



Support for People Living with Dementia & Their Carers

These care packs have been provided by **Serving Our Superheroes** • www.servingoursuperheroes.com

Inside your care pack, you'll find items to comfort and support people living with dementia and those who care for them: Jelly Drops (hydration sweets), a Fiddle/Twiddle muff for busy hands, and a colouring book for relaxation.

■ Tips for Carers

- Take regular breaks and ask for help.
- Join support groups (online or local).
- Eat well, stay hydrated, and rest.
- Do something you enjoy each day.
- Talk to someone about how you're feeling.

■ Help You Can Get

- Carer's Allowance: www.gov.uk/carers-allowance
- Attendance Allowance: www.gov.uk/attendance-allowance
- Council tax reduction: www.gov.uk/council-tax-discounts
- Free NHS health checks
- Social care support: www.gov.uk/apply-needs-assessment-social-services

■ Support Organisations

- Alzheimer's Society: www.alzheimers.org.uk / Support Line: 0333 150 3456
- Age UK: www.ageuk.org.uk
- Carers UK: www.carersuk.org / Helpline: 0808 808 7777
- NHS Dementia Support: www.nhs.uk/conditions/dementia
- Hillingdon Carers: www.hillingdoncarers.org.uk / Tel: 01895 811206

Additional Guidance

- Keep routines predictable; use short, clear instructions.
- Reduce noise and clutter; keep walkways clear.
- Label rooms and doors; use contrast for safety.
- Use music, photos, and reminiscence to spark conversation.
- Check for discomfort, hunger, thirst, or toileting needs if distressed.
- Offer favourite drinks and soft foods; Jelly Drops help hydration.
- Ask your local council for a Carer's Assessment to access support.
- Visit reminiscencelearning.co.uk for intergenerational and activity ideas.

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