

Support Information Directory

**Local and national details
for people needing carer
support information
and
for anyone affected
by dementia in the
Bradford District**



**Dementia & Brain Health
Project**



Community Partnerships work together enabling people to remain 'happy, healthy at home' managing their own health and wellbeing. The **Affinity Care Community Partnership** has surgeries across the neighbourhoods of Shipley, Greengates, Thornton, Denholme, Queensbury, Clayton and Wyke.

We aim to support our patients and localities to be more accessible to people living with dementia, their caregivers and family members, to maintain their independence and inclusivity in the community. Working to raise awareness of dementia and brain health through lifestyle choices and improving personal health management.

.-----.

Check the Affinity Care website for the latest news of events in our surgery communities, and the latest

Support Information Directory

under the **Dementia** tab, and the

Groups & Activities Directory

under the **Community Groups** tab:

<https://affinitycare.nhs.uk/services/wellbeing/>

For further information please contact:

Anita Pearson

Dementia & Brain Health Coordinator

Tel: 07950 553621

Email: community.cogs@gmail.com



affinitycare.nhs.uk/



www.twitter.com/AffinityCareCP



www.facebook.com/AffinityCareCP/

SUPPORT & ADVICE SERVICES

DID YOU KNOW ABOUT...?

Attendance Allowance - is payable if your disability is severe enough for you to need help caring for yourself or someone to supervise you, for your own or someone else's safety.

Helpline Tel 0800 731 0122. <https://www.gov.uk/attendance-allowance>

ATTENDANCE ALLOWANCE IS NOT MEANS TESTED THEREFORE QUALIFICATION IS NOT AFFECTED BY YOUR INCOME OR SAVINGS.

Seek advice and help with the application process as soon as possible as entitlement is taken from the date you request the application process. Carers' Resource provide a help sheet:

<https://www.carersresource.org/wp-content/uploads/2024/05/Attendance-Allowance-4.24.pdf> or contact Age UK, Bradford Council benefits service, or Bradford Citizens Advice Tel 08082 787828 <http://www.bradfordcab.com/> Argus Chambers, Bradford BD1 1HZ.

AccessBus - 0113 348 1903, Mon to Fri 7.30am - 4pm email: accessbus@westyorks-ca.gov.uk
www.wymetro.com/plan-a-journey/accessible-travel/accessbus/

A dial-a-ride bus service providing door-to-door local transport, seven days a week between 9am and 5pm. Anyone of any age can register for AccessBus. Once registered you will receive a welcome letter with your reference number and details of how to book the service.

The **Orange Wallet** is an easy way for you to let transport colleague in West Yorkshire know that you have a disability and that you may need additional support, assistance or a bit more time.

<https://www.wymetro.com/plan-a-journey/accessible-travel/orange-wallets-and-travel-assistance-cards/> It is a bright orange travel wallet that has plastic pockets inside. You can keep your travel pass in the wallet, along with any other messages to let transport staff know what help you need such as a travel assistance card. **Who is it for?** Anyone who travels by bus and has a disability. **How do I get an orange wallet?** Orange wallets are free, and you can pick one up from your nearest bus station [travel centre](#). If you can't get to a travel centre, you can call MetroLine on 0113 245 7676 and they will send one by post. If you are part of a group or organisation and would like to provide orange wallets to your members, please contact passrenewals@westyorks-ca.gov.uk

Concessionary Fares Scheme - gives free, off-peak local bus travel throughout England.

If you cannot apply online, <https://ticketsandpasses.wymetro.com/blind-disabled/> please contact the Transport and Education team, PO Box 1253, Bradford BD1 9AB and they will send a paper application form. Tel: [01274 438723](tel:01274438723) Eml: transport.concessions@bradford.gov.uk

Disabled Person's Travel Permit The person with the disability may be allowed to have another person travelling with them who would get the same concession. You will be able to get a disabled person's travel permit if you:

- are blind or partially sighted, are profoundly or severely deaf or are without speech;
- have a disability which has a substantial & long-term adverse effect on your ability to walk;
- do not have arms or have long-term loss of use of both arms;
- have a substantial learning disability;
- have been refused a driving licence or would be refused a driving licence on medical grounds.

Blue Badge Parking permit - dementia is classed as a hidden disability and a Blue Badge can be issued depending on individual circumstances. Tel [01274 438723](tel:01274438723) Email transport.concessions@bradford.gov.uk
<https://www.bradford.gov.uk/transport-and-travel/transport-for-disabled-people/blue-badge-scheme/> Transport & Education, PO Box 1253, Bradford BD1 9AB.

Council Tax – you may qualify for a 25% reduction of council tax due to a diagnosis of dementia. Info at <https://www.bradford.gov.uk/council-tax/apply-for-discounts-reductions-and-exemptions/council-tax-severe-mental-impairment/> or speak to the **Disregards team on 01274 437715 to request an application form.** Email: benefits@bradford.gov.uk Housing Benefits and Reductions, PO Box 1251, Bradford BD1 9YY.

Services and organisations providing support

Able4life - phone the Access Team on 01274 435400 Email: ACS.Access@bradford.gov.uk www.Able4lifebradford.org.uk A self-assessment tool for your wellbeing and needs in the home. Bradford Council are the providers of Able4Life.

Bradford District Senior Power (BDSP) - 01274 921211 07944656281

<https://www.bdsp.org.uk/> Email: infoBDSP4040@gmail.com

BDSP aims to help take the pressure off older adults who are experiencing loneliness. Their main focus is to develop one-to-one befriending links between trained volunteers and adults who may be living with mental health problems and isolation. They also run a variety of social and learning groups open to seniors throughout the week at various venues.

Bradford Libraries – Reading Well for Dementia reading-well.org.uk

Recommended books chosen by people living with dementia, carers and health professionals. The books provide reliable information, advice and support as well as personal stories.

All Bradford's libraries offer free access to computers and the Internet. They are all UK Online centres where you can enrol on a [free Learn My Way course](#) to learn how to use a computer. Staff will be on hand to help you to learn the basics, and then help you to set up your own email account. There are lots of small 'taster' courses on subjects of interest such as digital photography, socialising online, and using a mobile phone. For more information you can speak to staff at any of the district's libraries or call **Shipley library on 01274 437150, or City library on 01274 433600.**

<https://www.bradford.gov.uk/libraries/learning/computers-and-learning/>

Connect to Support (Bradford District) - <https://bradford.connecttosupport.org/>

developed by Bradford Council and stakeholders the website provides information for adults with care and support needs. With a focus on empowering people to live happy, healthy lives, where they are in control.

The Contented Dementia Trust - <https://contenteddementiastrust.org/>

formerly known as SPECAL, an independent charitable organisation with an innovative approach to the care of people with dementia, a world where a diagnosis of dementia is no longer viewed with fear. Their mission is to ensure that the person with dementia, and their carer, can lead as close an approximation to the life they would have wished to live without dementia.

Carers UK - www.carersuk.org/ Helpline 0808 808 7777 from Mon to Fri 9am – 6pm or you can contact by email: advice@carersuk.org Expert telephone advice and support service to talk about caring. If you need somebody to talk to or a listening ear, **Samaritans** is also available 24 hours a day, 365 days a year on 116 123 or email jo@samaritans.org

Carents – Support for Adult Children Caring for Ageing Parents in the UK

Carents is the UK's national organisation dedicated to supporting adult children who care for their ageing parents. This hidden group - known as carents (pronounced care-nts) - represents 57% of all carers in the UK yet remains largely unrecognised by the current system. **Caring for a loved one can be rewarding, but it can also be challenging. Carer support services** offer vital assistance and guidance to those providing care to their elderly family members. Navigating the various support options available can be tricky, but our guides aim to simplify the process, ensuring that you have access to the finances, resources and information you need to support both yourself and your loved one. <https://carents.co.uk/>



Need support? <https://dementiacarers.org.uk/> or call 0800 652 1102 to speak to a member of our friendly team. We believe that dementia

carers count. We're working for a world where all family and friends taking care of someone with dementia feel confident, supported, and heard. We recognise the important challenge that you face – as a wife, a son, a daughter-in-law, a close friend – when you're responsible for that person who really needs you. We provide free courses designed and delivered by healthcare professionals, that will help you develop skills and build confidence to navigate the highs and lows and give you practical tips that you can use every day. Learning how to make your life manageable and maintain your own health and well-being is vital when you're caring for someone with dementia.

DEEP – www.dementiavoices.org.uk/ On the website find out more about the DEEP network of around 80 groups of people with dementia all across the UK. DEEP connects them together to share their experience, and to support each other. Some groups come together for support and friendship in the beginning. Many become involved in campaigning and awareness raising about dementia. They include an online LGBTQ+ group called Speak out with dementia. They **all** have a voice. You can also download lots of resources on a range of topics created or co-created by members.



Independent Age

National Helpline T: 0800 319 6789 E: advice@independentage.org
<https://www.independentage.org/>

Whatever happens as we get older, we all want to remain independent and live life on our own terms. That's why, as well as offering regular friendly contact and a strong campaigning voice, Independent Age can provide **Information and Advice** for older people, their families and carers [through this website](#) and by distributing [free printed advice guides and leaflets](#). Topics include money, support and care, housing options, health, personal life and future planning.

Helpline - We give free, confidential advice for older people, their families and carers on issues such as getting help at home, adaptations, care assessments, paying for care and welfare benefits. Our knowledgeable advisers may answer your query straightaway or book a follow-up appointment with you for a more detailed discussion.

Regular calls and visits - With the help of our committed volunteers, we provide friendship services to relieve loneliness and isolation. These are delivered through phone calls, visits, telephone discussion groups and more, enabling you to feel more connected to your local community.

We identified three types of poverty facing older people: financial poverty (millions not claiming their entitlements), poverty of information and poverty of social contact – research showed that loneliness was as big a threat to health as smoking or obesity. At the beginning of 2023, we set out our new four-year strategy focused on supporting older people facing financial hardship. We believe that no one should face financial hardship in later life and our goal is to have improved the lives of one million older people by 2027.

LGBTQ+ Support - More information about organisations supporting LGBTQ+ people with dementia and their care partners and families can be found at alzheimers.org.uk and their booklet - **LGBTQ+: Living with Dementia** (code 1511) can be ordered, read online, or downloaded.

The LGBTQ+ Dementia Advisory Group - <https://www.lgbtqdementiaadvisorygroup.net>

Email: lgbtq.dementia@gmail.com - a group of individuals who are passionate about improving the lives of all people affected by dementia who identify as LGBTQ+. They value the combined input of people with lived experience of dementia, people with experience of caring for or supporting people with dementia, and people who identify as LGBTQ+ with an interest in dementia.

Equity Partnership - <https://www.equitypartnership.org.uk> - 01274 727759 - **Equity Centre, Longlands St BD1 2TP** email: admin@equitypartnership.org.uk - Equity Partnership is a charity set up and delivered by LGBTQ+ people in Bradford and the surrounding areas. They support LGBTQ+ groups and individuals to have a say in the decisions taken by agencies which affect their lives. Also offer training, consultancy and research services, and their centre offers a safe space for all members of LGBTQ+ communities to come together and support one another.

LGBT Foundation 03453 303030 (9am–9pm Monday–Friday, 10am–5.30pm Saturday–Sunday) helpline@lgbt.foundation www.lgbt.foundation LGBT Foundation is a national charity delivering advice, support and information services to lesbian, gay, bisexual and trans communities.

Switchboard 0300 330 0630 (10am–10pm) admin@switchboard.lgbt www.switchboard.lgbt
An information, support and referral phone and online service for LGBTQ+ people.

Meri Yaadain – phone Akhlak Rauf on 07966 166 665 or email: info@meriyaadain.co.uk
www.meriyaadain.co.uk Meri Yaadain (meaning My Memories) work in the wider community to raise the awareness of dementia amongst the black Asian and minority ethnic communities to understand dementia and its impact, especially for the person living with dementia and their carers.

NHS Social Care & Support guide – <https://www.nhs.uk/conditions/social-care-and-support-guide/> If you or someone you know needs help with day to day living because of illness or disability this website explains your options and where you can get support.

Pathways group – phone Clare Mason on 07917 751478 email: c.mason3@bradford.ac.uk or pathwaysdementia@gmail.com <https://www.dementiavoices.org.uk/group/pathways/>
Part of the DEEP Dementia Voices network, a support group for those affected by young onset (working-age dementia) in the Bradford district. They meet monthly and provide information, contact, and support in a non-judgemental, supportive, fun environment. They have regular speakers and activities as well as a chance to chat to others in a similar situation. They also have social outings and an annual supported holiday.

Together in Dementia Everyday - Tel 0151 237 2669 carers@tidecarers.org.uk
TIDE believe that carers and former carers have the experience and knowledge to improve health and social care, research, and policy development throughout the UK. With tide you can learn to champion your rights as a carer and create real change.

West Yorkshire Police - The Herbert Protocol is an initiative introduced by West Yorkshire Police and other agencies which encourages carers to compile useful information which could be used in the event of a vulnerable person going missing. Carers, family members and friends can complete, in advance, a form recording all vital details, such as medication required, mobile numbers, places previously located, a photograph etc. In the event of your family member or friend going missing, the form can be easily sent or handed to the police to reduce the time

taken in gathering this information. <https://www.westyorkshire.police.uk/advice/personal-safety-and-posessions/dementia-awareness/herbert-protocol-missing-person-incident-form>

West Yorkshire Police is currently trialling the use of [a digital version of the Herbert Protocol via Safe and Found Online](#). Instead of completing a paper form, you would create a secure profile via this website which can be accessed by West Yorkshire Police only if you make a missing report.

West Yorkshire Fire Service - Safe and Well - is a free service offered by firefighters or dedicated prevention officers who visit members of our community in their own homes. Our officers will then carry out a fire risk assessment and offer tailored advice and interventions to help reduce the risk of fire in their property. There is an online link to request a visit <https://secure.westyorksfire.gov.uk:50251/public/> or contact – **Fire Safety at Home, Bradford District Fire Prevention 01274 385432**.



The William Merritt Disabled Living Centre is a registered charity and a charitable company limited by guarantee. <https://wmdlc.org/>

We offer impartial advice and assessments for people of all ages living with a disability or long-term condition to help them achieve greater independence and fulfilment. From medical fitness-to-drive assessments, to scooters, stair lifts and much more, we help people make good choices to enhance daily living. Most, but not all, assessments are free of charge. Please look at the Services section of this website.

We are a member of Driving Mobility. As a regional centre, we offer car access assessments for drivers and passengers, fitness-to-drive assessments and driving lessons in our adapted vehicles. <https://www.drivingmobility.org.uk/driving-with-a-disability/dementia/>

William Merritt Disabled Living Centre, Aire House, 100 Town Street, Rodley, Leeds LS13 1HP
T:0113 350 8989 E:info@wmdlc.org

Sources of information - help sheets to read, download, order or listen to:

Age UK – 01274 391190 www.ageuk.org.uk/services/information-advice/guides-and-factsheets/ various information guides including Health & Wellbeing, Money & Legal, Home & Care to factsheets on Advice for carers, Caring for someone with dementia, and LGBTQ+ info and support.

Dementia Friendly Keighley – 01535 602529 www.dementiafriendlykeighley.org.uk

Treacle - <https://www.treacle.me/> a free and easy-to-use social prescribing directory. It gathers together information about small local groups, as well as national help and support, into one site.

Online groups offering first-hand experiences, advice & support:

Dementia Support Forum - www.forum.alzheimers.org.uk online support and advice forum for all questions/answers about dementia.

Facebook groups:

- Safeguarding Futures Health & Social Care Support
- Dementia & Alzheimer UK Carers Group

YouTube: EquipMeOT – equipmeot.com www.youtube.com/@EquipMeOT
practical instructions for use of medical equipment in the home setting by a qualified occupational therapist, plus useful tips for all health and care circumstances with the intention of providing details needed to problem solve.

One stop wellbeing hubs



Wellbeing hubs

The local NHS, Bradford Council and the voluntary and community sector are working together to help individuals with their wellbeing by establishing the **Wellbeing Network for Bradford District and Craven**.

The network has three wellbeing hubs which provide advice and support with:

welfare benefits ie housing, universal credit, unemployment, and budgeting

anyone feeling lonely or isolated

wellbeing



Bradford East Hub
163 Killinghall Road, Bradford, BD3 8AA



Bradford West Hub
Manningham Mills Community Centre, Lilycroft Road, Bradford, BD9 5BD



Bradford South Hub
Sutton Community Centre, 51 Ky n Place, Bradford, BD4 8NB

Information about the hubs and how to contact them can be found on: wellbeingnetwork.org.uk

System access point: front line workers can refer people through the Bridge Project on 01274 265222 or by emailing wbn@thebridgeproject.org.uk.

Individuals can refer themselves by clicking on this [referral form](#) or by calling 01274 265222.



<https://mylivingwell.co.uk/> Making it easier for everyone in Bradford District to live healthier more active lives, Living Well is an initiative led by Bradford Council Public Health and NHS Bradford and Craven Health and Care Partnership working collaboratively in partnership with a wide range of key stakeholders and community groups.

It aims to address the rising levels of obesity and reduce the high levels of early and preventable deaths within the district. Physical, emotional, and mental wellbeing can be affected by choices we make and the communities where we live, work, play and learn. Living Well provides information, advice, and support to create an environment that encourages and empowers people in Bradford district to eat well, move more and maintain good mental wellbeing.

Falls Prevention Service - 01274 251330 fallsteam@bdct.nhs.uk – Our Falls team are specialists in falls prevention who provide expert knowledge, advice and support across Bradford and Airedale to help people aged over 60 who are at risk of falls to stay independent. Our service is informed by ongoing research, and we offer falls awareness training and attend community groups to provide practical falls prevention advice and information. Please see our web page for top tips and simple, quick strength and balance exercises you can do at home to help you stay steady and prevent a fall at <https://www.bdct.nhs.uk/our-services/community-health-services/falls-prevention-service/>. Your GP or any other health or social care professional can refer you to the Falls team if you've had a fall or concerned that you or someone you care for is at risk of falling. Age UK has lots of useful information about Falls Prevention <https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/falls-prevention/> Also, check out the Happy, Healthy at Home booklet full of useful tips and ideas to keep you well at home. <https://happyhealthyathome.co.uk/> or Scan QR code



NHS Talking Therapies – for anxiety and depression – 01274 221234

www.bdtalkingtherapies.nhs.uk We can all experience problems in everyday life -they offer guidance on helping you to improve things like depression and low mood; panic; anxiety; stress; sleep problems; OCD; PTSD. They offer a range of therapies in Punjabi, Urdu, Gujarati, Hindi and Spanish.



Caring for someone living with dementia can be tough, but music can help. There are lots of ways to use music, whether that's listening to the radio, joining a choir, making a playlist or even just singing a song. It can be particularly helpful if your loved one is feeling anxious or restless

– try it during 'sundowning' time. [Music for Dementia](#) – a **FREE** radio station playing constant hits from the decades – choose 40s, 50s, 60s, 70s, 80s or a mix. m4dRADIO.com

My Life Films <https://www.mylifefilms.org>

This on-demand streaming service offers dementia-friendly television to thousands of people at home and in care across the UK every year - improving mood, reducing anxiety, and providing vital respite for carers at home, and enjoyable and stimulating group activities for care staff in settings.

My Life TV <https://www.mylifefilms.org/pages/my-life-tv>

Offering a wide variety of carefully selected and created content including specially produced quizzes, singalongs, drawing and chair yoga, as well as animal and nature programmes, feel good content, popular shows from the 1960s onwards and more. Meeting the cognitive, emotional and physical needs of people living with dementia, including memory problems, reduced concentration, agitation, poor mobility and being socially withdrawn or disconnected.

Brain Health and Dementia risk reduction

Brain Health Network <https://brain.health/> helps raise awareness and spread the message that neurodegenerative diseases are not an inevitable part of ageing. Maintaining a healthy brain day to day is important to stay sharp and feel good and there is a lot we can do to look after our brain through simple lifestyle factors. Leading research indicates that it is possible to lower the risk of developing neurodegenerative diseases such as Alzheimer's – in part by maintaining a healthy brain. This means that it may be possible to prevent or delay the onset of such diseases.

FREE eBook at <https://brain.health/the-brain-health-method>



'Living Well Brain Matters' is about the things we can do to help keep our brains healthy and lower the chances of getting dementia when we're older. Dementia isn't a natural or inevitable part of ageing, and there's a lot we can do to look after our brain, as well as our bodies. Risk is lowest in people who have healthy behaviours in mid-life (age 40-65) and the good news is it's never too late to start! By making changes about 4 in 10 cases of dementia could be prevented.



<https://mylivingwell.co.uk/campaigns/brain-matters/>



0300 111 5111 - www.alzheimersresearchuk.org/dementia-information

The UK's leading dementia research charity providing free dementia health information to view, download or order. Explore your brain healthy habits and discover how to look after your incredible brain with the Think Brain Health Check-in.

<https://www.alzheimersresearchuk.org/brain-health/think-brain-health/>



Royal National Institute for the Deaf - Supporting people who are deaf, have hearing loss or tinnitus. *Hearing loss is one of the modifiable risk factors for dementia. The RNID check takes 3 minutes and is completely free. It will suggest if your hearing is in a normal range or if you may have hearing loss.* <https://rnid.org.uk/information-and-support/take-online-hearing-check/>

Department of Adult Social Care

Adult Social Care is about supporting adults of all ages, disabilities, and backgrounds to live happy and fulfilling lives mainly through support at home and in the community. It is part of the Department of Health and Wellbeing for people 18 years plus.



The **Independence Advice Hub** can help if you or the person you care for need extra support or you need a break from your caring responsibilities or you can also talk to social care staff about your circumstances in the home to support you with **Occupational Health equipment**. To discuss your situation **call 01274 435400 Mon to Thurs: 8.30am to 5pm Friday: 8.30am to 4.30pm**, email: IAHinbox@bradford.gov.uk or go to the website bradford.gov.uk - to complete an online form and one of the team will get in touch with you.



Outside normal office hours in an **Emergency** contact the **Duty Team** on **01274 435400** Monday to Thursday from 5pm to 7.30am the following morning. On Fridays from 4.30pm throughout the weekend to 7.30am Monday morning and Bank Holidays with 24-hour cover.

Financial Information

- **Paying for support** – A Care Needs Assessment works out what support you need and how much it will cost to provide it, but unlike health care, social care is not free. We will offer to complete a financial assessment to work out how much of that cost the Council can cover, and how much you'll need to pay for yourself. A care needs assessment can be done for the person who needs the care, as well as an assessment of the carer's needs: you can have the assessments regardless of whether or not you take up the council's care arrangements or arrange your own.
- **SOLLA** – societyoflaterlifeadvisers.co.uk Tel. 0333 2020 454.
- **Safeguarding Futures Health & Social Care Support** - facebook group.

Bradford Care Services Directory – A directory of care at home organisations, care homes, and nursing homes across the district plus information about paying for care. 2026 version ready to download from www.careandsupport-bradford.co.uk or call 07952 040931 or 07511 032908 for a FREE copy.



Advance Care Planning

There may come a time when we aren't able to make some decisions for ourselves

Advance decisions and **advance statements** are just two of the ways you can plan ahead. They each do different things. You can make some choices now for example, about future care and treatment.

Alzheimer's Society factsheet [463LP Advance decisions and advance statements \(alzheimers.org.uk\)](https://www.alzheimers.org.uk) explains the differences and looks at what each can and cannot do, and the **Planning Ahead** booklet 1510.

Age UK <https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/dementia/planning-for-the-future/> .

Lasting power of attorney factsheet – [472 Lasting power of attorney \(alzheimers.org.uk\)](https://www.alzheimers.org.uk) or call 0333 150 3456 for help with LPA digital assistance.

Age UK work with each community through:

Information Points – providing access to a range of Age UK information booklets and relevant local community info.

Help & Support – with access to a 'drop in' chat zone for friendly chats with others.

Advice and Casework – on issues including welfare benefits and support.

Activities & groups – delivered in local areas -

<https://www.ageuk.org.uk/bradforddistrict/activities-and-events/>



Age UK Bradford & District Phone: 01274 391190

Open: Mon 9.30-4.30, Weds 9.30-3 Tues, Thurs & Friday 9.30 to 1pm

Email: info@ageukbd.org.uk or <https://www.ageuk.org.uk/bradforddistrict/>

for details of the 6 Hubs around the district: Shipley, Keighley, Idle, Allerton, Queensbury, and the main office at: **73-75 Wrose Road, Shipley BD18 1HX.**

Each hub features Area Impact Teams and offer a wide range of services more responsive to local needs - advice, support, & signposting as well as the Age UK shops.

- **AgeCo** - [tel: 08000 461501](tel:08000461501) Age Co is 100% owned by Age UK and gives its profits to the charity enabling them to support those older people most at need <https://www.ageukincontinence.co.uk/radar-disabled-toilet-key.html>
Incontinence products and Radar Keys, an easy to use key that grants access to over 9000 disabled toilets around the UK.

If you need support or information outside of office hours, contact Age UK's Advice Line: 0800 678 1602 Open 8am-7pm, 365 days a year.

Or contact **Silver Line** the only free confidential helpline providing information, friendship, and advice to older people

24-hour helpline 0800 4 70 80 90

Open 24 hours a day, every day of the year.



Living with dementia
Your essential guide

This clear, easy to use essential guide of steps to take when first diagnosed to living well with dementia is free to download from

<https://www.dementiauk.org/wp-content/uploads/dementia-uk-living-with-dementia-guide.pdf>

or call 020 8036 5400 to request a copy.

Dementia UK and Admiral Nurses – www.dementiauk.org for support from a dementia specialist Admiral nurse or for information or advice about dementia call the free **Dementia Helpline** 0800 888 6678 open 9am to 9pm Monday to Friday and 9am to 5pm on Saturday & Sunday.



The **Bradford Dementia Hub** is the dementia support information and service in the Bradford district commissioned by Bradford Council. They work to ensure that people in Bradford have access to a wide range of dementia information and advice to help them to manage their condition and live well with dementia. **The service is for anyone in Bradford**

district affected by dementia before or after a diagnosis. They support adults of any age concerned about their memory, living with dementia, as well as their family, friends, and carers. **Referrals to the service** can be made by ringing the hub on **01274 065060** or via the **website:** <https://bradforddementia.com/> or **email:** bradfordhub@inspirenorth.co.uk or <https://www.facebook.com/people/Bradford-Dementia-Hub/>



Dementia Friendly Keighley - 01535 602529 -

www.dementiafriendlykeighley.org.uk –Keighley centre drop-in, coffee mornings, activities, advice, regular dementia awareness sessions, and a variety of support and information guides for anyone to access.

Keighley Dementia Advice Community Group helps and supports people living with or affected by dementia. We are a volunteer led group offering advice and information and run a **weekly drop-in session every Wednesday from 11am to 2pm**

Phone 07961 537888

at Keighley Library North St Keighley BD21 3SX

WhatsApp number +44 7961 537888 Email keighleydementiaadvice@gmail.com

Messenger [Keighley Dementia Advice Community Group](#)



Community Cuppa Club every 2nd Thursday 11-1pm Airedale Shopping Centre –
coffee, biscuits, social activities.



alzheimers.org.uk facebook.com/alzheimerssocietyuk twitter.com/alzheimerssoc

The Alzheimer's Society is the UK's leading dementia charity. It is a care and research charity for people with dementia and their carers providing support.

Call the **Dementia Support Line** on **0333 150 3456** at evenings and weekends - dementia advisers will give you support and advice, connecting you to the help you need.

Dementia Support Forum - online support and advice forum for all questions about dementia -

<https://forum.alzheimers.org.uk/>

Companion Calls are regular friendly telephone calls from a dedicated volunteer offering a source of connection each week for individuals living with dementia and their carers.

Dementia Together magazine – ring the customer care team on **0330 333 0804** or sign up for **free** copies of the Alzheimer's Society magazine to be posted to you or listen to articles from them, or get twice-monthly e-newsletter updates at <https://www.alzheimers.org.uk/get-support/publications-and-factsheets/dementia-together>

The Alzheimer's Society quarterly newsletter for West Yorkshire aims to keep you informed about the work of Alzheimer's Society locally and nationally as well as providing other organisations and people affected by dementia the chance to contribute. If you would like a copy, contact Ben.Johnson@alzheimers.org.uk
Local Services Manager, West Yorkshire Alzheimer's Society Tel: 07354 165663.

Lasting Power of Attorney digital assistance - If you don't have access to the internet, or don't feel able to complete the forms online, Alzheimer's Society offers a digital assistance service. Call 0333 150 3456.

LPA forms are completed on your behalf by trained volunteers. The service does not offer legal advice.

Advice Line: call free on 0808 501 5939

www.carersresource.org

carers'
resource

*you care for them,
we care for you*

A carer is someone who, without payment, provides help and support to a spouse (care partner), relative, friend, or neighbour or who could not manage otherwise because of frailty, illness, or disability. They may even be juggling paid work with caring responsibilities at home. Carers have a tough job – it can mean unrelenting pressure, little chance to relax and a lot of worry. **Carers' Resource** provides support for carers, no matter what their age, race, religion or needs. Carers need information, but due to the demanding nature of their role they may not have the time, energy, or ability to find it.

Check the website or call to discover what support they can offer you as a carer: - paying for care; assessment for services; arranging help at home; equipment; courses; transport and holidays; finance and benefits including Attendance Allowance (download this help with completing the form <https://www.carersresource.org/wp-content/uploads/2024/05/Attendance-Allowance-4.24.pdf>)

The Emergency Planning scheme is run in partnership with the council <https://www.bradford.gov.uk/adult-social-care/living-independently/safe-and-sound/>. It offers carers peace of mind should they be involved in an emergency situation which takes them away from their caring role, by creating an **Emergency Plan**. Along with the plan, carers also receive a wallet-sized plastic card and a keyring to ensure they are identified as a carer if they have an accident or are unable to identify themselves in an emergency. The carer's card contains no personal details other than a unique ID number and a 24-hour contact phone number, which is phoned in order to activate the Emergency Plan.

The **Carer Navigator service** supports friends and families who have a loved one admitted to Airedale General Hospital and Bradford Royal Infirmary. We have a team of staff, called Carer Navigators, who are dedicated to supporting people who are looking after a relative or friend in hospital. A carer is someone who provides unpaid help and support to a family member or friend who could not manage otherwise.

We offer a range of information and support for carers including:

- Help you be recognised as a carer and be someone you can talk to.
- Support in meetings around discharge from hospital.
- Support with organising social and personal care.
- Tell you about carer benefits and assessment entitlements.
- Support with form filling and which services can help.
- Let you know where you can get help after returning home.
- A community-based worker can support you once the person you care for has been discharged from hospital. **You can call us: 01274 925606** or email carernavigators@carersresource.org

You are entitled to a **Carer's Assessment** if you look after a relative or friend who needs your support to live at home. It provides an opportunity for you to discuss all aspects of your caring role. If you think you may be entitled to a Carer's Assessment, please get in touch. They produce a factsheet ***What's involved in a Carer's Assessment?*** which you can [order from the factsheet page](#)

The **Carer's Wellbeing Grant** is a fund from Bradford Council for carers to help with personal wellbeing. It is a one-off payment of up to £150 and is intended to enable carers to promote their own health and wellbeing and to help carers continue caring. You would **need to have an informal review about your health and wellbeing** with a Carers' Resource member of staff, who will then be able to recommend you for a grant.