

Living Well with Dementia in the Wakefield District

Life goes on after a dementia diagnosis. This guide has been developed by people living with dementia, carers and local organisations to help you find information and support.



Introduction

Welcome to the Living Well with Dementia in the Wakefield District Guide.

This guide has been a truly collaborative effort. It has been co-designed by people with lived experience of dementia alongside local charities, community organisations, and Health and Care services. Together, we have shared knowledge, experiences and expertise to create a guide that reflects the realities of living with dementia in the Wakefield district.

One message came through loud and clear throughout the development of this guide: **"A dementia diagnosis is not the end of life. Life goes on, and support is available every step of the way."**

Many of the people who helped create this guide wanted others to know that, whilst a diagnosis can bring challenges and uncertainty, it can also be the start of accessing the information, support, friendships and services that help people continue living well. This guide aims to show that there is support available for everyone, no matter where they are on their dementia journey.

Dementia...Life Goes On

We would encourage you to watch the inspiring short film "[Dementia...Life Goes On](#)", produced by Alzheimer's Society in partnership with members of Voices Together (Wakefield Dementia Voice Group). The video was created by people with lived experience of dementia who wanted others to understand that receiving a diagnosis does not mean life stops.

We would like to offer our sincere thanks to everyone who helped develop this guide, including:

- Alzheimer's Society Wakefield
- Age UK Wakefield District
- Admiral Nurse Service
- Dementia Voices Together Group
- Memory Action Group
- Mid Yorkshire Hospitals NHSTrust
- Bless Memory Group
- Wakefield Hospice
- The Prince of Wales Hospice
- Rainbow Care Group
- South West Yorkshire Partnership NHS Foundation Trust
- Adult Social Care – Wakefield Council



**Scan to
watch
'Dementia...
Life Goes On'**

And most importantly, thank you to the many people living with dementia, carers, families, friends and volunteers who generously shared their experiences, insights and ideas. Your voices have shaped this guide and helped ensure it reflects what really matters to people living with dementia in Wakefield.

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Memory Changes

Memory changes can feel frustrating, confusing and sometimes overwhelming. You may notice small changes, such as forgetting names, misplacing items or finding it harder to concentrate. People experience memory changes differently, and there can be many reasons why memory is affected.

If you are worried about your memory, **speak to your GP**. Memory problems are not always caused by dementia. They can sometimes be linked to other factors such as stress, anxiety, depression, poor sleep, vitamin deficiencies, physical health conditions or medication side effects. Seeking advice early can help identify the cause and ensure you receive the right support and treatment. Early diagnosis of any condition can make a real difference to your health, wellbeing and future planning.

The Alzheimer's Society has a Dementia Symptoms Checklist that can help you identify and record symptoms, has examples of memory difficulties and any concerns you may have. Making it easier to discuss them during a conversation with your GP. You can download and print or complete online at the [Alzheimer's Society website](https://www.alzheimersociety.org.uk/dementia-symptoms-checklist).



**Scan for the
Dementia
Symptoms
Checklist**

Working Memory (Short-Term)

Working memory helps you hold information in your mind for a short time while completing a task. If working memory is affected, you may:

- Take longer to complete tasks.
- Lose track of what you are doing.

Prospective Memory (Remembering to Do Things)

This is the memory you use to remember future plans and intentions. If prospective memory is affected, you may:

- Forget planned activities.
- Miss important dates or events.

Semantic Memory (Knowledge and Meaning)

Semantic memory is your general knowledge about the world. If semantic memory is affected, you may:

- Struggle to find the right word.
- Find it harder to recognise people or objects.

Episodic Memory (Personal Memories)

Episodic memory helps you remember experiences from your own life. Examples include:

- What you did yesterday.
- A family celebration.
- Where you parked your car.

The biggest tip I can give anyone having memory problems or living with someone who you are worried about is to **keep a diary!!!** My husband passed the doctors' memory test with ease but it was my diary of things that had happened that convinced the doctor to refer us to the memory clinic.

Looking After Your Brain Health

There are many things we can all do to help keep our brains healthy before and after a dementia diagnosis.

Keep Active

Being physically active is good for both your body and brain. You do not need to join a gym. You can try:

- Walking
- Swimming
- Dancing
- Gardening
- Bowling

Try something you enjoy. You are more likely to keep doing things that are fun.

Limit Alcohol

Drinking too much alcohol can affect both your physical and brain health. If you drink alcohol, try to stay within the recommended guidelines. If you are concerned about your drinking, speak to your GP or another health professional.

Look After Your Health

Regular health checks can help identify and manage conditions that may affect brain health. Speak to your GP about:

- Blood pressure checks
- Cholesterol checks
- Diabetes management
- Hearing and eyesight tests

Stop Smoking

Smoking can damage blood vessels and increase the risk of health conditions linked to dementia, including vascular dementia.

Medication Reviews

Regular medication reviews can help ensure your medicines are working well and identify any side effects that may be affecting your memory.

Eat Well

A healthy, balanced diet can help support brain health. Try to:

- Eat plenty of fruit and vegetables
- Drink enough water
- Eat fish, especially oily fish.
- Limit foods that are high in salt, sugar and saturated fat

Get Enough Sleep

Good quality sleep helps your brain process information and supports your overall health.

Stay Connected

Spending time with other people is important for wellbeing. You could:

- Meet friends or family regularly
- Join a local club or group
- Attend community activities
- Volunteer
- Take part in peer support groups

Across Wakefield there are many local groups, activities and community organisations that can help you stay active and connected. Visit your local community hub, library or look online on the Connect To Support Wakefield Website for more information.

Keep Your Brain Active

Keeping your mind active can help support memory and thinking skills, things like:

- Reading
- Crosswords and puzzles
- Learning a new skill
- Playing cards or board games
- Listening to music



Dementia is a word that describes many different conditions, but behind every diagnosis is a person with their own story, strengths and aspirations.



What is Dementia?

Dementia is not a single disease. It is an umbrella term used to describe a group of conditions that affect how the brain works. These conditions can cause changes in memory, thinking, communication, behaviour and the ability to carry out everyday tasks.

The Five Things Everyone Should Know about Dementia

1. Dementia is not a normal part of ageing.
2. Dementia is caused by diseases that affect the brain.
3. Dementia is not only about memory problems.
4. It is possible to live well with dementia.
5. There is more to a person than their dementia.

Take a look at the [Alzheimer's Society website](https://www.alzheimersociety.org.uk) for more info.

There are several different types of dementia, including Alzheimer's disease, vascular dementia, Lewy body dementia and frontotemporal dementia. Each type affects the brain in a different way, which means symptoms and experiences can vary from person to person.

Many people think dementia is only about memory loss, but it can also affect language, decision-making, concentration, mood, confidence and how a person makes sense of the world around them. Some people may experience memory problems first, while others may notice changes in behaviour, communication or problem-solving.

Dementia is caused by diseases that damage brain cells over time. It is more common as people get older, but it is not a normal part of ageing. While there is currently no cure for most types of dementia, there are treatments, support services and practical strategies that can help people live well and maintain their independence for as long as possible.

Dementia Research

Join Dementia Research is a free UK-wide service that connects people with dementia, carers and members of the public, with dementia research studies. After registering, you will be matched with research studies that may be suitable for you. You can then decide whether or not you would like to take part. Signing up does not commit you to any study, and participation is always your choice.

For more information or to register, visit: www.joindementiaresearch.nihr.ac.uk

Getting a dementia diagnosis in Wakefield

In Wakefield, a diagnosis of dementia is usually made through a Memory Clinic, which is part of NHS specialist services. Your GP is often the first point of contact and can refer you for further assessment if there are concerns about memory or thinking.

In some situations, such as during a hospital stay, a healthcare professional may identify signs of dementia and begin the diagnostic process. In certain cases, a diagnosis may be made in hospital, particularly if a person has had a thorough assessment and other causes have been ruled out. However, it is more common for people to be referred on to a memory clinic for a full specialist assessment and confirmation.

What happens first

Your GP will usually:

- Talk with you about your symptoms and any changes you've noticed. It is often helpful if you've kept a diary of things that are concerning you.
- Ask how these are affecting your day-to-day life
- Carry out some initial memory or thinking tests
- Arrange health checks (such as blood tests) to rule out other possible causes
- If further assessment is needed, you will be referred to the memory clinic or specialist service.



“When I received my dementia diagnosis, I felt frightened and uncertain about what the future would hold. My first thoughts were about all the things I might lose.

Over time, I learned that life did not stop because of my diagnosis. With support from family, friends and local dementia groups, I found new ways to stay active and involved. I still enjoy spending time with people, taking part in activities and making plans for the future.

My message to others is simple: a dementia diagnosis is not the end of life. There is support available and there is still plenty of life to enjoy.”

Dementia screening for people with a learning disability

If a person with a learning disability begins to experience changes in their memory, thinking, communication or daily living skills, they may be referred to the Community Learning Disability Team. A Community Learning Disability Nurse may use the Dementia Screening Questionnaire for Individuals with Intellectual Disabilities (DSQIID). This is a specialist questionnaire designed to help identify possible signs of dementia and support decisions about any further assessment that may be needed.

The Memory Clinic

Memory clinics are made up of specialists such as doctors, nurses, and psychologists who are experienced in diagnosing dementia.

Assessments usually include:

- Talking about your concerns and medical history
- Memory and thinking tests to understand how your brain is working
- Physical health checks (including blood tests)
- In some cases, brain scans (such as MRI or CT scans).

There is no single test for dementia, a diagnosis is made using a combination of these assessments. You may have:

- More than one appointment
- Time between tests and results
- A follow-up meeting to explain the outcome and next steps.

The role of the Memory Clinic is to assess and provide a diagnosis.

After diagnosis the Memory Clinic will provide a follow-up appointment in around 6 months time. This will assess the effects of any medication and a review of your condition. You will then be discharged back to the care of your GP.

How long does a diagnosis take?

A diagnosis can take time, and this can vary depending on individual circumstances and waiting times.

- The average waiting time from referral to diagnosis in England is around 4–5 months
- Additional tests (like scans) can add to the timeline.

Because dementia develops gradually and symptoms can overlap with other conditions, it may not always be possible to give a clear diagnosis straight away



For me, the day I got my diagnosis was the worst, it was such a shock to me and my whole family. **I wish I'd known then what I know now...that life still has good times** and that there's support out there. Since my diagnosis I've started new hobbies and joined groups I wouldn't have done before.



Being diagnosed with dementia can feel overwhelming, but in Wakefield you are not expected to manage this on your own. There is a range of health, care, community and voluntary support available to help you understand your diagnosis, plan ahead, and continue living well.

After Diagnosis... Where Do I Start?

Receiving a dementia diagnosis can bring a mixture of emotions. You may feel relieved to have an explanation for the changes you have been experiencing, or you may feel worried, uncertain or overwhelmed about what happens next. Whatever you are feeling, it is important to remember that you are not alone and there is support available. The first thing to know is that a dementia diagnosis does not mean life stops. Many people continue to live active, meaningful and independent lives for many years after diagnosis. Take things one step at a time and focus on what is important to you.

A good place to start is by connecting with local support services. In Wakefield, organisations such as Alzheimer's Society Wakefield, Age UK Wakefield District, and local peer support groups can provide information, advice and emotional support for both people living with dementia and those close to you. For carer support, you can contact Wakefield Admiral Nurses or Carers Wakefield & District.

You may also find it helpful to:

- Tell family and friends when you feel ready.
- Keep a diary, calendar or reminder system to help stay organised.
- Explore local activities, groups and peer support opportunities.
- Look after your physical health by staying active, eating well and attending health appointments.
- Consider practical matters such as planning ahead, benefits, finances and future wishes.
- Let your GP know if you need additional support or if you are struggling emotionally.

Many people say that meeting others who are living with dementia helped them realise they were not alone. Peer support groups can offer friendship, practical advice and reassurance from people who understand what you are going through. To find one close to you, you can search on the Connect to Support Wakefield directory or ask one of the other organisations about what is happening close to where you live.

Most importantly, remember that you do not need to do everything at once. There is no "right" way to respond to a diagnosis. Give yourself time, accept support when you need it, and take each day as it comes.

A dementia diagnosis is not the end of life. Life goes on, and support is available.

After Diagnosis...Who's Who?

Key Contacts

Wakefield Memory Service

☎ 01924 316973

Alzheimer's Society Wakefield

☎ 01924 373264

Wakefield Admiral Nurse Service

☎ 01924 316973

Age UK Wakefield

☎ 01977 552114

Carers Wakefield & District

☎ 01924 305544

Adult Social Care

☎ 0345 8 503 503



<https://wakefield.connecttosupport.org>

A range of health, social care, community and voluntary organisations work together to help you live well with dementia and access the support that is right for you.

Dementia Advisors

Dementia Advisers provide specialist knowledge and personalised support people living with dementia, their families, friends and carers.

They take the time to understand your individual circumstances, listen to what matters most to you, and help you access the right support at the right time.

They can support you to understand changes you may experience, develop coping and communication strategies, and find the right support at different stages of your dementia journey.

They can also help you with:

- Information about dementia and its impact on everyday life.
- Practical advice to help you manage challenges and remain as independent as possible.
- Emotional support when things feel difficult or overwhelming.
- Guidance on local health, care and community services.
- Support to access benefits, activities, groups and other sources of help.
- Help to plan ahead and make informed decisions about the future.
- Connections to local groups and opportunities to stay active, engaged and socially connected.

Dementia Advisers work alongside you, helping you find solutions that are right for you and your family. They can support you to continue doing the things that are important to you, maintain your wellbeing, and feel more confident in managing the changes that dementia can bring.

Support is flexible and can be provided by telephone, video call, in community settings, or through home visits where appropriate. Our aim is to ensure that nobody affected by dementia feels alone. Whether you need support with a specific concern or simply want someone to talk things through with, a Dementia Adviser is here to help you live well with dementia and access the support you need, when you need it.

They can often remain involved as your needs change, helping you find the right support at the right time. **Contact Alzheimers Society Wakefield on 01924 373264 to find out more.**

After Diagnosis...Who's Who?

Care Coordinators (or Care Navigators)

You may be allocated a Care Coordinator (sometimes called a Care Navigator). Care Coordinators are linked to some GP practices within the Wakefield district, although not every practice currently has one. If you would like to know whether your GP practice has a Care Coordinator, contact your surgery directly.

A Care Coordinator can act as a main point of contact, to help coordinate your support from different services and ensure professionals work together.

They may visit you at home or talk to you by telephone. They also arrange regular reviews, usually annually, to check whether your needs have changed and whether any additional support may be helpful.

Care Coordinators in some areas also facilitate Dementia Cafes which provide information, advice and peer support.

Admiral Nurses

The Wakefield Admiral Nurse Service provides **specialist support for carers, family members and friends** supporting someone living with dementia. The service is available to carers aged 18 and over who are registered with a Wakefield GP.

Admiral Nurses are dementia specialists who can help when situations become more complex or when additional support is needed.

They can provide:

- Emotional support
- Practical advice and guidance
- Help understanding symptoms
- Support with planning ahead
- Advice on managing changes and challenges related to dementia
- Support for families affected by young onset dementia.

Support can be provided by telephone, clinic appointment or home visit, depending on individual circumstances.

Telephone: 01924 316 973

Email: AdmiralNurseWakefield@swyt.nhs.uk

Website:

www.southwestyorkshire.nhs.uk/services/wakefield-admiral-nurse/



Many people find that small changes, routines and memory aids can make everyday life easier. What works for one person may not work for another, so it can be helpful to try different ideas and find what suits you best.

Memory Support Checklist

Staying Organised

- ☐ Use a diary or calendar to keep track of appointments and important dates.
- ☐ Keep a daily routine and try to do things at similar times each day.
- ☐ Make shopping lists, to-do lists or reminder notes.
- ☐ Keep important items, such as keys, glasses, and wallet in the same place.
- ☐ Display appointment letters and reminders on a noticeboard or in a visible place.

Supporting Your Memory

- ☐ Use photographs with names to help remember people and special events.
- ☐ Read books, newspapers or magazines that interest you.
- ☐ Try puzzles, quizzes, crosswords or word games.
- ☐ Keep in touch with family, friends and community groups.
- ☐ Stay physically active, as exercise can support both physical and brain health.

Using Technology

- ☐ Set reminders on your mobile phone, tablet or smart speaker.
- ☐ Consider a medication organiser or reminder system.
- ☐ Use electronic calendars, clocks or digital reminder devices if helpful.
- ☐ Think about technology such as electronic key finders, location devices or other memory aids.

The Alzheimer's Society Memory Handbook contains practical advice, tips and strategies for living with memory difficulties and maintaining independence. It can be downloaded from: <https://www.alzheimers.org.uk/get-support/publications-and-factsheets/memory-handbook>

Keeping Well

Living well with dementia is about much more than managing memory problems. Looking after your physical health, mental wellbeing and social connections can help you stay active, maintain your independence and continue doing the things that matter most to you.

Many people find that staying connected to others, taking part in activities, learning new things and keeping physically active can have a positive impact on their confidence, mood and overall wellbeing. It can also help reduce feelings of loneliness, anxiety and isolation.

There are lots of ways to stay mentally and socially active. Some people enjoy Cognitive Stimulation Therapy (CST) or Maintenance Cognitive Stimulation Therapy (MCST), which use activities and discussions to help keep the mind active. Others benefit from 'peer support groups', where they can meet people with similar experiences to themselves, share advice and make new friends.

There are a range of services, groups and activities available across the Wakefield district to support people living with dementia and those who care for them. Some focus on keeping your mind active, others provide opportunities to meet new people, share experiences and enjoy social activities.

Whatever your interests, staying involved, connected and active can help you continue doing the things that matter to you and support you to live well with dementia.





“The group leaders were caring, patient and helpful and it was good to meet others with the same problems”

CST Group Member



Cognitive Stimulation Therapy (CST)

Cognitive Stimulation Therapy (CST) is a structured group programme for people living with mild to moderate dementia. Through structured activities such as discussions, quizzes, word games and creative sessions, it aims to support memory, thinking skills, confidence and social connections. All sessions are supported by Clinical Psychologists.

In Wakefield, access to CST may be discussed through the Memory Service. Eligibility is based on individual needs and circumstances, and an assessment is usually carried out to determine whether the programme is suitable. People who meet the criteria may be referred to the CST group, which is run at Drury Lane Health and Wellbeing Centre, and Baghill House, Pontefract throughout the year.

There are strong links between the CST group and the Maintenance CST groups run by Age UK (as described below), and often individuals are encouraged and able to attend Maintenance CST after completing CST.

Maintenance Cognitive Stimulation Therapy (MCST)

Maintenance Cognitive Stimulation Therapy (MCST) is a structured group programme for people living with mild to moderate dementia. It builds on the principles of Cognitive Stimulation Therapy (CST) and is designed to help people maintain their thinking skills, confidence and social connections through regular group activities.

MCST sessions encourage participants to share experiences, express opinions and take part in discussions and activities in a supportive environment. Activities may include:

- Word and language games
- Discussions about current and past events
- Creative and artistic activities
- Music and sounds
- Food and cooking themes
- Reminiscence activities
- Everyday topics and life experiences

MCST also provides an opportunity for people living with dementia (and their carers) to meet others, make friendships and take part in regular activities in a safe and welcoming environment. Sessions are provided in community settings. Contact Age UK Wakefield on 01977 552114 for info.

Peer Support

Across the Wakefield district, there are a variety of peer support groups and activities for people living with dementia, as well as for family members, friends and carers. These groups provide opportunities to:

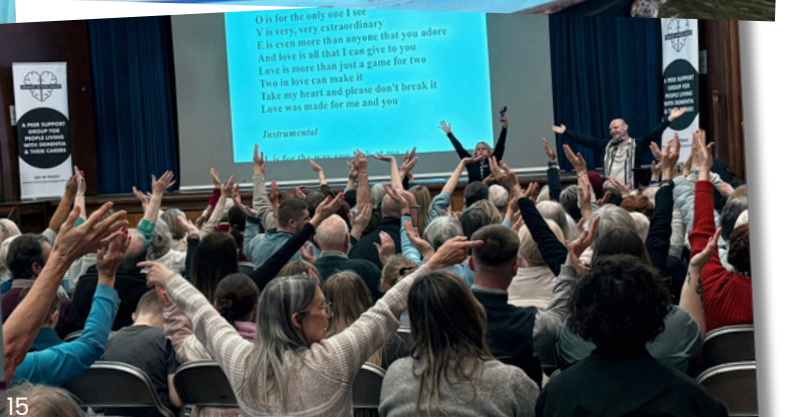
- Share experiences and practical advice
- Meet others who understand the challenges of living with or caring for someone with dementia
- Build confidence and reduce feelings of loneliness or isolation
- Take part in social activities and maintain community connections
- Access information about local services and support

You do not have to face dementia alone. Reaching out to a support group can be a valuable source of encouragement, understanding and connection for both people living with dementia and those who care for them.

The photos below are taken from activities organised by **Memory Action Group**, one of the peer support charities working in the Wakefield district. Details of local groups and activities can be found in the 'Useful Contacts' section at the back of this guide or online at the Connect to Support Wakefield website.

“For me it seems like a lifeline. Everyone is aware of the trials you may have endured just to get there, no excuses or explanations needed like in everyday life. We have met such a lot of people in similar situations and made so many friends.”

Memory Action Group Attendee



Physical Health

Hydration and Nutrition

Eating well and drinking enough fluids are important for overall health, wellbeing and brain function. Some people living with dementia may forget to eat or drink, lose interest in food, or find it more difficult to prepare meals. Simple things can help:

- Keep drinks visible and within easy reach.
- Offer regular drinks throughout the day.
- Eat little and often if larger meals feel overwhelming.
- Choose foods that are enjoyable, familiar and easy to eat.
- Eat with others where possible, as mealtimes can be more enjoyable together.

If you notice changes in appetite, unusual weight loss, difficulty swallowing or concerns about nutrition, speak to your GP or healthcare professional.

Frailty Prevention

Frailty is a health condition that can develop as we get older, making it harder to recover from illness, injury or changes in health. Taking positive steps to stay active and well can help reduce the risk of frailty and maintain independence.

You can support your health by:

- Staying physically active.
- Eating a healthy, balanced diet.
- Drinking enough fluids.
- Managing long-term health conditions.
- Attending health appointments and vaccinations.
- Staying socially connected and involved in your community.

Even small changes can help you remain stronger, more confident and independent for longer.

Falls Prevention

As we get older, falls can become more common and can have a significant impact on confidence and independence. Dementia can sometimes increase the risk of falls due to changes in memory, balance, judgement or awareness of surroundings.

To reduce the risk of falls:

- Keep walkways free from clutter.
- Make sure your home is well lit.
- Wear supportive, well-fitting footwear.
- Have your eyesight and hearing checked regularly.
- Stay active to help maintain strength and balance.
- Use any prescribed walking aids correctly.

If you have fallen, are worried about falling, or have noticed changes in your balance or mobility, speak to your GP or healthcare professional.

Recognising Signs of Infection

People living with dementia can sometimes become more confused when they have an infection. Changes in behaviour or confusion may be the first sign that someone is unwell. Signs of infection can include:

- A sudden increase in confusion or disorientation.
- Becoming unusually drowsy or less responsive.
- Changes in behaviour or mood.
- A high temperature.
- Pain or discomfort.
- Changes in eating or drinking habits.
- Symptoms of a chest infection or urinary tract infection (UTI).
- Sudden changes in mobility

If you notice a sudden change in someone's condition, Think Delirium and seek medical advice. Contact your GP, NHS 111 or seek urgent help if you are concerned.

Continence Support

Many people living with dementia experience bladder or bowel problems at some stage.

Helpful strategies may include:

- Maintaining a regular toilet routine.
- Keeping the route to the toilet clear and well lit.
- Using signs or labels on bathroom doors if helpful.
- Avoiding constipation by eating well and drinking enough fluids.
- Clothing that is easy to remove.

If continence problems are affecting daily life, speak to your GP or healthcare professional. They can help identify any underlying causes and discuss support that may help. You may also want to contact the Specialist Service for Bladder & Bowel Care on 01924 542479 for advice and support.

Live Well Wakefield

Live Well Wakefield is a free service that helps adults improve their health, wellbeing and independence. The service works with people to understand what matters most to them and connects them with local services, community groups, activities and practical support that can improve their quality of life.

For people living with dementia and their carers, Live Well Wakefield can help reduce social isolation, support emotional wellbeing, bereavement support, increase confidence and connect people with local activities and support networks.

Contact Details

☎ 01924 255363

🌐 www.livewellwakefield.nhs.uk



Living with dementia can bring changes and challenges, but it does not change who you are

“I am still me. I still have opinions, interests, relationships and things that are important to me.

What helps most is when people take the time to listen, include me in conversations and focus on what I can do rather than what I can't.

Dementia is part of my life, but it does not define me.”

Transport and Getting Out and About



Driving and Dementia

Many people continue to drive safely after receiving a dementia diagnosis. However, if you are diagnosed with dementia, you must tell both the Driver and Vehicle Licensing Agency (DVLA) and your motor insurance provider. The DVLA may ask for further information or arrange an assessment before deciding whether you can continue driving.

As dementia progresses, driving ability may change, so it is important to have regular discussions with healthcare professionals and those close to you about driving safely. If the time comes when driving is no longer possible, there is a range of transport options available across Wakefield to help you remain independent and connected to your community.

For further information and practical advice, you may find the Alzheimer's Society guide to driving and dementia helpful, which you can find on their [website](#).

Radar Key

A Radar Key, also known as a National Key Scheme (NKS) key, is a blue and silver-coloured key that opens most disabled toilets across the UK. Available at the Ridings Shopping Centre info desk Cost: £5 (as of July 2026) or from the charity [DIAL](#) – £5 to collect or £7.50 if posted. Call 01977 723933 for more info.

Blue Badge

People living with dementia may be eligible for a Blue Badge if their condition makes it difficult or unsafe to undertake journeys, causes significant confusion or distress, or means they require support when travelling. Since 2019, the Blue Badge scheme has included people with certain non-visible disabilities, including dementia. Each application is considered based on the impact the condition has on the person's daily life and ability to travel safely. Apply to [Wakefield Council](#) [either online](#) or phone [0345 8 506 506](#).

AccessBus

AccessBus is a local, door-to-door transport service for people who find it difficult to use standard buses. It runs 7 days a week, 9am–5pm, and drivers offer help with getting on and off the bus. Travel is free with a concessionary pass, or £3 each way for adults without one. For more info and to register, call 0113 348 1903.

Disabled Persons Railcard

If you have dementia, you may be eligible for a Disabled Persons Railcard, which gives you 1/3 off rail fares for you and a companion across the National Rail network. (as of 2026) Cost: £20 for 1 year or £54 for 3 years. Apply [online](#) at [disabledpersons-railcard.co.uk](#).

Concessionary Bus Pass

You may be entitled to a free bus pass for travel across West Yorkshire. You can apply through Metro at [www.wymetro.com](#) or call in to a Bus Station Travel Centre to pick up an application form.

Travel Assistance Cards

Travel Assistance Cards can help people living with dementia communicate their travel needs when using buses and trains. Simply show the card to staff to let them know you may need extra time, assistance or support during your journey. Cards can be downloaded free of charge from the Metro website, and can also be carried in an Orange Wallet, which is available from local bus station travel centres. In Wakefield, these can be obtained from the Wakefield Bus Station Travel Centre, or by contacting [MetroLine](#) on 0113 245 7676.

Adult Social Care Services

As dementia progresses, you may need extra support with everyday tasks. It is often easier to plan ahead and explore care options before support becomes urgent.

If you, or someone who supports you, feels that you may need additional help, you can contact **Wakefield Adult Social Care on 0345 8 503 503**.

Adult Social Care will work with you, focusing on your strengths, what matters most to you, and helping you stay as independent as possible. They can talk through your situation and arrange an assessment to understand your needs and identify any support that may help. You do not need the permission of the person with dementia to contact Adult Social Care.

Following an assessment, Adult Social Care will discuss the support available and work with you to plan what is right for your circumstances. As dementia progresses, support needs may change and will be reviewed over time. Some services may be subject to a charge, and any costs and payment options will be explained as part of the planning process.

Support could include help at home, equipment, technology, community activities, day opportunities, or support for family carers. If you are eligible for ongoing support, a care plan will be developed with you and reviewed as your needs change.

If a family member or friend helps to care for you, they may also be entitled to a Carer's Needs Assessment, which looks at the impact caring has on their life and identifies any support that may help them maintain their own wellbeing. The right support is different for everyone.

Staying in your own home

Many people with dementia wish to remain in their own home for as long as possible. With the right support, this is often achievable. Support at home may include help with personal care, preparing meals, managing medication and household tasks,

Simple changes to your home, such as improved lighting, clear signs, memory aids, technology and adaptations, can help you stay safe and confident. For information on creating a dementia-friendly home, you may find the following resources helpful:

- NHS: Home Environment and Dementia Guide www.nhs.uk/conditions/dementia/living-with-dementia/home-environment/
- Alzheimer's Society: Keeping Safe at Home Guide: www.alzheimers.org.uk/get-support/living-with-dementia/keeping-safe-home
- www.wakefield.connecttosupport.org/equipment-and-technology-care-house

Wakefield Council's Adult Social Care has an Adaptations Service and a Technology Enabled Care Team that can also provide advice about changes that may make everyday life easier. Contact Wakefield Adult Social Care on 0345 8 503 503.

Remaining Safe at Home

Living with dementia can sometimes increase the risk of accidents or feeling vulnerable at home. Some simple steps can help you stay safe and independent.

Fire Safety

Forgetfulness or confusion can increase the risk of a fire.

West Yorkshire Fire and Rescue Service offers a free Safe and Well Visit for people who may be at greater risk, including people living with dementia. During the visit, staff can provide practical advice, check fire safety in your home and discuss any additional support that may help you stay safe.

Some simple ways to reduce the risk of fire include:

- Fitting and testing smoke alarms.
- Never leaving cooking unattended.
- Keeping kitchen surfaces clean and free from clutter.
- Using LED candles instead of real candles where possible.
- Keeping exits, hallways and doorways clear.

To arrange a free Safe and Well Visit, contact [West Yorkshire Fire and Rescue Service](#) on 0800 587 4536.

Home Security

There are also simple steps you can take to help protect yourself and your home, including:

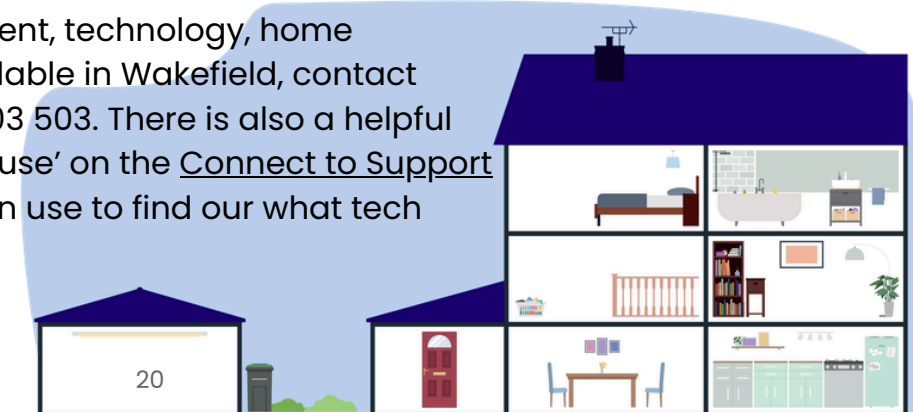
- Keeping doors and windows locked, even when you are at home.
- Using any home security alarms that are fitted.
- Asking for identification from unexpected callers before letting them in.
- Being cautious of cold callers offering home improvements or repairs.
- Avoiding keeping large amounts of cash at home.
- Keeping gardens, paths and entrances tidy and well maintained.
- Having a trusted family member, friend or neighbour who can check on you if needed.

If you support someone living with dementia, reminders such as notes near doors saying "Remember to lock the door" or "Set the alarm" may be helpful.

Technology and Equipment

Equipment and technology can also help people live independently and safely for longer. This might include medication reminders, talking clocks, falls detectors, personal alarms or other technology-enabled care solutions.

For information about equipment, technology, home adaptations and support available in Wakefield, contact Adult Social Care on 0345 8 503 503. There is also a helpful tool called the 'Technology House' on the [Connect to Support Wakefield website](#) that you can use to find out what tech might help you.



Keeping Safe Checklist

Creating a space that works for you when you have dementia can help you feel safer at home. Use this checklist to help you make your space work for you. You could review it regularly with a family member, friend or carer.

Around the Home	Notes
Walkways, stairs and doorways are clear of clutter.	
Rugs and mats are secure and do not create trip hazards.	
Lighting is good in all rooms, hallways and on stairs.	
Important items such as keys, glasses and medication are kept in the same place.	
Cupboards, drawers or rooms are labelled if this helps.	
Emergency contact numbers are easy to find.	
Fire Safety	Notes
Smoke alarms are fitted and tested regularly.	
Kitchen surfaces are clean and free from clutter.	
Candles are avoided or replaced with LED alternatives.	
Exits and escape routes are kept clear.	
Home Security	Notes
Doors and windows are locked when needed.	
I check the identity of unexpected callers	
I know who to contact if I am unsure about a caller	
Important documents are stored safely.	
Other	Notes

Planning Ahead

Many people find it helpful to think about practical and legal arrangements after a dementia diagnosis. While these conversations can sometimes feel difficult, planning ahead can give you and your loved ones reassurance about the future.

One of the first steps is to gather important information and keep it somewhere safe but easy to find. This might include:

- Bank account details
- Pension and benefit information
- Mortgage or housing information
- Insurance documents
- Important contact numbers
- Details of any regular bills or subscriptions
- Information about your wishes and preferences for the future

Further Information

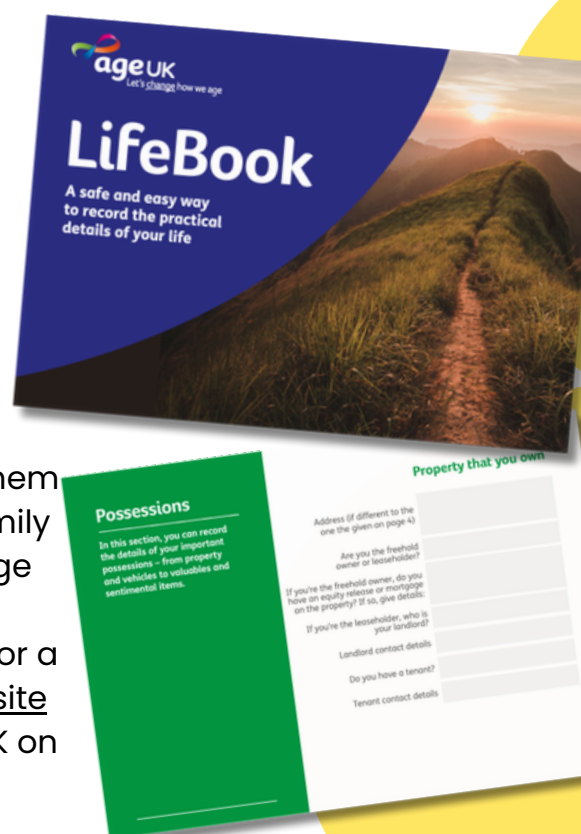
For independent advice and support with financial, legal and future planning, you may find the following organisations helpful:

- Citizens Advice Wakefield District
- Age UK Wakefield District
- Office of the Public Guardian
- Alzheimer's Society

Age UK Life Book

The Age UK Life Book is a booklet that helps you keep important information in one place. You can record details such as key contacts, financial information, important documents and your wishes for the future.

Many people find that completing a Life Book gives them peace of mind and makes things much easier for family members and carers if they ever need to help manage day-to-day affairs. It can also save time by ensuring important information is easy to find when needed. For a digital copy you can download from the [Age UK website](#) (search life book) or for a printed copy, phone Age UK on 0345 685 1061.



Making a Will

Making a will allows you to record what you would like to happen to your money, property and possessions after your death. Many people find peace of mind in knowing that their wishes have been written down and that important decisions have been made in advance.

If you are considering making or updating a will, it is helpful to do so as early as possible while you feel confident making these decisions.

For as long as you are able to, you have the right to make decisions about your own life. But as symptoms of dementia get worse over time, you may no longer be able to make decisions about things like your finances, health or welfare.

This is sometimes referred to as lacking mental capacity. **The Mental Capacity Act 2005** is a law which protects individuals rights to make decisions and explains who should make decisions if they can't".

You can read more online here:
[Managing legal affairs for someone with dementia - NHS](#)
[Making decisions for a person with dementia who lacks mental capacity | Alzheimer's Society](#)

Living Will

A Living Will, sometimes called an Advance Decision, is a document that allows you to record your wishes about certain medical treatments you may or may not want in the future if there comes a time when you are unable to make or communicate those decisions yourself. It can help ensure that your preferences are known and respected, while providing guidance for healthcare professionals and reassurance for your family.

Many people find that thinking about these decisions early gives them a greater sense of control and peace of mind. If you are considering making a Living Will, it is a good idea to discuss it with the people important to you and seek advice from a healthcare professional or legal adviser if needed.

Lasting Power of Attorney

A Lasting Power of Attorney (LPA) is a legal document that allows a person to choose one or more trusted people to help make decisions on their behalf if they are no longer able to make decisions themselves in the future.

Planning ahead can provide reassurance for both the person living with dementia and their family.

There are two types of Lasting Power of Attorney:

- Property and Financial Affairs LPA – covers decisions about money, bills, bank accounts, benefits, property and other financial matters
- Health and Welfare LPA – covers decisions about health care, medical treatment, care arrangements and daily living needs.

Many people choose to complete a Lasting Power of Attorney themselves using the Government's online application service. The process is designed to be straightforward, and you do not need to use a solicitor to create an LPA. However, some people prefer to ask a solicitor for assistance, particularly if their circumstances are complex or they would like support completing the paperwork.

Having a Lasting Power of Attorney in place can help avoid difficulties later and ensure that decisions are made in line with the person's wishes, values and preferences. It can also provide peace of mind to family members and carers by ensuring clear arrangements are in place for future decision-making.



People started talking about me and not to me. At first I didn't know how to react to this and then I realised I had to keep talking about what I wanted and making myself heard.



Being Heard, Respected and Involved

A dementia diagnosis does not change who you are. You are still the same person, with your own strengths, experiences, interests, preferences and relationships. It is important people continue to see you as an individual and treat you with respect.

Your Voice Matters

You should be encouraged and supported to make your own choices and decisions wherever possible. This may include decisions about your daily routine, activities, healthcare, support and future plans. If you need information explained differently, ask people to:

- Speak clearly and at a pace that suits you.
- Break information down.
- Give you time to think and respond.
- Repeat information if needed.
- Involve someone you trust in conversations and appointments.

Feeling Safe and Protected

Most people receive good care and support, but it is important to know that everyone has the right to feel safe, respected and free from abuse. Abuse can take many forms and may include:

- Being treated unfairly or without respect.
- Being threatened, frightened or humiliated.
- Financial abuse, such as someone taking control of money without permission.
- Neglect, where someone's care or support needs are not being met.

Expressing How You Feel

It is natural to experience a range of emotions when living with dementia. You may feel worried, frustrated, uncertain or upset at times. Talking openly about how you are feeling can help. Family, friends and professionals should take time to listen to you, acknowledge your concerns and provide reassurance when needed.

Respecting Your Privacy

Everyone has the right to privacy and dignity. Whether at home, in hospital, in a care setting or when receiving support services, your privacy should always be respected. This includes:

- Knocking before entering a room.
- Respecting personal boundaries.
- Involving you in your care decisions.

What to do if you are worried

If you are concerned about your own safety, or the safety of someone else:

- Speak to a trusted family member, friend or professional.
- Contact Wakefield Adult Social Care on 0345 8 503 503.
- If there is immediate danger or a crime has been committed, contact the police by calling 999 in an emergency or 101 for non-emergency concerns.

Everyone has the right to be treated with dignity, respect and compassion.

Day Centres

Day centres and community-based support services can help people with dementia stay active, maintain independence and continue doing the things they enjoy. These services provide a safe, welcoming environment where people can take part in a range of activities. You may need to pay for these services.

Attending a day service can help reduce social isolation, provide routine and support overall wellbeing. It can also give family members and unpaid carers valuable time to rest, work, attend appointments or focus on their own wellbeing.

Different services are available across the Wakefield district, and the support offered can vary depending on individual needs, interests and preferences.

You may wish to find your own day centre or a social care assessment may help identify services. Contact Wakefield Adult Social Care 0345 8 503 503 for information.

Support in Other Settings

There may come a time when living at home is no longer the best option. This can be a difficult and emotional decision, but it is important to remember that moving to a different type of accommodation can help you to keep your independence.

Options may include:

- Extra Care Housing – self-contained accommodation with access to care and support when needed.
- Supported Living Services – support to help people live as independently as possible in their own accommodation.
- Residential Care – accommodation with staff available to provide personal care and support.
- Nursing Care – similar to residential care, with qualified nurses available to provide additional healthcare support.

If you are considering a move, it is important to take time to explore your options, visit services where possible, and ask questions about the care and support available both now and in the future. Adult Social Care can provide information, advice and support to help you make informed decisions. You can also search the 'Care Directory' on the Connect to Support Wakefield website and search by location and different services.

All registered care homes in Wakefield are regulated by the Care Quality Commission (CQC), which monitors the quality and safety of care services. CQC inspection reports can help you compare services and make choices about the support that is right for you.

If a care home placement is needed, a financial assessment may be carried out to determine whether you need to contribute towards the cost of your care. Adult Social Care services will advise on how this takes place.

Reunite Devices

The ReUnite Dementia Device is a simple tool designed to help people living with dementia who may become disorientated, distressed or lost while out and about. Developed in Wakefield through a partnership involving Wakefield Hospice, Wakefield Memory Action Group and West Yorkshire Police, the devices are available as a wristband, badge or key fob.

Each device contains a small microchip that can be read by most smartphones using NFC (Near Field Communication) technology.

If someone appears lost or vulnerable, a member of the public can scan the device using their phone to view the person's name and emergency contact details, helping them reconnect safely with family or carers.

The devices do not require charging and provide a simple way to support independence while offering reassurance to families and carers. More information is available from [Wakefield Hospice website](http://www.wakefieldhospice.org/reunite) or search 'Reunite Wakefield' online.

The Herbert Protocol

The Herbert Protocol is a national scheme designed to help people living with dementia who may be at risk of going missing. It enables family members, carers and professionals to record important information about a person in advance, such as contact details, places that are familiar to them, medical information and a recent photograph. If the person is reported missing, this information can be accessed quickly by the police, helping them to locate the person as safely and as quickly as possible.

In Wakefield, the Herbert Protocol is supported by West Yorkshire Police. The force now uses Safe and Found Online, a secure digital system that allows families and carers to create and update a profile containing important information that can be accessed by police. Paper versions of the Herbert Protocol are also available.

If you are supporting someone who may become disorientated or get lost, completing a Herbert Protocol can provide reassurance and help emergency services respond more quickly should they ever go missing. You can find the form to complete and further information on the [West Yorkshire Police website](http://www.west-yorkshire.police.uk) or speak to a local dementia support service.



Hospitals

If you need to go into hospital, it can help to have important information about you in one place. This could include details about your medication, communication needs, daily routines, mobility, sensory needs, key contacts and the things that help you feel comfortable and reassured. Having this information available can help hospital staff provide more personalised care and support

Hospital Social Work Team

If you are admitted to hospital your care and support needs may have changed, the Hospital Social Work Team can help make sure the right support is in place during your stay and when you are ready to return home. They work with you, your family, carers and healthcare professionals to understand your situation, assess any care and support needs, and help plan a safe discharge from hospital.

They can also provide advice about ongoing care, support services and any changes that may be needed to help you remain as independent as possible after leaving hospital. Ward staff should make a referral to the Hospital Social Work Team if they think you fit the criteria for support.

My Health Passport

A 'My Health Passport' can help make hospital visits and appointments easier by sharing important information about you with healthcare staff. It includes key details about your health needs, the support you may require, any medications you take, how you communicate, and any reasonable adjustments that would help you receive the best care.

The passport can also tell staff about the things that matter to you, such as your likes, dislikes, routines, and what helps you feel comfortable and supported. Having this information available can help healthcare professionals understand you better and provide more person-centred care, particularly if you find it difficult to communicate your needs when you are unwell.

You can email midyorks.communications@nhs.net to ask for a health passport or download from <https://www.midyorks.nhs.uk/complex-needs>

Keep a copy of your Health Passport somewhere easy to find and take it with you whenever you attend a hospital appointment or are admitted to hospital.



Complex Needs Team

The Complex Needs Team supports people with dementia and other complex needs when they use hospital services. The team works with patients, families and carers to make sure people receive the right support and that their individual needs are understood.

They can help arrange extra support before a hospital visit, advise on reasonable adjustments, and help hospital staff provide more personalised care. Find out more: www.midyorks.nhs.uk/complex-needs

Think Delirium !

Not all changes in memory, confusion or behaviour are caused by dementia. Sometimes a person can become suddenly more confused over a short period of time. This may be due to delirium, which is a medical condition that needs urgent attention.

Delirium can develop over hours or days and may be caused by an infection, dehydration, pain, constipation, medication changes, poor sleep or being unwell. A person may appear more confused than usual, struggle to concentrate, become unusually drowsy, restless or distressed, or seem different from their normal self. These symptoms can come and go throughout the day.

What's Different About Delirium?

Dementia usually causes gradual changes over months or years, whereas delirium develops quickly. People living with dementia are at greater risk of developing delirium, and it can sometimes be difficult to tell the difference between the two.

If you notice a sudden change in someone's memory, thinking, behaviour or level of alertness, Think Delirium and seek medical advice. Contact your GP, NHS 111 or, if the symptoms are severe or the person is very unwell, seek urgent medical help.

Early recognition and treatment of delirium can make a significant difference and may help the person return to their usual level of functioning more quickly.

End of life care is about helping people live as comfortably and meaningfully as possible, ensuring that their wishes, preferences and values are respected. It also includes supporting family members, friends and carers before and after a person's death.

Local Hospice Support

People in Wakefield may access support from local hospice services, including Wakefield Hospice and The Prince of Wales Hospice.

Wakefield Hospice Dementia Support

Wakefield Hospice provides specialist support for people living with advanced dementia and their families. The service works closely with GPs, community health professionals, Adult Social Care and the Wakefield Admiral Nurse Service to provide advice, support and care as dementia progresses and end-of-life care needs increase.

The service offers open referrals, which can be made by the person living with dementia, family members, friends or Health and social care professionals

Support may include:

- Emotional support and assessment of needs
- Information and advice about dementia
- Support with managing advancing dementia and its symptoms
- Advice and support around advance care planning
- Specialist support as a person approaches the end of life
- Home visits and telephone support, where appropriate
- Signposting and referrals to other services and organisations
- Access to hospice services and therapies where suitable

Wakefield Hospice also offers a chargeable Dementia Care Service, providing a regular day of support for people living with dementia and valuable respite for family carers. A confirmed dementia diagnosis is required to access this service.

Hospice Admiral Nurse

The Hospice Admiral Nurse provides specialist support for people living with advanced dementia, as well as their families and carers. Support includes guidance on coping with changes, managing symptoms, planning ahead and maintaining wellbeing and quality of life. The Admiral Nurse can also provide specialist advice and support as dementia progresses and end-of-life care approaches.

Contact Details

Wakefield Hospice Dementia Team

- Telephone: 01924 900960
- Email: dementiateam@wakefieldhospice.co.uk

Hospice Admiral Nurse

- Telephone: 01924 900960
- Email: dementia.services@wakefieldhospice.co.uk

Website: www.wakefieldhospice.org

The Prince of Wales Hospice, Pontefract, Dementia Support

The Prince of Wales Hospice provides dementia-friendly care and support for people living with dementia and those important to them across the Wakefield district working closely with GPs, community health professionals, Admiral Nurses and Adult Social Care. The service aims to reduce confusion, promote comfort and provide personalised, compassionate support that focuses on dignity, wellbeing and quality of life. Staff receive dementia-specific training and use practical tools such as dementia-friendly signage, clocks and the "This Is Me" document to help understand what matters most to each person.

The hospice offers a range of practical and emotional support for both the person living with dementia and their family, friends and carers. Services include

- counselling
- complementary therapies
- exercise groups
- craft groups
- a bathing service.

In some circumstances, support can also be provided through home visits for people who are unable to attend the hospice.

The hospice works closely with families, carers and local health and care services to help people live as well as possible and feel supported throughout their dementia journey.

Contact Details

- Telephone: 01977 708868
- Email: contact@pwh.org.uk
- Website: www.pwh.org.uk

The hospice also operates a 24-hour Clinical Advice Line for patients, families and carers: 01977 781456.





Support for Families, Friends and Carers

Dementia does not only affect the person who has been diagnosed. It can also have a significant impact on family members, friends and carers who provide support on a daily basis.

Caring for someone with dementia can help maintain important relationships, routines and quality of life. However, caring responsibilities can also bring emotional, physical and practical challenges. It is important that carers recognise their own needs and seek support when required.

If you are supporting someone living with dementia, one of the most important things you can do is let your GP know that you are a carer and register with Carers Wakefield & District by calling 01924 305544 or visiting their [website](#).

Doing this early can help you access the right support when you need it, whether that is now or in the future. Support may include information and advice, help with benefits and finances, access to carer grants, emotional support, training, and opportunities to meet other carers through local groups and activities. It can also help ensure that professionals recognise your caring role and take your needs into account when supporting you and the person you care for.

Carers Needs Assessment

If you provide regular care and support for someone with dementia, under the Care Act 2014 you have the right to request a Carer's Needs Assessment, regardless of the amount of care you provide or whether the person you care for receives services themselves. Wakefield Council's Adult Social Care service will carry out the Carers' Needs Assessment.

A Carer's Needs Assessment is an opportunity to talk about your caring role and how it affects your day-to-day life. It focuses on your needs as a carer and helps identify what support may assist you in maintaining your own health. The assessment will consider a range of factors, including:

- The type and amount of care you provide
- How caring affects your physical and mental health
- The impact on your work, education or other commitments
- Your relationships and social life
- Whether you are getting enough rest and time for yourself
- Any support you may need now or in the future

Following a Carer's Assessment, you may be offered:

- Information and advice about local services
- Access to carer support groups and networks
- Help to reduce stress and maintain wellbeing
- Training to support you in your caring role
- Equipment or adaptations
- Support with emergency planning

Phone Adult Social Care on 0345 8 503 503 or visit the [Wakefield Council website](#) and search 'Carers Needs Assessment' to find out more.

Short Breaks

Supporting someone living with dementia can be rewarding, but it can also be physically and emotionally demanding. Taking a break from caring can help carers rest, recharge and look after their own wellbeing.

This is often called respite care or a short break. It can last for a few hours, a day, or longer, depending on individual needs. Short breaks may include:

- Day services where people can socialise, take part in activities and meet others in a safe and supportive environment.
- Support at home, where a trained care worker provides temporary care.
- Residential short breaks – a stay in a care home for a short period of time.

Short breaks can benefit both the person living with dementia and their carer by providing new experiences, social opportunities and time to focus on their own wellbeing.

For information about respite care and support for carers, contact Wakefield Adult Social Care on 0345 8 503 503 or search the [Connect to Support Wakefield website](#).



“Dementia affects the whole family, not just the person with the diagnosis. There have been challenges, and we have all had to adapt.

What has helped us most is talking openly, planning ahead and accepting support when we need it. We focus on spending quality time together and making the most of each day.

Life may be different, but there is still laughter, friendship, purpose and enjoyment.

My message to anyone receiving a dementia diagnosis is simple: life goes on. Take things one day at a time, reach out for support, and remember... you are not alone.”

Carers Crisis Planning

It can be reassuring to have a plan in place in case of emergency. Think about:

- Who could step in if you were unable to provide care.
- Important contact numbers.
- Details of medications and health conditions.
- Daily routines and preferences.
- Information about professionals involved in the person's care.

Sharing this information with trusted family members, friends or professionals can help ensure the person you care for continues to receive support if something unexpected happens.

You can speak to Carers Wakefield & District on 01924 305544 for general help in planning for a crisis or Carers UK have a helpful online guide to contingency planning: www.carersuk.org/help-and-advice/practical-support/creating-a-contingency-plan/

You can also contact Wakefield Adult Social Care on 0345 8 503 503 at any time for information and advice, the phone number is staffed 24 hours a day every day of the year.

There is also the Share2Care-WYICB app. Developed by NHS West Yorkshire Integrated Care Board (WYICB) with unpaid carers, the free app allows carers to securely store and share key information with family members and trusted people involved in providing support.

The app includes features such as a shared diary, document storage, emergency contacts and a digital contingency plan. This means that if a carer suddenly becomes unwell or is unable to provide support, important information about the person they care for can be accessed.

The contingency plan can also be securely linked to NHS systems, helping health and care workers understand what support arrangements are in place.

To download the app visit: <https://carenetworkx.com/share2care-wyicb/> or Search for share2care-wyicb on App stores or iPhone/Android



Hospitals: Support for Carers

MY Space Rooms

Across Pinderfields Hospital, MY Space rooms provide a quiet and private space for patients, family, friends and carers to spend time away from the bedside, to speak with professionals or as a place of privacy and comfort at what can be a distressing time. These rooms have been developed through partnership working between carers, Carers Wakefield and District, Wakefield Council and The Mid Yorkshire NHS Trust.

Hospital-based Carer Support Workers (Carers Wakefield & District)

Carers Wakefield & District have Carer Support Workers who work with patients and colleagues to provide support for carers whilst the person they care for is in hospital, offering information and advice, preparing them to be able to continue caring once the person is discharged from hospital. The team can attend discharge meetings and other key meetings to ensure that carers and their loved ones get the care and support they feel they need. For more information or to be put in touch with one of the Hospital Support Workers, call Carers Wakefield & District on 01924 305544 or email info@carerswakfield.org.uk.

Carers Passports and Lanyards

Mid Yorkshire Hospital Trust have a Carers Passport and Lanyards available which supports the rights of carers to remain with loved ones who would benefit from their support in hospital and information about some of the services available to carers.

For outpatients, carers can wear the lanyard to let staff know that they are a carer and that the patient may look for support from this person to help them understand or physically support them.

To obtain a Carers Passport or if you need any support, please contact [Carers Wakefield](mailto:Carers@Wakefield.org.uk) on 01924 305544.

Family support rooms

There are number of 'family support rooms' situated in Pinderfields elderly care wards. Designed with a fitted wardrobe complete with a fold-away bed to enable family and carers to stay in the same room overnight and be physically close to their loved ones who are living with dementia or in their final days.

Useful Contacts

Wakefield Memory Service

Support through and after diagnosis

Provides specialist assessment, diagnosis and treatment for people experiencing memory difficulties and dementia.

Telephone: 01924 316973

Address: Drury Lane Health & Wellbeing Centre, Wakefield, WF1 2TE

Website: www.southwestyorkshire.nhs.uk

Alzheimer's Society

Provides personalised support, ongoing advice and practical guidance for people living with dementia, families and carers.

Telephone: 01924 373264

Email: wakefield@alzheimers.org.uk

National Support Line: 0333 150 3456

Website: www.alzheimers.org.uk

Adult Social Care

Provides information and advice, care assessments, carers needs assessments, support planning.

Telephone: 0345 8 503 503

Email: social_care_direct@wakefield.gov.uk

Website: www.wakefield.gov.uk/adult-social-care

Admiral Nurses

The Wakefield Admiral Nurse Service provides specialist support for carers, family members and friends supporting someone with a diagnosis of dementia.

Telephone: 01924 316 973

Email: AdmiralNurseWakefield@swyt.nhs.uk

Website: www.southwestyorkshire.nhs.uk/services/wakefield-admiral-nurse/

Age UK Wakefield

Information and advice on benefits, finances, housing and independent living, social groups, hospital transport support and a paid for home help service..and much more.

Telephone: 01977 552114

Website: www.ageuk.org.uk/wakefielddistrict

Email: admin@ageukwd.org.uk

Carers Wakefield & District

Support for unpaid carers including advice, emotional support, training, support groups, events and activities, as well as support to carers who have a loved one residing in 24 hrs residential care or in hospital.

Telephone: 01924 305544

Email: info@carerswakefield.org.uk

Website: www.carerswakefield.org.uk

Address: 25 King Street, Wakefield, WF1 2SR

Useful Contacts

Connect to Support Wakefield

Social Groups and Peer Support

Search the local groups directory to find dementia friendly groups happening near you. You can also find up to date information on the dementia pathway page -

<https://wakefield.connecttosupport.org/conditions-and-disabilities/dementia-care-pathway/diagnosis/>

Memory Action Group

A peer support group for people living with dementia and their carers. Groups meet regularly and share experiences and knowledge.

Telephone: 07963 568892

Email: memoryactiongroup@gmail.com

Website: www.memoryactiongroup.co.uk

Groups meet at West Wakefield Methodist Church, Thornes Lane, WF2 8QR

Bless Memory Friendship Group

A group for people living with dementia and their carers to have fun singing, dancing and create friendships. Groups take place in Upton and Hemsworth.

Telephone: 07907 106360

Email:

juliegreen@blesscommunityservices.co.uk

Singing for the Brain

A friendly group run by Alzheimer's Society using music and singing to support wellbeing and social connection.

Telephone: 01924 373264

Email: wakefield@alzheimers.org.uk

Website: www.alzheimers.org.uk

Open Heart Memory Café

The Sacred Heart Church Hall in Pontefract hosts a drop in cafe for people with dementia, their friends, family and carers.

Telephone: 07921 505706

Email: openheartmemorycafe@gmail.com

Maintenance Cognitive Stimulation Therapy (MCST)

Age UK Wakefield District delivers a 24-week MCST programme for people living with mild to moderate dementia. The programme:

- Runs in small groups to encourage participation and discussion
- Covers a range of themed activities each week
- Supports cognitive stimulation and social connection
- Includes a separate support space for family members, friends and unpaid carers
- Offers opportunities for carers to meet guest speakers and receive peer support

Groups are typically delivered twice a year in Wakefield and Castleford.

A home visit and assessment are carried out before joining the programme to ensure it is suitable.

Contact Age UK Wakefield District

Telephone: 01977 552114

Email: mcst@ageukwd.org.uk

Website: www.ageuk.org.uk

Carers Wakefield & District Groups

Carers Wakefield and District offer a number of groups across the whole district that provide the opportunity for carers to meet together in a relaxed, informal atmosphere over a cup of tea or coffee. Many people gain help and support from meeting together with others who have similar experiences or problems and from being able to 'let off steam' with people who understand.

All groups are different, some purely social and some also offering the chance to hear talks on caring issues or topics of general interest. Most groups organise activities, social events and outings throughout the year for carers.

Telephone: 01924 305544

Email: info@carerswakefield.org.uk

Website: www.carerswakefield.org.uk

Address: 25 King Street, Wakefield, WF1 2SR

Useful Contacts

Wakefield Adaptations Service

Adaptations can include things such as stairlifts, accessible bathrooms, ramps and other practical solutions to make everyday tasks easier.

Telephone: 01977 722220

Email: adaptationsservice@wakefield.gov.uk

Website: wakefield.gov.uk and search 'adaptations'.

Technology Enabled Care

Technology Enabled Care or 'TEC' can help people live at home safely for longer.

Telephone: 0345 8 503 503

Email: social_care_direct@wakefield.gov.uk

Wakefield Citizens Advice Bureau

Wakefield Citizens Advice Bureau give advice on a range of issues including support with finances and benefits.

Free advice line: 0808 812 7134

website: wakefelddistrictcab.co.uk

Or visit an office by appointment or drop in sessions, contact by phone or website for more information.

LiveWell Wakefield

Live Well Wakefield is a free service that helps people access support to address any non-medical needs, such as loneliness, mental wellbeing and long-term conditions.

Telephone: 01924 255363

Cloverleaf Advocacy

Provide free and confidential advocacy services

Telephone: [01924 454875](tel:01924454875)

Email: referrals@cloverleaf-advocacy.co.uk

Website: cloverleaf-advocacy.co.uk

My Therapy Services

MY Therapy are a team of Physiotherapists, Occupational Therapists, and Therapy Support Staff. They complete home based assessment and treatment programmes to support people to live more independently at home.

Telephone: 01924 327591

Website: www.midyorks.nhs.uk/therapy-community-team

Wakefield BetterCare

Wakefield BetterCare guides you through a financial assessment for care, and calculates how much you will have to pay towards it.

Website: www.wakefield.bettercare.org.uk

