

“I am a carer and I am stressed out”

Dementia Friendly Charlbury (DFC) has been joined by an Clinical Nurse Specialist for Dementia who lives near Charlbury and works for SweetTree Homecare Services based in London. He has past experience as an Admiral Nurse and his work focusses on the needs of family carers; providing psychological support, home and lifestyle advice, and connection to additional services.

(Admiral Nurses are developed and supported by Dementia UK, a national charity: www.dementiauk.org. In Oxfordshire there are some Admiral Nurses employed by the Order of St John to work in their care homes but not in the community.)

He has made us aware of the following sources of information and support for carers:

Even if you do not have access to an Admiral Nurse, you can always speak to the Admiral Nurses Direct dementia helpline on 0800 888 6678. This is open from 9.00 a.m. to 9.00 p.m. on weekdays and 9.00 a.m. to 5.00 p.m. at weekends (excluding Bank Holidays).

Don't forget our own local dementia support service: Dementia Oxfordshire whose helpline number is 01865 410210 (9.00 a.m. to 6.00 p.m. Monday to Friday).

Dementia UK have produced some useful information leaflets which are available here: <https://www.dementiauk.org/understanding-dementia/advice-and-information>

Another useful resource is Dementia Diaries: dementiadiaries.org - a website where you can hear from other people in a similar situation and their experiences.

There is also our local Oxfordshire carers' support organisation, Carers Oxfordshire: www.carersoxfordshire.org.uk.

The "MindED for Families" website funded by Health Education England and hosted by the Royal College of Psychiatrists has a module called "I am a carer and I am stressed out". It was developed for carers looking after an older person with a mental health issue but it is transferable. If you go to the site's home page: www.mindedforfamilies.org.uk, you may have to register but it is free. But if you use the website address as follows: https://mindedforfamilies.org.uk/Content/i_am_a_carer_and_i_am_stressed_out you should get direct access to the module.

Educating children through dementia awareness programmes in schools is a good way to improve understanding of the disease and support for those who develop it. DFC has organised a dementia awareness session for Charlbury Primary School, to which the pupils and staff were very receptive and have asked for a follow-up session.

A website launched by Alzheimer's Research UK called Dementia Explained: kids.alzheimersresearchuk.org has been designed specifically for young people with information split into three distinct age groups – Young Kids, Juniors and Teens.

Dementia Friendly Charlbury (DFC)

DFC is a local group whose vision is for residents, businesses and organisations in Charlbury who are supportive to people with memory and thinking problems, so that people, families and carers who are affected are able to live well in our town. Contact us on charlburydf@gmail.com or phone 810192