

Oxleas
NHS

Improving lives

Memory Service

Information leaflet

oxleas.nhs.uk



We believe healthcare should make life better for people with cognitive problems

This leaflet has been written for people with cognitive problems and/or diagnosis of dementia, and for your family and friends.

To see all our information online please visit: oxleas.nhs.uk/advice-and-guidance/mental-healthservices/memory-service

A comprehensive Memory Service Information Brochure is also available in paper form on request.

Understanding dementia

Dementia is the umbrella term for cognitive problems that are caused by changes in the brain. People with dementia have impairment in two areas of cognitive functioning (the person's ability to process thoughts and learn new information).

There are several different types of dementia. The following are the most common types of dementia:

- Alzheimer's disease, where small clumps of protein, known as plaques form around brain cells. This disrupts the normal workings of the brain.
- Vascular dementia, where problems with blood circulation result in parts of the brain not receiving enough blood and oxygen.
- Dementia with Lewy bodies, where abnormal structures, known as Lewy bodies, develop inside the brain.
- Fronto-temporal dementia, where the frontal and temporal lobes of the brain begin to shrink. This develops most often in people under 65 years old. Some people have 'mixed dementia', which means that they have more than one of the four types.

- Mild Cognitive Impairment (referred to as MCI) is not a type of dementia. It is a diagnosis of cognitive difficulties that are more of a problem than is normally expected for the person's age.

Dementia myths

People who have a diagnosis of dementia are not 'mad'. They have changes in the brain that cause different symptoms such as difficulty in remembering recent events. People do not lose the ability to have feelings.

Self-management for dementia - Living well with dementia

Many people live very well with dementia. For some it can be a time of extra support and friendship from family and friends. Many people make new friends and supportive relationships as a result of their dementia. Living well with dementia is about understanding your needs and letting people around you know what you find supportive. Whilst we hear a lot about those who struggle with dementia we hear less about people living well with dementia.

Brief intervention and support

If you are experiencing significant distress we can offer you a number of interventions.

Group programme

We offer therapeutic groups and half day workshops for people with cognitive problems and their carers. The following groups and workshops run in the memory service:

- Carer's Support Group
- Living Well with Dementia
- Cognitive Stimulation Group
- Dementia Support Session
- Impact of dementia on relationships

The Psychology Service

The Psychology Service offers individual and couple therapy and family work for people who are in distress or who are struggling to adapt to the changes they are experiencing.

The Occupational Therapy (OT) Service

The OT team offers an individualised functional assessment looking at your abilities and what adaptations to the environment may be helpful. They consider how you occupy your time and whether improvements or recommendations might help you.

Medication for dementia

In the last few years, some people with Alzheimer's disease, mainly in the early stages of the illness, have been offered treatments that may help. Unfortunately, the drugs do not cure the disease nor do they stop it from getting worse. They may prevent symptoms getting worse for a period of time.

Finances

Benefits are subject to constant change. You should check up-to-

date information with your local Citizens Advice Bureau (CAB) or the Department of Work and Pensions (DWP).

Attendance Allowance (AA)

You could receive money to help with personal care if you are physically or mentally disabled and aged 65 or over.

Council Tax reductions and discounts

These may be available to people whose home has been adapted because of their disability, including dementia. Other benefits or welfare supports are:

- Personal Independence Payment (PIP)
- Statutory Sick Pay or Incapacity Benefit
- Working Families Tax Credit
- Disabled Persons Tax Credit
- Carers Allowance
- National Insurance Credits
- Income Support (Minimum Income Guarantee for Pensioners)

Carer's assessment

Social Services offer a carer's assessment. The outcome could

be extra services to make caring easier for example, meals on wheels or respite.

Carers UK can offer advice and information.

Local: 020 7378 4999

Advice line: 0808 808 7777

Email: advice@carersuk.org

carersuk.org

Planning for the future - Advanced Care Planning

It is wise for everybody to prepare for the future. Just as you would make a Will it is important to think about how you would like people to manage your interests and health should you become unable to make these decisions in the future.

You can also complete some information about yourself which can assist people to make decisions best suited to you and help prevent delays.

The Alzheimer's Society has a template called 'This is Me'. **alzheimers.org.uk** search for 'this is me'

Lasting Power of Attorney

This is when you organise for someone to manage your

property and finances and give someone the right to make health and welfare decisions on your behalf. It can be good for peace of mind to have these discussions and set these up in advance. The Alzheimer's Society can help with setting up Lasting Power of Attorney.

alzheimers.org.uk search for 'lasting power of attorney'

Tel: 0300 222 11 22

You can get forms from **gov.uk** - search 'lasting power of attorney'.

Court of Protection

Court of Protection exists to protect the property and finances of people who are incapable of dealing with their own affairs. Where there is no Power of Attorney, the court gives legal authority to a Receiver to deal with the person's financial affairs.

Citizens Advice Bureau

The Citizens Advice Bureau (CAB) is a good resource. It offers free and confidential advice. **citizensadvice.org.uk/index/getadvice**

Tel: 03444 111 444

Advance refusals

There may also be some things that you specifically do not want to happen. For example, heart resuscitation. You can complete an Advance Decision to refuse treatment. If you refuse all treatment, then you could find that you may not get all the treatment you need, so it is better to make a general statement of your wishes.

Information can be found here: [nhs.uk/Planners/endoflife-care](https://www.nhs.uk/Planners/endoflife-care)

Support with Advanced Care Planning

Greenwich and Bexley Community Hospice has volunteers who will help people who live in Greenwich and Bexley with advanced care planning.

Greenwich & Bexley Community Hospice

Tel: 020 8312 2244

Email: info@gbch.org.uk

St Christopher's Hospice

St Christopher's Hospice offers support and advice for people with advanced illness and their carers.

[stchristophers.org.uk](https://www.stchristophers.org.uk)

Tel: 020 8768 4500

Email: info@stchristophers.org.uk

Local resources

To find out about local services and activities in your area go to the Alzheimer's society website. [alzheimers.org.uk](https://www.alzheimers.org.uk) search for 'Dementia Connect'.

Notes

Research undertaken within Oxleas NHS Foundation Trust

We believe that research is vital to the further understanding of illnesses and the development of more effective treatments for them. As a department we are actively involved in both local and national research studies. All research studies undertaken within Oxleas NHS Foundation Trust have been reviewed and approved by an NHS Research Ethics Committee and also the trust's Research and Development Office. We would only ask people to participate in studies that we have agreed are sensible and appropriate.

We would be grateful if you would let us know whether you are willing to be approached by us to talk about research studies that we feel may be of relevance to you. Indicating a willingness to be approached **does not in any way oblige you to take part in research** - it simply enables us to identify patients and/or carers with whom we (or researchers known to us) can then have further conversations.

Declining any involvement will not affect your ongoing care or treatment in our service.

If you are interested please contact us:

Bridgeways

Bromley Memory Service

Research in Oxleas NHS Foundation Trust

Turpington Lane

Bromley

BR2 8JA

Tel: 020 8629 4900

Contact us

Bexley Memory Service
4 Emerton Close
Bexleyheath
Kent
DA6 8DX
Tel: 020 8301 9400

Bromley Memory Service
Bridgeways Day Hospital
Turpington Lane
Bromley
Kent
BR2 8JA
Tel: 020 8629 4900

Greenwich Memory Service
Memorial Hospital
Shooters Hill
London
SE18 3RG
Tel: 020 8836 8519/8521



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Confidentiality

All staff abide by a strict code of conduct on confidentiality and only share information in order to provide good quality care. We usually discuss this with you first.

Your opinion matters

We welcome your views on the services we provide. PALS is a free, confidential service which helps patients, families and carers deal with any concerns about our treatment and care.

Monday to Friday 9am to 5pm
(answerphone available)

Email: oxl-tr.pals@nhs.net

Tel: 0800 9177159 (freephone)
(not free from mobile phones)

Raising concerns

Your complaints, comments and suggestions help us improve the services we provide.

Email: oxl-tr.complaints@nhs.net

Tel: 01322 625751

Accessible information

If you'd like information in your own language, large print, audio or other formats, we can arrange this. Please speak to a member of staff.

Oxleas NHS Foundation Trust

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Pinewood Place

Dartford

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