

Dementia-Friendly Churches Information Sheet

National Organisations

Alzheimer's Society - Factsheets and groups for all types of dementia	0300 222 11 22 (National Dementia Helpline)
Dementia UK - Admiral Nurses (NB medical queries), support for families	0845 257 9406 (Admiral Nurse Dementia Helpline)
Age UK - Broader help for older people; advice, including benefits	0800 169 2081 (Advice Line)
Carers UK- Carers support	0808 808 7777 (Mon & Tues)
Carers Direct- NHS Helpline	0300 123 1053
Samaritans – To talk to, any time you like	116 123 (24hrs, free to call)
Citizens Advice	03444 111 444



Things to consider

Council Tax	Needs Assessment and Carers Assessment
Driving the car – DVLA	Benefits
Blue Badge	Will
Financial Planning	Lasting Power of Attorney - both parts

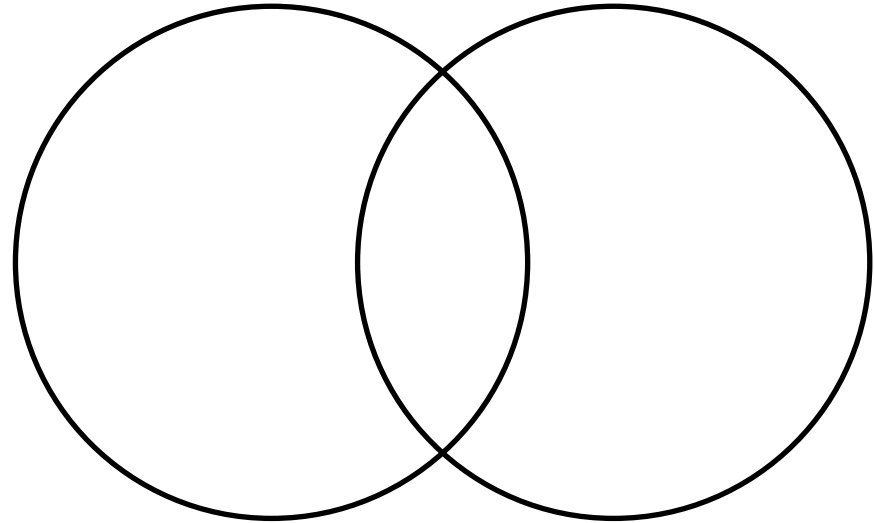
Local information and support

Information Directory	
Local Dementia Charities	
Church	
Other	

Activities - Current and New

Activity	Day

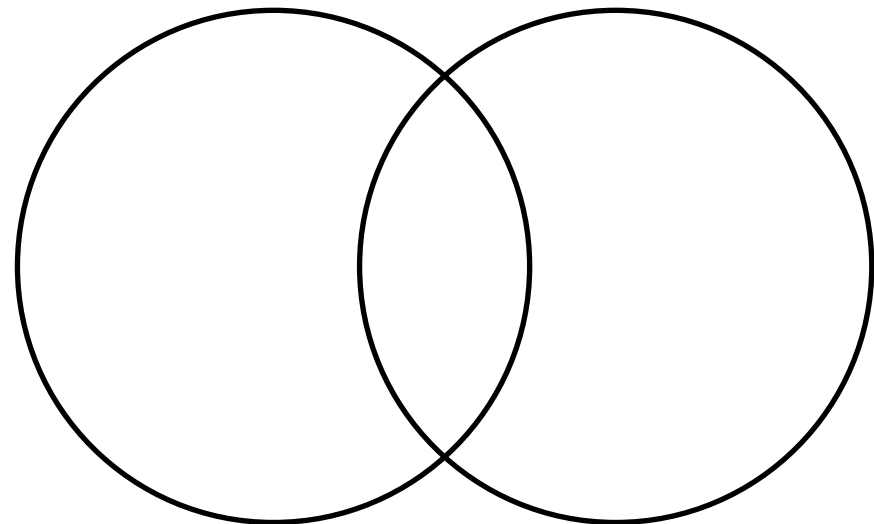
Important for me/us?



Friends to call on when needed

Name	Phone Number

Important for heart & soul & faith?



Explanation

This Information Sheet is for people living with dementia and for carers to use, to collate important information. You may want it on the fridge or in a nearby drawer. It is something to keep at hand.

The first side gives information about local and national organisations, and prompts on other considerations to “have on the radar”.

1. **National Organisations:** It may be helpful to be aware of these different organisations – and the sheet summarises the slightly different focus of each, as well as providing the phone number. Look at the website for each organisation, for more information and resources.
2. **Things to consider:** These are things that you may need to arrange or ask about or change. For instance, people with a mental impairment don't have to pay Council Tax. Use this as a checklist.
3. **Local Information:** This needs filling in, as you identify helpful local information. Have you found the local information directory (probably run by your local Council) that gives information about what activities are available in your area? There also will be a dementia charity that is providing the support in your area, perhaps the Alzheimer's Society, Approach, Accord or another charity: add their name and phone number. Also, fill in your local church's telephone number.

The second side of the sheet is more personal, with space for you to fill in local or personal knowledge. You may find it helpful to talk this through with a trusted friend or member of your family, as you complete it. Just having a conversation about people who are there for you and things that are important can spark new ideas. It also includes those closest to you – people who are in step with you and can not only support you, but also share laughter, fun and life!

1. **Activities:** There might be some activities that you are already involved with or that you might try out: what's going to work at this stage?
2. **Friends to call on when needed:** Write them down before you need them and keep in touch, perhaps letting them know that you see them as one of your significant friends to turn to, chatting about this together.
3. **What's important for me/us?** If you are doing this individually, just use one circle to focus on what's important to you. Otherwise, use this Venn diagram format to list things that are important. What's important to you both? Put this in the section where the circles overlap. And list the separate things for each of you in the outer sections of each circle. For example, you can write down hobbies, holiday places & interests.
4. **What's important for heart/soul/faith?** What's important, when you focus on spirituality and God? Is there a special Bible verse, song/hymn, sound, object, smell or a place that increases wellbeing and perhaps brings you closer to God? What give you peace? What re-energises you? Again, list these for yourself – and, if appropriate, for both of you and for each of you separately, using the Venn diagram.