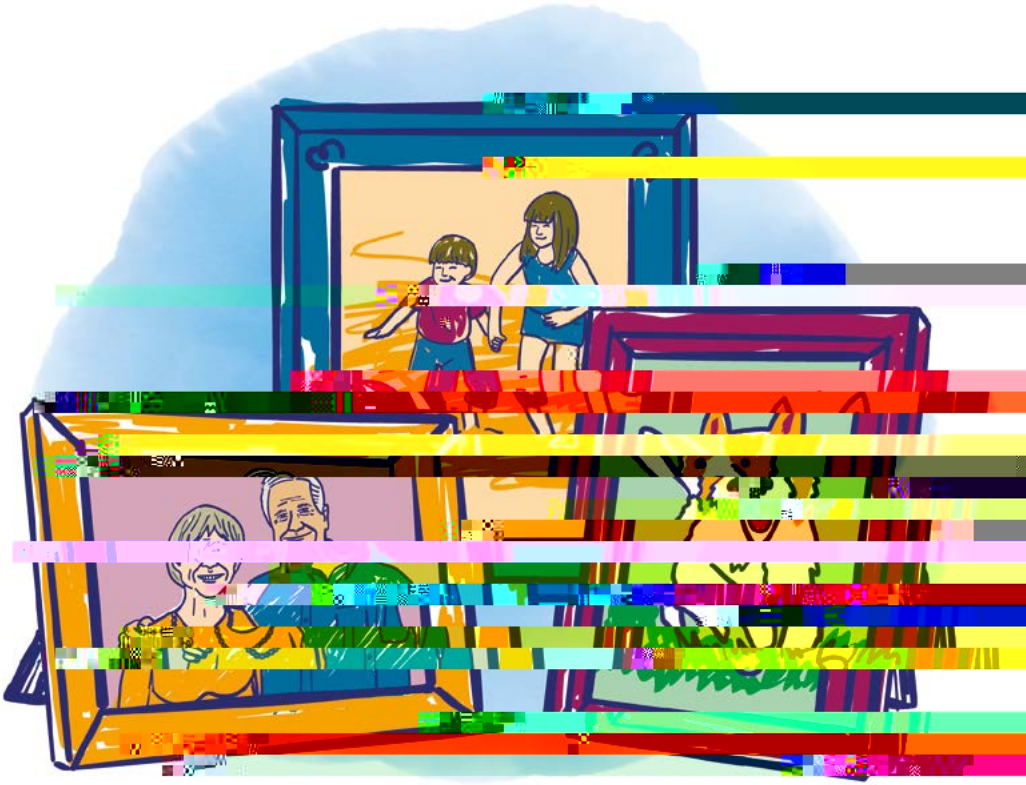


Practical help and emotional support

June 2023

1) Join our Readers' Panel. H
t R 'P . 't
t t .

J R 'P t **www.ageuk.org.uk/readers-panel**.

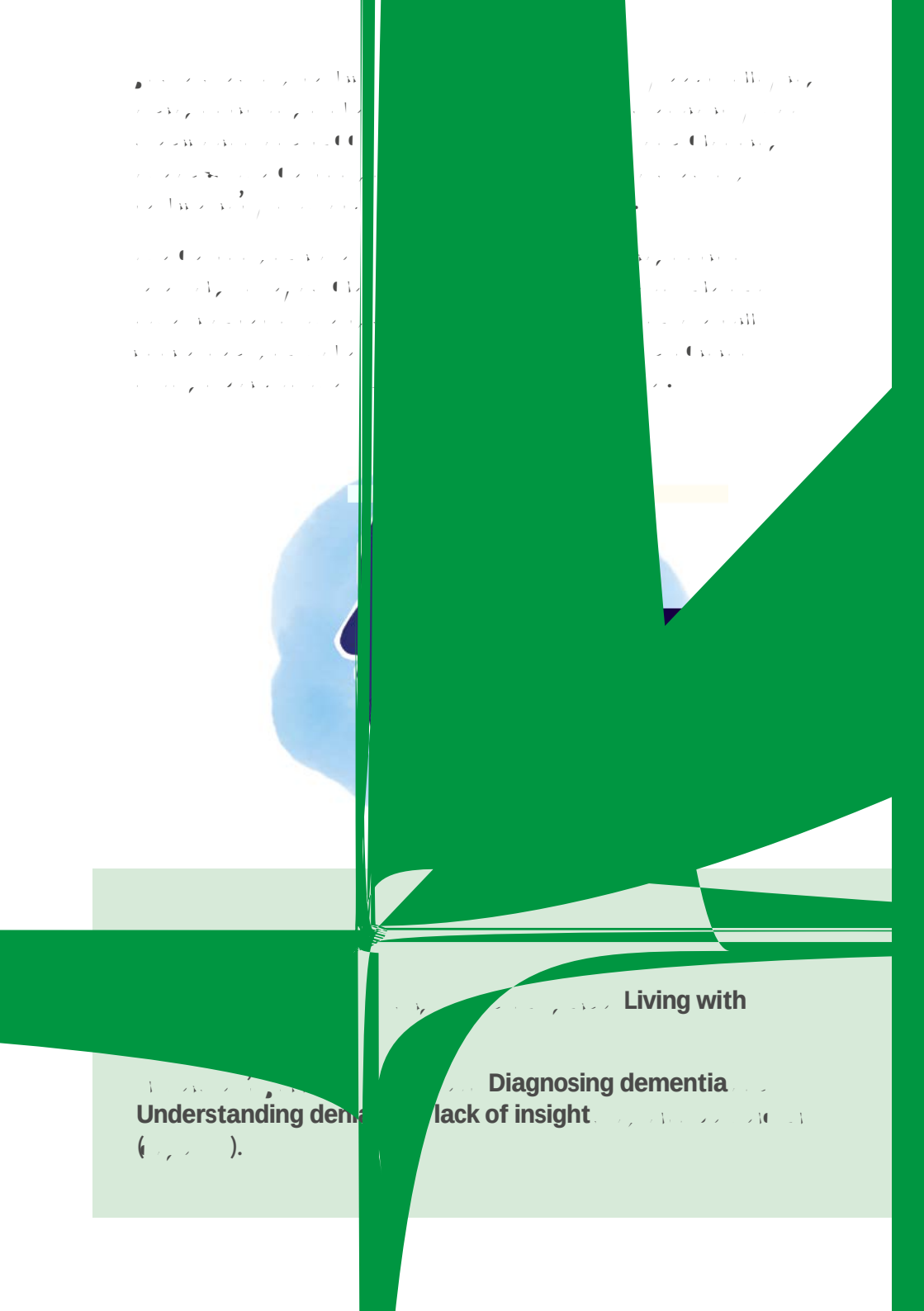
2) Tell us your story. H t t
t ? H A UK' t t ? I ,
' t t t t t t t
t t .

E t t **stories@ageuk.org.uk**.

If you care for someone with dementia, this guide is for you.

Advice for carers.

Tracey, 43



Living with

Diagnosing dementia

Understanding dem lack of insight

( ).

Good to know

Being a carer can sometimes feel isolating and overwhelming. As a carer, you need support too.

[illegible]

[illegible]

There are lots of practical things that might be helpful – whether it's getting affairs in order, dealing with money or making changes at home.

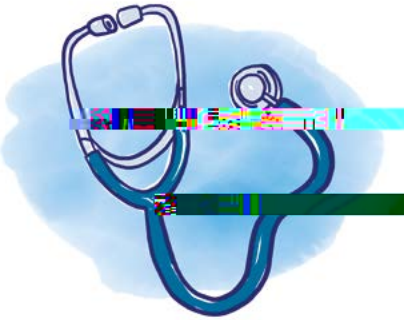
- **Good lighting**
- **Helpful gadgets**

0300 790 6806 wn yo6806

Next steps

Staying healthy

Eating and drinking



Next steps

Thinking about end of life Advance decisions, advance statements and living wills.

LifeBook

Next steps

Getting help at home
Personal budgets and direct payments
Social care assessments

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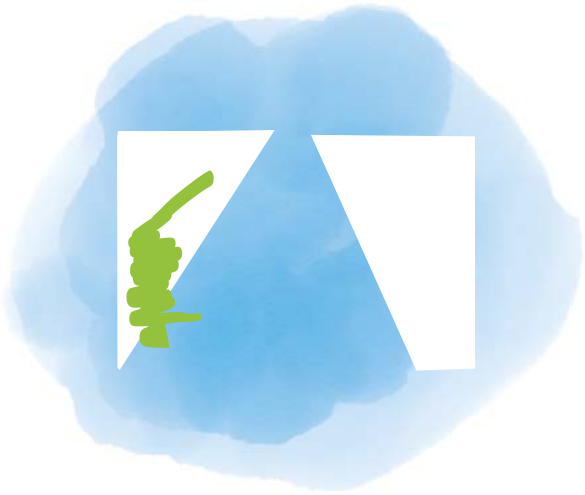

Next steps

Taking a break.

www.carersuk.org/break.

Good to know

(page 55) Tips for better communication. ( ) Aggressive behaviour Walk1.5 1 Tf- (k1.5 1 Tf602/om[kCID Tf- (0856b(/)3

When you talk

-
-

Next steps

How to resolve problems and make a complaint about social care

How to resolve problems and make a complaint about social care in Wales.

Next steps

Thinking about end of life Let's talk about death and dying

Age UK Advice: 0800 169 65 65

www.ageuk.org.uk

0300 303 44 98

www.agecymru.org.uk

0808 808 7575

www.ageni.org

0800 124 4222

www.agescotland.org.uk

0333 150 3456

www.alzheimers.org.uk

www.alzheimers.org.uk/wales

www.alzheimers.org.uk/about-us/alzheimers-society-northern-ireland

orders@alzheimers.org.uk

0300 303 5933

[illegible]

[illegible]

0300 772 9600
www.carers.org

[illegible]

[illegible] **0808 808 7777**
[illegible] **advice@carersuk.org**
www.carersuk.org

[illegible] **www.carersuk.org/wales**

[illegible] **www.carersuk.org/northernireland**

[illegible]

[illegible]

0808 808 1677
www.cruse.org.uk

[illegible]

[illegible]

01245 237548
[illegible] **info@dementiaadventure.co.uk**
www.dementiaadventure.co.uk

[illegible]

01786 467740
[illegible] **dementia@stir.ac.uk**
www.dementiainformation.stir.ac.uk

0800 888 6678
helpline@dementiauk.org
www.dementiauk.org

www.gov.uk/become-appointee-for-someone-claiming-benefits

0800 319 6789
www.independentage.org

020 7320 5650
www.lawsociety.org.uk

Provides information about NHS services, healthy living and health conditions.
Tel: **111**
www.nhs.uk

In Wales, visit **111.wales.nhs.uk**

In Northern Ireland, visit **www.nidirect.gov.uk**

Provides information about making a lasting power of attorney or applying to the Court of Protection.
Tel: **0300 456 0300**
Email: **c****TJETEMC /P /Lang 254.63 BDOC3 7 2p3-1-5.(n)1.1 (In)0.3)28 [)11-3612(72.9 c**

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☐ **I would**

☐ **I do not**

contact@ageuk.org.uk **0800 169 8787.**

www.ageuk.org.uk/help/privacy-policy.

£10 ☐ **£15** ☐ **£20** ☐ **My choice £**

☐ **or**

☐ ☐ ☐

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2

3

4

5

- **Advice for carers**
- **Living with dementia**
- **At home with dementia**

0800 169 65 65 (-).

www.ageuk.org.uk/dementia .

0800 169 65 65
www.ageuk.org.uk

( ).