

Alzheimer's Society

Lots of information, help and support, FAQs, explaining the diagnosis, "Singing for the brain" music therapy, and dementia advisors

– Email: east.sussex@alzheimers.org.uk

– www.alzheimers.org.uk

– Helpline: Phone: 0300 2221122

Dementia UK

- www.dementiauk.org
- Helpline: 0800 888 6678

Condition leaflet – explaining the different types of dementia

– <https://patient.info/health/memory-loss-and-dementia>

Know Dementia

Know Dementia is a local charity which offers advice and support to families, carers and people with a diagnosis.

The service also provides access to Memory Moments Cafe's in various towns across East Sussex where people with memory problems and their families/carers can meet for tea, coffee, cake, fun and laughter with games, talks, music dance and crafts.

- www.knowdementia.co.uk
- Tel: 01273 494300
- Email: info@knowdementia.co.uk

Association of carers

Respite and Befriending – gives carers a break from their caring role offering them an opportunity to have some time to themselves. A volunteer is provided to befriend the cared for person and stay with them so their carer can take a break.

The volunteer is unable to

offer personal care or medication. Continence needs to be managed.

– Phone: 0300 330 9498

– Email: info@associationofcarers.org.uk

– <https://associationofcarers.org.uk/what-we-do/respite-and-befriending>

Careium

Careium offers a comprehensive way of managing the risks to a person's independence, health and home environment, 24 hours a day, 7 days a week. The Telecare solutions that are available can be tailored according to an individual's needs; by placing a variety of discreet wireless sensors around the home, which will automatically raise an alert if they detect a possible problem. Coverage: Countywide. Client's personal budget will be charged for cost of equipment, sensors and monitoring.

- Phone: 01323 644 422
- Email: uk.info@careium.com
- <https://www.careium.co.uk/>

Emergency adult social care

Outside of normal office hours our Emergency Duty Service will respond to serious Adult Social Care issues that cannot wait until the next working day. The contact details for this service are: Monday to Thursday: 5pm to 8.30am
Weekends: Friday 4.30pm to Monday 8.30am Public holidays:

- 24 hours Phone: 01323 636399
- Phone: 0345 60 80 191 select option 2
- <https://new.eastsussex.gov.uk/socialcare/>

Care respite emergency support services

You can register a plan with the Care Respite Emergency Support Services (CRESS) to make sure that short-term emergency support is in place.

You will be given an East Sussex Carers Card so that in an emergency you or someone else can call the number on the card. We will then contact the emergency contacts listed in your plan. If none of the people listed in your plan are available we will provide support for the person you look after.

- Phone: 01323 738390
- Email: info@cftc.org.uk
- <https://1space.eastsussex.gov.uk/services/2297/Emergency-Support-fo>