

◆ INFORMATION: IF YOU NEED INFORMATION, WE SHOULD BE ABLE TO PROVIDE IT WITH THE USE OF OUR WELL STOCKED RESOURCE ROOM. IF WE ARE UNABLE TO PROVIDE THE RELEVANT INFORMATION WE ARE ABLE TO POINT YOU IN THE DIRECTION OF WHERE YOU WOULD BE ABLE TO FIND IT.

YOU MAY FIND THAT FOR THE TIME BEING YOU ARE ABLE TO COPE BUT IF THERE COMES A TIME WHEN YOU NEED TO TALK TO SOMEONE WHO UNDERSTANDS, KNOW THAT WE AT SOLACE ARE HERE TO GIVE YOU

HELP AND SUPPORT.

YOURS,

*Jan*

CARER SUPPORT NURSE

*".. It was only after coming across a support group called 'Solace' that I found real help and advice. I found kindred spirits and fantastic volunteer helpers who had already made this journey and knew exactly what I was trying to cope with."*

CARER, MRS J. GREY

[www.dementiacarers.com](http://www.dementiacarers.com)

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WHITCHURCH  
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OFFICE PHONE: 029 2052 9832  
SUPPORT LINE: 029 2052 9848



# Solace

ARE YOU THE CLOSE RELATIVE OR  
FRIEND OF SOMEONE WHO HAS BEEN DI-  
AGNOSED WITH A FORM OF DEMENTIA OR  
ANY OTHER MENTAL HEALTH  
DIFFICULTY?

IF SO, THIS LEAFLET COULD HELP



TEL: 029 2052 9848



*Dear Reader,*

YOU WILL LEARN THAT YOU ARE ABOUT TO BECOME KNOWN AS YOUR CLOSE RELATIVE OR FRIEND'S CARER. PEOPLE FROM ALL WALKS OF LIFE AND BACKGROUNDS FIND THEMSELVES NEWLY PLACED IN THE POSITION OF 'CARER' AND THERE IS MUCH INFORMATION THEY WILL FIND THEMSELVES NEEDING TO LEARN.

## ABOUT DEMENTIA

"WHAT DID I COME UPSTAIRS FOR? I MUST BE GETTING DEMENTIA!" NO YOU ARE NOT; YOU'VE PROBABLY GOT SO MUCH ON YOUR MIND IT SIMPLY SLIPPED YOUR MEMORY. INDEED THERE IS QUITE A LOT OF CONFUSION ABOUT DEMENTIA. IF WE LIVE FIT AND HEALTHY LIVES UNTIL ADVANCED OLD AGE WE WILL, BY THE NATURE OF THINGS, ALL EXPERIENCE MEMORY PROBLEMS TO A GREATER OR LESSER DEGREE.

DEMENTIA, IS QUITE DIFFERENT.

DEMENTIA IS A WORD WHICH COVERS MANY DIFFERENT TYPES OF BRAIN DISEASES, BUT BY FAR THE TWO MOST COMMON FORMS ARE ALZHEIMER'S DISEASE AND VASCULAR DEMENTIA.

AS A RESULT OF NERVE CELL DAMAGE AND LOSS WITHIN THE BRAIN AND/OR SMALL OR LARGER BLEEDS, AREAS OF DAMAGE ARE CAUSED WHICH RESULT IN THE SYMPTOMS OBSERVES, E.G. MEMORY LOSS, DISORIENTATION, CONFUSION, SPEECH PROBLEMS AND RELATED FRUSTRATION.

THERE ARE RARER FORMS OF DEMENTIA, SUCH AS FRONTO-TEMPORAL DEMENTIA, OR DEMENTIA WITH LEWY BODIES.

IF YOUR RELATIVE IS DIAGNOSED WITH ONE OF THESE OR ANOTHER CONDITION, THE ALZHEIMER'S SOCIETY PRODUCES A HELPFUL RANGE OF INFORMATION AND FACTSHEETS. SEE: [WWW.ALZHEIMERS-SOCIETY.ORG](http://WWW.ALZHEIMERS-SOCIETY.ORG) OR PHONE 029 2043 4960.

ALTHOUGH THERE IS AN INCREASED LIKELIHOOD OF BEING DIAGNOSED WITH DEMENTIA WITH ADVANCING AGE, DEMENTIA CAN BE DIAGNOSED IN PEOPLE AS YOUNG AS FORTY YEARS OLD. THIS IS REFERRED TO AS YOUNG/EARLY ONSET DEMENTIA.

## OTHER MENTAL HEALTH DIFFICULTIES

IN ADDITION TO DEMENTIA, OTHER MENTAL HEALTH DIFFICULTIES CAN BECOME APPARENT IN OLDER AGE. THESE MAY HAVE BEEN MORE RECENTLY DIAGNOSED OR MAY HAVE BEEN EXPERIENCED FOR SOME TIME. THOSE WHO HELP TO SUPPORT INDIVIDUALS WITH DEPRESSION, ANXIETY OR PSYCHOSIS ( A CONDITION INVOLVING FALSE PERCEPTIONS) MAY THEMSELVES NEED SUPPORT AND INFORMATION.

## WHAT SUPPORT DOES SOLACE OFFER?

WE OFFER FREE AND CONFIDENTIAL HELP TO CARERS OF OLDER PEOPLE WITH ANY FORM OF DEMENTIA OR ANY MENTAL HEALTH NEED.

LISTED BELOW IS A SHORT SUMMARY OF SOME OF THE SERVICES SOLACE OFFERS. IF MORE INFORMATION IS REQUIRED THEN PLEASE CONTACT 029 2052 9832.

- ◆ TELEPHONE SUPPORT LINE : THIS SERVICE ALLOWS CARERS TO CONTACT OUR SERVICE TO TALK, ASK QUESTIONS, AND GAIN PRACTICAL INFORMATION. THERE IS NO REQUIREMENT TO GIVE CONTACT DETAILS.

- ◆ CALL BACK SERVICE : WE DO NOT HAVE A 24-HOUR SERVICE HOWEVER IF YOU LEAVE YOUR CONTACT DETAILS WE WILL RESPOND TO YOUR QUERY LEFT ON THE ANSWER PHONE WHEN POSSIBLE. HOWEVER IF YOUR QUERY IS MORE URGENT THEN YOU WILL FIND SOME USEFUL NUMBERS ON OUR ANSWER PHONE.
- ◆ ONE-TO-ONE SUPPORT : THIS SUPPORT IS GIVEN BY THE CARER SUPPORT NURSE FROM SOLACE SO THAT ANY CARING RELATED ISSUES CAN BE TALKED ABOUT IN A MORE PRIVATE SETTING IN SOLACE OR AT YOUR HOME.
- ◆ GROUP SUPPORT: WE RUN A NUMBER OF CARER SUPPORT GROUPS THAT CAN BE ATTENDED DEPENDING ON YOUR INDIVIDUAL NEED. BY CONTACTING SOLACE WE CAN DISCUSS APPROPRIATE GROUPS FOR YOU. WE SUPPORT THE CARERS BOTH PRACTICALLY AND EMOTIONALLY WHILE AT THE SAME TIME, AFTER TEA AND BISCUITS, YOUR CLOSE RELATIVE OR FRIEND CAN BE SEPARATELY ENTERTAINED WITH MEANINGFUL ACTIVITY CARRIED OUT BY OUR EXPERIENCED VOLUNTEERS.
- ◆ SOCIAL GROUPS: THESE GROUPS PROVIDE SUPPORT FOR PAST CARERS WHO HAVE DEVELOPED FRIENDSHIPS AND WISH TO REMAIN IN CONTACT WITH EACH OTHER.
- ◆ DROP-IN SERVICE: CARERS CAN COME PRIVATELY TO SOLACE FOR HELP AND INFORMATION ON MONDAY'S FROM 9AM- 5PM, AND ON FRIDAY MORNING'S FROM 10AM-12PM.

