



Living with Dementia

Information and Resource booklet

September 2021



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Fact Sheet 1: What is Dementia?

- Dementia is an umbrella term for a number of different diseases that affect the brain in different ways.
- Dementia is defined as a disease that is progressive (it gets worse over time), affects more than one aspect of thinking (for example, memory, language, behaviour, visual processing) and is severe enough to affect everyday life.
- It is estimated that there are over 850,000 people with dementia in the UK.
- Dementia does not just affect the person with dementia, it affects the people around them, their family, and friends.
- Dementia is becoming increasingly recognised as a priority for health and social care, and for research.

It is important to highlight that not everyone who has difficulties with their memory will have dementia.

The term **Mild Cognitive Impairment** is used to describe a condition where an individual has subtle changes in their memory or thinking processes but are generally able to function in everyday life. Often these changes will be quite isolated, for example, affecting memory but not thinking processes or language.

In many cases Mild Cognitive Impairment can result from other treatable conditions such as stress, anxiety, depression, or other physical illnesses.

Types of Dementia

The type of Dementia that someone is diagnosed with is defined by the part of the brain that is being affected. People may experience problems with memory, vision, behaviour or cognitive skills. These problems can happen in isolation (i.e., just memory) or together.

Alzheimer's Disease: This is by far the most common cause of Dementia and accounts for 50% – 60% of all cases. It begins with problems with the memory and progresses to 'global' cognitive impairment.

Vascular Dementia: This is caused by impairment of the blood vessels in the brain.



Lewy Body Dementia: Starts a bit like Parkinson's disease and often affects movement.

Frontal temporal Dementia: This affects language and behaviour and is more common in the under 65s.

These 4 types of account for 95% of all cases of dementia.

Familial Alzheimer's Disease

Familial Alzheimer's disease is very rare, it is thought to account for less than 1% of people with Alzheimer's disease. Because dementia is very common, lots of people may have a number of family members with dementia, but that doesn't mean they have this inherited, familial form. It's when there are many people in a family who develop Alzheimer's disease quite young (before 65) that a doctor may consider suggesting a test for the familial Alzheimer's disease genes.

Frequently asked Questions

Is it genetic?

'Is it genetic?' is a common question asked by people who have dementia, or people who have family members or relatives with dementia. The answer is in most cases it isn't caused by a single gene, but some genes increase your risk of developing dementia, as do other things such as age and lifestyle factors. Because dementia is very common, lots of people may have a number of family members with dementia.

Can you be tested to see if you carry a gene that causes Alzheimer's disease?

It is possible to detect whether people are carrying a mutation in a gene through a blood test. It is extremely rare to carry one of these mutations. If someone shows symptoms at a young age, and there is a strong family history of young-onset Alzheimer's disease or someone else in the family is known to carry a faulty gene, then this person can have *symptomatic* genetic testing to confirm the presence of the gene. If someone doesn't have symptoms but it is known that one of their parents carried a faulty gene, this person could opt to go through genetic counselling and after that they may decide to have *presymptomatic* testing to see whether or not they carry the gene.



Are there any lifestyle factors that might make people more at risk of developing Alzheimer's disease or another dementia?

There was a journal article published by scientists from UCL in 2017 that looked at 'modifiable risk factors for dementia' - so the idea being to look at what things that might potentially be modifiable to reduce one's risk of going on to develop a form of dementia. That article (originally published in Lancet Neurology) identified nine lifestyle changes that may have an impact on dementia risk:

- *low levels of education
- *midlife hearing loss
- *physical inactivity
- *high blood pressure (hypertension)
- *type 2 diabetes
- *obesity
- *smoking
- *depression
- *social isolation

Are women more likely to develop dementia than men?

Yes, women are more likely to develop dementia than man in general. A big part of this is likely to be the fact that women tend to live for longer, but this isn't the whole answer - there are likely to be several other factors at play too.

Is there any scientific evidence that keeping the brain active (puzzles, learning) helps stave off dementia?

People often ask whether keeping the brain active and using brain training games can reduce the chances of developing dementia. This is an area of active scientific enquiry, but so far most studies have been too small and too short to test whether brain training has an effect on cognitive decline or dementia.

If you are concerned that you or someone you care for may have dementia, make an appointment to see your GP who can talk to you about having an assessment and accessing ongoing support. Alternatively seek advice from staff at the Memory Café or at Sidmouth Hospice at Home Information Centre, or telephone a Dementia Helpline (numbers at end of booklet).



Fact Sheet 2: What are the symptoms of dementia?

The symptoms listed below can be an indication for dementia, but they do not necessarily mean that this will be the diagnosis. If you or someone you care for are experiencing any of these symptoms, make an appointment with your GP to discuss them further.

Dementia can affect a person's ability to remember and understand basic everyday facts, such as names, dates and places. The ability to process information may deteriorate over time, so a person's response to questions can be delayed. Eventually, they may struggle to convey what they want to say, or to understand others.

Communication problems may arise because of impaired speech, comprehension, hearing, vision, or physical sensation. Different types of dementia will affect communication in different ways.

Features include:

- difficulty remembering events or situations.
- difficulty acquiring or remembering recently received information.
- difficulty finding words (known as aphasia).
- limited ideas or use of words in conversation.
- taking longer to process information.
- being easily distracted.
- difficulty following multi-step commands.
- difficulty forming or understanding complex sentences.
- filling in gaps in memory or understanding (known as 'confabulation')
- take a long time to respond, e.g., providing an answer to a question asked some time ago.
- weakness of voice or difficulty articulating (dysarthria).
- difficulty planning or making decisions.
- lack of inhibition.



- inability to read facial expression or complex social cues.

Someone living with dementia may have difficulty remembering and become 'time-shifted' as their ability to recall recent events diminish, so that they rely more heavily on earlier memories. They may also experience low volume speech or be without speech in later stages.

The extent and type of communication challenge will vary from person to person.

Other features which may not be evident from communication difficulties include:

- Visual hallucinations.
- Fluctuating attention.
- Sleep disturbance (known as REM Sleep Behaviour Disorder). This may involve vivid dreams, thrashing around in bed and shouting.
- Sensitivity and intolerance to certain types of medications.
- Apathy is also a related symptom and depression can be quite common as well.
- Shuffling gait and parkinsonian symptoms.

If you are concerned that you or someone you care for may have dementia, make an appointment to see your GP who can talk to you about having an assessment and accessing ongoing support. Alternatively seek advice from staff at the Memory Café or at Sidmouth Hospice at Home Information Centre, or telephone a Dementia Helpline (numbers at end of booklet).



Fact Sheet 3: Useful Contacts

If you are a carer you are entitled to request a carers assessment. You can make arrangements for this at your GP surgery, or you can contact Devon carers on 03456 434435. An assessment is about you as a person rather than the person you care for and looks at your needs. It explores how your caring role is affecting you and what might help to support you.

Sidmouth Memory Café

Join us every Wednesday at Twyford House, from 2- 3.45pm, where a friendly welcome awaits from our volunteers and members who are on hand to share advice, local knowledge and their own personal experience of living with dementia. **Call Angela Thompson on 01395 577394.** Membership is open to everyone with memory issues and there is no charge for membership. We can also often arrange local transport for a nominal charge.

Sidmouth Hospice at Home

Supporting those living with Dementia to alleviate stress for the carer. A referral only service (by Admiral Nurse) to provide weekly visits to allow the carer some respite.

For further advice or information call 01395 577126 or email volunteering@sidmouthhospiceathome.org.uk



Dementia Support	Care Direct 03451551007 csc.caredirect@devon.gov.uk	Local	Adult Social Care in Devon; they can be contacted for reasons such as requesting a Carers Assessment, assisting in setting up a package of care at home, or planning for respite care.
	Active Minds in Budleigh 07908639736 or email kathrine@atlascare	Budleigh Salterton	Fun/ interactive cognitive stimulation therapy sessions for anyone with memory problems. Monday and Wednesday 2.5 hours.
	Admiral Nurse Dementia Helpline 08008886678 helpline@dementiauk.org	National	This is a national helpline which is run by qualified nurses with dementia specialist knowledge. They can offer support by telephone or email whilst there is no Admiral Nurse in post locally.



	<p>Alzheimer’s Society Devon</p> <p>0300 123 2029 devon@alzheimers.org.uk</p>	<p>National and local</p>	<p>Offers various forms of support; including practical advice and signposting to Dementia services. They have Dementia Advisors who can assist you by telephone and a local Dementia Support Worker who can visit you at home for advice and support.</p>
	<p>Contented Dementia Trust</p> <p>info@contenteddementiastrust.org</p>	<p>Online</p>	<p>Helps those diagnosed and their carers, for whom practical help and resources are more important than research and prevention, offering a positive and realistic message of hope.</p>
	<p>The Filo Project</p> <p>info@thefiloproject.co.uk 03339398225</p>	<p>Local online</p>	<p>Day care for small groups of older people, supporting individuals across Devon and Somerset who are socially isolated many experiencing symptoms associated with moderate dementia, including memory loss. Each day is provided by a host and is situated in the intimate setting of the host’s own home.</p>



	Sidmouth Memory Café 01395 577395 www.sidvalleymemorycafe.co.uk	Coburg Road Sidmouth EX108NF	Memory cafes offer social support to those living with Dementia and those who care for them. In Sidmouth they meet weekly on a Wednesday at 2pm at Twyford House.
	The Lewy Body Society Info@lewybody.org	online	‘Shining a light on Lewy Body Dementia’.
	The Rowan and Linden Centre 01404 816025 or email tr.rowanandlinden@nhs.net	Ottery St Mary	Day Care. The Rowan Service is a 6-week NHS funded service which assesses a person with memory problems; it is free to any service user registered at Honiton, Ottery St Mary or Sidmouth GP practices

General Counselling	CALM 0800 58 58 58 www.thecalmzone.net	On-line	Helpline: Campaign against living miserably.
	Eclipse Project 07891 028960	Plymouth	Free counselling and e-therapy.
	National Counselling Directory www.counselling-directory.org.uk	On-line	Register of qualified counsellors.
	Devon Partnership NHS Trust 01392 208866 www.dpt.nhs.uk	Devon	Counselling for panic attacks, depression etc. self or GP referral.



	<p>Quiet Mind Centre</p> <p>01395 270070 www.quiet-mind.org</p>	Exmouth	Healing, Counselling and Complementary Therapies on a donation basis.
	<p>Shekinah Mission</p> <p>01752 203480 www.shekinah.co.uk</p>	Plymouth Torquay	For people in recovery from e.g. homelessness, addiction, mental health issues.
	<p>Simply Counselling</p> <p>01752 560900 / 07568 323363 www.simplycounselling.org</p>	Plymouth	Variety of counselling. Fees apply.
	<p>Action East Devon</p> <p>www.actioneastdevon.org.uk</p>	Local	Are you a man who cares for a loved one?
	<p>Devon Carers</p> <p>03456 434 435 www.devoncarers.org.uk</p>	Devon	Support, advice and information to carers, including assessments, support groups, training and contingency planning.
	<p>PCN Mental Health Team d-ccg.honitonsurgery-mentalhealth@nhs.net</p>	Local	Provides support and help to access services and groups. Advice an information to improve health and wellbeing.
Older People	<p>Age UK</p> <p>0800 055 6112 www.ageuk.org.uk</p>	National	Support for loneliness
	<p>Independent Age</p> <p>08003196789</p>	National	To tackle inequalities that exist in older age.
	<p>Assist</p> <p>01626 888321 www.assist-teingbridge.co.uk</p>	Teignbridge	Support to elderly and vulnerable people.



Sidmouth
Hospice at Home
REGISTERED CHARITY NO. 1103338

	Elder Tree 01752 227447 www.eldertreeplymouth.co.uk	Plymouth	Overs 50's befriending service
	Silverline 0800 4 708090 www.thesilverline.org.uk	National	Confidential helpline providing information, friendship and advice.
	TASS 01752 227447	Tavistock area	Befriending.
	Time for Life www.timeforlife.org.uk 0845 3047267	Devon	Service to support over 50's to build confidence, remain active and independent.
	Elder abuse response line 08088088141	National	Confidential support service for anyone worried about the abuse of an older person.



General Support	Devon Independent Living Centre 01392 380181	Local	NHS/ Occupational Therapist to assess needs and demonstrate equipment for daily living and mobility.
	Sid Valley Help 01395 892011 www.sidvalleyhelp.org.uk	Sidmouth	Provide free and confidential information and advice on health and care support services for Sid Valley residents who are ill, lonely or in life-changing circumstances.
	Samaritans 116123 www.samaritans.org.uk	Telephone	Confidential listening service.
	Depression and Anxiety Service (DAS) www.dpt.nhs.uk	Devon	Self-referral service run by the NHS.
	Citizen Advice Bureau 08444 111444 www.citizenadvice.org.uk	National	General advice.
	Sidmouth Voluntary Services 01395 512221	Sidmouth	Provides transport to medical appointments/meals etc.
	Sidmouth Foodbank 07936 917507	Sidmouth	Providing weekly food deliveries for those in need
	The Talking Newspaper 07522 766382	Local	For any visually impaired or unable to read for any reason.
	Homeguard 01395 519739	Local	Pendant alarm



Fact Sheet 4: How technologies might help

Some technologies are specifically designed to be used by or with a person living with dementia. Others can support carers and people with dementia enhance their interactions, so can help carers to be more confident day to day, even at a distance.

Technologies can improve connections, assist decision-making, encourage creativity and provide stimulation. They may be simple 'low-tech' solutions, such as post-it notes, books or fabrics, or 'high-tech' solutions like devices or touch-screen technologies.

Inter-personal conversations

There are phones designed or adapted to be used by people living with dementia. Many such phones are inexpensive and are readily available in high street stores. Landline and mobile 'photo' phones can attach photographs to speed dial buttons, allowing calls to be made by a single button press or by touching an image on screen. More specialist phone designs can limit calls to pre-selected numbers via a single button speed dial function, making them easier to use. But without a conventional keypad, they no longer looked like conventional telephones. Their changed visual appearance could therefore be problematic for people with dementia.

Decision-making

Some devices are aimed towards professional carers who are looking after people in later dementia who may have lost much of their verbal communication skills. Examples include Talking Mats - a card-based communication tool to help people with dementia make choices or put across their opinions.

Creativity and stimulation

There are a number of devices which promote individual or group forms of play that can stimulate creativity and enjoyment. Some are 'High Tech' commercial products (e.g., Nintendo 'DS' and 'Wii' video games consoles), but some are simple, inexpensive games and puzzles. They can form the basis for music, art, reminiscence, or cognitive stimulation therapies. Several products also use touch, sound and light to stimulate a range of sensory experiences, such as sensory cushions or muffs comprising different colours, materials and textures (e.g., twiddlemuffs), or even simulate living animals, such as the Paro robot.



Sidmouth Hospice at Home has a supply of multi coloured and different textured ‘twiddle muffs’ to give away. Please ask if you would like one.

Reminiscence therapies

There are also a range of reminiscence aids which encourage social interaction, both low tech and high tech. These can be photographic books evoking past events or historic objects which can encourage a familiar sense of place. These could be digital; in paper form; use video, music and animations; or use touch, taste or smell to create differing sensory experiences. They can be really powerful tools, but they require time, sensitivity and biographical knowledge of the person to gain their full benefit - as we saw from the paper-based book created by Ashley for his Mum. Take a look at the link below for an example of the creation of digital jewellery that supports reminiscence.

Multi-purpose devices

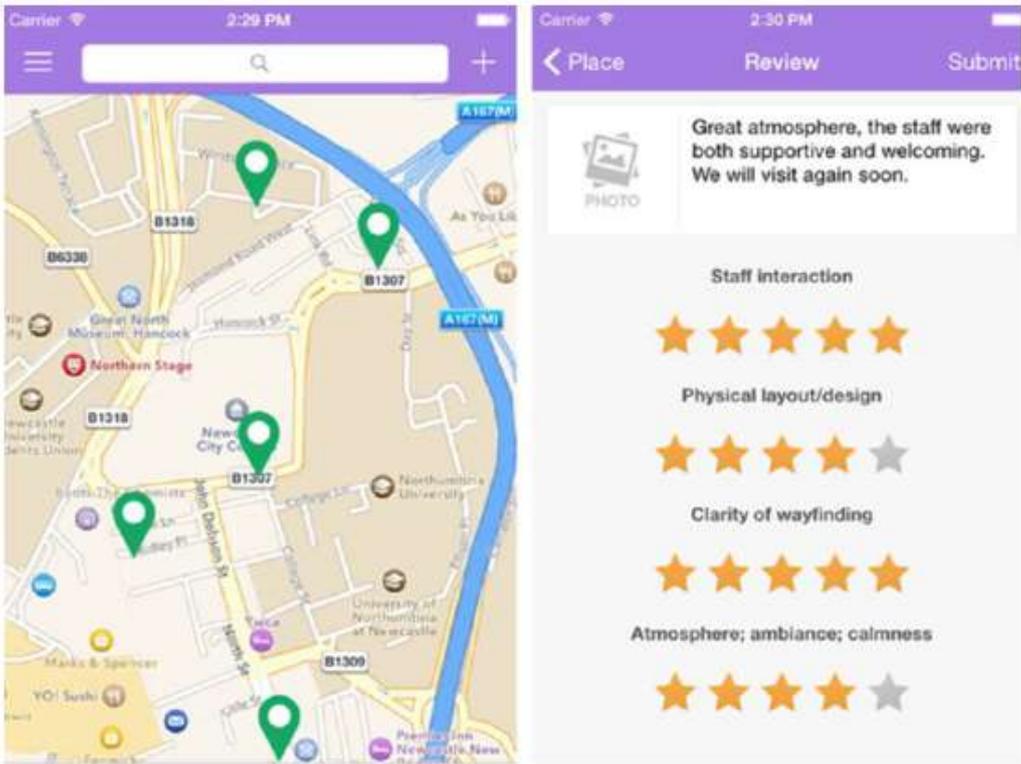
Smartphone and tablet apps are now being designed to incorporate a number of functions. An online app’ called Mindmate, for example, has been developed by researchers at the University of Glasgow, with additional support from Newcastle University’s Dementia Innovation Hub and the National Innovation Centre for Ageing contains a number of activities that can potentially support improved communication, including games, a life story tool, list-making function, reminders, advice of exercise and nutrition and personalised music.

Care and Connect App

It is not always easy to plan ahead for trips out and about - e.g., going for a coffee with friends or visiting the cinema. We don’t know in advance if the places we wish to visit have considered how their service might be experienced by someone living with dementia.

Dr Katie Brittain, formerly a researcher at Newcastle University’s Institute for Ageing, has developed an app that can help carers and people with dementia find appropriate, dementia friendly spaces in their local community and further afield. The app is called Care and Connect.

Users of the app can rate places they visit according to their experience, so that other people can share these insights and make decisions about where to visit or where to avoid. This information will become richer as more people from more places contribute their views.



If you would like assistance searching for any of these technologies please ask at **The Memory Café**, or at the **Sidmouth Hospice at Home Information Centre**.



Fact Sheet 5: What is an Admiral Nurse?

Admiral Nurses are specialist nurses who provide the specialist dementia support that families need. When things get challenging or difficult, Admiral Nurses work alongside people with dementia, their families and carers: giving the one-to-one support, expert guidance and practical solutions people need, and that can be difficult to find elsewhere. Admiral Nurses are continually trained, developed and supported by the charity, Dementia UK. Families that have their support have someone truly expert and caring by their side – helping them to live more positively with dementia in the present, and to face the challenges of tomorrow with more confidence and less fear.

Sid Valley Memory Cafe has fundraised for an Admiral Nurse for the Sid Valley community since 2014.

How can you access the Admiral Nurse?

As a specialist nurse, the focus of the Admiral Nurse role is on supporting families with complex needs – particularly where family carers require guidance through transitions, loss and changing relationships and where carers are struggling to cope in their caring role. The Admiral Nurse works holistically, addressing both the physical and mental health needs of the carer and the person with dementia. In order to access this service, a referral will need to be made by your Sid Valley GP.

For those whose needs are less complex, the Alzheimer's Society's Devon Dementia Support Service can provide information and advice. This service can be accessed by calling 0300 123 2029 (Monday to Friday, 9-5pm).

How can you help make sure that we keep our Admiral Nurse in the Sid Valley?

We need to continue raising £50,000+ every year to make sure that we retain an Admiral Nurse here in the Sid Valley supporting families living with dementia.

We are always looking for people to join our fundraising team, either as a committee member or as a volunteer to help at fund raising events. Should you be interested in joining our team please contact Duncan Watt at wattfamily@hotmail.com



Fact sheet 6: Respite care and support

Respite care means taking a break from caring, while the person you care for is looked after by someone else. It lets you take time out to look after yourself and helps stop you becoming exhausted and run down.

There are many respite care options. They range from getting a volunteer to sit with the person you look after for a few hours, to a short stay in a care home so you can go on holiday. The person you look after could go to a day care centre, or a paid carer could visit them at their home to look after them.

Your local Council, Sidmouth Memory café or Sidmouth Hospice at Home Information Centre can give you information about local support.

Local councils will only fund respite care for people that they have assessed as needing it. If you want the council to pay for respite care for either yourself as a carer or the person you look after, it's important that you both have an assessment.

Carer's should have a [carer's assessment](#).

The person you're looking after should have a [needs assessment](#).

www.nhs.uk Look for social care and support guide.

There are local care homes in Sidmouth who may be able to offer Day Care for the person living with dementia.

The Rowan and Linden Centre in Ottery St Mary specializes in dementia support and Day Care, this requires a GP referral.

The Filo Project offers days out for the person living with dementia where they are cared for in the comfort of someone's home. (A fee applies).

Sidmouth Memory Café has a social drop-in session where you can attend with the person living with dementia to gain peer support.

Sidmouth Hospice at Home offers end of life support for anyone with dementia. Trained dementia sitters can sit with your loved one to give you a break. Trained Bereavement volunteers can support you before and after your loved one dies to lessen your anxiety and support you through your grief. They can help you write an Advanced Care directive, and help with Funeral planning.

Contact details for these organisations are on Fact Sheet 3.



Fact Sheet 7: Guide to Financial Benefits

Attendance Allowance

Eligibility criteria: You may be eligible for Attendance Allowance if you have reached retirement age, and 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.

- It helps with extra costs you will incur, if you need someone to help with tasks you would have done for yourself when well, such as cleaning, shopping, gardening, your own personal care such as help with showering or bathing.
- It is not means-tested, so your pensions, what you earn or how much you have in savings will not affect what you get.
- Anyone who has a palliative diagnosis, and their GP has completed a DS1500 form, will qualify for the higher rate of £89.15 per week. Someone is eligible for the DS1500 form when their GP feels they may be in the last 6 months of their life.

If your GP feels that you have a longer life expectancy, and so they cannot fill out a DS1500 form, but you are needing some help due to your illness to maintain your independence, you may still qualify for the lower rate of attendance allowance, which is £59.70 per week.

- **Claiming Attendance allowance:** the form is complex, but if accompanied by a DS1500 form, the claim is made under Special Rules. Your Palliative care nurse would be able to help you with this. You cannot get Attendance Allowance if you already get [Disability Living Allowance \(DLA\)](#) or [Personal Independence Payment \(PIP\)](#).

Blue Badge Scheme

Allows you to park closer to your destination if you have a disability, or are receiving higher rate Attendance Allowance, or PIP.

The Blue Badge can be used in any vehicle where the badge-holder is the driver, or a passenger. For more information about where a Blue badge allows you to park, please visit:

<https://www.devon.gov.uk/roadsandtransport/parking/blue-badge-parking/>

- **Eligibility criteria:** If you qualify under Special Rules, because your GP has filled out a DS1500 form, your council will usually fast-track your application.
- Cost: £10.00 payable to Devon County Council.
- How to apply: ask your nurse, or to apply on-line follow this link: <https://www.gov.uk/apply-blue-badge>



Personal Independence Payment

Personal Independence Payment has replaced the old DLA (Disability Living Allowance) It is the alternative to Attendance Allowance, for people of working age.

- **Eligibility criteria:**

You must be aged 16 or over and usually have not reached State Pension age to claim.

You can get PIP whether you're working or not.

You must also have a health condition or disability where you have had difficulties with daily living or getting around (or both) for a minimum of 3 months, and expect these difficulties to continue for at least 9 months, or you are claiming under Special Rules.

- Personal Independence Payment (PIP) is tax free, and you can get it whether you're in or out of work.

PIP is made up of 2 parts: whether you get one or both of these and how much you'll get depends on how severely your condition affects you.

Daily living part: The weekly rate for the daily living part of PIP is either £60.00 or £89.70 You'll get the higher daily living part if you qualify under Special Rules because of your illness.

Mobility part: The weekly rate for the mobility part of PIP is either £23.70 or £62.55.

- **Claiming PIP.**

You can claim for yourself, or your nurse can do it for you.

Call the Department for Work and Pensions to start your PIP claim.

Telephone: 0800 917 2222

Textphone: 0800 917 7777.

Ask a doctor or other healthcare professional for form DS1500. They'll either fill it in and give the form to you or send it directly to DWP.

You will not need to go to a face-to-face consultation.

Social Care

Social Care describes the care someone needs to maintain their independence in their home, when they need:

- **enabling** support – help with cooking a meal, cleaning, shopping.
- **personal** care – help with washing, dressing and going to the toilet.

This type of care is also known as community-based care and support and is usually provided by domiciliary care agencies.

Unlike health services, adult social care and support services are not free of charge and most people have to pay something towards the cost of their care.

If you have savings and investments over £23,250 you will have to pay the full cost of any care services, you receive.

If the level of your savings and investments is below £14,250 you are not required to contribute from these savings and investments. Instead, you will only contribute from your income.

Devon County Council's Charging for Care Services Team are responsible for working out how much someone will have to pay.



How to get funded Social Care: contact **Devon County Council Care Direct** on **0345 155 1007** or email csc.caredirect@devon.gov.uk. They will refer you for a needs assessment if appropriate, to establish what your care needs are, and whether you qualify for social services funding for your care.

Even if you do not qualify for Social Services funding, they can still help you to find the right care.

Funding for Personal Care and Continuing Health Care Funding

Personal Care is the care people need when they need help with personal hygiene needs. Initially, it might be assistance with showering or bathing, and walking them to the toilet. As someone's illness progresses, they may need assistance to safely transfer from bed to chair or commode and help to be washed in bed. If a single carer from a domiciliary care agency can provide this care, then it is still classed as social care and the care is funded as above.

However, once someone becomes too frail to transfer from bed to chair with only one carer or is being nursed in bed most of the time, it is likely they will qualify for NHS funding called **Continuing Health Care (CHC) Funding**. A Health Care professional needs to assess and decide whether the person's condition is deteriorating rapidly, in which case they can apply under "Fast-track" rules, for palliative patients. This funding pays for the more intense packages of care required by people who wish to remain in their own home at the end of their lives: typically, three to four visits a day by two carers, and sometimes, an overnight sitter, to allow the family carer some sleep. These packages of care are delivered by domiciliary care agencies if they have capacity, or they may be delivered by an NHS Urgent Response team. As this is NHS funding, CHC funded care packages are not means-tested, and are free to everyone.

Carers Allowance

Carer's Allowance is the main benefit for carers. If you can be paid Carer's Allowance, it is £67.25 a week. It is not means-tested, so savings or capital do not affect eligibility, but it does take income into consideration, including pension income.

Not every carer can get Carer's Allowance. You may be eligible if you meet all the following conditions:

- you look after someone who gets a qualifying disability benefit, such as **Attendance Allowance** or **PIP**
- you look after that person for at least 35 hours a week
- you are aged 16 or over
- you are not in full-time education
- you don't earn over £128 a week (after deductions)
- you satisfy UK residence and presence conditions

While there is no upper age limit for claiming **Carer's Allowance**, you cannot **receive** the full amount of both **Carer's Allowance** and your **State Pension** at the same time. ... If your **State Pension** is more than **Carer's Allowance** (more than £67.25 per week), you cannot be paid any **Carer's Allowance**.



How to claim Carer's Allowance:

Visit www.gov.uk/carers-allowance/how-to-claim to apply online or download a claim form. Request a claim pack DS700 (or DS700(SP) if you are getting a State Pension) by calling the Carer's Allowance Unit on 0800 731 0297 (text phone 0800 731 0317)

For more detailed information about Carer's Allowance, ask us for Carer's UK Factsheet on Carer's Allowance, or visit: <https://www.carersuk.org/help-and-advice/financial-support/help-with-benefits/carers-allowance>

Devon County Council offer advice and support to carers: <https://www.devon.gov.uk/care-and-health/carers/the-carers-offer-in-devon/>

If you are experiencing problems with money or debt:

Citizens Advice Bureau:	0800 6894125
National Debt line:	0808 8084000
Sid Valley Food bank:	07936 917507

NB: This information was correct at the time of writing, but these allowances are subject to change so please check the information if you are thinking of applying for one of the above.

Making and registering a Lasting Power of Attorney

A Lasting Power of attorney is a legal document that lets you appoint one or more people to help you make decisions or to make decisions about your health and finances on your behalf. This gives you more control over what happens to you if, you have an accident or illness and can't make decisions at the time they need to be made.

If you would like to enquire about the process of making a Lasting Power of Attorney, talk to your solicitor or contact the Office of the Public Guardian **0300 456 0300**
www.gov.uk/government/organisations/office-of-the-public-guardian

Citizens Advice

www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/

There is some very useful information on the website. If you are not able to fill out the form yourself then a citizens advice volunteer will be able to do it for you.

East Devon Citizens Advice (Exmouth) 01395 265070

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