

Worksheet 18:

A Directory of Services for carers of people with dementia

You are invited to use this framework to create a local Directory of Services and Support for family carers of people with dementia in your area.

Benefits for carers

- Carer's Allowance (and automatic National Insurance credits)
- Council Tax Reduction
- Universal Credit if you're on a low income or out of work
- Pension Credit if you're over working age
- Grants and bursaries to help pay for courses and training
- Income Support (if you get the severe disability premium and you're on a low income)
- Income-based Employment and Support Allowance (if you get the severe disability premium and you cannot work)
- Blue Badge Scheme
- Key for disabled toilet facilities
- If you live in Scotland and get Carer's Allowance, you may also get Carer's Allowance Supplement

For more information go to <https://www.gov.uk/carers-allowance> and your local council website.

Housing

- Exchanging a council or housing association property
- Sheltered housing
- Extra care housing
- Close care
- Retirement villages
- Homeshare schemes
- Supported Living

For more information visit your local council website.

Home Adaptations

- A door entry intercom so you can find out who's there
- A video entry phone so you can see who is at the door

- A police-approved key safe
- Motion sensor lighting
- Stair rails
- Stair lift
- Grab rails
- Adapted bath or shower
- Riser-recliner chair
- Perching stools
- Toilet frames
- Installation of wet room
- Telecare systems – sensor mats, Alexa-type technology

It is advised that you contact your local authority to arrange an Occupational Therapy Assessment to help in assessing for and recommending equipment and adaptations.

For more information visit your local council website.

Services

- Sitting service
- Live-in care
- Package of care: personal care, eating and drinking, medication monitoring
- Respite
- Short breaks
- Day Services
- Continence Advisory Service
- Medication delivery services
- Careline

For more information visit your local council and NHS websites.

Employment

Your rights in work come from two sources:

- The law gives you ‘statutory rights’ which everyone has
- Your contract of employment gives you ‘contractual rights’ which can be more generous than statutory rights

All employees are workers, but an employee has extra employment rights and responsibilities that don’t apply to workers who aren’t employees.

These rights include all of the rights workers have and:

- Statutory Sick Pay
- Statutory maternity, paternity, adoption and shared parental leave and pay (workers only get pay, not leave)

- Minimum notice periods if their employment will be ending, for example if an employer is dismissing them
- Protection against unfair dismissal
- The right to request flexible working
- Time off for emergencies
- Statutory Redundancy Pay

For more information visit the GOV.UK website and Carer's Trust.

Training

A few examples:

- Carer's Trust provides online training for people caring for someone with dementia
- Alzheimer's Society provides training courses for family carers
- The Dementia Centre at Stirling University delivers Dementia education for family carers and volunteers

Local NHS services, such as Memory Clinics, may provide Dementia Training for family carers – look on local websites.

Dementia specific care and support for carers

- Admiral Nurse Service
- Dementia Support Service
- Dementia Navigator Service
- Alzheimer's Society 'Talking Point' online carer support service
- Dementia Adventure
- Arts4Dementia

For more information visit national DementiaUK and Alzheimer's Society websites as well as local pages for each organisation.

Generic care and support for carers

- Princess Royal Trust for Carers
- CarersUK
- AgeUK
- Good neighbours network

For more information visit national and local websites as well as local pages for each organisation and Carer's Group.

Dementia Friendly Communities

- Carer's Cafes
- Carer's lunches

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- Peer support networks
- Dementia friendly services e.g. cinemas, leisure and sports facilities, shops, cafes and restaurants, transport, parks and gardens, places of worship
- Dementia action groups

For more information visit <https://www.dementiaaction.org.uk/> and local council websites.