

# Age and Dementia Friendly



Brighton & Hove



Are you worried  
about **memory  
loss, confusion  
or language  
difficulties?**

Advice and support is available to help  
you understand what to do next

If you or a loved one is experiencing significant memory loss, confusion, language difficulties or behaviour changes that are affecting your daily life, it could be a sign of something more serious.

## **Many things can cause these symptoms.**

Becoming forgetful doesn't always mean you have dementia. But it's always better to know and get the right support to help you live well.

# Brighton & Hove Care Journey



If you or a loved one is experiencing significant memory loss, confusion, language difficulties or behaviour changes then support is available to help you understand what to do next.

Contact details for all services can be found at the back of this booklet.





## Finding out if it's dementia

If you are worried about memory loss, confusion or language difficulties, speak to your GP to discuss a referral to the **Brighton & Hove Memory Assessment Service**.

The **Memory Assessment Service** provides assessment, diagnosis, treatment, support and advice for people with memory problems and their loved ones.

If you are referred to the Memory Assessment Service, you will be paired with a named **Memory Support Worker** to support you throughout your journey.

### Support after diagnosis

Your **Memory Support Worker** will work with you to develop a care plan. They will support you and your loved ones, connect you to services, and can link you with peer support groups that provide support, information and friendship.

**Alzheimer's Society** provides lifelong support and advice, before, during and after diagnosis.

Call **0333 150 3456**

Visit **[www.alzheimers.org.uk](http://www.alzheimers.org.uk)**



## Living well with dementia

**Your Care Plan will be developed in partnership with your named Memory Support Worker and provide access to patient and carer peer support groups.**

**Ageing Well Brighton & Hove** can help you find the right support and activities; including music, cooking, gardening, befriending, peer support and digital help. Call **0808 175 3234** Visit **[www.ageingwellbh.org](http://www.ageingwellbh.org)**

**Alzheimer's Society dementia** advisers can support you directly by phone or face to face and connect you to a range of local services.

Call **0333 150 3456**

Visit **[www.alzheimers.org.uk](http://www.alzheimers.org.uk)**

**Dementia UK** offers information and support about Young Onset Dementia and Dementia.

Call **0800 888 6678** Email **[helpline@dementiauk.org](mailto:helpline@dementiauk.org)**

Visit **[www.dementiauk.org/young-onset-dementia](http://www.dementiauk.org/young-onset-dementia)**

**Switchboard** supports LGBTQ+ people affected by dementia or concerned about memory loss.

Call **01273 204050**

Visit **[www.switchboard.org.uk/dementia-project/](http://www.switchboard.org.uk/dementia-project/)**

**BMECP Centre** supports **Black and Minority Ethnic (BME)** communities.

Call **0300 303 1171** Visit **[www.bmecp.org.uk](http://www.bmecp.org.uk)**

**Home aids, adaptations and telecare alarms** enable you to stay independent for as long as possible.

You can apply for an alarm that's worn around your neck or wrist. Call **0300 123 3301** Visit **[www.brighton-hove.gov.uk/carelink-plus](http://www.brighton-hove.gov.uk/carelink-plus)**

A grant is available to help you pay for the housing adaptations you may need. Call **Access Point 01273 295 555** Visit **[www.brighton-hove.gov.uk/adult-social-care](http://www.brighton-hove.gov.uk/adult-social-care)**

**Carers Hub** provides assessments and support if you are looking after someone with dementia. The Carers Card offers discounts on leisure and wellbeing activities. Call **01273 977 000** Visit **[www.carershub.co.uk](http://www.carershub.co.uk)**

Tools and resources are also available to help you maintain your independence when you're out and about. They can let people know that you may need some assistance, support or extra time to do things. Read more on page 11.





## Coping with changes

**The Memory Assessment Service** will continue to support you.

**Alzheimer's Society** can put you in touch with the right support. Call **0333 150 3456**  
Visit **[www.alzheimers.org.uk](http://www.alzheimers.org.uk)**

For support to help you live comfortably at home ask for an assessment from **Adult Social Care**  
Call **01273 295 555**  
Visit **[www.brighton-hove.gov.uk/adult-social-care](http://www.brighton-hove.gov.uk/adult-social-care)**

**Specialist Older Adults Mental Health Service (SOAMHS)** are a team of dementia specialists that provide support, treatment and interventions. Referrals are usually made through your GP.

**Age UK West Sussex and Brighton & Hove** offer information and support, including benefit checks which may help to access more funds.  
Call **0800 019 1310**  
Visit **[www.ageuk.org.uk/westsussexbrightonhove](http://www.ageuk.org.uk/westsussexbrightonhove)**

**For housing advice or to apply for housing,** contact the council. Call **01273 293030**  
Visit **[www.brighton-hove.gov.uk/housing](http://www.brighton-hove.gov.uk/housing)**

If you are interested in the council's seniors housing and extra care service at Brooke Mead email **[seniorshousing@brighton-hove.gov.uk](mailto:seniorshousing@brighton-hove.gov.uk)**



Find out more and get support

**Ageing Well Brighton & Hove** provides information and advice, social activities, health & wellbeing support, and volunteering opportunities for people aged 50+.

Call **0808 175 3234** Text **07770 061072**

Visit **[www.ageingwellbh.org](http://www.ageingwellbh.org)**

**Age UK West Sussex and Brighton & Hove** offer information and support, including benefit checks which may help to access more funds. Call **0800 019 1310**

Visit **[www.ageuk.org.uk/westsussexbrightonhove](http://www.ageuk.org.uk/westsussexbrightonhove)**

**Alzheimer's Society** provide useful information and resources about dementia.

Call **0333 150 3456** Visit **[www.alzheimers.org.uk](http://www.alzheimers.org.uk)**

**Black & Minority Ethnic Community Partnership (BMECP)** champions and supports Black and Minority Ethnic (BME) communities in Brighton & Hove.

Call **0300 303 1171** Visit **[www.bmecp.org.uk](http://www.bmecp.org.uk)**

**Brighton & Hove Buses** ensure 'Accessible Travel for All'. All staff are Dementia Friends and adaptations have been made to make buses more accessible and dementia friendly.

Call **01273 886200** Visit **[www.buses.co.uk/accessibility](http://www.buses.co.uk/accessibility)**

**Brighton & Hove Memory Assessment Service (MAS)** provides assessment, diagnosis, treatment, support and advice for people with memory problems and their loved ones.

Call **0300 555 0175**

Visit **[www.memorybrightonhove.org.uk](http://www.memorybrightonhove.org.uk)**

**Brighton & Hove City Council** provides advice on:

- home aids and adaptations, living arrangement changes, support for carers and safeguarding issues

Call **01273 295555**

Visit **[www.brighton-hove.gov.uk/adult-social-care](http://www.brighton-hove.gov.uk/adult-social-care)**

- housing or applying for housing

Call **01273 293030**

Visit **[www.brighton-hove.gov.uk/housing](http://www.brighton-hove.gov.uk/housing)**

- seniors housing and extra care housing

**[www.brighton-hove.gov.uk/seniors-housing](http://www.brighton-hove.gov.uk/seniors-housing)**

- healthy lifestyle choices

Call **01273 294589**

Visit **[www.brighton-hove.gov.uk/healthylifestyles](http://www.brighton-hove.gov.uk/healthylifestyles)**

- what to do if you can't make decisions for yourself, or you have to make decisions for someone else (including Lasting Power of Attorney)

Visit **[www.brighton-hove.gov.uk/help-with-decisions](http://www.brighton-hove.gov.uk/help-with-decisions)**

- blue badges to help you park in Brighton & Hove

Call **01273 296 270** Visit **[www.brighton-hove.gov.uk/blue-badge-scheme-and-disabled-parking](http://www.brighton-hove.gov.uk/blue-badge-scheme-and-disabled-parking)**

**Carers Hub** provides services and resources to improve the quality of life for carers of all ages in Brighton & Hove. The Carers Card offers discounts on leisure and wellbeing activities.

Call **01273 977 000** Visit **[www.carershub.co.uk](http://www.carershub.co.uk)**

**DEEP** The UK Network of Dementia Voices connects a network of around 80 groups of people with dementia across the UK to share their experience and support each other.

Call **07720 538851** Visit **[www.dementivoices.org.uk](http://www.dementivoices.org.uk)**

**Dementia Alzheimer's Society** provides support, information and guidance for people with dementia and their carers to live well with dementia, before, during and after diagnosis.

Call **0333 150 3456**

Visit **[www.alzheimers.org.uk](http://www.alzheimers.org.uk)**

**Dementia Friends** is a national programme from the Alzheimer's Society, aiming to change the way people think, act and talk about dementia. To access a free online session visit **[www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)**

**Dementia UK** provides information and support about Young Onset Dementia and Dementia.

Call **0800 888 6678**

Visit **[www.dementiauk.org/young-onset-dementia](http://www.dementiauk.org/young-onset-dementia)**

**Dementia Tip Share** is a website full of tips from people with dementia, for people with dementia, to help you to keep living as well as you can.

Visit **[www.dementiatip-share.org.uk](http://www.dementiatip-share.org.uk)**

**Join Dementia Research** provides an opportunity to register your interest in taking part in vital dementia research.

Visit **[www.joindementiaresearch.nihr.ac.uk](http://www.joindementiaresearch.nihr.ac.uk)**

**Digital Brighton & Hove** provides help with basic digital skills or support getting online.

Call **0300 180 0028**

Visit **[www.abilitynet.org.uk/digital-brighton-and-hove](http://www.abilitynet.org.uk/digital-brighton-and-hove)**

**Rare Dementia Support (RDS)** provides specialist social, emotional and practical support services for individuals living with, or affected by, a rare dementia diagnosis.

Call **020 3325 0828** Visit **[www.raredementiasupport.org](http://www.raredementiasupport.org)**



**The Association of Lifetime Lawyers** can put you in touch with legal professionals to help you plan for later life and support your loved ones. Call **0844 567 6173**  
Visit [www.lifetimelawyers.org.uk](http://www.lifetimelawyers.org.uk)

**Society of Later Life Advisers (SOLLA)** can put you in contact with financial advisers to help you with later life financial matters. Call **0333 2020 454** Visit [www.societyoflaterlifeadvisers.co.uk](http://www.societyoflaterlifeadvisers.co.uk)

**Switchboard** provides support for LGBTQ+ people affected by dementia or concerned about memory loss. Call **01273 204050**  
Visit [www.switchboard.org.uk/dementia-project/](http://www.switchboard.org.uk/dementia-project/)

**Time for Dementia** training programme pairs students with a family affected by dementia to share learning and experiences of living with the condition. Visit [www.alzheimers.org.uk/time-dementia-programme](http://www.alzheimers.org.uk/time-dementia-programme)


**3 Nations Dementia Working Group** are a friendly group of people diagnosed with dementia who want to share their lived experience and personal knowledge to help all those living with dementia. Visit [www.alzheimers.org.uk/get-involved/engagement-participation/three-nations-dementia-working-group](http://www.alzheimers.org.uk/get-involved/engagement-participation/three-nations-dementia-working-group)



## Help you when you're out and about

Tools and resources are available to help you maintain your independence when you're out in the community.



 **Alzheimer's Society Helpcards** are a free tool, the size of a credit card, for people with memory problems or living with dementia. You can write your name and any support you need with daily activities on the card.

Call **0333 150 3456**

Visit **[www.alzheimers.org.uk/helpcards](http://www.alzheimers.org.uk/helpcards)**

 **A Hidden Disabilities Sunflower Lanyard** can be used to discreetly indicate that you may need additional support or just a little more time.

Order a lanyard at **[www.hiddendisabilitiesstore.com](http://www.hiddendisabilitiesstore.com)**



**Helping Hand** is an award-winning assistance card scheme that provides bus users with a way to discreetly advise staff of any non-visible disabilities or assistance that may be required. Apply online at [www.buses.co.uk/helpinghand](http://www.buses.co.uk/helpinghand)  
Email [info@buses.co.uk](mailto:info@buses.co.uk)  
Call **01273 886200** Text **07583 051915**  
or drop into a travel shop and speak with an adviser.



**The Herbert Protocol** is a form that you and your loved ones can fill in. It contains a list of information to help the police if you go missing.  
Visit [www.sussex.police.uk/notices/af/herbert-protocol](http://www.sussex.police.uk/notices/af/herbert-protocol)



**This is me leaflet** is a way for anyone living with dementia, experiencing delirium or other communication difficulties to share information such as cultural and family background, important events, people and places from their life and their preferences and routines. It can be used by health and care professionals at home, in hospital, in respite care or in a care home to better understand who the person really is and tailor their care.  
Call **0333 150 3456** or email [publications@alzheimers.org.uk](mailto:publications@alzheimers.org.uk) to order a copy by post, or download a copy at [www.alzheimers.org.uk/get-support/publications-factsheets/this-is-me](http://www.alzheimers.org.uk/get-support/publications-factsheets/this-is-me)

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[www.brighton-hove.gov.uk/  
dementia-help](http://www.brighton-hove.gov.uk/dementia-help)



Brighton & Hove  
City Council