



Carers Together

 in Redcar & Cleveland

Issue 38
Autumn 2010

This Magazine is **FREE** please take one

Opening Hours

Monday to Thursday
9.00am – 5.00pm
and Friday 9.00am - 4.30pm

Contact Details

23 Queen Street
Redcar TS10 1AB
Tel: 01642 488977

Email:

carerstogoether@btconnect.com
www.carerstogoether-rc.org.uk

Contents

Page 2

Comments

It's time to support carers

Max Cards

Page 3

Carers Partnership

Page 4 & 5

In Your Area

Page 6

Carers page

Page 7

Hospital Benefits: the rules

National Carers Strategy

Pension Credits

Page 8

Earnings Limit increase

Supporting carers into work

Free mobile calls to DWP

Page 9

Good news for blind people

Page 10

Dementia Advisor Service

Page 11

Carers Xmas Party

Carers Week

Page 12

Computer Courses

Great North Run

New faces at Carers Together

We are delighted to introduce you to two new members of our team: Sue Humphrey and Jade Peacock.

Sue has taken over the role of Carers Development Worker for the East Cleveland Area, replacing Susi Diamond who left us in April 2010 to join the Citizen Support Exchange.



Sue is working in partnership with Jo Swinburne and is funded by the Northern Rock Foundation to continue the development of our services within the East Cleveland areas.

Sue brings with her a wealth of experience and has spent the last 5 years working with people with substance misuse, their carers and adults with learning disabilities.

In addition to her role as Carers Development Worker, Sue will be developing a programme of services and events to focus on carers health including free health checks, information events, social and physical activities (see page 5 for further details).



Some of you may already be aware that Toni McHale recently left the Dementia Advisor Service at Carers Together. We are delighted to tell you that she has settled well into her new role as Regional Carers Strategy Co-ordinator for the Princess Royal Trust; and we are looking forward to working with her in the future.

Jade Peacock has joined us in her place for 2 days a week. Jade has been seconded by the memory clinic and will be providing support and information through our Dementia Advisor Service. Jade will also continue her role as a Support Worker with the Memory Clinic, so strengthening our relationship with them.

This Magazine is now delivered direct to 2,270 carers

Comments



We hope you have been able to make the most of the few warm summer days we have had and let's hope we have a lovely Autumn.

As you can see we have had a few changes at Carers Together, the team have all settled in well and we continue working with Toni and Susi in their new posts. It has also been a very busy time.

Irene has been meeting with a group of carers in New Marske. They have been using the sessions to talk about stress and working through a recently published stress guide. Some of the carers say they found it really beneficial and have made some significant changes to their lives as a result. The group is continuing to meet monthly so they can offer mutual support, exchange information and have a bit of fun. They would welcome anyone who would like to join them. So, if you are interested why not give Irene a ring for more information.

To the next few months, when as you can see we have a lot of events planned, culminating with our Annual Christmas Party.

Let's hope we have a lovely Autumn and we look forward to seeing many of you during the next few months.

Sue, Nic, Angela & Suzanne



It's time to support carers

CARERS UK
the voice of carers

Carers UK's "It's time" campaign aims to put support for carers firmly on the new governments agenda. Thousands of carers have sent a message loud and clear that carers are a force to be reckoned with.

But what can you do? All new MP's, whether they are new in seat or have been re-elected, will have a lot of organisations and business trying to get their attention over the next few months. That's why it's very important that they get letters from their constituents. We want carers to write to their MP.

Here's what you could include in your letter:

- Congratulate them on winning their seat.
- Tell them about your caring responsibility and how it affects your life.
- Ask them what they are going to do to help carers like you?
- Tell them Carers UK are happy to advise them and help them if they need any background to the issue.

You will be able to search for contact details of your new MP by putting your postcode into the website www.writetothem.com, or you can write to them c/o House of Commons, London, SW1A 0AA.

Max Card



MAX Card is a scheme that gives looked after children, their carers and other family members free entry to museums and galleries across the Yorkshire region.

Generally, each card gives two adults and two children free entry to participating venues, though specific venues may have varying offers.

2010 Max Cards are now available from Carers Together, 23 Queen Street, Redcar or telephone: 01642 488977.



VISION

All Carers should have full opportunities and choices to improve their quality of life, be respected and included as equal members of society

The June Partnership was the last event held during Carers Week this year and it definitely ended on a high note. Over 100 people attended, including Deputy Mayoress Olwyn Peters and newly elected MP for Redcar & Cleveland (R&C) Ian Swales, along with carers and paid professionals.

During the morning the audience heard from a range of speakers. Mike Dillon, Head of Adult Social Care introduced the recently published R&C Carers Strategy. He spoke about vital role carers play in our community and the importance of supporting them so they can both continue caring and have a life of their own.

Irene Poynter, Health & Wellbeing Liaison worker Carers Together, talked about her work with GP practices. She has introduced a 2 way referral process between GP practices and Carers Together. She is also piloting Awareness raising sessions with Practice staff.

The agenda also included Anne Greenley NHS Middlesbrough and NHS R&C and Debbie Sheldon, Personalisation Manager in Adult Social Care.

We all enjoyed a lovely lunch, a bit of chat and browsed the wide range of information stands. Then back to the afternoon session, which got off to a cracking start with the drama group Afta thought. They performed a number of small scenarios about the impact of caring on peoples lives. It was very powerful and moving. Andrea, a nurse, said 'It has really made me think about things from different perspective.'

Unfortunately, Beryl Green, who was due to talk about her experience of the Carers Emergency

Card Scheme was unable to attend due to illness: another carer read her story encouraging others to join the scheme.

Two prizes were also on offer—Middlesbrough Teesside Lions with Filey Lions Club donated a weeks holiday in Filey Giles Bolitho made the draw - Mr and Mrs Wells of Eston were the lucky winners; and a year's free gym membership, donated by Tees Valley Leisure, was won by Mr Thurston of Redcar.

As he left Fred said 'I really enjoyed everything today, but it was a shame that many people had to leave early following lunch'.

Gordon Mogg, the carer who co-chairs the Partnership is the representative on the Programme Assurance Group and the Right to Control Programme Governance Board. He is keen to attend carers groups in the area to collect your views. He can be contacted through Carers Together if you would like to speak to him or send any concerns in to him.

STOP PRESS

An important agenda item at our next meeting is the Refresh of the National Carers Strategy (see P7). There will be discussion groups to inform the response from Redcar & Cleveland. So make sure you join us to have your say.

**Monday, 13th September 2010
at Coatham Memorial Hall, Redcar
12.30pm to 2.30pm**

Contact Angela on **01642 488977** or via **angela@carerstgether-rc.org.uk**, or access **www.carerstgether-rc.org.uk** for a copy of the minutes or further information.



In your area

Welcome to in your area, the part of the magazine that tells you what is happening across our borough and within your local community.

Community Outreach Team

At Carers Together we have a team of Community Development Workers who are here to provide support to people caring for someone who lives in Redcar & Cleveland. Whether you have recently found yourself in a caring role and are unsure of what support is available to you; or if you have been caring for a while but are looking for someone to speak to who understands your situation, our team are on hand to help.

We work in partnership with many organisations

including health and social care, Citizen Advice Bureau, Department of Work and Pensions, leisure and housing, so regardless of your issue, we are here to help. We also house a vast amount of information in our Information Resource which is open for you to come and browse through.

To speak to a member of our team or to make an appointment to see us in one of our 21 community outreach venues contact us on 01642 488977 or 01642 491572.

Meet the Community Outreach Team



From left to right on the back row:
Irene Poynter Carers Health & Wellbeing Liaison Worker for TS10 & TS11 areas.



Jo Swinburne & Sue Humphrey Carers Development Workers for TS12, TS13 & TS14 areas.



From left to right on the bottom row:
Amanda Spencer Carers Development Worker for TS6 & TS7 areas.



Glenda Middleton Equalities Worker



What's happening this Autumn/Winter

Mon, 6th Sept	Disabled People's Partnership , Coatham Memorial Hall, 12.15pm - 3.00pm
Starting Fri 10th Sept	Carers Basic Computer Course , See page 12 for further details
Mon, 13th Sept	Carer's Partnership , Coatham Memorial Hall, 12.30pm - 2.30pm
Tues, 14th Sept	Carers Information Event , See page 5 for further details
Fri, 22nd Oct	Carers Basic + Computer Course , See page 12 for further details
Every Tues & Fri	Carers Complementary Therapies , To book an appointment or for further information contact Angela on 01642 488977
Every Fri	Carers Computer Course , Destinations, Saltburn 2 - 4pm
Fri, 3rd Dec	Carers Christmas Party , See page 11 for further details

As a user led organisation, the services, events and training which we provide are all developed through your comments and feedback. If you have any suggestions of activities or training which you would like us to provide or would be interested in attending please let us know.

Working together to improve your health

This year we have received funding from NHS Redcar & Cleveland to provide opportunities for carers. In addition to the extended Complementary Therapy Services and Computer Courses, we are arranging further information events and training.

Building on the Health Training Pilot we delivered in partnership with MRCCS; we are planning another 8 week course. Provisionally starting in October and finishing in November it will cover issues including, Safe Handling of Medication, Moving & Handling, Nutrition and Dietetics and Coping with Stress. The courses will be held at Carers Together on Tuesday mornings, from 10.30 -1.30, including a buffet lunch. Places are limited, for details please contact Irene on 01642 488977.

We will be holding a Health Information Day in Redcar during November. The Day is still in the planning stage but we will be offering Health Checks, a wide range of information, some physical and social activity taster sessions. If you are interested in coming please contact Sue Humphrey on 01642 488977, who will be able to contact you later with confirmed details. Also, keep your eyes peeled for our posters and flyers.



Carers Together in Redcar & Cleveland

East Cleveland Carers Information Day

**Loftus Centre of Opportunity & Partnership
Tuesday 14th September 2010
Drop in between 11am—2pm**

Why not join us to meet the Carers Together team or sample some of the many services we have on offer including:

Speak to the tutors of our Carers Computer Courses with Destinations, Saltburn

Try a taster of some of the many alternative therapies which we offer through our fully qualified therapist Tracey Holmes

Register for our free Emergency Card and Emergency Card Plus Schemes

We will also be joined by many of our partners who will be there to answer any questions you may have including:

*Woodside GP practice
Job Centre Plus
Welfare Rights
Dementia Advisor Service*

A free buffet lunch and refreshments will also be provided



To attend or for more information contact Sue or Jo on 01642 488977.

The Window Fitters Story

By Mr H Williams

My colleague and I were fitting a bay window in a house at Nunthorpe. At 2pm the lady of



the house said "I'm going out to a friends house for an hour, help yourselves to tea and coffee".

Being the oldest, it was my job to make the tea. Whilst doing so I noticed a bowl of brazil nuts. I know I shouldn't have, but I really love brazil nuts and temptation took over so I helped myself to a handful.

When Mrs Briggs returned home I confessed to her that I had taken a few. "That's alright Harry" she said "my friend buys me a packet of chocolate brazils every week for when I'm watching the soaps. I don't like the nuts so I always suck the chocolate and then keep the nuts to feed to the squirrels at Stewarts Park"!



The answers to this puzzle are all parts of the body—but do you know what they are?
(answers on page 12)

1. Carpenters can't do without them
2. Another name for weapons
3. A young animal
4. You will find these in the classroom
5. Some people worship in these
6. You will find this at the top of a hill
7. A pre-metric measurement
8. They say these go mad in May
9. What impertinence!
10. The fruit of the rose
11. What we throw away
12. Your comb has these

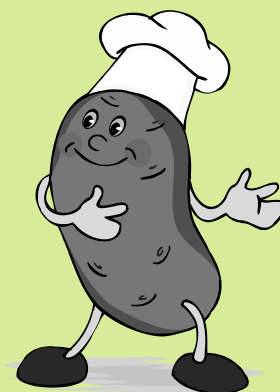


Recipe

Potato and Thyme Soup
Sent into us by Mr A Bulmer
A simple soup that's flavour packed



1 large onion, finely chopped
2 tbsp butter
Olive oil for frying and drizzling
600g potatoes, peeled and finely chopped
3—4 sprigs thyme, leaves only
1.2 litres chicken stock



1. In a large saucepan, fry the onion in the butter and olive oil until softened but not browned.
2. Add the potatoes and most of the thyme and cook until the potatoes turn translucent. Season well with salt and pepper.
3. Cover with the chicken stock and simmer until the potatoes are tender.
4. Let the soup cool slightly before puréeing it with a hand-blender - leave a few lumps if you prefer a rustic-style soup.
5. Reheat if necessary then serve in bowls with a drizzle of olive oil and the remaining thyme leaves.

Hospital and benefits: the rules

Article by Carers UK

Disability Living Allowance and Attendance Allowance

Disability Living Allowance (mobility and care components) for an adult over 16 and Attendance Allowance will stop being paid after the person has been in hospital for 4 consecutive weeks (28 days). If a person is discharged from hospital but readmitted within 28 days those separate periods of time are added together. These rules are called the linking rules. Both Disability Living Allowance (DLA) and Attendance Allowance (AA) will stop once the linked periods total 28 days. DLA for a child under 16 will stop after the child has been in hospital for 12 consecutive weeks. The 28 day linking rules also apply to a child.

Carers Allowance if the person being cared for is in hospital

The general rule is that Carer's Allowance will stop when DLA or AA stops. So for an adult on DLA or AA, your Carer's Allowance will stop being paid after 28 days. If a carer is caring for a child then the Carers Allowance will stop at 12 weeks.

Carer's Allowance if the carer is in hospital

Carer's Allowance stops if a carer is admitted to hospital after 12 weeks (85th day in hospital). The carer premium with Income Support or the carer addition with Pension Credit also stops. The carer may also need to make a new claim for housing and council tax benefits.

Refreshing the National Carers Strategy

The Government has announced it intends to refresh the National Carers Strategy and publish an action plan for 2011-2015.

Paul Burstow, Minister for Carers Services, has said the vision from the last strategy in 2008 will remain, but a new action plan will outline the "key activities upon which the Government can focus" to "ensure maximum value for money in the context of the current economic climate".

The last Government launched the National Carers Strategy in 2008, which set out a ten year vision that, by 2018, carers would be respected as expert care partners; able to have a life of their own alongside caring; supported so they are not forced into financial hardship by their caring role and supported to stay mentally and physically well.

Carers UK intend to submit a detailed response centred around carers' priorities for the future.

Article by Carers UK

****We also intend to submit a response from Redcar & Cleveland—see Page 3****

Pension credit guarantees you £80

Pension credit claimants are to receive a one-off £80 'payment' towards their fuel bills; households where at least one person is aged 70 or over and in receipt of the guarantee credit element of pension credit on 26 March 2010 will qualify for the extra help, which will be paid by energy companies automatically subtracting it from the householder's bill.



The government expects up to 250,000 people to benefit from its agreement to share DWP data with six energy suppliers—British Gas, EDF Energy, EON, Npower, Scottish Power and Scottish and Southern Energy—to enable claimants to be identified.

Energy companies will make the awards automatically in most cases by subtracting it from householders bills. The first 'payments' are due to be made in May or June.

Article taken from In Brief

Earnings limit increase

In April, the earnings limit for Carer's Allowance rose from £95 to £100. This means you can now earn up to £100 (after certain deductions) and still be eligible for Carer's Allowance.

Carers UK is campaigning for a radical reform of carers' benefits and specifically wanting any earnings limit to be tapered to reduce the barriers for carers who are able to work.

You can get more information about Carer's Allowance from the factsheet — Carer's Allowance and the carer premium. Order a copy by calling 0845 241 0963.

Article taken from Carers UK June 2010

Supporting Carers into Work

Many carers who don't work say they would like to combine their caring role with paid employment. If that's you, then Jobcentre Plus can help you get back to work.

jobcentreplus

Part of the Department for Work and Pensions

We offer a range of training and financial help for carers wanting to start or restart work at some point.

We have advisors trained to understand carers' needs who can talk to you about things such as training, part time work, voluntary work, job search, work trials, self employment, and in work financial help.

We can give you a personalised 'better off' calculation so you can decide what your best option is.

Did you know that we can also offer funding for replacement care and childcare costs for our approved training courses and for interviews? This support is for all carers, whether you receive benefits or not.

If you'd like to know more about what Jobcentre Plus can do for you as a carer, visit www.direct.gov.uk/carersemployment or contact your local jobcentre to make an appointment to see an advisor.

It won't affect your benefits and there's no obligation to do anything else.

Your local Jobcentre Plus Advisors

Free mobile calls to DWP 0800 lines

The six largest mobile phone companies have signed agreements with DWP to provide their customers with free mobile phone calls from their networks to the Department's 0800 claims lines.



Vodafone, T-Mobile, O2, Orange, Virgin Media and Tesco will make calls to around 70 DWP 0800 numbers free of charge to their customers.

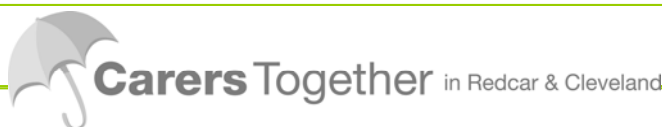
These lines are used to make initial claims for State Pension, Employment and Support Allowance and Jobseekers' Allowance and to apply for crisis loans.

This information was sourced from the Department for Work and Pensions.

DWP Department for Work and Pensions

Thank You

We would like to thank all of you who gave your time so generously to participate in the focus groups for the Care Quality Commission Inspection of the Local Authority. It is proposed that publication of the Inspection report with recommendations will be available on the councils website at the beginning of October. We will keep you informed of any feedback through our magazine so watch this space!



Following the successful outcome of a two year campaign to change unfair benefit rules, Tom Levitt has welcomed the Government's acceptance of an amendment to the Welfare Reform Bill.

"The rules for Disability Living Allowance (DLA) discriminated against blind people for many years" he said. "People with severe visual impairment will in future be able to claim the higher rate mobility component of DLA". The campaign was co-ordinated by RNIB, Britain's leading campaigning organisation for people with a visual impairment.

The government has decided to 'automatically' award the Disability Living Allowance higher mobility component currently £49.85 each week to certain blind people from 1st April 2011. Under current legislation most blind and partially sighted people usually get the lower rate of the mobility component currently £18.95 each week.

The DWP says this will help approximately 26,000 blind people, but there are many more blind people than that. The RNIB state there are around two million people in the UK with a sight problem which means they cannot recognise someone across the road or have difficulty reading newsprint, even when wearing spectacles. More than 370,000 people are currently registered as blind or partially sighted.

At the moment the DWP have specified the criteria of which blind people will qualify but have stated it

will be focused on those with the most severe visual impairment. The RNIB's interpretation of who might get the higher rate is based on a combination of visual acuity and field of vision.

This may include the following people who:

- Have no light perception.
- Have only light perception.
- Can only see hand movement in front of their face.
- Have 3/60 visual acuity (can see only the top line of an eye test chart from 3 metres away) and who also have a highly restricted field of vision.

How will the system work?

The DWP have stated that the application process for claiming the higher rate would combine self-assessment questions and provide evidence of their visual acuity and field of vision. Although it is not clear who will provide this evidence it is likely to be provided by high street opticians rather than doctors.

For further information type the following into a search engine; DVLA victory for people with severe visual impairment. Sourced from RNIB

Working together for change

A method of collating and analysing information gathered from people to influence strategic delivery of services

Way back in February, we contacted 20 carers with different caring responsibilities to work with us to identify what was working and not working in their lives and their hopes for the future. This was followed up with 3 sessions, held with DoH and HSA, attended by a cross section of citizens, Local Authority, Carers Together and ROC to identify the priority issues for disabled people and their carers.

Carers Together and ROC were requested to submit proposals to the DoH for funding to work on one of

the priorities. Information and communication was identified as key theme with comments including 'I am overwhelmed and don't understand the system', 'I find it hard to find information and often the information is incorrect'.

Carers Together are developing their database further, collecting information about what's working and not working. This information will be collated to help improve our own service and influence the commissioning cycle for carers.

Neighbour father wife sister husband brother friend

Are you concerned about your memory? Have you a diagnosis of dementia?



we can help...

We can all be a little forgetful sometimes – mislaying our specs or car keys, remembering things – but if its start to affect everyday life it is crucial to seek help. Becoming forgetful does not necessarily mean that someone has dementia - memory loss can be a normal part of ageing, it can be a sign of stress or depression and other medical problems, so it is important to get a proper diagnosis.

If you are concerned about your memory it is really important to visit the GP. The doctor can carry out a number of tests, looking at both memory and the ability to perform daily tasks: the doctor will also aim to rule out any illnesses that might have similar symptoms.

The right diagnosis, whatever it may be, can help you and those close to you prepare and plan for the future. A diagnosis of dementia usually will come as a shock, even if you have half been expecting it. It's a worrying and upsetting time: it is also difficult for people close to you. You will all need much reassurance and support. But there are things you can do in the early stages to help make life easier – both now and in the future. A diagnosis can help you

access information, advice and support so you and your family can plan for the future. You will want to remain as independent as possible for as long as you can. Although you will need increasing amounts of support, it is important that other people don't take over your life when you can still manage it. Make sure, too, that you are involved in decisions that affect you. You should have the opportunity to make your own choices for as long as you can.

If you have concerns about your memory or have a diagnosis of dementia and would like to have a confidential chat about any matter with the Advisor Service, contact either Claire or Jade on 01642 488408.

'I used to have a very good memory and suddenly I found that words that I knew the meaning of I was not able to give their meaning...that told me something was wrong.' (person with dementia)

Dementia Advisor Service D-Cafe

**Friday 10th September 2010
1.30pm—3.30pm**



At Carers Together, 23 Queen Street
If you have dementia or care for someone with dementia,
why not join us for a cuppa and a chat.



Or join us on:

**Friday 8th October 2010
10.30 am—12.30pm**

Music therapist Janet Graham will talk about how music can benefit the lives of people with dementia and their carers

10

Carers Christmas Party 2010

We are celebrating Carers Rights Day 2010 with our Carers Christmas Party at:

Coatham Memorial hall, Redcar
On Friday 3rd December 2010
11.30am till 3.00pm

The party is free to carers and will include a light buffet lunch, festive quiz, raffle and usual fun and games, so if you would like to join us in our celebrations and help raise some funds for Carers Together, then **give us a call on 01642 488977 to book your place** (*remember to book early as places are limited!*)



Are you caring for someone with Post Traumatic Stress Disorder? *Not all wounds are visible*

Andrea is a carer for her partner who is suffering Post Traumatic Stress Disorder. Her partner is receiving wonderful care from the Armed Forces support agencies and is currently at Hollybush Combat Stress Centre in Scotland.

On the other hand she feels isolated, alone and unable to deal with her partner's issues. "I know that when Martin gets upset and angry his anger is not aimed at me and I just listen, but I feel I have nowhere to turn for help" explained Andrea. Andrea would love to know if there is anyone else in the area who cares for a loved one who is suffering PTSD, (not necessarily military related) and is interested in setting up a support group to meet weekly just to talk through their experiences.

For more information please contact Carers Together on 01642 488977 or Trish at RCVDA 01642 440571 or email: enquiries@rcvda.org.uk

A man orders chop suey in a restaurant. The waiter brings out a pot with a lid but the man's afraid to eat it because every so often the lid lifts up a wee bit and a wee pair of eyes peer out at him. He calls the waiter over, points it out, and asks "Are you sure that's chop suey?". The waiter replies, "Oh sorry sir, my mistake I've brought you Peking duck."

Carers Week goes from Strength to Strength

This year events held across the UK to mark Carers Week broke all records. In the 10 years since Carers Week started, it has grown from 200 to over 12,000 events and activities, and as usual there was a lot of activity in Redcar & Cleveland.

Once more thanks go to our ardent supporter, Ann Robinson, who once again hosted a coffee morning at her home in Redcar and raised the wonderful sum of £162.50. Ann has organised something each Carers Week for the last 7 years and has raised over £2,400 which has helped support some of our Social Activities including the Annual Christmas party.

Over 70 people joined us for a cuppa and chat at the Open Day at Queen Street. And as you will have read we finished the week off with our successful Big Event at The Bowl. Last, but not least, a massive thank you to all partners who displayed and distributed our publicity promoting awareness of carers issues to help us reach people who don't realise they are carers. Without your support, we would be far less effective.

Carers Computer Courses

Due to popular demand, Carers Together are delighted to once again be running the Basic and Basic Plus Computer courses for Carers at South Bank Library with our trainer Janine Quinn.

Janine teaches basic computing skills, from switching a computer on to typing out a letter. Our Basic Plus course teaches you how to safely use the internet, shop online and how to send attachments with emails.

If you are interested in learning how to use a computer or would like to increase your knowledge of using a pc and the internet, then please contact Amanda on 01642 488977.

If we can generate enough interest, we may be able to provide further courses.



Great North Run 2010 for Carers Together

Bridie White from Redcar is running the Great North Run for the 9th time and we are delighted that this year she has offered to raise money through sponsorship for Carers Together.

If anyone would like to sponsor Bridie, we have forms in the office or you can make your pledges over the phone by contacting Carers Together on 01642 488977.

We would like to wish Bridie all the best for this half marathon and say a big thank you from the Carers of Redcar and Cleveland.



Answers to our quiz on page 6

1. Nails
2. Arms
3. Calf
4. Pupils
5. Toes
6. Temple
7. Brow
8. Foot



Making life less Confusing

By someone with dementia

Arranging Clothes

It is common knowledge a person with dementia has trouble making decisions. This became a real task when trying to dress each morning. I now have all my clothes hanging in sets.....a pair of trousers and a top to match....or a pair of shorts with a top. My undies are in one drawer and my socks are in another. So each morning....I just grab a pair of undies, a pair of socks and a coat hanger...which has a set of clothes on it. No decisions....and leaves my brain less confused for the rest of the day's activities.

Reminiscence

What a person with dementia has to say about their life experiences is a great way of feeling valued. Even when my memory storage is inconsistent I can still remember the most important days of my past life. The day I married your mother, it was a cold autumn morning and the leaves were golden brown ready to fall. On my bad days to really engage with me it's helpful to use pictures, images and take me to places that are significant.

