



THIS EDITION'S PRIMARY FOCUS IS ON DEMENTIA

ORGANISATION INFORMATION FEATURE DEMENTIA ADVENTURE

Dementia Adventure is a social enterprise and specialise in providing dementia friendly holidays and short breaks for people living with dementia. Their office is based in Essex, but they provide holidays to people living in any area. This service enables those with dementia to enjoy quality time with their family or carers while improving health and well being.

A recent survey showed that only **6%** of carers felt positive before going on a short break with Dementia Adventure and a huge **62%** felt positive after their holiday with Dementia Adventure. **88%** of people said that it enabled them to carry on caring, ultimately delaying costly health and social care costs. There are long lasting benefits both emotionally, physically and socially.

Holidays are for groups of up to 12 people, these holidays are tailored made to fit each person's preference enhancing a positive experience.

How does it work?

All travel, tickets, accommodation and itinerary are arranged for clients and each couple is supported by a trained Dementia Adventure team member throughout the break—an extra pair of hands to help with as little or as much as clients require. It is recommended that the person with dementia come with someone they know very well, such as a close friend or family member.

They have a selection of 'off-the-shelf' breaks that operate throughout the year, with fully designed itinerary, trips and activities. All of the accommodation is high quality and dementia friendly. Most of their breaks are suitable for wheelchair users and people with limited mobility, clients can ask about the suitability of each trip. They also design bespoke breaks to suit individual needs from weekends to more substantial holidays. To view their brochure please log on to:

Thankyou for all your hard work from June-August!

**We took approx. 300 helpline calls
We saw 158 people in drop-in**

"I am very happy with prompt call back response and information given"



www.dementiaadventure.co.uk and click on the **HOLIDAYS** tab. There are various ways clients can pay for their holiday which includes paying full price, paying a cheaper underwritten charitable price (supported by the Dementia Adventure Trust) or self-directed support (from health and social care) and using this to pay for their holiday.

If clients would like further information, they can log onto;



www.dementiaadventure.co.uk
or call **01245 237548**
or email info@dementiaadventure.co.uk
Or log on to the ASC directory under directory.ageukcroydon.org.uk and click on the Travel tab.



TV LICENSING

We were fortunate enough to have a speaker from TV Licensing to come and talk to us about their guidelines. There is some useful information which we feel would be of great benefit to our clients.

Currently there are 6,950 people living in Croydon who are claiming an 'over 75 licence. However there are more than 22,000 people over 75 years of age living in the borough. Many are paying £147 a year when they qualify for discount or free licence.

Did you know a black and white TV licence is £49.50! Yes they do still exist!

The licence covers anyone aged 75 and over and anyone they live with. However, just because it is free, it is not automatically given. Clients would need to apply.

How to apply ?



Applying

VISIT:

www.tvlicensing.co.uk/over75 and complete a short application form.

CALL;

0300 790 6073 to speak to an advisor.

WRITE;

TV Licensing Bristol, BS98 1TL providing name, address, date of birth and N.I. number.

Other Concessions

There is a 50% concession for people who are registered blind or severely sight impaired.

What proof do you need?



Clients would need to provide proof of their sight condition; e.g. copy of certificate or document issued by the local authority or certificate from ophthalmologist.

VISIT;

www.tvlicensing.co.uk/blind and complete application form.

CALL;

0300 790 6131

People who are partially sighted **DO NOT** qualify for 50% discount.

LEAFLETS AVAILABLE FROM KATHARINE STREET

FACT SHEET FEATURE AGEUK Information Guide 47

It can be quite a task going through an Age UK fact sheet to gather information for clients. We have devised a Factsheet Feature covering one topic per Newsletter. This edition we will focus on is *Caring for Someone with Dementia*.

1. A diagnosis of dementia can be overwhelming. You may be in shock or disbelief about what the future holds. A Dementia Advisor can offer support. Contact your local Alzheimer's Society, carers group, dementia café or Dementia UK to find your local service.
2. Make sure you are claiming all the benefits you are entitled to, this may include carers allowance, pension credit, a disability benefit. You could also qualify for council tax

Caring for someone with dementia
A practical guide to help you



Guide available at Katharine Street

discount if you live with someone who has dementia.

3. Carers are legally entitled to a carers assessment from the local authority. Think carefully about your caring role and what help you may think would help you manage better.
4. If the person you care for drives, the law requires them to tell the DVLA and their insurance company about their diagnosis. It doesn't mean they will have to stop driving immediately, what matters is that they drive safely.
5. The person you care for may want to discuss lasting powers of attorney for themselves, information on this can be found in the guide.
6. Good communication with your GP is key especially when the person you care for starts to deteriorate.



Dementia Cafes

Here is some information on dementia cafes in Croydon which provide information and support to people living with dementia and their carers.

A dementia café is a place to relax, socialise and meet other people.

Forget Me Not Café

Where is it held? St Matthew's Church Chichester Road, Croydon CR0 5NQ

When: Fortnightly on a Saturday 14:00-16:00

Telephone: 020 8653 2818 (Office opening times: Monday-Friday, 09:00-17:00)

Email: croydon@alzheimers.org.uk

Parking on site, Toilet facilities available, Refreshments available.

Service available:

Please contact the service provider to find out dates, times and costs (as these may change) and to be added to the waiting list.

Service provided by Alzheimer's Society

Jasmine Cafe

Where is it held? Palmcroy House, 387 London Road, Croydon CR0 3PB

When: Thursday fortnightly, 14:00-16:00

Telephone: 020 8653 2818 (Office opening times: Monday-Friday, 09:00-17:00)

Email: croydon@alzheimers.org.uk

No parking on site, Toilet facilities available, Refreshments available

Service available:

Please contact the service provider to find out dates, times and costs (as these may change) and to be added to the waiting list.

Service provided by Alzheimer's Society

PLEASE CONTACT CROYDON ALZHEIMER'S SOCIETY FOR FURTHER INFORMATION ON LOCAL SUPPORT @ HEAVERS FARM RESOURCE CENTRE SELHURST ROAD LONDON SE25 6LL. 020 8653 2818



Next INFORMATION & ADVICE training will take place late November

Duration; 4 hours

@ Age UK Park House

Compulsory for new volunteers who work directly with clients

" The training was fun and interactive and I really learned a lot".

If you would like more information for your staff or volunteers please email: Amanda.Ruck@AgeUKCroydon.org.uk

I would like to welcome Rochelle Brown and Shannon Fletcher to the Katharine Street team.

Hi, my name is Rochelle. I am excited to be the new Information and Advice Support Worker. As well as providing information and advice on the helpline, I will be supporting clients at home.

I have a wide background in support work and social work so you can be confident that I will focus on client's needs. For more information on referrals please contact asc@adviceservicescroydon.org.uk

Hi I am Shannon and I am in charge of maintaining both the Advice Services Croydon and Croydon Advice Providers Together directories. My aim is for the directories to be user friendly for both employees and clients. It needs to be easily accessible, fast and hassle free! If you have any suggestions on how to make the database 'user friendly' please email: directory@ageukcroydon.org.uk

