

Living with dementia



Being diagnosed with dementia can be frightening. You may have lots of questions and want to know who can support you. This leaflet will help you understand this illness better and provide you with information about the support available.

Is there a cure for dementia?

There is currently no cure for dementia but there is a lot of research being done. There are medications available that might help to stabilise some of the symptoms in the early-middle stages of dementia.



Caring for someone living with dementia

There are services that can help to provide support and information (see page 5 of this leaflet).

It is important that the person living with dementia is treated with dignity and respect.

Caring for someone living with dementia can be both rewarding and challenging and it can change your life in many ways. Manchester City Council can arrange for a carers assessment.

At times, the person living with dementia may behave differently, but try to remember that the person you know and love is still there. The following tips may be useful:

- ➔ **Agree** - don't argue
- ➔ **Reassure** - don't lecture
- ➔ **Repeat** - don't say 'I told you'
- ➔ **Encourage** – focus on things the person can do

Someone living with dementia may feel as though they are living in the past. To avoid confusing them, listen and talk about earlier times in their life.

As dementia progresses the symptoms might change. People may have trouble controlling their bladder and bowel movements. Your GP can make a referral to services that can help.

If the person with dementia is still driving, there is a requirement to notify the DVLA.

Memory Box

Memories can be very special to us all. You may be worried that as your dementia progresses you may struggle to recall these. A memory box is full of items that will remind you of your past.



Planning for the future

In the future you may find it difficult to make your own decisions. It is very important to think about what steps you can take to make necessary arrangements.

A power of attorney is a legal way of appointing someone you trust to manage your financial and health affairs. To help you decide what options are available, discuss your requirements with a legal professional.

Support Available

The following organisations can answer your questions and provide you with advice and support:-

Admiral Nursing Direct

Admiral Nurses provide specialist dementia support that families need.

Tel: 0800 888 6678 **Email:** direct@dementiauk.org

Age UK Day Centres

North Manchester, Openshaw Resource Centre, 10 Catherine Street, Openshaw, M11 1WF **Tel:** 0161 205 3851

Central Manchester, Gorton Care Centre, Melland Centre, Mount Road, Gorton, M18 7QR **Tel:** 0161 223 6062

South Manchester, Crossacres Care Centre, Peel Hall Road, Wythenshawe, M22 5DG **Tel:** 0161 437 0717

Alzheimer's Society

Provides advice and support to anyone affected by dementia.

Tel: 0333 150 3456 **Web:** www.alzheimers.org.uk

Bangladeshi Women's Organisation

Provides information, advice and support to women of any ethnicity and of any age.

360 Dickenson Rd, M13 0NG.

Tel: 0161 257 3867

Community Continence Team

Provides assessment, diagnosis and treatment for adults with bladder and bowel incontinence. Please speak to your GP who can refer you to this service.

Dementia United

A Greater Manchester programme, supporting people living with or caring for someone living with dementia.

Web: www.dementia-united.org.uk

Driver and Vehicle Licensing Agency (DVLA):

Tel: 0300 200 7861

GMMH Recovery Academy

Information and courses available on different mental health topics.

Email: recoveryacademy@gmmh.nhs.uk **Tel:** 0161 358 1771

Greater Manchester Mental Health NHS Foundation Trust (GMMH)

Web: www.gmmh.nhs.uk **Tel:** 0161 773 9121

Indian Senior Citizens Centre

Provides a caring environment, stimulating activities and an opportunity to socialise.

16/18 Whalley Road, Whalley Range, M16 8AB.

Tel: 0161 232 7994 **Web:** www.iscc-manchester.org

LMCP

Works with and behalf of older South Asian persons and their carers. The Pastoral Centre, 95A Princess Road, M14 4TH

Tel: 0161 226 4632 **Email:** info@LMCP.co.uk

Web: www.lmcp.co.uk

Manchester Carers Network

Offer a range of practical and emotional support services to help make a positive difference to carers' lives in Manchester.

Gaddum House, 6 Great Jackson Street, Manchester, M15 4AX

Tel: 0161 834 6069

Email: info@manchestercarersnetwork.org.uk

Web: www.manchestercarersnetwork.org.uk

Manchester City Council Adult Social Care

Help with information about making adaptations to your home, provide advice, assessments and support to help carers.

Tel: 0161 234 5001 **Email:** mcsreply@manchester.gov.uk

Manchester Psychological Wellbeing Service

Provides one to one support to anyone experiencing anxiety and depression. Referral to this service can be made by completing the on-line self-referral form.

Tel: 0161 226 3871 **Web:** www.selfhelpservices.org.uk

North Manchester Black Health Forum

Works with vulnerable adults from marginalised communities living with long-term health conditions, poverty & economic pressures.

Woodville Resource Centre, Shirley Rd, M8 ONE.

Tel: 0161 720 9974/0791 435 0602

Email: nmbhf2010@hotmail.co.uk

Together Dementia Support

Offers support, friendship and activities for people living with dementia and their carers. A specific group is available for South Asian communities.

Tel: 0161 226 7186.

Email: admin@togethersedementiasupport.org

Wai Yin Society

Provides health and social care to the Chinese and other minority communities. Wai Yin Society Sheung Lok Centre, Justin Close, Manchester M13 9UB

Tel: 0161 833 0377 **Email:** info@waiyin.org.uk

Web: www.waiyin.org.uk

This leaflet is also available in alternative formats and additional languages.
Please email: communicationsmanchester@nhs.net
or call 0161 213 1750 for more information.

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**Manchester Health & Care
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A partnership between
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For further information and useful resources,
search **Dementia United**.

This leaflet has been produced by Manchester Health and Care Commissioning on behalf of Greater Manchester Health and Social Care and Dementia United; in collaboration with Greater Manchester Mental Health Trust, The Alzheimer's Society, local support groups and people living in South Asian communities.

Special thanks to The Alzheimers Society for allowing us to use some of the content of their leaflets/website within this leaflet