

Living Well *with* Dementia



A guide to healthy living after diagnosis




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This guide provides information for people affected by Dementia. Its aim is to help anyone living with, or caring for, someone living with Dementia to access support, find activities or therapies and continue to live life well.

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Chorley Dementia Action Group

Who are we?

We are a group made up of services and individuals that have a keen interest in improving the lives of people living with Dementia in Chorley. The group acts on key priorities that are set collaboratively and alongside meaningful consultation - working alongside Chorley Council to improve the lives of people living with Dementia.

The Chorley Dementia Action group can also help to put you in touch with services across the borough that could support you in your Dementia journey.

If you are living with Dementia, are a carer, health professional, an individual with a special interest in this area, or within a service that does or can support people with Dementia, we are keen to hear from you.

We can be found on our Facebook page or through the Chorley council website. Please see the links below:

[facebook.com/people/Chorley-Dementia-Action-Group](https://www.facebook.com/people/Chorley-Dementia-Action-Group)

www.chorley.gov.uk/Dementia

What are our aims?

01

To educate the Chorley community on Dementia and highlight how living with Dementia can impact lives

03

To offer help in as many ways as possible, considering the needs of people living with Dementia so they can fully participate in their community

02

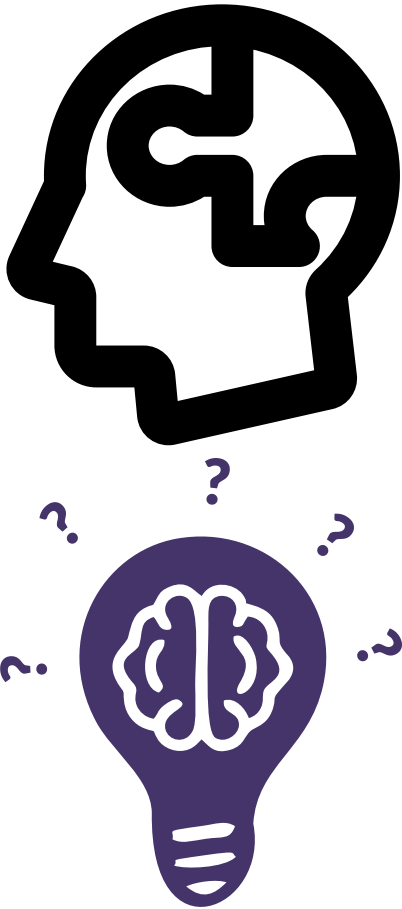
To help improve the lives of people living with, or caring for, people with Dementia

04

To make Chorley a strong Dementia friendly town by working with local businesses and communities

Chorley Dementia Hub

WORKING TO BECOME A DEMENTIA FRIENDLY COMMUNITY



Chorley Dementia Hub is a community based service for residents living with dementia, their families and friends and carers to come and engage with local professionals from the area offering help and support.

At the Dementia Hub businesses and charities are available to help guide and inform you with any queries you have related to Dementia.

The session is open to anyone with open tables to talk to anyone you'd like as well as quiet areas to relax or read.

There is also tea, coffee and biscuits readily available to all.

When?

Last Wednesday of the month
1:00-2:00pm

Where?

Chorley Library
Union Street
PR7 1AL



Chorley Dementia Action Group

Colin's Dementia Journey

Written by Wendy (Daughter)

My dad was diagnosed with Dementia around 10 years ago which was really upsetting for my sister and I. He was living independently on his own but he needed us both to make sure he was eating and taking care of himself. He is a very happy, sociable and active man. We started to look at what support was available to us as we both worked.

We initially spoke to Age UK. They contacted us, met my Dad and spent time finding out all about him. They played dominoes, took him for walks and introduced him to Sporting Memories, a new group held at Chorley FC.

From this we realised that there is help and support out there. We then found Genesis, run by Lorna. This was filled with happy engaged people all enjoying the craft activities, but unfortunately this wasn't something our Dad enjoyed doing.

We went to visit Fosterfields and another day care centre (Monarch) and this was right up Dad's street, with lots of singing and dancing (he became known as twinkle toes!). Fosterfield's also have a transport facility where they picked Dad up and took him home again. This was fabulous as both my sister and I worked and it was then 2 days a week we didn't have to worry about our Dad.

We carried on taking Dad to Sporting Memories. This was his favourite, he has a huge love of sport, particularly football. All the volunteers there are amazing, each taking the time to get to know my Dad and interacting with him. It was fabulous when they triggered a memory for him from his time both playing, watching, and being involved with football. He tells us that he used to play for Chorley reserves!!

My Dad's Alzheimer's had progressed by now and he moved into sheltered accommodation, this meant there was always going to be someone there, not just if he needed help, but for social activities too. There was then another lockdown during CoVid where we couldn't see him after he moved into a care home. Sporting Memories stepped up, they took him afternoon tea at the home and cupcakes when it was his birthday. Importantly, they kept in touch with us.

Eventually we were able to see my Dad and although he now benefited from having more help we're still living well, having good times and finding the positives. We especially enjoy music together, when my Dad hears music he still dances, he still sings the words to songs he knows. From this we started using Playlist for life.

Chorley Dementia Action Group is set up as a collaboration of various charities and organisations around Chorley. This wasn't around 10 years ago when we needed it. Now it's here, I hope it continues and is known to be a place that carers can go to for advice and guidance of what help there is.

Facts & Figures on Dementia

Who is affected?

- There are currently around 900,000 people living with Dementia in the UK. This is projected to rise to 1.6 million by 2040
- 209,600 will develop Dementia this year. That's one person every three minutes
- 1 in 6 people over the age of 80 has Dementia
- 70% of people in care homes have Dementia or severe memory problems
- There are over 42,000 people under age 65 living with Dementia in the UK
- More than 25,000 people from black, asian and minority ethnic groups in the UK are affected

What are the costs?

- Two thirds of the costs of Dementia are paid for by people living with Dementia and their families
- Unpaid carers supporting someone living with Dementia save the UK economy £13.9 billion a year
- The total cost of care for people living with Dementia in the UK is £34.7billion. This is set to rise sharply over the next two decades to £94.1 billion by 2040
- The cost of social care for people living with Dementia is set to nearly treble by 2040, increasing from £15.7billion to £45.4billion
- Dementia is one of the main causes of disability later in life, ahead of cancer, cardiovascular disease and stroke. As a country we spend much less on Dementia compared to these other conditions

What treatment & research is there?

- There is currently no cure for Dementia. Delaying the onset of Dementia by five years would halve the number of deaths from the condition, saving 30,000 lives a year
- The total cost of care for people living with dementia in the UK is £34.7 billion but in 2020 the Government funded only £75.7 million into research
- There are not enough researchers and clinicians joining the fight against Dementia. Five times fewer researchers choose to work on Dementia than on Cancer
- The Alzheimer's Society is the biggest UK Dementia research charity. It funds research into the cause, care, cure and prevention of all types of Dementia, and it is a founding funder of the UK Dementia Research Institute

What is it like living with Dementia?

Please follow the link below and discover what it is like living with Dementia over the course of a month:
[One month with Dementia - YouTube](#)



To scan QR Code please use phone camera
or
search for "one month with Dementia" on Youtube

Facts & Figures on Dementia

What are the UK & Worldwide figures?

- There are an estimated 57.4 million people living with Dementia around the globe and it is estimated that this number will rise to 150.8 million by 2050.
- Another 9.9 million people will develop Dementia around the world every year.
- 445,678 have an official diagnosis of Dementia as of 31 May 2022 - Which means too many people are not visiting their GP and are going without a diagnosis and the support doors it opens for them
- 61.7% of people aged 65 or over living with Dementia are estimated to have an official diagnosis of Dementia as of 31 May 2022
- Currently, there are 42,000 people under the age of 65 living with Dementia in England. This is known as Young-onset Dementia.

How does Lancashire compare?

- In 2021 NHS Chorley and South Ribble Clinical Commissioning Group recorded 1,610 people over age 65 years with a diagnosis of Dementia.
- The dementia diagnosis rate for Lancashire is 68.1%, the average for England is 61.7%
- There are an estimated 15,801 people over age 65 living with Dementia in Lancashire
- 24,327 people will be diagnosed with Dementia in Lancashire by 2030
- It is predicted that the cost of Dementia care in Lancashire by 2030 will be £1,105m
- Currently, the annual cost of Dementia care in Lancashire is £693m

US\$1.3 TRILLION



WORLDWIDE COST OF DEMENTIA

14TH



LARGEST COUNTRY IF DEMENTIA WAS A COUNTRY

**All facts & figures were correct as of July 2022*

Directory of Services

Age UK Lancashire

We are a county-wide charity working with and for older people. We believe that later life should be valued and fulfilling. Through the services and support we provide, we aim to promote independence, enhance health and well-being and enable older people to access the information they need to make informed decisions about their lives.



SERVICES AVAILABLE IN CHORLEY

- Dementia Community Links Service – supporting people living with dementia and their families to remain independent, active and connected to their community.
- Information Services and Support – Help with claiming benefits, housing, health and care issues or local services
- Home Help Service - Reliable, high-quality, competitively priced service tailored to meet your needs and help with: Cleaning & laundry, shopping, specific chores or errands.
- Hospital Aftercare Service - We offer short to medium term support to adults (18+), both in hospital and at home after an illness, bereavement or loss of confidence. We work with you to assess your needs and provide the necessary support to help you regain independence.
- Foot Care - High quality, professional nail cutting service which includes advice on how to improve and maintain general foot hygiene and also provide a reassuring check to deal with any potential foot care problems.
- Digital Inclusion – Support to get online, starting with the basics and helping to get access to equipment or support people to use their own.
- Will writing – Professional Will writing with a local solicitor for half the cost. We can arrange an appointment and help prepare you.
- Retirement planning – We offer courses to help you prepare both financially and legally, plus take care of your wellbeing in retirement.
- Scams awareness – If you have been the victim of a scam or concerned about being scammed, we provide one to one support to help recognise, deal with and report scams.
- Cognitive Stimulation Therapy is the only NICE approved non-pharmacological intervention for those living with Dementia. Offered as a series of 2 hours sessions over a 12 week course, CST also provides opportunity for a couple of hours respite for carers as well

WHEN, WHERE & HOW MUCH

All services are free. Please visit our website or contact our Advice Line for further information.



0300 303 1234



advice@ageuklancs.co.uk



ageuk.org.uk/lancashire



facebook.com/AgeUKLancashire



twitter.com/AgeUKLancashire

Directory of Members

Alzheimer's Society Central Lancashire

Providing advice, information, and emotional support, Alzheimer's Society is here for anyone with any form of dementia, as well as for friends and family supporting someone with dementia. We can visit you, or speak on the phone, or by a video call.








SERVICES AVAILABLE IN CHORLEY

- Talking through with you when you meet new challenges to try and find ideas to help
- Answering questions about dementia, symptoms, future planning, and what's available to you (and how to access and navigate local supports and the care system)
- Practical advice, strategies and problem solving, and sharing ideas learned from lived experience
- Helping you connect with local groups and services
- Working together with you to find ways to continue doing the things you enjoy or that are important to you
- Singing for the Brain and Dementia café groups (please be aware for some groups have a waiting list)
- Carers information and support programme – for carers to understand more about dementia, share experiences, explore local support service options, find out about finances and legal information and how to look after yourself. For family and friends who are carers.

In addition to this guide, you'll find a wide range of resources and factsheets produced by Alzheimer's Society and designed to support and inform anyone affected by dementia at www.alzheimers.org.uk/get-support/publications-factsheets or by calling the local team on 01772 788700. You can also reach online peer to peer support at the discussion forum Talking Point found at forum.alzheimers.org.uk

WHEN, WHERE & HOW MUCH

Dementia Adviser support is available throughout the week and can be delivered in the best way for you. Support is entirely free.

-  01772 788700
-  centrallancashire@alzheimers.org.uk
-  alzheimers.org.uk
-  facebook.com/alzheimerssocietyuk
-  twitter.com/Alzheimerssoc

Directory of Members

N-Compass Carer Support

N-Compass operates across the North of England to help people regain control of their lives, providing hope and a sense of purpose, through the provision of Carers, Advocacy, Wellbeing, Counselling and Volunteering Services.



SERVICES AVAILABLE IN CHORLEY

- Working directly with individual Carers to discuss their concerns and needs, offer information and guidance, and design a bespoke support package for each Carer
- A free, independent, and confidential single point of contact for adults who may be experiencing difficulties in having their voice heard when accessing and or dealing with adult health and social care services
- A specialist team of qualified Counsellors are dedicated to providing the very best support to young people giving them the tools and resilience to cope with and overcome life's challenges. We know that where possible early intervention can prevent problems escalating. Through our work in schools we provide an additional resource for parents and teachers, working with them and the young people to bring about improvements in students' mental health and emotional wellbeing. This in turn improves their capacity to engage with studying and learning
- Individual packages of support for service users based on what they need at a particular time. Staff are trained to deliver person-centred interventions in a non-judgmental way offering motivational and brief interventions that support health improvements.
- Support service users to access more specialist support services such as smoking cessation and weight management

WHEN, WHERE & HOW MUCH

Dementia Adviser support is available throughout the week and can be delivered in the best way for you. Support is entirely free.



03450 138 208



admin@n-compass.org.uk



n-compass.org.uk



facebook.com/ncompass.org



twitter.com/_ncompass

Directory of Members

Chorley Library

Chorley library is at the heart of the community, enriching lives in Lancashire. The library is free to join for all Lancashire residents and we offer numerous opportunities for all ages to learn, stay connected and be entertained.

SERVICES AVAILABLE IN CHORLEY

- Point of contact with information to CDAG groups and sign poster to events.
- Hosts Chorley Dementia Hub.
- Sessions using museum memory boxes with objects to stimulate reminiscence and use the local collections of photographs and picture books

WHEN, WHERE & HOW MUCH

Please contact or visit the library for a full timetable of weekly events



-  01257 517088
-  chorley.library@lancashire.gov.uk
-  lancashire.gov.uk
-  Search "Chorley Library"
-  twitter.com/chorleylibrary

Lancs Fire & Rescue Service

The Lancashire Fire and Rescue Service is the county-wide, statutory emergency fire and rescue service for the Shire county of Lancashire, England and also includes the unitary authorities of Blackpool and Blackburn with Darwen.

SERVICES AVAILABLE IN CHORLEY






The fire service offer a Home Fire Safety Check Service. During a home visit, they will:

- Fit smoke alarms and other equipment where necessary
- Provide fire safety advice on someone's own personal circumstances
- Give advice on what to do in the event of a fire.

WHEN, WHERE & HOW MUCH

The visit is in the home
The service is free



- 01257 266 611 
- communications@lancsfireandrescue.org.uk 
- lancsfireandrescue.org.uk 
- [LancashireFireandRescueService](https://www.facebook.com/LancashireFireandRescueService) 
- twitter.com/LancashireFRS 

Directory of Members

Fosterfield Day Centre

Fosterfield delivers care that is tailored to the individual and do not discriminate against any person's needs. All service users are encouraged to contribute their own ideas and experiences to help develop their potential and that of the service.

SERVICES AVAILABLE IN CHORLEY

Daily activities include:

- Men's group, Knit and Natter, Bingo, Crafts and many more.
- With a large secure outdoor space and a potting shed for all to use.
- Bathing/Showering service available
- Onsite kitchen for hot and cold meals.
- Transport door to door to and from the Centre including wheelchair access is available.






WHEN, WHERE & HOW MUCH

Eaves Lane Chorley, PR6 OEY.

Fosterfield is open 6 days a week Monday - Saturday inclusive 10am-16:30.

Cost varies, please contact the centre for more information.



-  01257 275183
-  fosterfielddaycentre@lancashire.gov.uk
-  lancashire.gov.uk
-  Search "Fosterfield Day Centre"
- 

Genesis Care (NW) Ltd

Genesis Care is a small, not for profit charitable organisation providing a well-being and respite care service for older people.

We have a specific focus on assisting people living with Dementia.

SERVICES AVAILABLE IN CHORLEY

Genesis offer a range of therapies and activities designed to stimulate and motivate, allowing older people to retain their life skills.

- They provide a cooked lunch and other refreshments.
- They offer lots of fun activities throughout the day like seated exercise classes and reminiscence sessions.
- They support carers with a drop in café once a month..

WHEN, WHERE & HOW MUCH

Day care is available Mondays, Tuesdays, Thursdays and Fridays 9.30am - 3.30pm.

Costs varies, please contact for more information.

Friendship Corner & Useful Hands projects, every Wednesday 11.30am - 2.30pm with free light lunch.

Carers Café on 4th Wednesday of the month.

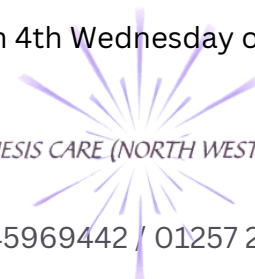
GENESIS CARE (NORTH WEST) LTD.






07845969442 / 01257 249105

genesiscare@btinternet.com

genesiscarenw.co.uk

Search "Genesis Care (NW) Ltd"



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Directory of Members

Home Instead

Home Instead provides award winning high quality care and support to adults, helping them to stay safe in the familiarity and comfort of their own homes for longer. Our person centred care ensures our clients receive the care they want, which is linked to their actual needs. Our care givers are matched to our clients based on mutual interests and hobbies.

SERVICES AVAILABLE IN CHORLEY

Services offered are:

- Home Help
- Companionship
- Personal Care
- Dementia Care
- End of Life.

WHEN, WHERE & HOW MUCH

This service is In Home Care

Different packages to suit the individual client after consultation



To us, it's personal



Overall rating

21 November 2018

OUTSTANDING

01257 429156

info@homeinstead.co.uk

homeinstead.co.uk

facebook.com/homeinsteaduk

twitter.com/homeinsteadn
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Millfield's Day Services

Millfields is a one-of-a-kind centre providing daytime care and support to adults living with Dementia. Millfield's aim is to support people to live at home for longer by reducing social isolation, improving overall well-being and providing respite to families and carers.

SERVICES AVAILABLE IN CHORLEY

With a client led activity planner full of exciting things including:

- Cooking, gardening and crafts
- Frequent outings chosen by service users
- full access to local amenities
- Delicious home cooked meals are provided
- Regular memory assessments and health checks

WHEN, WHERE & HOW MUCH

Monday - Friday 9.30am - 4.30pm

School Lane, Brinscall. PR6 8PT

Funded and self-funding referrals accepted

Costs vary on level of need. All day costs are inclusive of meals

Transport £10.00 per day return trip



01254 830949

info@millfieldsdayservices.co.uk

millfieldsdayservices.co.uk

facebook.com/millfieldsday

Directory of Members

Playlist for Life

A music and dementia charity that shares the power of personal music for people affected by dementia. Personal music refers to the 'soundtrack of your life' – all the specific tunes attached to someone's emotions and that spark memories.

Playlist for Life works in communities, with health care and social care professionals as well as directly with families and carers of people living with dementia

SERVICES AVAILABLE IN CHORLEY

Playlist for Life want everyone living with dementia to have their own personalised playlist, and for everyone who loves and cares for them to know how to use it.

Powerpoint presentations can be delivered to any interested community groups, or a more general introduction and chat. These talks can be hosted by the local voluntary rep for Chorley.

WHEN, WHERE & HOW MUCH

A Help Point for information is based at Chorley Central Library with more available on the Playlist for Life website. The local volunteer attends the monthly hub at the library to give advice.



-  0141 404 0683
-  info@playlistforlife.org.uk
-  playlistforlife.org.uk
-  facebook.com/playlistforlifeUK
-  twitter.com/playlistforlife

Yellow Cabs Ltd

Yellow Cabs is a friendly and secure taxi service, offering door to door service ensuring all dementia patients are safely brought in and out of the taxi and ensuring they safely get into their homes.

SERVICES AVAILABLE IN CHORLEY




Yellow Cabs offers regular taxi service as well as a designated driver who will assist users who requires help with things like:

- Shopping
- General assistance
- Getting into their homes

WHEN, WHERE & HOW MUCH

Yellow Cabs are a taxi service. Please call the number, book in with an operator and a designated driver will assist you with what you require. The price is dependent on the journey.



- 01257 266566 
- yellowcabs@live.com 
- facebook.com/YellowCabsNorthWest 

Directory of Members

Sporting Memories

Sporting Memories Foundation working alongside Chorley FC Community Foundation, using the rich history and heritage of sport, offering Wellbeing through Reminiscence for those people & their families who are living with Dementia, Loneliness and Depression

SERVICES AVAILABLE IN CHORLEY






Regular fun activities every week include:

- Quizzes
- Reminiscence
- Replay Memories
- Music Week
- Table Tennis
- Much More

WHEN, WHERE & HOW MUCH

Free Dementia Friendly Sessions are held every Wednesday at 1.30pm - 3.00pm at Chorley Football Club Victory Park, Duke Street, Chorley, PR7 3DU where a warm welcome awaits you



-  07842 276486
-  keith.mcintosh1@gmail.com
-  sportingmemoriesnetwork.com
-  facebook.com/SportingMemoriesFoundation
-  twitter.com/sportsmemnet

Dementia UK

Dementia UK is a charity that provides Admiral Nurses for families affected by dementia.

Admiral nurses are here when people need help. They have the time to listen and the knowledge to solve problems. Admiral Nurses help families manage complex needs and they can advise other healthcare professionals.

SERVICES AVAILABLE IN CHORLEY

Dementia UK offers support for the carers by an Admiral Nurse, a specialist in dementia care. The charity also offers:






- Leaflets relating to various aspects of dementia care
- Free helpline
- Offer support in the community, care homes, hospitals and hospices

WHEN, WHERE & HOW MUCH

The helpline is a freephone number operating Mon to Fri 9am - 9pm & weekends 9am - 5pm.

Phones may not be answered immediately but please leave a message and someone will get back to you. The helpline is manned by an Admiral nurse.



- 0800 88 6678 
- helpline@dementiauk.org 
- dementiauk.org 
- facebook.com/DementiaUK 
- twitter.com/dementiauk 

Directory of Members

Golf Fore the Ages

Discover the joy of golf, no matter your age or experience! This session is a specially curated session at Duxbury Park Golf Course, tailored for individuals over 50.

Whether you're looking to reignite your passion for the sport, adapt your game due to health challenges, or simply want to embark on a new, low-impact adventure, we've got you covered.

SERVICES AVAILABLE IN CHORLEY






Dive into a 6-week rolling program where each participant receives a personalised plan to hone their skills. The first hour immerses you in the world of golf, from the driving range to the putting green, and even course play. Afterward, unwind and connect with fellow golfers and health professionals over refreshments in our cozy clubhouse.

Embrace the golden years with a swing and join us every Tuesday for a blend of sport, relaxation, and camaraderie.

WHEN, WHERE & HOW MUCH

Duxbury Park Golf Course hosts the session every Tuesday 11am - 1pm. The sessions costs £10 per user and carers are encouraged to come and relax in the clubhouse.



-  01257 265380
-  duxbury.golf@glendalegolf.co.uk
-  glendalegolf.co.uk/duxbury-park-golf-course
-  DuxburyParkGolfCourse
- 

Promedica24

Promedica24 are passionate about providing vulnerable adults or older people with a choice to continue to live at home. Having a carer living in the home with our clients, providing one to one care, means that we will ensure they are safe, well supported and live as independently as possible.

SERVICES AVAILABLE IN CHORLEY






Promedica24 supports those who have personal care needs, help with medication or maybe living with dementia and have mobility challenges. An appointed live-in carer will help with:

- General running of the home
- Clean and tidy the home
- Prepare nutritional meals
- Do the laundry
- Offer genuine companionship.

WHEN, WHERE & HOW MUCH

Care is charged on a weekly basis. Normally carers live in with our clients for periods of 4 -6 weeks, rotating with another carer. Rates start from £1050 per week and costs are confirmed after a free and no obligation care assessment with our care manager. There are no hidden costs.



- 01254 375023 / 07419111981 
- g.derbyshire@promedica24.co.uk 
- promedica24.co.uk 
- facebook.com/promedica24.uk 
- twitter.com/promedica24uk 

Directory of Members

Do you wish to be added to the directory?

If your charity / business works within Dementia in Chorley borough and would like to be included in the directory of services please contact:

chorleydag01@gmail.com

or

communities@chorley.gov.uk

Keep an eye out for these logos!



Dementia Friends



What is a Dementia Friend?

A Dementia Friend is somebody that learns about dementia so they can help their community.

Too many people affected by dementia feel that society fails to understand the condition they live with. Dementia Friends help by raising awareness and understanding, so that people living with dementia can continue to live in the way they want.



What does a Dementia Friend do?

Dementia Friends help people living with dementia by taking actions - both big and small.

These actions don't have to be time-consuming. From visiting someone you know with dementia to being more patient in a shop queue, every action counts! Dementia Friends can also get involved with things like volunteering, campaigning or wearing a badge to raise awareness.



Who can be a Dementia Friend?

Everyone!

Dementia Friends is open to anyone who wants to help people with dementia in their community.

It's really easy to become a Dementia Friend. Our volunteer Ambassadors are running in-person Information Sessions as well as virtual Information Sessions that you can book on to attend.

Visit dementiafriends.org.uk now!



To scan QR Code please use phone camera

Living Well *with* Dementia

Sometimes, dementia symptoms can feel overwhelming. There can be good days and bad days. Dementia can impact the way you think and feel, your confidence and your energy, and change how you live your life. But we can help. There's help out there – and in this booklet – to problem solve around challenges. And there's things you can do yourself, including comfortable exercise, wellbeing thoughts, lifestyle choices, and staying active around the home and your community.

Exercise

Exercise is beneficial for physical and mental health and may improve the quality of life for people in all stages of the condition. Physical activities are sometimes defined as those activities that increase your heart rate and cause you to breathe more deeply. This includes everyday activities such as chair based exercises, walking, gardening or dancing, as well as sports and exercises with the specific aim of improving fitness. For which examples can be found on the NHS web site or from your GP.

Taking regular physical exercise is an important part of a healthy lifestyle and can help to maintain wellbeing. Physical activity creates valuable opportunities to socialise with others and can help improve and maintain a person's independence. This is beneficial to both people living with Dementia and their carers. Engaging in physical activities can also improve self-esteem and mood, which in turn encourages more social engagement that may also contribute to wellbeing.

Exercise may bring many specific benefits for people with living with Dementia. Some of these are:

- Improving the health of the heart and blood vessels, which can reduce the risk of high blood pressure and heart disease
- Improving physical fitness - maintaining strong muscles and flexible joints can help people maintain independence for longer
- Improving the ability to dress, clean, cook and perform other daily activities (as these may be performed more effectively if someone is fitter or more supple)
- Helping to keep bones strong and reducing the risk of osteoporosis (a disease that affects the bones, making them weak and more likely to break)
- Improving cognition - recent studies have shown that exercise may improve memory and slow down mental decline
- Improving sleep
- Providing opportunities for social interaction and reducing the feeling of isolation
- Reducing the risk of falls by improving strength and balance
- Improving confidence
- Increasing self-esteem
- Improving mood.

For more information on activities available in Chorley please visit Chorley Council's website:
chorley.gov.uk/article/1581/Physical-activities



To scan QR Code please use phone camera

Living Well *with* Dementia

Diet

Sometimes common symptoms of dementia (such as memory loss and difficulty thinking or planning ahead) can make it difficult to eat and drink well, such as having routine balanced meals. The most important thing is to keep your body fuelled - eating plenty is just as important as eating well.

If you're worried about your diet please contact your GP or Alzheimer's Society for advice. But if you can maintain a healthy balanced diet, the following tips can help:

- Healthy hearts help healthy brains - Much of what we know now to be healthy for our heart is also healthy for our brain, so many of the dietary messages we have been encouraged to follow for a healthy heart will also apply to the health of our brains.
- Salt - A salt-rich diet can contribute to the risk of increasing our blood pressure, which in turn can increase the risk of stroke and vascular Dementia
- Fats and oils - A high saturated fat intake has been implicated, along with other dietary factors, as increasing the risk of Dementia.
- Omega 3 - Omega 3 essential fatty acids have an important part to play in the structure of our brain cells, helping to maintain the health and functioning of our brain. We need Omega 3 oils from food as they cannot be made efficiently by the body. Oily fish is a rich source of omega 3 essential vitamins and minerals and it is recommended that we have at least one portion of oily fish a week.
- Antioxidants - It is generally considered that a diet rich in fruit and vegetables will provide us with a valuable source of antioxidants and be more beneficial than taking supplements alone. The Food Standards Agency recommends at least five portions of fruit and vegetables daily to help maintain a good intake of vital vitamins and antioxidants.
- Folic Acid - A lack in folic acid, vitamin's B6 and B12 can cause an amino acid in our body, called homocysteine, to rise. Higher than normal levels are a risk factor for Dementia and are thought to contribute to poor cognition.



Living Well *with* Dementia



5 Steps to Wellbeing

1. Connect – Connect with people around you e.g. family & friends
2. Exercise – Find the activity you enjoy
3. Learn – Always learn new skills
4. Give – Even the smallest acts count, like a smile or a thank you
5. Notice – Be aware of the present moment. Your feelings, thoughts, body and the world around you

Therapy

Continuing hobbies, social life, home and community activities are part of living well and part of being you. They'll help your wellbeing and help to keep skills working. Organisations like Age UK, Age Concern, Sporting Memories, Alzheimer's Society and many more can help you with this.

A study showed that 40 sessions (8 weeks) of cognitive stimulation treatment resulted in a significant improvement of cognitive and behavioral symptoms in patients with mild and moderate Dementia. After 8 weeks of cognitive stimulation treatment, the patients showed a significant decrease in dementia severity, a better performance in memory, abstraction, planning, and visuospatial ability, and a significant decrease in behavioral symptoms

Smoking & Alcohol

Having a drink in company can be a pleasant way to relax. However, people with Dementia can become more confused after a drink, so may need to limit the amount they have. Also, alcohol doesn't mix well with certain medicines. If in doubt, ask your GP for advice. People who have Dementia related to past alcohol use should not drink alcohol.

If someone with Dementia seems to be drinking too much because they've forgotten how much they've had, or if they are drinking inappropriately, you may choose to keep alcohol out of reach and out of sight. You might also decide to provide low alcohol or non-alcoholic substitutes or watered down alcoholic drinks.

Some people living with Dementia have been known to simply forget about smoking if cigarettes and ashtrays are removed from sight. Some people seek to stop their loved ones living with Dementia from smoking. However, if the person stops smoking, they may become tense and irritable. There are also ethical considerations around the person's right to continue to enjoy something that they have enjoyed in the past, even if it is bad for them. This is something that should be discussed with the person living with Dementia, if possible, or with friends and family before a final decision is made.

If someone living with Dementia does smoke, those around them should try to make it as safe as possible, for example, by replacing matches with disposable lighters

Advice & Support for Carers

It is vital that carers are supported so that they are able to continue to give care to their loved ones. However, ensuring that carers have space, time and are equally looked after is important.

You may not think of yourself as a carer, particularly if the person living with Dementia is a partner, parent or close friend. Despite this, both you and the person living with Dementia will need support to cope with the symptoms and changes in behaviour

What to do if you are not registered

If you are not currently registered as a carer then:

- Make sure you're registered as a carer with your GP
- Apply for a carer's assessment
- Check if you're eligible for benefits for carers
- Find out about training courses that could help you

Carers Assessment

If you care for someone, you can have an assessment to see what might help make your life easier. This is called a carer's assessment.

A carer's assessment might recommend things like:

- Someone to take over caring so you can take a break
- Training in how to lift safely
- Help with housework and shopping
- Putting you in touch with local support groups so you have people to talk to
- A carer's assessment is free and anyone over 18 can ask for one.

For a carers assessment or further information please visit [N-Compass](#)



Advice & Support for Carers

Carer Facts

- 3 in 5 people will be carers at some point in their lives in the UK
- Out of the UK's carers, 42% of carers are men and 58% are women
- The economic value of the contribution made by carers in the UK is £132bn a year!
- By 2030, the number of carers will increase by 3.4 million (around 60%)



There is a broad selection of help available to carers throughout the Chorley borough and wider Lancashire area. For example, Age Concern host “Carer’s Support Group” at their site in Lostock Hall on the first Wednesday of the month. This was put in place after training sessions and feedback from carers in the Lancashire area were heard.

Please also refer to the “Local services and Organisations” on pages 7 - 17 to find out what other support is available.



Further Support and Information

Herbert Protocol

The Herbert Protocol is a national scheme used by police forces and emergency services across the UK to support people living with dementia who might be at risk of becoming lost or reported as missing.

The scheme enables carers, family and friends to compile a detailed profile containing important information about the individual that should they go missing, can be quickly provided to the police to help in their search and rescue operations.

The risk of wandering is significant, and the consequences can be fatal.

- 70% of people with dementia will go missing at least once.
- 40,000 people in the UK are reported missing for the first time every year.

The Herbert Protocol initiative is named after George Herbert, a war veteran of the Normandy landings, who had dementia and tragically died while he was missing on his way to his childhood home.

Find out more at: www.herbertprotocol.com/

Dementia Research

Dementia affects more than 850,000 people in the UK. Research offers hope. Only through research can we understand what causes dementia diseases, develop effective treatments and improve the care of those living with dementia. But for research to make progress we need more people with and without dementia to take part in vital studies.

Find out more at: www.joindementiaresearch.nihr.ac.uk

Young Dementia Network

The Young Dementia Network is an online influencing community working collaboratively to improve lives. Launched in 2016 and driven by first-hand expertise and experience, the Network is now hosted by Dementia UK. People living with young onset dementia and their families are at its heart.

Find out more at: www.youngdementianetwork.org

Chorley Activities Timetable

MONDAY

Genesis Day Time Care (Daily & Weekly)
9 West Bank
Chorley
PR7 1JF
Full Day Service

Millfields Day Centre (Daily & Weekly)
School Lane,
Brinscall,
Chorley,
PR6 8PT
Full Day Service

Fosterfields Day Centre (Daily & Weekly)
Eaves Lane
Chorley
PR6 0EY
Full Day Service

Sporting Memories (Every Mon)
The County Ground,
Thurston Road
Leyland
PR25 2LF
11.00am - 12.30pm

TUESDAY

Genesis Day Time Care (Daily & Weekly)
9 West Bank
Chorley
PR7 1JF
Full Day Service

Millfields Day Centre (Weekly)
School Lane,
Brinscall,
Chorley,
PR6 8PT
Full Day Service

Golf Fore The Ages (Weekly)
Duxbury Golf Course
Duxbury Hall Rd
Chorley
PR7 4AT
11am - 1pm

Singing for the Brain (Weekly)
10.30am - 12pm
01772 788700
(Referral Service)

WEDNESDAY

Sporting Memories (Every Wed)
Chorley FC,
Duke Street,
PR7 3DU
1.30pm - 3pm

Millfields Day Centre (Weekly)
School Lane,
Brinscall,
Chorley,
PR6 8PT
Full Day Service

Dementia Hub (Last Wed of Month)
Chorley Library
Union St
Chorley
PR7 1EB
1pm - 3pm

Genesis Care Carer Cafe (Every 4th Wed)
1pm - 3pm
Friendship Corner (Weekly)
11.30 - 2.30pm
9 West Bank
Chorley
PR7 1JF

THURSDAY

Genesis Day Time Care (Daily & Weekly)
9 West Bank
Chorley
PR7 1JF
Full Day Service

Dementia Café (Every 2nd Week of month)
The Studio @ Chorley Little Theatre,
Dole Lane,
PR7 2RL
1pm - 3pm

Fosterfields Day Centre (Weekly)
Eaves Lane
Chorley
PR6 0EY
Full Day Service

FRIDAY

Genesis Day Time Care (Daily & Weekly)
9 West Bank
Chorley
PR7 1JF
Full Day Service

Millfields Day Centre (Weekly)
School Lane,
Brinscall,
Chorley,
PR6 8PT
Full Day Service

Fosterfields Day Centre (Weekly)
Eaves Lane
Chorley
PR6 0EY
Full Day Service

BOB-In Café (3rd Fri of Month)
Lostock Library
Watkin Lane
Lostock Hall
1pm - 4pm



Contact:

Email: communities@chorley.gov.uk

Web: www.chorley.gov.uk/dementia

Disclaimer: While we make every effort to ensure the material in the guide is accurate and up to date, such material does in no way constitute the provision of professional advice or endorsement of particular services.

The guide contains hypertext links or pointers to information created and maintained by other public and private organisations.

These links and pointers are provided for user's convenience.