



Caring for Someone with Dementia

Are you an unwaged carer living in Manchester and caring for someone with dementia? Here is a summary of specialist support you can access.

Local Support

Manchester Carers Forum offers a peer mentoring and befriending service for anyone caring for someone with dementia. It aims to reduce isolation and support carers via regular telephone, email or text check-ins, coffee mornings, and other events and activities.

- ✓ Call 07415 436 382
- ✓ Email info@manchestercarersforum.org.uk
- ✓ Visit www.manchestercarersforum.org.uk

Together Dementia Support offers therapeutic activities and support groups for anyone living with dementia in Manchester. They offer a programme of training sessions for carers.

- ✓ Call 0161 226 7186
- ✓ Email admin@togetherdementiasupport.org
- ✓ Visit <https://www.togetherdementiasupport.org/carers>



Alzheimer's Society provides 1-2-1 support for anyone aged 18+ who has, or cares for someone with, a diagnosis of dementia, and lives in Manchester, Salford or Trafford.

- ✓ **Call 0161 962 4769**
(Monday – Friday 9am – 5pm)
- ✓ **Email manchester@alzheimers.org.uk**
- ✓ **Visit <https://tinyurl.com/fmd2fjk9>**

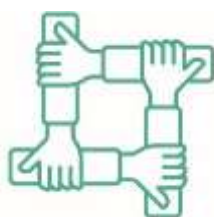
Manchester Admiral Nurse Service provides 1-2-1 support for people living with any type of dementia who are open to a service within the Greater Manchester Mental Health Trust. The Admiral Nurse Dementia Helpline is open to anyone affected by dementia and offers expert guidance and practical advice.

- ✓ **Call 0800 888 6678 (national helpline)**
- ✓ **Visit <https://www.gmmh.nhs.uk/admiral-nurses>**

National Helplines and Support Organisations

Alzheimer's Society offers advice to people with all types of dementia, their families and carers via its [Dementia Connect](#) service. Their [Dementia Talking Point](#) online community offers free peer support, day and night.

- ✓ **Call 0333 150 3456**
(Monday – Wednesday 9am – 8pm, Thursday – Friday 9am – 5pm,
Saturday – Sunday 10am – 4pm)
- ✓ **Visit <https://www.alzheimers.org.uk/>**



Parkinson's UK supports anyone affected by Parkinson's. You can speak to a specialist nurse on the helpline and download a [Carer's Guide](#) from the website.

- ✓ **Call 0808 800 0303**
- ✓ **Email hello@parkinsons.org.uk**
- ✓ **Visit <https://www.parkinsons.org.uk>**

Huntington's Disease Association offers a specialist advice service on all aspects of the condition, as well as a [Carer's Guide](#) on its website.

- ✓ **Call 0151 331 5444**
(Monday – Friday 9am – 5pm)
- ✓ **Email info@hda.org.uk**
- ✓ **Visit <https://www.hda.org.uk>**



Young Dementia UK supports anyone affected by Young Onset Dementia (under 65). You can call the helpline for support from an Admiral Nurse.

- ✓ **Call 0800 888 6678**
(Monday – Friday 9am – 9pm, Saturday – Sunday 9am – 5pm)
- ✓ **Email helpline@dementiauk.org**
- ✓ **Visit <https://www.youngdementiauk.org>**

Rare Dementia Support supports anyone affected by, or at risk of, young onset Alzheimer's disease, posterior cortical atrophy, primary progressive aphasia, familial Alzheimer's disease, frontotemporal dementia, familial frontotemporal dementia and Lewy body dementia.

- ✓ **Call 020 3325 0828**
- ✓ **Email contact@raredementiasupport.org**
- ✓ **Visit <https://www.raredementiasupport.org>**

Culture Dementia UK runs a helpline for anyone in the BAME community who is living with dementia and their carers.

- ✓ **Call 0800 014 8682**
(24-hour service)
- ✓ **Visit <https://www.culturedementiauk.org>**

Bring Dementia Out is a project run by the LGBT Foundation to address challenges faced by LGBTQ+ people who are living with dementia by providing training and resources to care and housing organisations. Their website includes links to advice about supporting LGBTQ+ people who are living with dementia.

✓ **Email claire.days@lgbt.foundation**

✓ **Visit <https://www.lgbt.foundation/bringdementiaout>**

Guideposts provides services for people affected by dementia, including a monthly online [Carers Group](#) with guest speakers. Their Information and Support service provides emotional support, advice and signposting

✓ **Call 0800 048 7035**
(Monday – Friday 9am – 5pm)

✓ **Email gis@guideposts.org.uk**

✓ **Visit <https://guideposts.org.uk/services/need/dementia/>**



Practical Issues

Alzheimer's Society's guide to Staying Independent covers staying active and involved, driving, home adaptations and assistive technology, memory aids, and accessible travel and holidays.

✓ **Visit <https://www.alzheimers.org.uk/get-support/staying-independent>**

NHS Dementia Information Service offers practical advice to guide you through the difficult time after a diagnosis. Six weekly emails cover understanding dementia, treatments and healthcare services, making someone with dementia comfortable at home, finances and legal issues, getting the best social care, and advice for carers.

✓ **Visit <https://www.nhs.uk/conditions/dementia/dementia-information-service/>**

Solicitors for the Elderly is a national association of independent solicitors who specialise in issues affecting older clients. These include wills, power of attorney, tax planning, trusts, paying for care, and probate. You can call or search on the website to find a solicitor near you.

- ✔ **Call 0844 567 6173**
- ✔ **Visit <https://sfe.legal/>**



If you would like to discuss your options for support or you have a general query about your caring role, you can call the Carers Manchester Contact Point on 0161 543 8000 (Monday-Friday 10am-4pm, Wednesdays 10am-6pm; except bank holidays) or email contactpoint@carersmanchester.org.uk.