.<br>Poole Community Health Clinic/Shafesbury Road, Poole, BH15 2NT.  | <b>01202 683363</b>  |
|          | <b>The Community Dental Service (Department of Special Care Dentistry – Adults)</b><br>If you would like any further information regarding this service, or you would like to find out if you or someone you look after is eligible to access this service please contact the reception team at The Browning Centre, 11 Shelley Road, Boscombe, Bournemouth, BH1 4JQ.<br>If eligible they will send you a referral pack.   | <b>01202 303400</b>  |
|          | <b>Urgent dental care out of hours</b>   | <b>111</b>           |

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|          | <b>Dieticians</b> (Dietary advice and nutritional support)   |  |
|          | <b>Community Dieticians</b><br>Parkstone Health Centre, Mansfield Road, Parkstone, Poole,<br>BH14 0DJ.   | <b>01202 733323</b><br><b>GP Referral.</b> |
|          | <b>District/Community Nurse</b> (visit at home to meet any short or long term nursing needs)   |  |
|          |  | <b>GP Referral.</b>                        |
|          | <b>Hearing</b> (hearing loss may contribute to increased isolation but hearing aids may also add further to confusion with increased or distorted noise levels. It is therefore important to have the right assessment by an Audiologist experienced in assessing hearing loss and dementia) |  |
|          | <b>East Dorset Audiology Service</b><br>In-clinic hearing tests are provided for ear, nose, and throat clinics.  | <b>01202 443844</b><br><b>GP Referral.</b> |
|          | <b>Occupational Therapist</b> (activity, aids and adaptations)   |  |
|          | <b>Long Term Conditions Team</b><br>Alderney Hospital, Woodlands, Ringwood Road, Parkstone, Poole,<br>BH12 4NB.  | <b>01202 718457</b>                        |
|          | <b>Opticians</b> (undetected visual problems such as sight loss may exacerbate anxiety and increase risk of falls)   |  |
|          | <b>Healthcall Optical Services</b><br>Specialise in home eye care services; take care of everything from home eye tests and dispensing of glasses to a comprehensive aftercare service.<br><b>Web:</b> <a href="http://www.healthcalloptical.co.uk">www.healthcalloptical.co.uk</a>          | <b>0800 030 4083</b>                       |
|          | <b>NHS Choices – Website only</b><br><b>Web:</b> <a href="http://www.nhs.uk/nhsengland/aboutnhservices/opticians/pages/nhsopticians.aspx">http://www.nhs.uk/nhsengland/aboutnhservices/opticians/pages/nhsopticians.aspx</a>   | <b>Website only.</b>                       |
|          | <b>VisionCall</b><br>Specialise in home eye care services, take care of everything from home eye tests and dispensing of glasses to a comprehensive aftercare service.<br><b>Web:</b> <a href="http://www.vision-call.co.uk">www.vision-call.co.uk</a>                                       | <b>0845 677 3340</b>                       |

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|          | <b>Physiotherapists</b> (Mobility and exercise)  |                      |
|          | <b>Long Term Conditions Team</b><br>Alderney Hospital, Woodlands, Ringwood Road, Parkstone, Poole, BH12 4NB.   | <b>01202 718457</b>  |
|          | <b>Podiatry</b> (Good foot care leads to reduced pain, increased mobility, increased physical activity, reduction in falls)  |                      |
|          | <b>The Podiatry Service</b><br>The Podiatry Service aims to help patients to keep independent by providing advice, education, treatment, or specialist referral in order to help reduce foot pain and maintain foot health. This service is usually provided in GP surgeries or health centres but if you are housebound or in a residential home you may be able to receive a home visit. | <b>01202 303400</b>  |
|          | <b>Speech and Language Therapists</b> (assessment and advice concerning swallowing, feeding and communication)   |                      |
|          | <b>Dorset Speech and Language Therapy Service</b>  | <b>GP Referral.</b>  |
| <b>8</b> | <b>Local activities, organisations e.g.</b> <i>Age UK, Alzheimer's Society etc</i>   |                      |
|          | <b>Age Concern Christchurch</b><br>Supports local older people by providing both a face-to-face and telephone information and advice service.<br>Age Concern Christchurch, 85 Bargates, Christchurch, Dorset, BH23 1QQ.  | <b>01202 488311</b>  |
|          | <b>Bournemouth University Dementia Institute*</b><br>Bournemouth University Dementia Institute is part of Dementia Action Alliance.<br><b>Web:</b> <a href="http://blogs.bournemouth.ac.uk/dementia-institute/#">http://blogs.bournemouth.ac.uk/dementia-institute/#</a>   | <b>Website only.</b> |
|          | <b>Blue Badge Scheme</b><br>The Blue Badge Scheme provides national parking concessions for people with severe walking difficulties who travel as drivers or passengers. The scheme is also for people who are severely sight impaired. People who have blue badges can park close to their destination in on-street parking and some car parks.   | <b>01305 224 321</b> |



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| <b>8</b> | <b>Local activities, organisations e.g. Age UK, Alzheimer's Society etc CONT...</b>   |   |
|          | <p><b>BT Landline – Free Priority Report Fault Repair Scheme</b></p> <p>If you qualify for the Scheme, your phone line will be looked after free of charge and any faults will be dealt with as soon as possible, day or night, every day of the year, including Christmas Day.</p> <p>You can also find more information about other BT services for those with additional needs, and download a copy of the booklet, at <b>Web:</b> <a href="http://www.bt.com/includingyou">www.bt.com/includingyou</a></p>  | <b>0800 800 150</b>   |
|          | <p><b>Community Meals Service</b></p> <p>‘Meals on Wheels’ – or Community meals as they are now known – are cooked meals that are provided to people in their own homes to assist them to live as independently as possible.</p> <p>Meals on Wheels in Christchurch are delivered by private meal providers to people who meet Christchurch Social Services criteria.</p>   | <b>01305 221016</b><br>Dorset Direct.<br>or<br><b>01202 657279</b><br>Out of Hours. |
|          | <p><b>Community Transport</b></p> <p>The Community Transport schemes are aimed at providing members of the public, who are unable to use conventional public transport due to disability or age, with fully accessible transport in order to help solve their mobility problems.</p> <p>There is a door-to-door bus service for any Christchurch resident of any age who finds it difficult to use public transport. The bus is specially adapted for the disabled. Shopping trips are currently on Thursdays (collecting from homes in East Christchurch) and on Fridays from West Christchurch. The recommended donation for each return trip is £5. Bookings must be made in advance, before midday Tuesday each week.</p> | <b>01202 471780</b>   |
|          | <p><b>Community Transport – Christchurch Neighbour Cars</b></p> <p>Neighbour Cars is an independent group of local volunteers who will provide help in the community to those in need of assistance. The service provides door to door transport to take residents to doctor, dentist or hospital appointments or to visit church, clubs and friends. A donation is requested to cover the cost of the journey – (mileage costs will be 50p per mile). Mileage includes distance from the driver's home and back again, plus any car parking expenses incurred. There is no charge for the volunteer's time and they will wait for approximately 1 hour to return you home (unless a longer period has been booked).</p>      | <b>01202 430176</b><br>Contact the<br>Co-ordinator between<br>8.00 am – 12.00 pm.   |

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| <b>8</b> | <b>Local activities, organisations e.g. Age UK, Alzheimer's Society etc CONT...</b>   |                      |
|          | <p><b>Community Works</b></p> <p>The service is available to assist older people in Christchurch with a wide range of tasks such as:</p> <p>1:1 help in the community, driving escort, shopping, administration and more.</p> <p>The Pokesdown Centre, 896 Christchurch Road, Bournemouth, BH7 6DL.</p>   |                      |
|          | <p><b>Dementia Adventure*</b></p> <p>This organisation provides a range of high quality adventures ranging from short walks to international holidays and bespoke group breaks. These activities not only give a feeling of self-worth but also give a sense of belonging, encourage team work and provide an opportunity to make new friends.</p> <p>Dementia Adventure CIC, Ellis Farm, High Easter, Chelmsford, Essex, CM1 4RB.</p> <p><b>Email:</b> <a href="mailto:info@dementiaadventure.co.uk">info@dementiaadventure.co.uk</a></p> <p><b>Web:</b> <a href="http://www.dementiaadventure.co.uk/">http://www.dementiaadventure.co.uk/</a></p> | <b>01245 230661</b>  |
|          | <p><b>Dorset POPP Wayfinders</b></p> <p>Partnership for older people program offers advice and information. Can make a house visit. Dorset area only.</p> <p>The Pokesdown Centre, 896 Christchurch Road, Bournemouth, BH7 6DL.</p>   | <b>01202 946111</b>  |
|          | <p><b>Guideposts' own 24 hour Dementia Helpline*</b></p> <p>To have a chat about any concerns or to find out about local support. The helpline is designed to assist individuals and organisations caring for people with dementia.</p> <p>The particular focus of the service is to offer advice and information when it is most needed.</p>   | <b>0845 120 4048</b> |

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| <b>8</b> | <b>Local activities, organisations e.g. Age UK, Alzheimer's Society etc CONT...</b>   |   |
|          | <p><b>Help and Care Handiworks Plus</b></p> <p>Handiworks Plus is a one stop shop for all home repairs and maintenance needs in your home. Handiworks Plus is completely ethical and trustworthy and is a social enterprise – any profit made from the Handiworks Plus membership fee is used to fund Help and Care's charitable work. Membership of Handiworks Plus costs just £30 a year.</p> <p>Members of Handiworks Plus can call the number opposite and report any repairs or household maintenance issues. An appointment for an appropriate police checked tradesperson to carry out the work will be arranged.</p> <p>Help and Care Head Office, The Pokesdown Centre, 896 Christchurch Road, Bournemouth, BH7 6DL.</p> <p><b>Email:</b> <a href="mailto:contact@helpandcare.org.uk">contact@helpandcare.org.uk</a></p> | <p><b>0300 111 3303</b></p> <p><b>0120 241 6047</b><br/>(Text phone).</p> |
|          | <p><b>RADAR key</b></p> <p>Toilets with extra room and easier access for the use of disabled people. To obtain your own key either phone or email:</p> <p><b>Email:</b> <a href="mailto:radar@radar.org.uk">radar@radar.org.uk</a></p> <p><b>Web:</b> <a href="http://www.radar.org.uk/publications/national-key-scheme-guide">www.radar.org.uk/publications/national-key-scheme-guide</a></p>  | <p><b>020 7250 3222</b></p> <p>Press option 1 for a RADAR key.</p>        |
|          | <p><b>Royal Association for Disability &amp; Rehabilitation</b></p> <p>List of disabled toilets.</p>  | <p><b>020 7250 3222</b></p>   |
|          | <p><b>Source</b></p> <p>Source is a directory for adults in Dorset that provides advice, information and support, particularly those with care and support needs.</p> <p><b>Web:</b> <a href="http://www.sourcedirectory.org.uk">www.sourcedirectory.org.uk</a></p>   | <p><b>Website only.</b></p>   |
|          | <p><b>Telecare and alarms</b></p> <p>These are products and services that can prompt, remind and inform people and their carers about things in daily life which need to be done. Or, they may alert a carer or a monitoring centre that something has happened and appropriate action should be taken.</p>   | <p><b>01305 221016</b></p> <p>Adult Access Team.</p>                      |

# Christchurch Dementia Information Prescription

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

|           |   |                                    |
|-----------|---|------------------------------------|
| <b>9</b>  | <p><b>Legal and Financial Help</b> – a Lasting Power of Attorney (LPA) enables you to appoint one or more people who you trust to manage your affairs should this become necessary. The role of the LPA may be to make decisions about your health and personal welfare that are in your best interests such as: where to live; the provision of day-to-day care; medical treatment and / or managing your financial affairs.</p> <p>You do not have to involve a solicitor to draw up an LPA, more information about the two types of LPA can be found on the GOV.UK site: <a href="https://www.gov.uk/power-of-attorney">https://www.gov.uk/power-of-attorney</a></p> <p>You can fill out and register an LPA on line, guidance is given on how to do this: <a href="https://www.gov.uk/power-of-attorney/make-a-lasting-power-of-attorney">https://www.gov.uk/power-of-attorney/make-a-lasting-power-of-attorney</a></p> <p>However if you choose to use a solicitor the following information may be helpful:</p> |                                    |
|           | <b>9a: The Law Society</b>  |                                    |
|           | <b>The Law Society</b><br>They can find a solicitor for you.  | <b>0207 242 1222</b>               |
|           | If you would like to find a solicitor for yourself: <a href="http://www.lawsociety.org.uk">http://www.lawsociety.org.uk</a> (click on find a solicitor, then click on find a law firm, fill in post code/location and enter the word <b>advocacy</b> for area of law).  |                                    |
|           | <b>9b: Financial Advice</b>   |                                    |
|           | <b>PayingForCare</b><br>Paying for Care is an information and advice service helping people (their families, friends and carers) to make informed choices when faced with the prospect of having to pay for the costs of their own care.<br>Telephone lines are open from 9.00 am – 5.00 pm Monday to Friday.<br><b>Web:</b> <a href="http://www.payingforcare.org/">http://www.payingforcare.org/</a>  | <b>0808 208 9994</b><br>Freephone. |
|           | <b>The Society of Later Life Advisers (SOLLA)</b><br>SOLLA aim to assist consumers and their families in finding trusted accredited financial advisers who understand financial needs in later life.  | <b>0845 303 2909</b>               |
| <b>10</b> | <p><b>National contacts</b> – Please contact us if you would like to receive a list of specialist organisations, or national support if there is no local contact 0845 1204048</p>  |                                    |

# Christchurch Dementia Information Prescription

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## Notes

A series of horizontal dotted lines for taking notes.



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## Christchurch Dementia Information Prescription

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

If you provide a service for people affected by dementia and would like to be included on this Information prescription please email [dementiahelpline@guidepoststrust.org.uk](mailto:dementiahelpline@guidepoststrust.org.uk) or telephone **0845 1204048**.

Here is a list of some of the issues which may or may not be relevant to you – but help and information is available.

- The different types of dementia
- Understanding Behaviours
- Care and Support Options
- Dementia Medications including the use of anti-psychotics
- Safety – Home or out and about
- Assistive Technology
- Living Well with dementia
- Life Story Work
- Continence and Toileting
- Sexual relationships
- Advocacy
- Younger people with dementia
- Cultural diversities
- Learning Disabilities and dementia
- How to explain to children
- Environment inc. equipment, adaptations

If you provide a service for people affected by dementia and would like to be included on this Information prescription please email [dementiahelpline@guidepoststrust.org.uk](mailto:dementiahelpline@guidepoststrust.org.uk) or telephone **0845 1204048**

### Evaluation:

We would really welcome and appreciate your feedback in order to develop our work. If you would be happy to discuss your thoughts and answer a few questions then please contact **0845 120 4048**

#### Disclaimer:

Every effort has been made to ensure the content of the Information Prescription is accurate at the time of issue (see date at the bottom of the page). However, neither the authors nor Guideposts Trust accept liability for any third party information or service provision.

The inclusion of organisations, services and links to other websites is for information purposes only and does not constitute endorsement of any kind by Guideposts Trust / dementia web or the organisations supporting the publication.

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Primarily the Information Prescription is a guide only, it is not intended as a substitute for independent / expert advice; always consult a qualified professional about your own care or the person you care for.

If you have a problem with any of the contact details please call our helpline number 0845 120 4048.

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