

A Beautiful sunny day awaited 38 of our carers in early September when they were whisked to a fun filled but also an educational visit to the Black Country Living Museum. The museum has recreated the conditions and way of life in the 19th and early 20th centuries. On arrival we received a warm and friendly greeting from costumed characters who were going to be our guides for the day. We were able to visit the sites where historic buildings and the Black Country culture have been brought together to recreate the way of life in those days! The highlights of the day included a 'lesson' in an early 20th century school, a hair raising abut very interesting and enjoyable tour of the Underground Coal Mine and best of all a 1920s style fish and chips meal (unfortunately not the original price!) which was a true step back in time. Other places of interest were the Workers' Institute which is like todays Working Men's' Club, a visit to the Bottle and Glass Inn (pub), a gents' outfitters and a creation of the home life of people in those days. A tiring but a very enjoyable day!



**CROSS
ROADS
CARE**
Training Services

The Birmingham Crossroads Moving & Handling Service is a city wide service that was launched in October 2001. Research had indicated that family members were injuring themselves by moving and handling the person for whom they care for incorrectly. This resulted in many Carers sustaining back, shoulder and neck injuries.

The purpose of the service is to provide Moving and Handling training in the home, for family members and friends (Carers) providing substantial and regular care for an adult or a child living with a disability, chronic long-term illness, mental health problem, or frailty due to age.

The service works proactively with carers to support them to access this vital training, which will help reduce the risk of injury not only to the Carer but also to the person with care needs. This service is available to Carers who live in the Birmingham area, and is provided free of charge.

Please contact the DISC office if you wish to access this service.

This is your newsletter so if you would like to comment about any of the included articles or contribute to our next issue, give us a call!

Check out our website www.discbirmingham.co.uk

☎ 0121 622 0578



U P C O M I N G E V E N T S

Carers Arts & Crafts Session

**11am – 1.00pm
29th November 2012
ASRA House
Aston**

**Please book your
place**

**By calling
0121 622 0578**

**Carers Winter Social
Thursday 13th
December 2012**

**Lunch at the Church
Tavern
12 – 2pm**

**Call the office on
0121 622 0578 to
book your place.**

In this issue:

- Carers Assessments
- Key Dementia Statistics
- Carers Break Grant Scheme
- Dementia & Me
- Crossroads Moving & Handling

CARERS' ASSESSMENTS

Did you know that as a Carer you are ENTITLED to have your physical and mental health needs assessed. This is your legal right under the Carers (Recognition and Services) Act 1995.

The assessment is a private consultation with a health professional which allows the impact of caring to be examined and any additional support to be determined.

Once the assessment is completed, the health professional along with the carer can complete a carer's plan which will outline the support the carer needs.

A Carer's plan is a written document which outlines the help a carer needs to help them fulfil their role as a carer. This document should include the following information:

- The mental health needs of the person being cared for e.g medication and other support
- What the carer should do and who they should contact in a crisis.
- What services will be provided to meet the physical and mental needs of the carer.
- Relevant advice on benefits, money, housing, education and employment.
- Arrangements for short breaks or respite.
- Social support such as local carers' groups.
- Advice on any appeals or complaints procedures.

The plan must be read, agreed and signed by the carer and a senior health professional.¹This plan should be reviewed at least once a year but should be reviewed more frequently if the health or circumstances of either the carer or the person being cared for change significantly.

We know that you are committed to your caring role but we also believe that carers also have a right to a life of their own and that carers need to maintain a balance between their caring responsibilities and any leisure or social activities they would like to pursue.

So if you, as a carer, have NOT had the above assessment then please speak to your Dementia Advisor who will be happy to assist or ring the Office on 0121 622 0578.

Some Key Dementia Statistics

- There are currently nearly 800,000 people living with a dementia in the UK
- There are over 17,000 younger people with a dementia in the UK (Working Age Dementia)
- There are over 11,500 people with a dementia from the black and minority ethnic groups in the UK.
- There will be over one million people with a dementia by the year 2021.
- Two-thirds of people with a dementia are women.
- The proportion of people with dementia doubles for every 5 year age group.
- One- third of people over the age of 95 years have a dementia
- 60,000 deaths a year are attributable to dementia
- Delaying the onset of dementia by 5 years would reduce deaths directly attributable to dementia by 30,000.
- The financial cost of dementia to the UK will be over £23 BILLION in 2012
- There are 670,000 CARERS of people with dementia in the UK
- Family Carers of people with a dementia save the UK over £8 BILLION a year
- 64% of people living in care homes have some form of a dementia
- Two-thirds of people with a dementia live in the community while one-third live in a care home
- ONLY 43% of people with a dementia in the UK receive a DIAGNOSIS

As can be seen the number of people with a dementia is steadily increasing. We believe that careful planning for the future is needed NOW to ensure that the right care and support is available to all.

Compliments, comments or complaints

We at DISC always encourage compliments, comments and complaints from everyone we support or work with and we welcome anything you might have to say on how we do our job or how we can improve on what we currently do. Therefore please let us know what's on your mind!

Please tick	Compliment	Comment	Complaint
.....
.....
Your name and contact number (Optional)			
.....			

DEMENTIA AND ME!!
Funny but true....

Just a line to say I'm living
 That I'm not among the dead,
 Though I'm getting more forgetful,
 And mixed up in my head.
 I've got used to my arthritis
 To my dentures I'm resigned.
 I can cope with my bifocals
 But ye gods I miss my mind!
 Oft times I can't remember when
 I'm standing by the stair
 If I'm going up for something
 Or have just come down from there
 And before the fridge so often,
 My mind is full of doubt,
 Now did I put some food away
 Or come to get some out?
 And if it's my turn to write,
 I hope you wont get sore ,
 I may have written twice today
 And once the day before.
 Just remember that I love you
 And wished that you lived near
 But now its time to post this
 So cheerio, my dear.
 I stand before the post box now
 And boy, oh boy is my face red
 Instead of posting this to you
 I've opened it instead!

CARERS BREAK GRANT SCHEME

Carers Break Grants are payments of £250.00 provided by the local council. Carers can only get this grant ONCE every TWO years. You can apply for this grant if the person you care for is over 18 years of age and is resident within the City of Birmingham. Carers will also be asked to produce proof that they are providing 'regular and substantial care'. A carer is providing 'regular and substantial care' when caring has:

- *A significant impact on their day to day life*
- *Takes up their time and energy*
- *Is negatively affecting their physical or emotional health.*

Further information can be obtained by logging on to : www.birmingham.gov.uk/carer-info

Competition Winner...

Congratulations to Samuel Miah who correctly answered the questions to the quiz from the last issue of Discare!

- The answers are:*
- 1) 116 years, 2) Ecuador, 3) Sheep & horses,
 - 4) November, 5) Squirrel Fur
 - 6) Dogs, 7) Albert, 8) Crimson
 - 9) New Zealand, 10) Orange