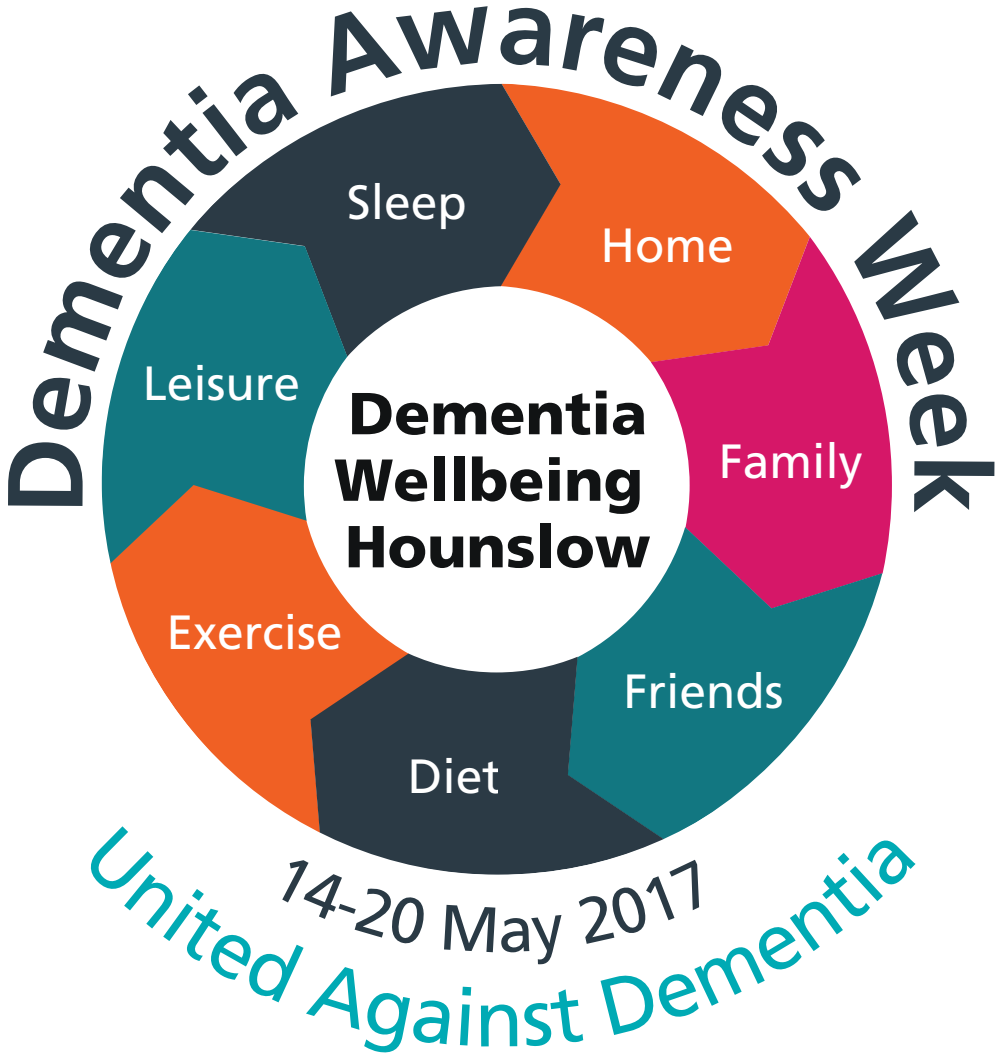




London Borough  
of Hounslow



Hounslow  
Clinical Commissioning Group



(Hounslow event dates 15-21 May 2017)



@HounslowCCG



@LBofHounslow

# Have you been diagnosed with Alzheimer's or other Dementia?

## Do you know someone who has?

## Are you concerned that you might be experiencing memory loss?

- An early diagnosis will help you plan for your future
- If a diagnosis is made you will get advice and support from a specialist team, including:
  - Doctors, nurses, occupational therapists, psychologists and other clinicians
- These specialists will be able to give you advice on:
  - Medication that may help you
  - Living with Dementia and staying well
  - Social service care and financial help, such as attendance and carer's allowance, that you may be able to apply for

## How can I find out if I may have Dementia?

- Talk to your GP about your concerns. Take someone with you if you like
- Your GP will carry out an assessment if they have any concerns about your health
- If your GP has any concerns about your health they may refer you to see a specialist, where you will have further tests
- Once your GP has got all the information they need from the specialist they will discuss the results of your assessment with you
- A clinician or support worker will help you make the arrangements you need

# Essential Contacts

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## NHS Emergency and Urgent Care Services

Free calls for all health related matters, 24 hours a day, 365 days a year.

Tel: **111**

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## Dementia UK

(Admiral Nurses helpline)

Tel: **0800 888 6678**

(Mon-Tue 9am-5pm;

Wed-Thur 9am-5pm, 6pm-9pm;

Fri-Sun 9am-5pm)

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## Integrated Community Response Service

Multi-professional healthcare team to prevent unnecessary hospital admissions.

7am to 7pm daily, including weekends and bank holidays.

Heart of Hounslow Centre for Health,  
92 Bath Road, Hounslow, TW3 3EL

Tel: **020 3771 6220**

Email: **[hounslow.icrt@nhs.net](mailto:hounslow.icrt@nhs.net)**

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## Cognitive Impairment and Dementia Service - CIDS

Lakeside Mental Health Unit,  
Twickenham Road, Isleworth  
TW7 6AF

Tel: **020 8483 1800**

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## West London Mental Health Trust

(Single Point of Access helpline)

Help in a crisis; advice and support;  
adult mental health referrals.

Tel: **0300 1234 244**

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## Autonomy

Care and Support Needs Assessment for service users and carers.

**[www.hounslow.gov.uk](http://www.hounslow.gov.uk)**

(search "Autonomy")

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## LinkLine

Telecare equipment to improve your safety in your own home.

6 Lodge Close, Isleworth TW7 5BP

Tel: **020 8583 4400**

Email: **[Linkline@hounslow.gov.uk](mailto:Linkline@hounslow.gov.uk)**

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## Supporting Independence Service

SIS can nominate you for a Support Worker to provide you with support, including utility bills, rent arrears, accessing welfare benefits.

Tel: **020 8583 3942**

Email: **[supporting.independence@hounslow.gov.uk](mailto:supporting.independence@hounslow.gov.uk)**

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## First Contact Team

(Adult Social Care)

London Borough of Hounslow,  
Civic Centre, Lampton Road,  
Hounslow, TW3 4DN

Tel: **020 8583 3100**

Email: **[adultsocialcare@hounslow.gov.uk](mailto:adultsocialcare@hounslow.gov.uk)**

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## Out-of-Hours Housing and Adult Social Care

(Emergencies)

Tel: **020 8583 2222**

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## Handy Person

Practical DIY services for home environment

Tel: **020 8583 3878**

Email: **homeimprovements@hounslow.gov.uk**

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## Dementia Adaptation Grant

To make your home conducive for independent living.

Tel: **020 8583 3877/3852/4321**

Email: **housingadaptationservices@hounslow.gov.uk**

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## Age UK Hounslow

Two free activities classes every Tuesday for local residents living with dementia.

Montague Hall, Montague Road, Hounslow TW3 1LD

Tel: **020 8560 6969**

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## Alzheimer's Society

Free short-breaks for carers, Dementia Advisory Service and monthly Service User Group.

Tel: **0300 222 11 22**

(National Helpline)

Tel: **020 8580 1057**

Mon-Fri 9am-5pm (Hounslow Office)

Email: **Hounslow@alzheimers.org.uk**

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## Life-Long Learning programmes on offer:-

1. Cooking for those with Dementia – Good nutrition is vital for the health, independence and wellbeing of people living with dementia.
2. Singing for those with Dementia – This stimulating course aims to improve your overall sense of wellbeing.
3. START – Understand underlying features of behaviour in people living with dementia and how a carer can best look-after themselves and the cared for.

For enrolment call **020 8538 6000**

## Department of Work and Pensions

Attendance Allowance

Tel: **0345 605 6055**

Carers Allowance

Tel: **0345 608 4321**

Please request a home-visit if you are housebound and require help.

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## Life-Long Learning

Meadowbank Adult Education

Centre Community Close, Cranford,

Hounslow TW5 9TL

Tel: **020 8583 6050**

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## Hounslow Citizens Advice Bureau

Advice and appointment line

Tel: **0300 330 1185**

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## Office of the Public Guardian

The OPG protects people in England and Wales who may not have the mental capacity to make certain decisions for themselves, such as their health and finance.

Tel: **0300 456 0300**

Email: **customerservices@publicguardian.gsi.gov.uk**




# DEMENTIA WELLBEING HOUNSLOW


## HOUNSLOW EVENT DATES 15-21 MAY 2017 TIMETABLE - FREE ACTIVITIES ALL WEEK


DAYS	ACTIVITY / LOCATION	TIME	LEAD PERSON AND ORGANISATION	
MON 15	Welcome DAW/Introduction	11:00am-11:05am	LBH	
	Meaningfulness yoga session	11:05am-11:35am	Age UK Hounslow	
	Dementia: what symptoms to look out for, diagnosis of dementia and how best to manage it.	11:35am-12:05pm	Dr Sarah Ghani/CIDS	
	How a carer can best look-after themselves and the cared for.	12:05pm-12:20pm	Barbara Benedek	
	First Contact Team (adult social care – when to contact and what is on offer).	12:20pm-12:35pm	Angela Rammell /LBH	
	Community Occupational Therapy – home environment and what is on offer	12:35pm-12:50pm	Allison Fisher/LBH	
	Kew Gardens – sensory palaces sessions	12:50pm-1:05pm	Kim Klug/Kew Gardens	
	Questions and Answers	1:05pm-1:15pm	All	
	Networking with stall holders while light refreshments are being served	1:15pm-2:00pm	All	
TUES 16	<b>Enrol for Free Lifelong Learning Courses at Meadowbank Adult Education Centre.</b> (1) Cooking for those with dementia (Course Code: MM317ISC) (2) Singing for those with dementia (Course code: JZ409IMC)	2:00pm-5:00pm	For enrolment call 020 8538 6000	
	Welcome DAW/Introduction	11:00am-11:05am	Hounslow CCG	
	Dementia: what symptoms to look out for, diagnosis of dementia and how best to manage it.	11:05am-11:25am	Dr Sarah Ghani/CIDS	
	Seated/standing workout – light stretching exercises, followed by singing classic songs.	11:25am-12:00pm	Hansa Darbar/Age UK Hounslow	
	Lunch and break	12:00pm-12:35pm	Hansa Darbar/Age UK Hounslow	
	Free transport will be available outside of Montague Hall to London Museum of Water & Steam	12:35pm-13:00pm	Hansa Darbar/Age UK Hounslow	
	Explore wonderful collection with guided tours and afterwards settle for a free tea and biscuits in the museum café.	2:00pm-4:00pm	London Museum of Water and Steam, Green Dragon Lane, Brentford, Hounslow TW8 OEN. Tel: 020 8568 4757	
	WED 17	Welcome DAW/Introduction at Age UK Hounslow, Montague Hall, Montague Road, Hounslow TW3 1LD Tel: 020 8560 6969	10:00am-10:20am	
		Finance, Health and Wellbeing. This session will give an introduction to Power of Attorney, Deputyship and the Office of the Public Guardian.	10:05am-10:25am	Joanne Moore - Social Work Standards Manager/Nola Ellis -Safeguarding Consultant Practitioner. LBH
Telecare equipment and how it can promote your independence?		10:20am-10:40am	Sharon Hunt/LBH	
Dementia Advisor and community support services		10:40am-11:00am	Sarah Cocker/Alzheimer's Society	
The type of problems we help with, the services we provide within our Generalist Service, Specialist and Disability services.		11:00am-11:30am	Annalisa Menini /Citizens Advice Bureau	
Welfare Benefits/Universal Credits		11:30am-11:50am	Inderpal Mudhar/Department of Welfare and Pension	
Housing Benefit, Discretionary Housing Payments and Discretionary Local Crisis Payments		11:50am-12:10pm	Harminder Persad/LBH	
Dementia Adaptation Grant		12:10pm-12:30pm	Kim Mitchell/LBH	
Networking with stall holders while light refreshments being served		12:30pm-1:00pm	All	
THUR 18	<b>Inside the foyer area - Heart of Hounslow Centre for Health</b> Promoting Dementia Awareness, Community Services, advise from Dementia Specialists Nurses and General Health Promotion information.	1:00pm-4:00pm	Teresa Keegal and Nina Jalota (Community Dementia Specialists Nurses) Hounslow and Richmond Community Healthcare NHS Trust. Heart of Hounslow, 92 Bath Road, Hounslow TW3 3LN.	
	Meadowbank Adult Education Centre, Community Close, Cranford, Hounslow TW5 9TL Tel: 020 8583 6050 Enrol for Free Lifelong Learning Courses: (1) Cooking for those with dementia (Course Code: MM317ISC) (2) Singing for those with dementia (Course code: JZ409IMC)	09:00am-5:00pm	For enrolment call 020 8583 6000.	
FRI 19	Cognitive Impairment and Dementia Service - CIDS, Lakeside Mental Health Unit, Twickenham Road, Isleworth, Hounslow TW7 6AF Tel: 020 8483 1827 Discussions on the importance of research and where we are headed! Snacks and drinks provided throughout the day.	1:00pm-5:00pm	Sarah Georgy/Cognitive Impairment and Dementia Service	
SAT 20	Heston Pools and Fitness, New Heston Road, Hounslow TW5 0LW Tel: 020 3805 3739 Free Yoga Session – work on your strength, flexibility and breathing.	08:30am-10:00am	Kevin Daly/Tomas Ustohal from Fusion-Lifestyle	
	Free Swimming – make a splash and enjoy the water in a supportive environment.	09:30am-12:00pm	Kevin Daly/Tomas Ustohal from Fusion-Lifestyle	
SUN 21	Shri Singh Sabha Gurdwara, Alice Road, Hanworth, Hounslow TW3 3UD Tel: 020 8577 2793 Dementia Awareness Stall	10:30am-2:00pm	Ashi Dhillon /Disability Network Hounslow	
	Welfare Benefits/Universal Credits	10:30am-2:00pm	Inderpal Mudhar/Department of Welfare and Pension	
	LinkLine – Telecare Equipment and how it can promote your independence?	10:30am-2:00pm	Sharon Hunt/LBH	


### DID YOU KNOW?


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People living with dementia are more likely to experience a shrinking of their social world to one that is largely lived indoors.
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People living with dementia are often admitted to hospital for poor nutrition, weight loss, dehydration, urinary tract infection that can cause confusion.
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Frequent disruptions and poor care can lead to an increase in levels of anxiety and distress experienced by people living with dementia.
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The stigma of dementia undermines the sense of personhood, causing a loss of personal freedoms and control over daily life.
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The Law is very clear that the Human Rights of people living with dementia must be recognised. They must be treated the same regardless of their fluctuating capacity, and supported to make independent decisions.
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Healthy lifestyle and a nutritious diet has been shown to prevent the onset or progression of dementia.
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Successful ageing requires actively looking after physical and cognitive health, to ensure a quality life without disease, a high level of independence, and a rich, fulfilling social life with close family, friends and community.