

# Newsletter

Alzheimer's  
Society

Leading the  
fight against  
dementia

West London

December 2007

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## A Memory Walk in Canizaro Park

**We had a great day out on Sunday 23 September when we met at King's College School in Wimbledon for our annual Memory Walk.**

About 50 people joined us. We went for a short walk around Cannizaro Park and had tea afterwards at King's College School. We were joined on the day by the Mayor of Merton Cllr John Dehaney and the Mayor of Wandsworth Cllr Stuart Thom.

Money raised by the walk is still coming in to the branch. Thank you to all of you who supported our Memory Walk this year.

A special thank you to King's College School who provided us with refreshments after the walk.



Left to right: Mayor of Wandsworth Cllr Stuart Thom, Arvin Shah and Mayor of Merton Cllr John Dehaney the at Kings College School after the walk.

## Mental Health and Well-Being in Later Life

**An invitation to come and give us your views**

**Friday 11 January 2008**

**9.30am – 3.30pm**

**Civic Suite, Town Hall, Wandsworth**

Nationally, services for older people with mental health needs have been neglected and the London Borough of Wandsworth want to make sure their health, social care and community services promote and maintain the mental health and well being of older people in the borough. They would like to hear your views.

Wandsworth would like to invite service users, carers and people working in the community and voluntary sector, social care and health services and the

independent sector to come along either for the whole day or just a morning or afternoon. Lunch and refreshments will be provided. Wandsworth will also provide transport if you need help getting to the event.

To book a place, or for more information, contact Pam Harris

T 020 8871 7200

E [pjharris@wandsworth.gov.uk](mailto:pjharris@wandsworth.gov.uk)

Did you know that more than 1 in 10 people over 65 suffers from depression and that dementia affects 1 in 20 people over 65 rising to 1 in 5 in people over 80?

# Caring at a Distance – support group

**We recognise that carers of people who are now living in residential care are still carers and still need support.**

The aim of this group is to provide carers of people with dementia who are now living in residential care an opportunity to express and share their feelings and experience with others in a similar situation, as well as an opportunity to learn from each other.

The group is open to carers of people with dementia who live in the London Borough of Richmond or care for a person who is living in a residential care home in Richmond borough.

For more information contact Lynn James on 020 8892 7799.

# Plans to move and combine our offices

In January, we are planning to amalgamate both of our offices and operate from a single office in Wandsworth Town. This location will be fairly central for Richmond, Wandsworth and Merton. However, the Richmond outreach workers will still have a base at the RCVS.

The first phase of this relocation will take place at the end of December when the Richmond office will close. All calls will then be taken in the Balham office. We will keep you informed of further developments but please be assured that services will not be affected.

Our telephone number from the end of December is that of the Balham office (Wandsworth) T: 020 8772 8755.

# Would telecare help you?

Telecare literally means, 'care from afar', and it is the use of information and communications technology (ICT), often coupled with sensors, to enable carers to 'keep an eye' on, mainly, older people or the otherwise infirm from a distance. Telecare enables such people to live independently, in control and able to care for themselves within the limits of their abilities, for longer.

Telecare devices range from those where the user presses a button that raises an alert at a control center, to systems that monitor the person's well-being and/or environment and which trigger a warning that the person's well-being has deteriorated, or that an untoward event has occurred.

Telecare equipment can be particularly useful when caring for someone with dementia. Perhaps the person you care for sometimes leaves the taps running; perhaps they get out of bed in the middle of the night; perhaps they are at risk of falling. If this is the case, using Telecare might be of help.

Alzheimer's Society West London is working with the London Borough of Richmond and

## Examples of Telecare equipment

- Bed/chair occupancy sensors
- Carbon monoxide sensors
- Flood/water alarms
- Gas shut off devices
- Temperature range sensors
- Falls sensors.

the London Borough of Wandsworth on a pilot project to encourage the use of Telecare equipment in the care of people with dementia.

## For more information

**London Borough of Richmond**  
Liz Venn or Lynn James 020 8892 7799

**London Borough of Wandsworth**  
Elisa Aguirre 020 8772 8755  
Wandsworth Access Team 020 8871 77007 (ask for a community care assessment or reassessment, saying that you are interested in Telecare).

# New training venture

The Wandsworth Adult Social Services Learning and Development Team and Alzheimer's Society West London have been working together to plan an exciting and ambitious training venture which aims to equip 300 domiciliary carers with the special skills required to provide care to people with dementia who live at home. There are about 2,000 people in Wandsworth living with dementia, approximately half of them are supported by home carers to remain living in their own homes for as long as possible.

There are about 800 home carers in Wandsworth. Approximately 200 of these are employed by The Wandsworth Home Care Service and most of these staff have received dementia training over the last few years. This venture means that about half of the remaining home care workforce who are employed by independent care providers will now be trained to provide high quality care to the residents of Wandsworth who have dementia.

The training is being provided by Elisa Aguirre, outreach worker for the Alzheimer's Society, to

groups of ten home carers who will attend a full day's session with a follow up half day support session six weeks or so later. The purpose of the training is to introduce participants to the practical body of knowledge that is developing in the new speciality of care-giving in dementia. The emphasis will be on providing a new framework for the information that the caregivers already possess. It is hoped that 'intuitive' patterns of communicating and providing care become 'conscious choices', purposefully selected from a range of options.

It is hoped that the training framework will provide an understanding of what happens to a person living with dementia. This understanding helps to plan and provide the best personal, sustainable, (long – term) care for everyone concerned. Wherever possible the subjective experience and consequences of dementia will be emphasized, that is 'how it is experienced by and feels to the person, him/herself'.

The training will be evaluated by means of a questionnaire, which participants complete prior to the first day session and then again just before the half day follow up. This will enable Elisa to gauge whether a change in attitude and practice has happened as a result of the training.

[We will keep you up-to-date in the following newsletters about this fantastic and exiting venture.](#)

## Richmond Community Partnership

### 'Maximising the take up of benefits'

We were very fortunate that Helen Hinkley from the Richmond Community Partnership spent some of her weekend at the Caring Café on 3rd November. Helen was originally invited to the 'Caring at a Distance Support Group', since a change in the family income and expenditure is a major issue that carers face when the person they care for goes into residential/nursing care. Helen spent significantly longer than planned at the café talking with clients and a number of assessments have been planned as a result

The Richmond Community Partnership is made up of three organisations including Age Concern Richmond, the Local Pension Service and the London borough of Richmond upon Thames. The aim of the service is to increase income by making sure that people claim the benefits they are entitled to. In 2006 £700 000 additional benefits were claimed for people living in Richmond. The service offers either home visits, appointments at Sheen Lane Centre and/or a drop in service at the Civic Centre, Twickenham (Mondays 10am-1pm).

[For more information or to arrange an assessment of your benefit entitlement, please contact the service directly on 020 8481 3112.](#)

# Diary dates

## Caring Café

Provides an opportunity for social interaction and activities for people with dementia, their carers, family and friends

**2007** 1 Dec Café  
8 Dec Café  
15 Dec Café  
22 Dec No Café  
29 Dec No Café

**2008** 5 Jan Café  
5 Jan Caring at a Distance Support Group  
12 Jan Café  
19 Jan Café  
26 Jan Café  
2 Feb Café  
9 Feb Café  
16 Feb Café  
23 Feb Café

## Poppy Café

Dates to be confirmed

## Carers support groups

Carers support groups at the Caring Café have been postponed until after Christmas when it is hoped that the new worker will start. If you need further information, contact Lynn or Liz on 020 8892 7799.



## Richmond Support Groups for People with Dementia

Meets every Monday at St John's in Twickenham at 11am and meets every Wednesday at Barnes Hospital at 1pm.

## Wandsworth Carers Support Group

Meets from 11am – 1pm on the 2nd Wednesday of the month at the Wandsworth Carer's Centre.

## Wandsworth Support Group for People with Dementia

Meets on a Thursday morning from 10am – 12noon.

## Christmas closing times

The branch will be closed from Monday 24 December 2007 and re-open again on Wednesday 2 January 2008.

# Contact details

## Alzheimer's Society West London

46 Balham High Road  
Balham SW12 9AQ  
T 020 8772 8755 Wandsworth  
T 020 8892 7799 Richmond  
E [info@swlondonalzheimers.org.uk](mailto:info@swlondonalzheimers.org.uk)

**We will be relocating in January and should be in our new office by the new year. New contact details will be sent out nearer the time.**

**Diarmaid O'Sullivan** – Office Manager

**Lynn James** – Richmond Outreach and Development Worker

**Donna Johnson** – Local Officer

**Sue Osborne** – Good Companions Scheme Co-ordinator

**Elisa Acquire** – Wandsworth Outreach and Development Worker

**Elizabeth Venn** – Richmond Outreach Worker

**Alzheimer's Society Dementia Helpline**

**T 0845 300 0336.**