

## Resources and Support services available for older people and those with dementia

### Adur and Worthing District Council support for vulnerable people

They are establishing neighbourhood teams which will help provide support to vulnerable people who are isolated and in need of help with issues around food, money, isolation, mental health, safety and digital access, benefits:

<https://www.adur-worthing.gov.uk/coronavirus/community-support/>

If you cannot register online you can call this number - 01903 221222

**Carers Support West Sussex** – We are providing emotional support, carer contingency planning, assessments from our carers assessment team and our hospital team, practical guidance and support (including access to grants and carers equipment), access and information and support.

- a. We are also open to taking referrals from the Community Hubs to support the wider community (not just carers) to support with emotional support and active listening.

[www.carerssupport.org.uk/covid-19-update](http://www.carerssupport.org.uk/covid-19-update) Telephone: 0300 028 8888, Email:

[info@carerssupport.org.uk](mailto:info@carerssupport.org.uk) or via online chat on website [www.carerssupport.org.uk](http://www.carerssupport.org.uk) -

Our opening hours are Monday to Friday 9am to 5pm; Wednesday 9am – 7pm and Saturday 10am – 12noon

**Age UK** – We are providing the following areas of support and guidance;

- Information and Advice
- Telephone befriending
- Doorstep Deliveries
- Welfare and Safety Support
- Wellbeing advice.

If you'd like to access any of the local services above Telephone: 01903 731800 or email: [information@ageukwestsussex.org.uk](mailto:information@ageukwestsussex.org.uk) or the website [www.ageuk.org.uk/westsussex](http://www.ageuk.org.uk/westsussex)

**Crossroads** – (to register for urgent respite care should your carer be unwell and other additional support) – 01903 790270 - you need to register in advance of a crisis so it is worth doing this early.

**Proactive Care** (clinical and social support if you have been referred by the surgery)  
– 01273 696011 ext 6229

**Maintaining Activities for Older Adults during Covid 19** – Health Innovation Network South London

This link is a fantastic resource which provides activities on tablets like the BBC Reminiscence Archive, Armchair Gallery, Music Memory Toolkit to My Reef in 3D.

Whilst online you can view newspapers, sport, films to the British Film Institutes largest archive collections.

Livestreams include concerts, museum tours, exercise classes, singing, theatre productions every Thursday, Nature and Zoo web cams to Patrick Stewart – daily Shakespeare Sonnet

[Maintaining Activities for Older Adults during COVID19.pdf](#)

**PAT team (Prevention and assessment team)**

– Support with wellbeing and services- step down from Social services (01273)

268900 [aaw.pat@westsussex.gov.uk](mailto:aaw.pat@westsussex.gov.uk)

**Adult Care point** 01243 642121 [socialcare@westsussex.gov.uk](mailto:socialcare@westsussex.gov.uk)

For social services and support needs

**Living Well With Dementia (LWWD) / Dementia Crisis Service (DCS)** – both of these services remain active and will continue to receive referrals for people with dementia who exhibit challenging behaviours (which may well appear / be exacerbated due to the conditions imposed by the pandemic) or families /carers that need support. Please speak to the surgery.

**Alzheimer's Society** - Dementia Advisors are making regular welfare calls to all service users – identified as the most vulnerable/socially isolated are being prioritised for support. Group services are being explored for 'virtual' delivery. Our ask to the wider community is people phone us for support they need throughout the outbreak – Referrals can be made via email:

[Sussex.Helpline@alzheimers.org.uk](mailto:Sussex.Helpline@alzheimers.org.uk) Telephone: 01403 213017 Advice is also available via our website [www.alzheimers.org.uk/](http://www.alzheimers.org.uk/)

**Mental Health Support** - <https://www.westsussexmind.org/news/news/covid-19-corona-virus-west-sussex-mind-services> - MIND are running phone and video 1-2-1 and group support  
- 0300 1233393

**The Silverline** (for older people) – 0800 4708090 (24hrs)  
Helpline and verbal support

**Samaritans** – Free Phone 116 123 (24hrs a day)