

Living well with dementia in Ribble Valley



Your guide to local dementia
services and support

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Bellman Mill
Salthill Road
Clitheroe
Lancashire
BB7 1QW

01200 422104

hello@crossroadscareribblevalley.co.uk

www.crossroadscareribblevalley.co.uk

Dementia care in the community

We care for the carer and the person living with dementia.

Our staff are all dementia trained.

Our services are tailored to your specific needs and the needs of your family.

- Personal care
- Meal support
- Companionship
- Respite sits
- Medication support
- Overnights

Quality, Dignity, Trust, Skilled, Compassion and Innovation



the social care commitment
QUALITY PEOPLE QUALITY CARE

Have you, or someone you care about recently been diagnosed with dementia? You are not alone. Although this can be a stressful time, many people live well with dementia.

There are various services and groups offering support and there are lots of ways to meet people having similar experiences to you.

Specialist advice & information

■ Harrison Drury Solicitors

One of only a few local solicitors able to offer specialist legal advice for the elderly including; mental capacity, powers of attorney, pensions, life assurance policies and trusts.

enquiries@harrison-drury.com
07434 286131 or 07464 072019

General advice and information

■ Age UK Lancashire

Advice and information on local services, including care homes and day centres. Also provides advocacy services.

0300 303 1234
www.ageuklancs.org.uk

■ Alzheimer's Society

Information and support for people with all forms of dementia and those who care for them.

01282 421233
www.alzheimers.org.uk

■ Homewise

Advice and information on all aspects of home repairs, benefits, local services

and support to live independently in your own home.

01254 232249
www.homewiseonline.org

Maintaining independence

■ Affordable Mobility

Based in Clitheroe, Affordable Mobility offer mobility products and assistive technology to enable greater independence, freedom and improved quality of life.

01200 444254
www.affordablemobility.co.uk

■ Homewise Disability Equipment

Provision of reconditioned disability equipment for those who are not eligible or do not wish to wait for referral to Social Services. Recycling service also available.

01254 232249
www.homewiseonline.org

■ Ribble Valley Shop Mobility

For wheelchair and scooter hire, mobility and living aids. For availability and prices call:

01200 425028 or
07594 550 130 or email
rvshopmobility@yahoo.co.uk

■ **Telecare Services**

A range of telecare services are available to Ribble Valley Residents including Calico Assure - an easy-to-use emergency alarm service which operates 24 hours a day, 7 days a week, 365 days a year.
01282 686770

Care Services

■ **Mearley Fold Day Centre**

Bright Street, Clitheroe BB7 1NW
01200 443507

Slips, Falls & Balance

■ **Homewise**

Homewise provides free Accident/Falls assessment for anyone over 65 and will also carry out small repairs to prevent accidents

info@homewisesociety.org.uk
01254 232249
www.homewiseonline.org

■ **Best Foot Forward**

A programme run by Ribble Valley Council's Healthy Lifestyles Team to help people improve strength, balance and confidence.

01200 414484

■ **Steady On! – Falls Prevention**

The Steady On! Team covers East Lancs providing sessions to any group of older adults who are interested in falls prevention self-care advice. As well as giving practical tips on how to prevent falls Steady On! can also improve your general health and

wellbeing, and enable you to do the day-to-day activities that you enjoy.

catherine.bolton@elht.nhs.uk
07434 286131 or 07464 072019

Home Repair & Safety

■ **Disabled Facilities Grants**

Available to disabled residents to help with provision of home adaptations to aid mobility and access.

01200 414567
www.ribbonvalley.gov.uk

■ **Homewise**

Dedicated to helping you improve, maintain and repair your home. Homewise aims to help you stay safe, secure and independent for as long as you want to and if you decide to move, they can assist you with this as well.

info@homewisesociety.org.uk
01254 232249
www.homewiseonline.org

■ **Home Energy Advice**

(Ribble Valley Council)

Advice and information on home energy efficiency, including tariff switching and possible grants home energy measures.

01200 414567
www.ribbonvalley.gov.uk

■ **Lancashire Fire and Rescue Service**

We're here to ensure your home is safe. Please contact us

FakharAssi@lancsfireandrescue.org.uk
078200 08511
www.lancsfireandrescue.org.uk

Health care and support

■ Action for Dementia

Advice and support for people with dementia and their carers. Hold regular drop-in sessions in Accrington.

actionfordementia@gmail.com

07434 286131 or 07464 072019

■ Carers Link Lancashire – support for carers

Free online support for carers in East Lancashire. Offers tailored support such as carers' assessments, help planning for emergencies, individual and group respite and support when taken into hospital.

0345 688 7113

www.eastlancscarers.org.uk

■ Community Mental Health Teams for Older Adults

(Lancashire Care NHS Foundation Trust)

Support for people over 65 with severe and enduring mental health needs, also for those under 65 with early onset dementia. They can provide assessment, diagnosis, treatment, education and create individualised care planning. Referrals are made via GPs or other Health and Social Care Professionals.

01254 226265

www.lancashirecare.nhs.uk/CMHT-Older-Adult



Memory Matters



Free advice and support to help people living with dementia stay safe in their homes

Are you finding difficulty in managing day to day tasks due to memory issues?

Do you have a family member or friend that you are concerned about because of their memory?

Memory Matters - An inspirational project for people living with dementia and their carers.

- Practical help and advice on how to adapt your home.
- Making sure people are on correct benefits and applying on their behalf.
- Advice on local social groups.
- Advice on funding options and help with applications for larger adaptations.
- Accident prevention checks.
- Ensuring the provision of the correct level of support needed.

Living with dementia is so much easier when you have a network of support around you.
Let us be part of that network

There are no costs for this service, please get in touch.

Contact: Lyndsay Wheatcroft, Homewise, 2/4 Whalley Road, Accrington BB5 1AA

Tel: 01254 232249 Fax: 01254 391227 Email: info@homewisesociety.org.uk

■ **Crossroads Care
Ribble Valley**

Support for carers of those living with dementia. A specialist not-for-profit organisation providing support to carers of those living with dementia in their own homes.

01200 422104

■ **Home Instead East Lancs**

offers specialist dementia care.

Contact Peter Catlow

07918 648 937

peter.catlow@homeinstead.co.uk

www.homeinstead.co.uk/eastlancashire

■ **Hospital Aftercare Service
(Age UK Lancashire)**

Hospital Aftercare Service is available to offer short term support following a period of illness or injury. This is a free service that is available up to a maximum of 6 weeks. Examples of support is shopping/cleaning following on from an Holistic assessment. The service is to assist any service users to regain their independence.

01254 734526

■ **Lancashire Wellbeing
Service**

Supports vulnerable adults to deal with the underlying causes that are affecting their ability to have positive mental, social and physical wellbeing.

03450 138 208

www.lancswellbeing.co.uk



**Lancashire Fire
and Rescue Service**

The Lancashire Fire and Rescue Service work hard to prevent people having fires and in the event that one does occur, they instruct people on how to survive a fire with the vital use of a smoke detector to give early warning and pre-planning an escape route.

Working smoke alarms are very important. Test them weekly.

- Plan an escape route
- If there is smoke on your exit route, get down low and crawl out
- Get Out, Stay Out and Call 999

If you would like any further information on how you can access a free Home Fire Safety Check please ring 0800 169 1125 or visit www.lancsfirerescue.org.uk/safety.

■ Life-line Care 4 U

Provides trained care workers, safety equipment and solutions to support you to be safe at home, work and with your health.

01282 270 269

www.life-linecare4U.co.uk

■ Memory Assessment Service

(Lancashire Care NHS Foundation Trust)

The Memory Assessment Services across Lancashire aim to deliver quick and timely diagnosis to people whose symptoms suggest that they may have dementia. This service should be accessed via your GP in the first instance.

01282 657832

www.lancashirecare.nhs.uk/MAS

■ Promedica 24 Ribble Valley

We provide a 'live in care' service to the elderly including those living with dementia. Our carers live with our clients in their home as carers and companions.

www.promedica24.co.uk/ribblevalley

Contact Gary Derbyshire

07419 111981

G.Derbyshire@promedica24.co.uk

■ Red Cross & Land Rover Carers Support Service in the Ribble Valley

Provides assistance to carers and the cared for. The service offers practical and emotional support. This is a free service available Monday to Friday. **Email:**

RibbleValleyLandrover@redcross.org.uk

or Tel: 01772 707300

Respite Care

■ **Abbeyfield House, Union Street,
Low Moor, Clitheroe BB7 2NH**

Tel: 01200 442550

info@abbeyfieldcarehomeclitheroe.org

Wider community support

■ Carers Peer Support Group

(Alzheimer's Society)

The peer support group for carers of people with dementia gives people the opportunity to meet with others who understand some of what they are going through, and access to Dementia Advisors.

01282 421233

www.alzheimers.org.uk

■ Dementia Café @ the Wellbeing Hub

Run by Awesome, this is a weekly session held at Mearley Fold, Clitheroe offering lunch & activities for people with dementia and their carers.

Charges apply.

Awe.some@hotmail.com

■ Hyndburn & Ribble Valley Community & Voluntary Service (HRVCVS)

Local support and development organisation that can provide information on community and voluntary groups in your area.

01254 888614

www.hrv cvs.org.uk

■ Little Green Bus

Based in Clitheroe, Little Green Bus provides safe, considerate and accessible transport to people who can't use regular transport. They combat loneliness and isolation in Ribble Valley, helping to keep people active and engaged in their communities resulting in a positive contribution to their health and wellbeing.

01200 444484

www.littlegreenbus.org.uk

■ Memory Boxes

Memory boxes can help stimulate memories as we get older and are available from libraries.

0300 123 6703

■ Up and Active

Ribble Valley Council's Healthy Lifestyles Team run Up and active for everyone who wants to get more active. Check the website for details of local events.

www.upandactive.co.uk

UP AND active

PROMEDICA24
Live-in companionship & care



Enjoy quality live-in care in your own home

Our expert care workers live with you 24/7 as a companion and friend

If living at home is becoming a struggle, Promedica24's live-in care service can ensure one can remain in the home you love, with everything you love. You would be cared for by a carefully chosen and trained care worker who also will become your trusted companion.

Our carer workers build strong relationships with their clients and soon understand just what makes them happy in their own home.

Please contact us to discuss how Promedica24's live-in service could make a real difference to your life.

Our live-in companionship & care packages start from £695 p/w

To find out more about our tailored care packages please call Gary on 07836 256 639 or visit www.promedica24.co.uk/ribblevalley

The standard of care and attention to detail making sure Mum was well cared for and had all she needed was excellent. They took time to get to know Mum, listen to her stories, look at photos with her, learn her likes and dislikes and show an interest in Mum's life experiences.

Joanne L.

 Care Quality Commission

Good



Welcome to Abbeyfield Care Home Clitheroe

With high quality accommodation, beautiful surroundings and high standards of care our residents can enjoy life to the full, in happy, comfortable and safe surroundings.

Our carefully selected and trained staff deliver care in a way which promotes independence and retains the dignity of all residents.

Please contact our manager, Lesley Payne, on **01200 442550** for more information and we welcome you to visit us in the heart of the Ribble Valley.



We're here to guide you

HD
harrisondrury | solicitors

we make it possible

Incorporating Chenery Maher solicitors

Talking about sensitive and personal family matters is not easy.

Our people are trained experts in listening to and advising families on later life and end-of-life legal affairs.

Our mission is to make it possible for individuals and families affected by dementia to get the best outcomes.

Offices throughout Lancashire and Cumbria

Tel: 01772 258321

Web: www.harrison-drury.com

Chenery Maher solicitors merged with Harrison Drury solicitors in 2017 to offer our clients access to an even greater array of legal experts and services.

Ribble Valley Dementia Action Alliance

Ribble Valley Dementia Action Alliance is a group of organisations and individuals which work together to make Ribble Valley more dementia friendly. We will achieve this by:

- Raising awareness of dementia throughout Ribble Valley
- Providing access to further information and understanding of dementia
- Inspiring and co-ordinating projects, programmes and initiatives for people affected by dementia and their carers

If you would like to be involved, or would like further information about the Alliance, please contact:

Ribble Valley DAA Dilys Day
dilys.day@ribblevalley.gov.uk
01200 414549

Websites

<http://www.eastlancsdementia.org/>

Website about living well with dementia in East Lancashire

<http://www.dementiaaction.org.uk>

- look up Ribble Valley under local DAAs

This guide, brought to you by Ribble Valley Dementia Action Alliance, provides information about what support is available in Ribble Valley. This includes where to go for advice and information, health and social care services and opportunities for carers to take a break.

Produced in association with
Ribble Valley Borough Council



Ribble Valley
Borough Council

www.ribblevalley.gov.uk