

Living well with dementia

This information sheet sets out the benefits of getting a dementia diagnosis and the support available in Solihull to help you or a loved one live well with dementia.

Dementia is a group of symptoms. It is caused by different diseases that damage the brain. The symptoms get worse over time and include:

- memory loss
- confusion and needing help with daily tasks
- problems with language and understanding
- changes in behaviour

Benefits of getting a dementia diagnosis

Finding the reason for any changes you are experiencing can help you to get the right treatment and support. Speaking to your GP is the starting point.

Early diagnosis can help you

If you have only recently become aware of changes, it might feel as though your symptoms are not 'bad enough' yet. But getting an early diagnosis of dementia can be important.

If you have dementia, being diagnosed at an earlier stage gives you a chance to adjust and get things you need.

If you are not sure where to start, here are answers to questions or concerns people often raise with us.

Benefits and protection

Getting a dementia diagnosis means you can access financial benefits you might be entitled to. It also means that you are legally protected from discrimination (being treated unfairly).

Our Community Advice Hubs in Chelmsley Wood Library and Solihull Connect at The Core in Solihull town centre are available Monday to Friday to discuss and support you or the person you care for. To contact the hubs or book an appointment:

call: **0121 709 7590**

email: **admin@solihullcommunityhub.org.uk**

What support can I get from Adult Social Care

There is no cure for the diseases causing dementia yet. But there is a lot of support that can help you live as well as possible. Getting a diagnosis should let you know what type of dementia you have. It can also help you plan for the future and access therapies and support groups. This may also mean you get access to medicines to help you manage your symptoms.

For more information on available support and resources please visit a Community Advice Hub or contact our Solihull Connect adult social care team:

call: **0121 704 8007**

email: **ccadults@solihull.gov.uk**

Dementia support line

Get advice and information, whether you are worried about your memory, waiting for a referral or already diagnosed.

The Dementia Support Line can also provide information on Lasting Power of Attorney for people with dementia and driving and dementia. To speak to a trained adviser, call the Dementia Support Line on **0333 150 3456**.

How to get a Blue Badge

If you have a permanent and significant disability a Blue Badge helps you to park closer to where you need to go either as a driver or passenger. You can only apply for a Blue Badge online at **www.gov.uk/apply-blue-badge**

If you need help with your application, please call our Blue Badge team on **0121 704 6000 (Option 1)**.

Staying active

The Council's Solihull Active website **www.solihullonthemove.co.uk** has activities, ideas, and inspiration about staying active. You can also contact Solihull Active:

call: **0121 704 8207**

email: **solihullactive@solihull.gov.uk**

Here2Help energy and fuel

There is a range of advice and help available to keep your home warm, reduce your energy usage and save you money. For advice and support please contact the free Act on Energy advice line:

Call: **0800 988 2881**, 9am – 5pm Monday to Friday

Email: **advice@actonenergy.org.uk**

Occupational Therapy

If you are an adult with a long term health condition, disability or illness, our Occupational Therapy (OT) service can provide advice and explore options for rehabilitation, equipment, and adaptations to your home to enable you to remain as independent as possible.

For more information visit

www.solihull.gov.uk/adult-social-care/Occupational-therapy-assessment

If you want to request an Occupational Therapy assessment or if your GP or another professional wants to refer you, please contact us:

Call: **0121 704 8007**

Email: **ccadults@solihull.gov.uk**

Support for carers

If you provide regular unpaid emotional or physical support to an adult with a physical disability, terminal illness or long term health condition, you are a carer. Your caring role is important and it is likely that you will need information, advice or support at some point, even if you are managing really well at the moment.

For more information, please refer to our support for carers information sheet or visit **www.solihull.gov.uk/adult-social-care/support-for-carers**. You can also contact our Solihull Connect adult social care team:

Call: **0121 704 8007**

Email: **ccadults@solihull.gov.uk**