



# Dementia Support in Hart

**For financial, emotional and social support near you.**

If you would like leaflets of this information, please email [hereforhart@hart.gov.uk](mailto:hereforhart@hart.gov.uk)

## Introduction

Being diagnosed with dementia, or starting to care for someone with dementia, can be a very daunting prospect. You may feel worried and isolated or be concerned about how you will cope financially.

This leaflet has been produced by Hart District Council to provide you with the following information:

- understanding what care needs you can get assistance with
- what financial help you may be able to access
- who can help you fill out forms
- who you can talk to about your worries
- what local social and support groups there are for dementia sufferers and their carers

## Assessing needs

### Care needs assessments

An assessment for care tells you what needs the person with dementia has, and what needs you may have as a carer. This care may be partly or completely paid for by your local council, or you may have to pay for this care and support yourself. The care needs assessment will help you find out what care is needed and how it will be paid for.

There are a number of ways you can request an assessment:

- Contact Hampshire County Council Adults' Health and Care
- via your GP, social prescriber or other health care professional
- your local befriending service may be able to help
- citizen's Advice Hart can help you request an assessment

See the **CONTACTS** page for details

## **Financial help**

There is a wide range of benefits and payment reductions that you, as a carer or as a dementia sufferer, may be eligible for.

For help filling out forms please see the **contacts** page.

### **Attendance Allowance**

Attendance Allowance is to help with extra costs associated with having a disability. It can be claimed by someone over the pension age that needs supervision or help with personal care.

To apply, **telephone 0800 731 0122**

### **PIP (Personal Independent Payment)**

PIP can be claimed by people over 16 years old who has care or mobility needs and are under pension age

### **Carer's Allowance**

Carer's allowance is a benefit that can provide extra support to people who spend at least 35 unpaid hours per week looking after (or supervising) someone else. Receiving this allowance is dependent on your receiving other certain benefits and is only available to those under state pension age.

### **Help with Housing Costs**

You may qualify for help with your housing costs, including Council tax, support for mortgage interest or housing benefit, if you are on a low income or receiving certain benefits.

### **Universal Credit**

You or the person you care for may be able to get Universal Credit if you're on a low income or need help with your living costs and are under state pension age.

### **Pension Credit**

Pension credit may be available to you, or the dementia sufferer you care for, if you claim state pension but it is not enough for you to live on.

## **Contacts**

### **Hampshire County Council Adults' Health and Care**

Help and advice for support on various council services including applying for a blue badge, meals on wheels, reporting concerns and assessments.

**Telephone 0300 555 1386** (Out of hours: 0300 555 1373)

Mon: 8.30am-5.00pm / Tues-Thurs 9.30am-5.00pm / Friday 8.30am-4.30pm

[www.hants.gov.uk/socialcareandhealth/adultsocialcare](http://www.hants.gov.uk/socialcareandhealth/adultsocialcare)

### **Age Concern Hampshire's Community Information Volunteers**

Age Concern Hampshire's Community Information Volunteers (previously known as Village Agents), can help you find the support you need and help fill out forms.

**Telephone 01962 868545**

**Email** [enquiries@ageconcernhampshire.org.uk](mailto:enquiries@ageconcernhampshire.org.uk)

### **Citizens Advice Hart**

Citizens Advice Hart can provide advice and support, including initial benefits assessments and help requesting and filling in forms. They can also help with a care needs assessment.

**Telephone 01252 878435**

**Online advice request:** [www.citizensadvicehart.org.uk/contact/self-referral/](http://www.citizensadvicehart.org.uk/contact/self-referral/)

### **Carer Support and Dementia Advice Service for Hampshire**

Information and support for people with dementia and memory problems and their carers. Referral by GP, other professionals, or self-referral.

**Telephone 01264 332297**

**Email** [enquiries@andovermind.org.uk](mailto:enquiries@andovermind.org.uk)

**Website** [www.andovermind.org.uk/services/carers-support-dementia-advice/](http://www.andovermind.org.uk/services/carers-support-dementia-advice/)

### **Dementia UK Admiral Nurse Helpline**

A free helpline providing advice and support from specialist dementia nurses

Open Monday to Friday 9am to 9pm and Saturdays, Sundays and bank holidays 9am to 5pm.

**Telephone 0800 888 6678** or

**Email** [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

**Website** [www.dementiauk.org](http://www.dementiauk.org)

### **Alzheimer's Society**

Support, information and advice for anyone affected by dementia. They can help you understand which benefits you may be entitled to and how to claim.

Self-referral or by GP or other professionals.

National Helpline Telephone 0333 150 3456

Website [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## **Dementia Cafes, Support Groups and Singing Groups**

Dementia Cafes are a relaxed, supportive place for carers and dementia sufferers to meet other people in a similar situation. Refreshments, games and activities are available.

### **Hartley Wintney, Forget Me Not Café**

**When:** Tuesdays 2.00pm-4.00pm

**Where:** St John's Church, Fleet Road, Hartley Wintney, RG27 8ED

**Contact** 0845 5190855 or [info.hwcaregroup@gmail.com](mailto:info.hwcaregroup@gmail.com)

### **Odiham, Sunflower Café**

**When:** Wednesdays 2.00pm-4.00pm.

**Where:** The Old School, London Road, Odiham, RG29 1AJ

Contact [coordinatorsunflowercafe@yahoo.com](mailto:coordinatorsunflowercafe@yahoo.com)

[www.thevinechurch.org.uk/sunflower-cafe/](http://www.thevinechurch.org.uk/sunflower-cafe/)

### **Heckfield, The Bluebell Café**

**When:** Fridays 2pm-4pm

**Where:** Holdshott Farm, Next to Rosie's Tea Room, Heckfield, Hook, RG27 0JZ

**Contact** [07969897537](tel:07969897537)

[www.whitewaterchurches.co.uk/partnerships/true-living-centre/true-living-centre](http://www.whitewaterchurches.co.uk/partnerships/true-living-centre/true-living-centre)

### **Yateley at Darby Green, The Daisy Chain Café**

**When:** Mondays 2.30pm-4.30pm

**Where:** Darby Green Centre, Darby Green Road, GU17 0DT

**Contact** [daisychaincafe1@gmail.com](mailto:daisychaincafe1@gmail.com) or 01252 872198

### **Fleet, Memory Lane Singing for the Mind**

A fun sing-a-long group for people with dementia or memory loss. Small charge applies.

**When:** Tuesdays 2.15pm – 3.30pm.

**Where:** Side hall, Catholic Church of our Lady, 32 Kings Road, Fleet, GU51 3ST

**Contact:** Ria on 07355 802345 or [riacreative@live.com](mailto:riacreative@live.com)

### **Hartley Wintney, Singing for the Mind**

Based around the principles of music therapy, singing a wide variety of familiar and new songs. Small charge applies.

**When:** Wednesdays, with refreshments served from 1.30pm and singing from 2.00pm and 3.00 pm.

**Where:** Usually at Hartley Wintney Football Club but please contact to check in advance.

**Contact** 0845 5190855 or [info.hwcaregroup@gmail.com](mailto:info.hwcaregroup@gmail.com)

### **Fleet, Carer Support Group**

The Andover Mind Carer Support Group

**When:** Monthly on Thursdays, 12 noon – 2.00pm

**Where:** All Saints Church Community Centre, Church Road, Fleet, GU51 4NB

Contact: 01264 332297 or [enquiries@andovermind.org.uk](mailto:enquiries@andovermind.org.uk)

# **Home Safety and Adaptations**

## **Disabled Facilities Grants**

A Hart District Council service that provides specialist help and advice about grants for home improvements, repairs, and adaptations for older, vulnerable and disabled people. They can also help with forms and paperwork and tell you about other services in your area.

If you want to find out more, please call the Disabled Facilities Grant Caseworkers at Hart District Council on 01252 774111 or email [privatesectorhousing@hart.gov.uk](mailto:privatesectorhousing@hart.gov.uk). We are here to help.

## **Emergency Planning Service**

### **The Princess Royal Trust for Carers in Hampshire**

Emergency Planning Service - a dedicated team providing free support to discuss, develop and implement an emergency plan should you, as a carer, become unable to look after the dementia sufferer. Up to 48hrs free care may be available for the person you care for in the event of an emergency.

**Contact** 0800 169 1577 or [info@carercentre.com](mailto:info@carercentre.com)

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**This information was last updated in May 2024.**

**If you would like printed leaflets containing this information, please email [hereforhart@hart.gov.uk](mailto:hereforhart@hart.gov.uk)**

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