



Dementia Toolkit – Stay safe and well

Useful information



Dementia Toolkit
Living your life with hope



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Useful information

This booklet allows us to share important and useful information with you which didn't fit into other categories. We hope you find it helpful.

To begin with... if you don't already know about **Dementia Tip-Share** then it's a website well worth visiting. It hosts lots of tips written **by** people living with dementia **for** people living with dementia. They are organised into different categories.

Visit: <https://dementiatip-share.org.uk/>

Feeling safe at home

Many local fire and rescue services offer what can be known as a:

- Safe and Well visit
- Home Fire Risk Assessment
- Home Fire Safety Check

for people with dementia. This is a free visit to your home to check that everything is as safe as possible.

Try calling your local fire service to see if you can get this sort of help.

Financial support

There are many different financial benefits you may be entitled to. It is worth checking.

You might be able to claim **Attendance Allowance** (AA) if you are over State Pension age. You do not have to spend it on a carer and it is based on the help you need, not the help you get.

If you're too young for Attendance Allowance, you might be able to claim **Personal Independence Payment** (PIP).

Carers may be able to claim **Carer's Allowance**.

You can get help with applying for any of the above benefits through your local Age UK service, your local Citizen's Advice Bureau, or by calling Age UK Advice Line on **0800 678 1602** (8am to 7pm, 365 days a year).

Age UK also have a free online benefits calculator which can help you estimate what you might be able to claim.

Every carer should have a **carer's assessment** which you can organise with your local council. This will help you find out what services are available in your area, from respite options to local support groups.

This resource is on the internet. Use the camera on your phone or tablet to scan the QR code below to visit the webpage.



Contact us

We would love to know what you think of the toolkit. We want to improve it based on your feedback.

Please get in touch with us by emailing
IDEAL@exeter.ac.uk

If you prefer to write to us, then please address your letter to:

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www.livingwithdementiatoolkit.org.uk