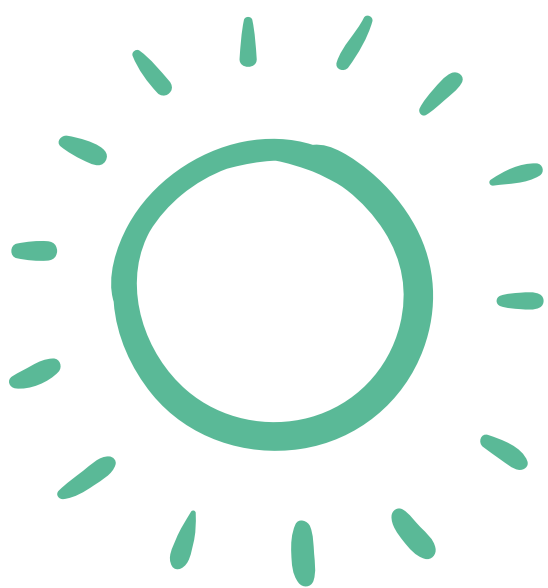


# AGE PROOF & WELLBEING

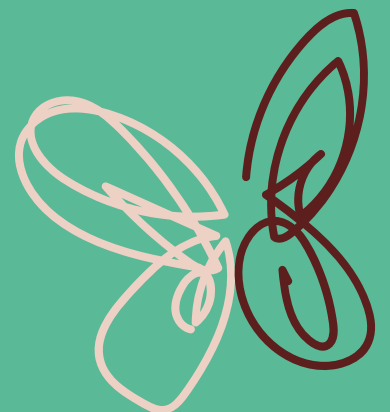


LANCASHIRE  
DEMENTIA  
TRAINING & COACHING

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# INTRODUCTION



## ABOUT ME

I'm Rachel, a qualified, accredited dementia coach working across the lovely Lancashire area. I deliver training sessions and one to one coaching to family carers & professionals.

## EXPERIENCE

I have 20 years experience working in the health and social care sector, specialising in all aspects of dementia and championing best practice that is research and practice evidence based. I deliver training sessions and one to one coaching to family carers & professionals.

## CONTACT

 07704 859056

 [rachel@lancashiredementia.co.uk](mailto:rachel@lancashiredementia.co.uk)

 [www.lancashiredementia.co.uk](http://www.lancashiredementia.co.uk)

## WHY THIS RESOURCE WAS DEVELOPED

This resource was developed from listening to family carers who were caring for a person living with dementia and were/had adjusted their lives to ensure a better quality of life. The resource shares their learnings and top tips for staying healthier and happier for longer; maintaining independence, choice and control so they can lead the life they choose.

For more information, please feel free to contact me.

*Rachel*



Lasting Power of Attorney

Either through a solicitor or do it yourself

Make, register or end a lasting power of attorney - GOV.UK ([www.gov.uk](http://www.gov.uk))

Third party authority banking

You can appoint a trusted person to carry out your day to day financial accounts. Seek further advice from your bank or financial advisor.



Pensions, Investments, and Insurance

Speak to a financial advisor and write a list of questions you may want to ask.

- Do I have enough to live off?
- How can I safeguard my assets?
- Will I need to pay for care? Are there any options?
- Are you getting what you are entitled to?

Plan your retirement income - GOV.UK ([www.gov.uk](http://www.gov.uk))

Citizens Advice

Wills

You can make a will, though it is advised to seek professional advice from a solicitor if it isn't straight forward.

Making a will - GOV.UK ([www.gov.uk](http://www.gov.uk))

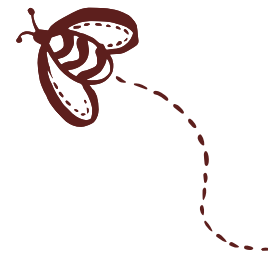
Funeral /End of life wishes and plans. Planning.

Advanced Care Planning (ACP)

NHS England and NHS Improvement North West » Tell 3 People

List of legal contacts you use with;  
Names,  
Account reference numbers,  
Telephone Numbers

Solicitor/Lawyer  
Financial advisor  
Accountant  
Banks  
Insurance Policies  
Doctor/Consultant/  
Hospital



**NOTES**



Key safe - ensure you purchase a police officer approved.

Four-digit code given to a trusted person/care agency/ community care call.

Money safe

Safe keeping of cash and personal documents. (Such as birth certificate, passport, and legal documents such as POA, plus proof of property ownership etc.)  
The combination given to a trusted person.



Online safety

- Note of passwords to a trusted person
- Being aware of scams – registering with the telephone preference line, reducing junk mail.
- Avoiding scams and what do to guidance – Age Uk

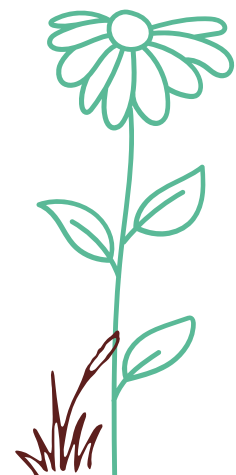
Telephone Preference Service  
([tpsonline.org.uk](http://tpsonline.org.uk))

Your choice Factsheet.doc  
([dma.org.uk](http://dma.org.uk))

[ageukig05\\_avoiding\\_scams\\_inf.pdf](#)

Check or install an approved anti snap door lock.

This can bring extra safety. No need for additional locks and chains or key holes that can be a challenge when trusted people need to enter.



Community care call/pendants

Contact local council for an assessment.

## keeping well & independent at home

List of medications and health conditions

In a Lions Jar or in an easy to access place plus a copy to carers/a trusted person.  
Ensure you have the contact details for your local pharmacy and enquire if they do blister packs and delivery.

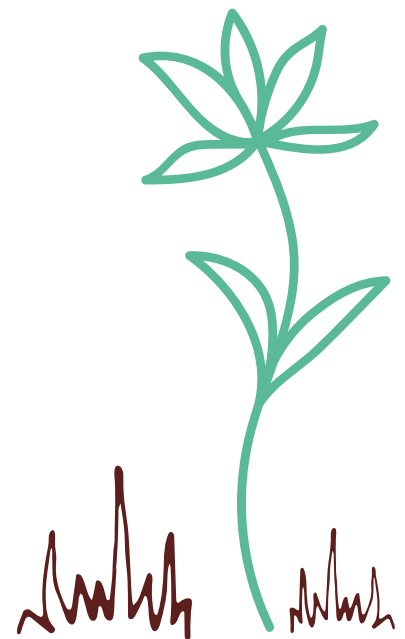
Carers Card – this can be carried by the carer with their loved one's details on in case the carer has an emergency. Emergency services will know their loved one may be on their own.

First aid kit

To include additional items such as energy drinks/sweets, gloves, antiseptic wipes/cream, tape, sterile gauze/pads. List of emergency numbers.

Calendars/white board reminders/digital aids such as calendars clocks, day and night clocks, Alexa or medication reminder alarms.

Suitable clothing and footwear for both inside and outdoors.



Household bills

Set up on direct debit and regularly checked for best deals when contract ends.  
Keep a folder with this documentation and include the provider and account number for each one.

Online shopping

Register and use when needed – very useful to have in case there are times you are unable to get to the shops..

Technology

Keep up to date. Ensure good Wi-Fi connection and that you have a device with internet connection and a camera.

Ensure you are signed up to receive notice of your annual GP health check/opticians and audiology plus any other important health checks. Phone apps may be available for this.

[Apply for an older person's bus pass](#)  
- [GOV.UK](http://GOV.UK) ([www.gov.uk](http://www.gov.uk))

Have details of a reliable taxi company and bus timetables.



Smoke and carbon monoxide alarms

Are these checked regularly?  
[Home Fire Safety Check - Lancashire Fire and Rescue Service](#)  
([lancsfirerescue.org.uk](http://lancsfirerescue.org.uk))

## NOTES







## Bathroom

Grab bars near the bath, sink and toilet.  
Nonslip mats in and out of the bathroom/shower chair.  
Taps/shower easy to use i.e it is clear which is hot & cold?  
Radiators are temperature controlled to avoid burns.  
Hot water pipes covered?  
Do you have a wet room/downstairs toilet? If not, do you have room for a mobile toilet or commode?  
Are mirrors and cupboards easy to reach?  
Is there colour contrast between the suite and wall/flooring?

## Kitchen

Keep often used plates, cutlery, and food in easy reach.  
Avoid using chairs/ ladders to climb to taller cupboards.  
Kitchen bins not too big – the bigger the bin the heavier it is to remove.  
Boiler regularly serviced.  
Easy to use oven, hob, kettle and microwave.

## Lighting

Allow as much natural light in as possible, ensure blinds and curtains are open in daylight hours. Are they easy to use/safe?  
Are there light switches at both ends of the stairs/corridors?  
Is there any glare? This causes shadows and some people can become over sensory.  
Electric sockets half way up the wall (if possible), this enables easy access.

## Doors

Are they wide enough for a wheelchair/walking frame?

## Floors

Keep clutter free and use nonslip flooring, secure rugs with rug tape.  
Where there is a contrast in flooring colour or texture use colour contrast tape especially near steps or slopes.

## Heating

Heating - Is the thermometer display easily readable/easy to use?  
Blankets/throws easily accessible?  
Fan/cold drinks/lollies/light clothing/hat for hot weather.  
Smart Hive heating?

## Outside

Are there steps to the entrance/exits? Are a ramp and rails needed? Be aware of uneven surfaces on drives, gardens, and pavements/curbs. Are there lights on the driveway, paths, or porch?

## Stairs

Fix or replace uneven or loose carpet, install a handrail at both sides.  
Ensure adequate lighting.  
Is there enough room for a stair lift?

## Windows

Are the handles/latches easy to use?  
Are they lockable/safe?

Thinking of moving to somewhere more accessible? Here are some suggestions made by others as to what they valued in a house that would keep them independent for longer.

- House on one level
- Accessible bathroom/wet room
- Low maintenance garden
- No steps or inclines at front or back of house
- Easy access to the house so others can find it easily i.e. emergency vehicles, online shopping delivery etc.
- House must be near family/friends, main bus route, GP's, and shops
- Being aware of crime rates and areas of potential flooding



## NOTES



We are all getting older, though we don't have to age – here are some tips to help us grow older with grace, wisdom and happiness.

*Learn to cope with change.*

Focus on the things you're grateful for. As we grow old, we lose people and things. Independence and choice can become limited. Accepting things that we do have control of and letting go of the things we don't, this can bring us more joy. It's the smallest of things we are grateful for that bring us more happiness. Acknowledging how your thoughts and feelings contribute to your behaviour – Knowing how you process your thoughts, feelings and behaviour is healthy. Burying these or blaming others can lead to resentment, frustration, and limited life choices. See separate 'Thought tracker'.

Action for Happiness have some great guides with their '10 Keys' and free monthly wellbeing calendars.  
<https://actionforhappiness.org/>





## Find meaning and joy

What makes you smile, feel calm and happy? This could be a hobby (an old or a new one). Connecting with family, friends, or a community group. Feeling connected to others adds to our wellbeing and reduces the feelings of loneliness and isolation. Learn new things or share your skills by volunteering and giving to others. Travel or spend time in nature.



## Keep Active

Exercise helps maintain strength and agility. Increases in vitality, improves sleep and can give your mental health a boost. Exercises that challenge leg strength and balance can help prevent falls. Can you get out for daily walks? Watch YouTube videos i.e [Yoga with Adriene](#) or purchase a leg & foot massager which you can use at home.

Brain health is also just as important. Here are some great tips from Alzheimer's Research UK

<https://www.alzheimersresearchuk.org/brain-health/brain-health-tips/>





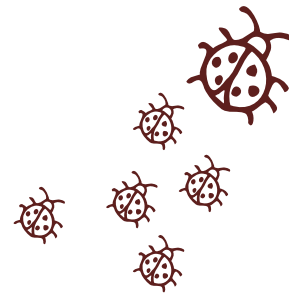
## Eating and sleeping well

Avoiding sugary foods and refined carbs and loading up on high-fibre fruits, vegetables, and whole grains will help you feel more energetic. Eating with others is a great sociable way to stay in touch with friends and increasing appetite. Ensuring quality sleep and rest. Great tips from the NHS- 10 tips to beat insomnia - NHS ([www.nhs.uk](http://www.nhs.uk))

## Be present in the moment

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. Simple steps to start with can be being aware of your own breathing, notice how you feel free when you stop and pause for a moment.

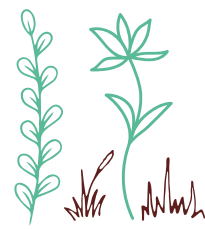




It is never nice to think of unfortunate things that may or may not happen in the future. Although being aware of possible risk and thinking of a plan B may support you and your family in having more choice and control in the future.

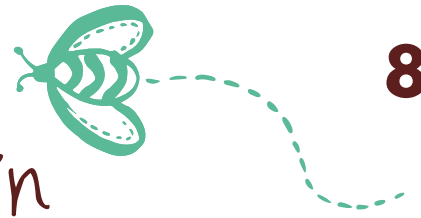
Here is an example which has been completed with some suggestions of risk factors and possible solutions. There is a blank template over the page for you to create your own.

AN EMERGENCY OR CRISIS THAT MAY CAUSE CONCERN	ACTION TO BE TAKEN	BY WHOM?	NAME & CONTACT DETAILS
A fall at home	Care Call/ fall aids in place? Make GP appointment. Contact social services/Falls team		<a href="https://www.progresslifeline.org.uk/about">https://www.progresslifeline.org.uk/about</a>
May have to go into hospital	Complete hospital form. Prepare hospital bag (spare clothes, toiletries, money, phone charger)		
Needing additional care	Social services assessment. Identify respite/care homes/agencies		<a href="https://www.lancashire.gov.uk/health-and-social-care/">https://www.lancashire.gov.uk/health-and-social-care/</a>



Leaving the house/Missing	Herberts protocol. Tracker Next of Kin details in Coat/ID card Ring emergency 999		
Loss of capacity	Power of Attorney or Court of Protection.  Mental capacity assessment - Social services		<a href="https://www.gov.uk/power-of-attorney">https://www.gov.uk/power-of-attorney</a>
Driving Risk	GP/ DVLA assessment		<a href="http://www.gov.uk/government/organisations/driver-and-vehicle-licensing-agency">www.gov.uk/government/organisations/driver-and-vehicle-licensing-agency</a>
Decline in health/Mobility/Independence	Review from GP/Consultant. Medication review Review of care package Disability Facilities Grant (Gov.uk)		<a href="https://www.gov.uk/disabled-facilities-grants">https://www.gov.uk/disabled-facilities-grants</a>
End of life	Advanced care planning	GP/ Consultant /Hospice	





Create your own

AN EMERGENCY OR CRISIS THAT MAY CAUSE CONCERN	ACTION TO BE TAKEN	BY WHOM?	NAME & CONTACT DETAILS



**IDENTIFY THE DILEMMA  
- WHAT WILL HAVING  
THIS (OR NOT HAVING  
IT) BRING YOU?**



**GATHER INFORMATION**



**MAKE A LIST OF PROS  
AND CONS**



**CONSIDER WHAT IS  
MOST IMPORTANT TO  
YOU & ANY LIKELY  
RISK FACTORS**



**DECIDE & REVIEW**





Advice Line: 0800 678 1602

Website – [www.ageuk.org.uk/services/age-uk-advice-line](http://www.ageuk.org.uk/services/age-uk-advice-line)

Lines are open 8am–7pm, 365 days a year.



Website – Welcome to GOV.UK ([www.gov.uk](http://www.gov.uk))



Helpline: 0800319 6789

Website – [www.independentage.org/get-support/call-helpline](http://www.independentage.org/get-support/call-helpline)



NHS ([www.nhs.uk](http://www.nhs.uk))



**Adult social care – Lancashire County Council**

Telephone: 0300 123 6720

[www.lancashire.gov.uk/health-and-social-care](http://www.lancashire.gov.uk/health-and-social-care)

