

How we can help...

Our patients are better supported when their carers are well supported too.

There are communities in your local area to help you find the right support for you and the person you care for.

If you need our help in deciding where to start, please talk to us, we can help you navigate your way through the network of services. T: 020 8614 5430

NHS
Hounslow and Richmond
Community and Healthcare
NHS Trust

Are you an unpaid carer of someone with dementia in Hounslow? Then this leaflet is for you.



1 Alzheimer's Society Hounslow & Ealing offers services across Hounslow Borough to people living with any form of dementia and their carers. Dementia Advisers offer home visits, one to one support and carers support groups. We also provide short respite breaks. Contact us for our programme of activities, including 'Singing for the Brain'. E: hounslow@alzheimers.org.uk • T: 020 8580 1057

2 The Carers Outreach Service is offered by the Hounslow Community Partnership, we encourage carers to contact us for support. We offer a monthly support group held at the Treaty Centre – 1st Friday of each month & carers can also access counselling for mood & sleep concerns or simply to talk to someone in confidence. T: 020 3693 4003 • W: cp-hounslow.org.uk.

3 Hounslow Crossroads Care supports through short respite breaks & information & advice. T: 020 8728 7000 • E: shortbreaks@westlondoncarere.org

4 The Asian Health Agency offers support to carers & people with dementia in their own homes. T: 020 8571 7928 • E: tahaorg@taha.org.uk

5 Dementia Carers Café at West Middlesex University Hospital offers support & the chance to meet with other carers in similar circumstances. Our team of doctors, nurses & community support workers will be on-hand to provide support & guidance. T: 020 8321 6131

Support for Unpaid

Carers of people

with Dementia

Borough of HOUNSLOW

Alzheimer's Society
Leading the fight against dementia



Trained Dementia Advisers offer a point of contact for all information and advice to ensure that people with dementia and their carers have access to the right help. www.alzheimers.org.uk

6 Lakeside Cognitive Impairment & Dementia Service (NHS) based at West Middlesex University Hospital & also working in the community to provide dementia assessment. We offer short & long term treatment & support, including carers support groups. Patients & carers can self refer or ask for a referral through their health or social care professional. T: 020 8483 1801/1803 • W: wimht.nhs.uk

7 Hounslow Adult Social Care Team helps with issues or requests for information relating to social care needs, provides assessment & information service regarding help at home, day care or carer's assessment. T: 020 8583 3100 • E: adultsocialcare@hounslow.gov.uk

8 Age UK for Hounslow offers a wide range of support to promote the well-being of all older people & to help make later life a fulfilling & enjoyable experience; we run an activity programme, offer information, support & advice, CAB outreach, wheelchair hire, hearing clinic & advice on wills & probate. T: 020 8560 6969 • W: ageuk.org.uk/hounslow/

9 Hounslow Handyperson Service for people over 70 years or with a disability can help with basic general home safety T: 020 8583 3878

10 Day centres offer older people a range of activities, helping them to continue to live in their own home or with their family or carer. W: hounslow.gov.uk/day_care_centres

11 Heston Day Care Centre offers special services for people living with dementia. E: adultsocialcare@hounslow.gov.uk • T: 020 8583 3100

12 Admiral Nursing DIRECT is a national helpline & email service, provided by experienced Admiral Nurses which is for family & professional carers, people with dementia & those worried about their memory. Monday to Friday 9:15 - 16:45 T: 0845 257 9406

Young carers are children & young people who often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. Search for information on the 'Kew Discovery Programme' on their website www.kew.org or call on 020 8332 5655



This leaflet was produced by the HRCH Community Specialist Team find us on Facebook or T: 020 8614 5430 @DementiaPages /dementiaPages

SHN Hounslow and Richmond Community Healthcare NHS Trust

RICHMOND upon THAMES and **HOUNSLOW**

Support for Unpaid Carers of people with Dementia

- 1 Richmond Carers Centre** offers an extensive range of services across the borough to any carer & is a great first port of call for new & existing carers.
T: 020 8867 2380 • W: richmondcarers.org
- 2 Richmond Carers HUB** is a borough wide service offering advice & information; carers support groups; carers breaks & activities for carers & people with dementia; education & training. T: 020 8867 2380 • W: richmondchs.org
- 3 Homelink Day Respite Care Centre** is a nurse-led centre providing specialist day respite care services.
T: 020 8255 1992/3 • W: homelinkdaycare.co.uk
- 4 Richmond Alzheimer's Society** is also a borough wide service with dementia advisers offering home visits & one to one support; carers support groups & cafes, activities, social events & training. T: 020 8877 0033 • E: swlondon@alzheimers.org.uk • W: alzheimers.org.uk
- 5 My Time Active** provides services to support you to live a healthy lifestyle. W: mytimeactive.co.uk/richmond
- 6 Richmond Crossroads Care** provides informal support & advice & home based respite breaks across the borough. T: 020 8943 9421
- 7 NHS Memory & Specialist dementia Service** at Barnes Hospital T: 020 3513 5000
- 8 Richmond Response & Rehabilitation Team** provides hospital discharge, rapid response and community rehabilitation services for short-term intensive support. T: 0208 714 4060

Support for Unpaid Carers of People with Dementia



A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

Search for information on the 'Kew Discovery Programme' on their website www.kew.org or call on 020 8332 5655

Alzheimer's Society Leading the fight against dementia

Did you know..
Carers Support Groups offer the space to talk in a safe environment about the experiences of caring for someone with dementia and the impact on carers' lives. These groups allow carers to meet others in a similar situation and gain practical information as well as emotional support to promote self-esteem, coping and well-being.

- 9 Richmond Adult Social Care Access Team** at London Borough of Richmond upon Thames, is the first point of contact for social care & carers assessments.
T: 020 8891 7971 • W: richmond.gov.uk
- 10 Shared Lives Dementia** at London Borough of Richmond upon Thames, is a respite break service for carers requiring a short break.
T: 020 8487 5396 • W: richmond.gov.uk
- 11 Community Independent Living Service** offers a range of services designed to maximise independent living. T: 020 8973 1877 • W: richmond.gov.uk
- 12 Sensory Palaces** a health & wellbeing programme, combining storytelling in historical spaces with a multi-sensory approach. For people living with early stage dementia & their carers. Access monthly sessions via Alzheimer's Society:
E: Rachel.davenport@alzheimers.org.uk • E: sensorypalaces@hrp.org.uk
- 13 Richmond Age UK Handyperson & Gardening scheme** T: 020 8876 0620 / 0800 917 9980 • E: handyperson@ageukrichmond.org.uk

- 14 FiSH Neighbourhood Care** reducing isolation in Barnes, Mortlake & East Sheen with a range of support from accessing appointments to social activities. T: 020 8876 3414 W: www.fishhelp.org.uk
- 15 GoLocal** is a local partnership of advice & support services under the name of 'Community Independent Living Services'. A wide range of support is on offer including information drop-in sessions 10am–2pm at Sheen library every Tuesday & at Whitton community library every Thursday W: golocal.org.uk • W: richmond.gov.uk/cils
- 16 Orleans House Gallery** offer workshops for people living dementia & their carers
E: artseducation@richmond.gov.uk
- 17 Woodville Centre at Ham** is a day centre focussing on sensory stimulation, combining services to help our clients stay independent, in a safe and friendly environment. T: 020 8948 0911 • E: woodvillecentre@richmond.gov.uk
- 18 Admiral Nursing DIRECT** is a national helpline & email service, provided by experienced Admiral Nurses, which is for family & professional carers, people with dementia & those worried about their memory.
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