

Living Well for Longer

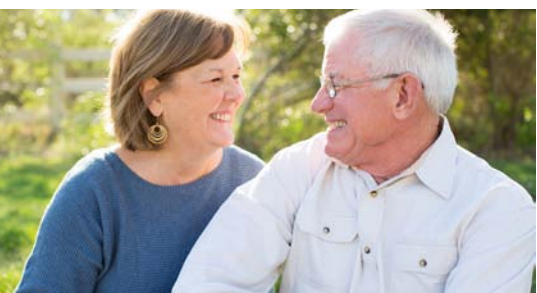


A Guide to a Healthier Later Life



Doncaster
Metropolitan Borough Council

www.doncaster.gov.uk/publichealth



Staying healthy and feeling your best is a priority at any age and that doesn't change just because you're getting older. It's important to keep active, eat well, stay in touch with family and friends and do things you enjoy.

This booklet provides you with advice on some of the things you can do to live healthily, happily and independently for longer including where to get help and support.

CONTENT

LIFESTYLE & WELLBEING

| | |
|--------------|----|
| Eating Well | 4 |
| Being Active | 8 |
| Smoking | 12 |
| Alcohol | 14 |
| Heart Health | 16 |

MENTAL WELLBEING

| | |
|--------------------------|----|
| Mental Wellbeing | 18 |
| Bereavement | 19 |
| Depression | 21 |
| Loneliness & Socialising | 22 |
| Relationships | 24 |
| Dementia | 26 |

PERSONAL CARE

| | |
|---|----|
| Eye Care | 28 |
| Hearing | 30 |
| Oral Health | 31 |
| Foot Care | 32 |
| Medicines & Vaccinations | 33 |
| Staying Well In Winter | 35 |
| Aches & Pains, Arthritis & Bone Health | 36 |
| Falls & Trips | 38 |

KEEPING SAFE

| | |
|--|-------|
| Home & Fire Safety | 40 |
| Crime Reduction – Home & Vehicle Security | 42 |
| Road Safety | 44 |
| Independent Living | 46 |
| Caring | 47 |
| Safeguarding | 49 |
| Power of Attorney & Wills | 50-51 |

CONTACT

| | |
|-----------------------|----|
| Lifestyle & Wellbeing | 52 |
| Mental Health | 52 |
| Personal Care | 53 |
| Keeping Safe | 54 |

Lifestyle & Wellbeing

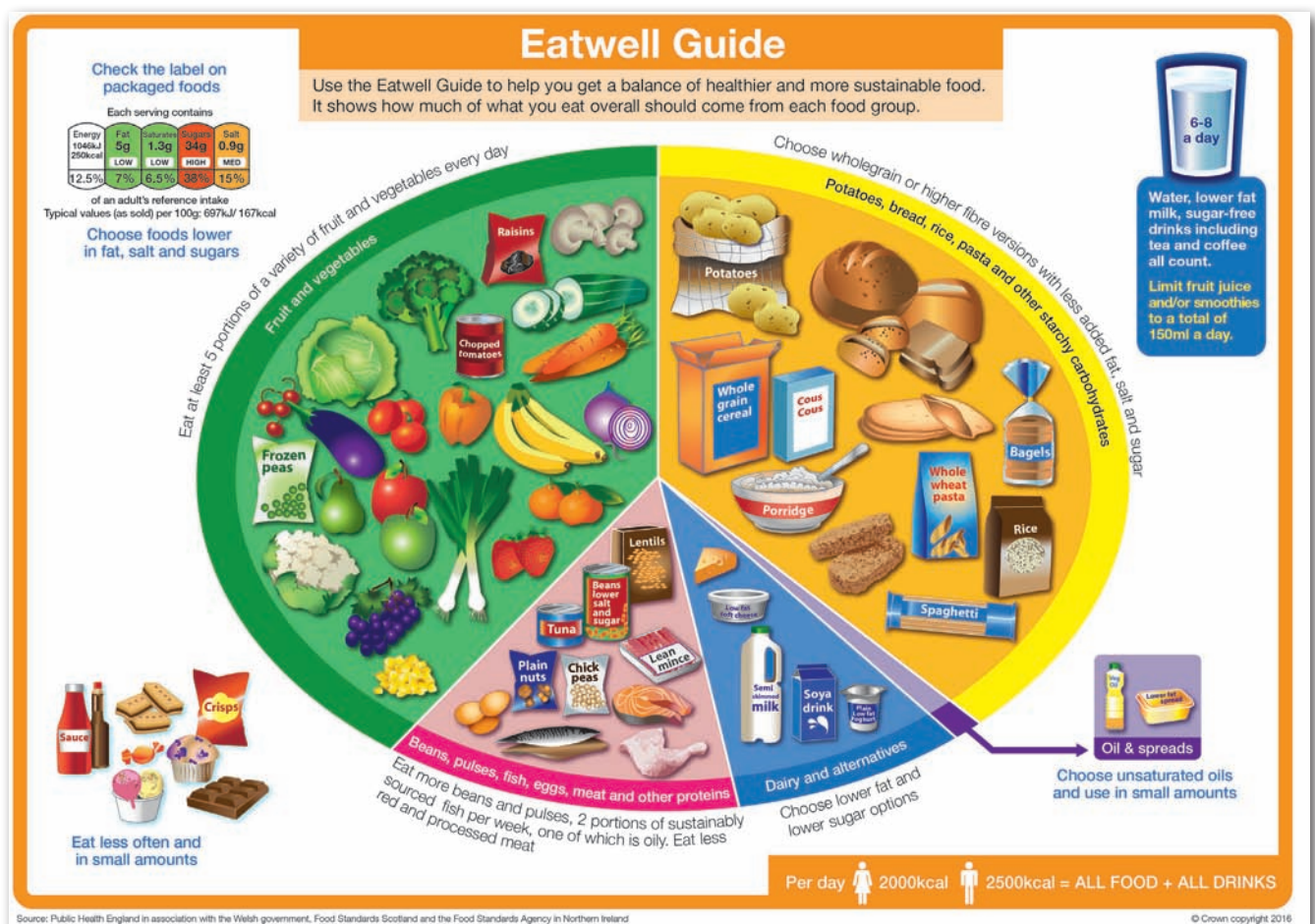
Lifestyle has a big impact on our health as we get older. Eating well, being active, maintaining a healthy weight, stopping smoking and limiting your alcohol intake can all help to reduce the risk of developing illnesses such as heart disease, high blood pressure, Type 2 Diabetes, stroke or dementia.

Eating Well

Eating healthily doesn't have to be complicated or boring. It's about making sure you have plenty of variety, so you get all the nutrients you need and maintain a healthy weight.

The eatwell plate shows the different types of food that make up our diet and the proportions we should eat them in to have a healthy, balanced diet. It's a good idea to try to get this balance right every day, but you don't need to do it at every meal.

For more information on the eatwell plate visit www.gov.uk/government/publications/the-eatwell-guide



Here are some top tips for healthy eating:

- **Fruit and vegetables** – You should try to eat at least 5 portions of different coloured fruit and vegetables a day, they can be fresh, frozen, dried, canned or juiced. Many of us don't eat enough fruit and veg, and it can be hard to know how much a 'portion' actually is. Here are a few simple suggestions, which count as one portion each

Breakfast – a glass of juice or a heaped tablespoon of dried fruit or a banana with your cereal.

Snacks – an apple or a handful of grapes or a pear.

Lunch – a side salad or a tomato and lettuce in a sandwich or three heaped tablespoons of baked beans.

Dinner – three heaped tablespoons of vegetables like peas or carrots or sweetcorn.

- **Meat, poultry, fish, eggs, beans, lentils and nuts (Protein)** - Try to eat a portion of any of these foods at two of your daily meals. Protein helps to build and repair your body. Aim to eat fish twice a week. One portion of white fish such as haddock or cod, and one portion of oily fish such as salmon or sardines.

- **Breads, potatoes, pasta, rice and cereals** (Starchy Foods and Fibre) - Try to eat one of these starchy foods with every meal. These foods give you energy. Wholegrain foods such as brown rice or wholegrain bread are good for you and help prevent constipation

One portion is:

- two tablespoons of cooked pasta, rice or noodles
- a medium baked potato
- three tablespoons of cereal

Why not try....

Breakfast – wholegrain cereal or porridge or wholemeal toast with cut up banana or dried fruit.

Lunch – a sandwich or brown rice or pasta salad

Dinner – stews, casseroles or curries with potatoes, couscous, pasta or rice

- **Milk and dairy foods.** Aim to have three servings a day and choose lower-fat versions, such as semi-skimmed milk and half-fat cheese where you can. These foods help to keep bones and teeth strong.

One portion is:

- A glass of milk (200ml)
- 150g pot of low fat yoghurt
- 30g of cheese (matchbox size)

FACT:

Only 37% of over 65's meet the recommended 5 servings daily of fruit and vegetables

- **Drink plenty of Fluids.** Keep hydrated. Water is the healthiest choice for quenching thirst. Aim to drink at least 8 cups of water a day (this can include some tea or squashes)

Foods that are high in fat, sugar or salt should be eaten in moderation as part of a balanced diet and in many cases it may be best to consider them as treats. Many processed foods, ready meals and savoury snacks can be high in fat and salt, so try reading pack labels and comparing brands before you buy.

Try to avoid too much:

- **Saturated fat** (found in foods like cakes, biscuits, pies, butter, cream, cheese, lard, sausages, chocolate and coconut oil)

How to reduce the amount of fat in our diets:

- Replace snacks of biscuits and cakes with fruit
 - Buy reduced or lower fat options where possible (for example, with milk, butter, and spreads)
 - Grill, steam or bake food instead of frying it
 - Choose poultry or fish and leaner cuts of red meat, where you trim off any fat from the meat
 - Compare labels at the supermarket and choose options with less fat
- **Sugar** (found in foods like cakes, sweets, biscuits, sugary fizzy drinks)

How to reduce the amount of sugar in our diets:

- Cut down on sugary snacks and have a piece of fruit instead
 - Choose reduced sugar products
 - Choose tinned fruit in natural juice instead of syrup
 - Cut down on the number of sugars you add to hot drinks or try swapping to sweeteners instead
- **Salt** (salted nuts and snacks, savoury biscuits, cheese, preserved meats like bacon, ham and salami, canned soups, ready/pre-cooked meals, sauces, and stock cubes)

How to reduce the amount of salt in our diets:

- Don't snack on salty foods such as salted crisps or peanuts
- Read and compare food labels at the supermarket
- Don't add salt to food or during cooking
- Look out for low salt options

Being overweight increases your chances of having high blood pressure and developing diseases such as heart disease, Type 2 Diabetes and dementia. Eating a healthy diet and exercising regularly can help to avoid becoming obese and maintain a healthy body weight.

Being underweight can be especially serious for older people. If you think you maybe underweight or have suddenly lost weight for no apparent reason, contact your Doctor.

The **Eatwell and Livewell** service from **Age UK** supports adults aged 50+ who are suffering from or at risk of malnutrition enabling them to return to a healthy weight. For more information call **01302 812345** or visit www.ageuk.org.uk/doncaster/



Being Active

Being active is an important part of a healthy lifestyle no matter what age you are.

There are many health benefits to being active. It can help reduce your risk of developing Type 2 diabetes, heart disease, osteoporosis, osteoarthritis, back pain, high blood pressure, some cancers such as bowel cancer and some types of dementia. It helps to strengthen muscles and bones and helps with balance and co-ordination meaning you're less likely to have an accident or fall.

Taking part in exercise can also help you to make new friends, increase self-esteem, reduce stress, improve quality of life and enable you to continue living independently for longer.

FACT: *Walking triggers endorphins, promotes relaxation, and prevents anxiety and depression*

As with any age group, the level of fitness for older people varies from person to person.

Here are some top tips on getting and staying active:

- Any activity that raises your heart rate and makes you slightly breathless can help to keep you fit. Walking, cycling, swimming and even mowing the lawn or cleaning the car are all great ways to keep your heart, lungs and circulation healthy
- If you are already active, aim to be active for at least 30 minutes three to five times a week with an activity that raises your heart rate
- If you're not very active, even a little exercise is better than none. Try getting started with something you enjoy and which suits your level of mobility. Activities that are already part of your daily routine such as walking, housework and gardening are even ways of keeping fit. You don't need to join a gym to get active!
- Try to include at least two activities a week which help to build up and maintain muscle strength such as dancing, chair based exercise or even gardening, climbing stairs or carrying bags of shopping. These help to keep muscles strong, making it easier to carry out daily activities and reduce your risk of falls
- Many people find their local leisure centre or gym offers a place to meet likeminded people, especially during the day. Here you could try using light weights to increase your muscle strength. Instructors are there to advise you on what exercises to do
- If you're at risk of falls, try to also include activities that helps improve your balance and co-ordination like Tai Chi, yoga or Pilates
- And remember.....it's never too late to start being active!



If you have a problem or medical condition that you are worried may be made worse by physical activity, see a doctor before starting a new exercise plan or activity.

However you like to spend your leisure time, you will be able to find something in Doncaster that suits your needs, from outdoor activities and walking opportunities to leisure centres and sports clubs. For further information visit www.doncaster.gov.uk/leisuretime

Move More Doncaster is an opportunity for Doncaster residents aged 50 or over to try different types of exercise and physical activity. All recommendations and suggestions are tailored to your requirements. If you're interested and would like more information, contact us on 0800 0169187 (Freephone) or visit our website where you can register your interest at www.movemoredoncaster.nhs.uk

Doncaster Culture & Leisure Trust (DCLT) offer a wide range of health, fitness, leisure and entertainment activities across 14 venues in Doncaster.

A Leisure Card is available for people aged 60+ offering a range of discounts on all DCLT's facilities and services. For further details visit www.dclt.co.uk/ or call **01302 370777**.

Vital Over 55's Health and Fitness Package

The Vital package is designed specifically with people aged 55 and over in mind. Vital Fitness offers members unlimited use of all gyms, swimming pools and classes across all DCLT venues during quieter times. Available Monday - Friday until 4pm and all day at weekends. For more information call 0844 310 0000 or visit www.choosefitness.co.uk/choose-fitness-membership-packages

Primetimers is a gentle activity sessions at for people aged 55 and over. Available every Monday 10am-2pm at The Dome. For more information visit www.the-dome.co.uk/primetimers

Walking Football aimed at people aged 50+ at The Dome. To find out more visit www.the-dome.co.uk/walking-football

For more information on DCLT or to find out about some of the other offers and activities available visit www.dclt.co.uk or call **01302 370777**.

The Active in Later Life programme from Age UK Doncaster offer a wide range of activities and exercise sessions across the borough including exercise to music, circuit training, chair-based exercise and strength & balance. Venues include St. Peters in Chains: St Peter's Church, Bentley: Walbank Road, Armthorpe: Auckley Parish Church: Dunsville Methodist Church: Cantley Community Centre and others. Contact **01302 812345** or visit www.ageuk.org.uk/doncaster/ for more information.

DCLT Venues in Doncaster

Adwick Leisure Centre,
Armthorpe Leisure Centre
Askern Leisure Centre
Balby Community Sport Village
Crookhill Park Golf Course
Dearne Valley Leisure Centre
Edlington Leisure Centre

Fitness Village Balby
Fitness Village Keepmoat Stadium
Hatfield Outdoor Activity Centre
Rossington Leisure Centre
Rossington Community Sports Village
Thorne Leisure Centre
The Dome



Smoking

Smoking is one of the biggest causes of death and illness in the UK, increasing your risk of developing more than 50 serious health conditions including lung cancer, and heart disease. Stopping smoking can significantly improve your chances of living a longer and healthier life, even if you've smoked for 40 years.

Stopping smoking can be difficult particularly if it is a habit you have had for a long time. It's never too late to quit. Stopping at any age will increase your life expectancy, provided that you stop before you develop cancer or another serious disease. Once you stop smoking, some of the benefits are immediate and some are longer-term.

E-cigarettes are battery-operated devices that mimic cigarettes. E-cigarettes have been found to be safer than “traditional” cigarettes and with the support of stop smoking services can be effective in helping people to quit smoking. However at this time they are not currently medically licensed as a quitting aid and therefore not available on prescription.

The government are currently looking into regulating electronic cigarettes as medicines. Tighter regulation will ensure the safety and quality of products that can be made available to help support smokers to cut down their smoking and to quit.

Go online and visit www.nhs.uk/smokefree for FREE information, advice and useful tips on stopping smoking or contact the FREE **Doncaster Stop Smoking Service** on **0800 612 0011** or email stopsmokingservice@rothgen.nhs.uk

FACT:

Smoking in the home is the number one cause of house fires in England. Over two thirds of fire-related deaths occurred in accidental dwelling fires and more than half of the victims were aged 65 years or older





Alcohol

Many of us enjoy a drink now and then, but drinking more than the recommended levels of alcohol on a regular basis can damage our health. Liver disease, high blood pressure, increased risk of various cancers and heart attack are just some of the harmful effects of regularly drinking more than the recommended levels. The effects of alcohol on your health will depend on how much you drink. The more you drink, the greater the health risks.

As we age, we may find ourselves turning to alcohol to cope with stressful life events such as the loss of a loved one, retirement or social isolation. Older people may be more sensitive to the effects of alcohol so drinking less is recommended. Even small amounts of alcohol can cause harm particularly if frail. Alcohol can also interfere with certain medications so check with your doctor or pharmacist that it is safe.



To reduce your risk of harming your health, Government guidelines recommend that both men and women do not regularly drink more than 14 units a week. It is advised that if you drink as much as 14 units a week you spread your drinking over three days or more.

‘Regularly’ means every day or most days. Try to keep at least two days per week alcohol-free so that your liver in particular, can recover from the toxic effects of alcohol.



If you're looking at cutting down, the key is to make small but important changes in your attitude towards drinking.

Here are some ideas;

- Begin by looking at how much you drink at home. You might drink more than you think on an average night in
- Try replacing the alcohol in your fridge with soft drinks
- When you're out try a more diluted alcoholic drink such as a spritzer or shandy or try smaller measures like swapping a pint for a half pint
- Remember that home measures are often much bigger than you'd get when you're out. Buying small wine glasses or an alcohol measure are good ways of making sure you don't drink more than you intend to

Visit the Drinkaware website at www.drinkaware.co.uk and use their unit and calorie calculator to find out what's in your drinks.

FACT:

1 in 5 of the UK's over 50's population are drinking above safe recommended units of alcohol

Illegal substances, prescription drugs and legal highs

Drug misuse can be harmful to your health in both the short term and the long term, and could possibly lead to addiction. Drug misuse among older people tends to involve misuse of over-the-counter medicines and prescription medication such as painkillers, sleeping tablets, medicines for the treatment of anxiety, depression and other conditions. Some older people use illegal drugs such as cannabis, cocaine, heroin and amphetamines.

If you are concerned about your own or a family member's drinking or drug use, there is support and help available. Contact **Aspire - Drug and Alcohol Service Doncaster** on **01302 730956** or visit www.aspire.community



Heart Health

A **heart attack** is a serious medical emergency in which the supply of blood to the heart is suddenly blocked, usually by a blood clot. Lack of blood to the heart can seriously damage the heart muscle.

Symptoms can include:

- Chest pain – like it is being pressed or squeezed by a heavy object. The pain can spread from the chest to the jaw, neck, arms and back
- Shortness of breath
- Feeling weak and/or lightheaded
- Overpowering feeling of anxiety

It is important to stress that not everyone experiences severe chest pain; the pain can often be mild and mistaken for indigestion. It is the combination of symptoms that is important in determining whether a person is having a heart attack, and not the severity of chest pain.

FACT:

Heart and circulatory diseases are the largest causes of mortality in adults over 65

Dial 999 and ask for an ambulance if you think you or someone you know is having a heart attack. If the casualty is not allergic to aspirin and it's easily available, give them a tablet (ideally 300mg) to slowly chew and then swallow while waiting for the ambulance to arrive. The aspirin will help to thin the blood and reduce the risk of a heart attack.

A **Stroke** is when the blood supply to part of the brain is cut off. Strokes are a medical emergency and fast treatment is crucial. The sooner a person receives treatment the less damage is likely to happen.

The Face-Arm-Speech-Time (FAST) test lists the main symptoms to look out for:

Face – Has the person's face fallen on one side? Can the person smile? Has their mouth or eye drooped?

Arms – Can the person raise both arms and keep them there?

Speech – Is their speech slurred/

Time – It's time to call 999 if you see one or more of these signs.

FACT:

About 150,000 people in the UK have a stroke every year, of which 75% are aged 65

There are five main steps you can take to reduce your risk of a heart attack or stroke:

- quit Smoking
- lose weight if you are overweight or obese
- take regular exercise
- eat a low-fat, high-fibre diet, including whole grains and plenty of fresh fruit and vegetables (at least five portions a day)
- moderate your alcohol consumption

The **Stroke Support Service** from Age UK support people who have survived a stroke and their carers to make informed choices about the way ahead. Call **01302 812345** for further information

NHS Health Checks are free for all adults aged 40-74. These checks assess the risk of developing heart disease and offer advice and support to help reduce the risk. Free to all adults aged 40-74 living in Doncaster who are NOT currently under the care of a doctor for stroke, heart or blood pressure problems, diabetes, kidney disease and or taking a statin therapy. Call **01302 315007** to find out where and when you can get your health checked.

Wellbeing

Just as we care for our bodies, we need to look after and care for our mind too. Good mental wellbeing is important because we all want to feel good and get the most from our lives. Mental wellbeing is how well we are feeling and how well we can cope with day-to-day life. We all have times when we don't feel ourselves, feel down and stressed but good mental wellbeing helps us to feel we can cope when times get tougher. Research has shown there are five steps we can all take to improve our mental wellbeing:

Connect – Try to connect with the people around you as much as possible; your family, friends, colleagues and neighbours. Building social networks is important for your wellbeing.

Be active – Being active isn't just good for your physical health it also helps you to feel good. Dance, go cycling, gardening or any activity you enjoy. It doesn't need to be intense for you to feel good – slower activities such as walking can have the benefit of encouraging social groups as well as providing exercise.



Keep learning – Learning new skills can give you a sense of achievement and a new confidence. Try something new like signing up to a class to learn how to cook or learn a new craft. Read the news or a book; do a crossword or Sudoku; research something you've always wondered about or learn a new word.

Give – People who help others are more likely to rate themselves as happy. Do something nice for a stranger or do some volunteering. Even the smallest gesture can count; smile at someone, say hello, thank or compliment someone.

Take notice – Reflecting on surroundings is a great way to feel good. Take some time to enjoy the moment and be aware of the things around you, your feelings and thoughts and those around you.

Bereavement

For most of us, bereavement will be the most distressing experience we will ever face. Grief is what we feel when somebody we are close to dies. Everyone experiences grief differently and there is no 'normal' or 'right' way to grieve.

You may feel a number of things after a death:

Shock: It may take you a long time to grasp what has happened. The shock can make you numb, and some people at first carry on as if nothing has happened. It is hard to believe that someone important is not coming back. Many people feel disorientated - as if they have lost their place and purpose in life or are living in a different world.

Pain: Feelings of pain and distress following bereavement can be overwhelming and very frightening.

Anger: Sometimes bereaved people can feel angry. This anger is a completely natural emotion, typical of the grieving process. Death can seem cruel and unfair, especially when you feel someone has died before their time or when you had plans for the future together. We may also feel angry towards the person who has died, or angry at ourselves for things we did or didn't do or say to the person before their death.

Guilt: Guilt is another common reaction. People who have been bereaved of someone close often say they feel they are to blame for the person's death. You may also feel guilt if you had a difficult or confusing relationship with the person who has died, or if you feel you didn't do enough to help them when they were alive.

Depression: Many bereaved people experience feelings of depression following the death of someone close. Life can feel like it no longer holds any meaning and some people say they too want to die.

Longing: Thinking you are hearing or seeing someone who has died is a common experience and can happen when you least expect it. You may find that you can't stop thinking about the events leading up to the death. "Seeing" the person who has died and hearing their voice can happen because the brain is trying to process the death.

Other people's reactions: One of the hardest things to face when we are bereaved is the way other people react to us. They often do not know what to say or how to respond to our loss. Because they don't know what to say or are worried about saying the wrong thing, people can avoid those who have lost someone. This is hard for us because we may well want to talk about the person who has died. It can become especially hard as time goes on and other people's memories of the person who has died fade.

Cruse Bereavement Care offer somewhere to turn when someone dies. For free and confidential services provided by trained volunteers contact or visit:

109 Thorne Rd, Doncaster, DN2 5BE

Telephone: 01302 814647

National helpline: 0844 477 9400

Email: helpline@cruse.org.uk

Doncaster MIND provides one to one counselling for people who may be experiencing some difficulty in coping with life including issues around bereavement and loss. Call **01302 812190** or email office@doncastermind.org.uk

FACT:

***1 in 5 of the UK's 1 in 5 older people living
in the community and 2 in 5 living in care homes***



Depression

We all feel down from time to time but if you feel like this continuously and it's affecting your everyday life you may be suffering from depression. Depression affects about 1 in 10 of us at some point in our lives and can be a common problem in later life. More often it can be triggered by events that happen like losing a partner or illness. Recognising symptoms and getting help early is important.

Symptoms may include;

- Loss of appetite
- Unable to sleep
- Weight loss
- Lack of energy
- Feelings of guilt or low self-worth

It's important to speak to your doctor if you are affected by a combination of the symptoms above for a period of time. With the right support and treatment you stand a good chance of getting better, whatever age you are and however long you've felt this way.

Doncaster Mind is a registered charity providing a wider range of high quality services to support people with mental health problems across Doncaster. Tel: **01302 812190**

Email: office@doncastermind.org.uk

The Talking Shop

A drop-in advice shop which gives people the opportunity to browse information on mental health issues including prevention and self-help information and also to gain information about the services available. Call **01302 565650** or visit **The Talking Shop** in Doncaster, 63 Hall Gate, Doncaster, DN1 3PB



Loneliness & Socialising

Feeling lonely is a normal human emotion and is a sign of wanting contact with people, it can be felt for just a day or it can be a longer term emotion. It can often happen because of outside circumstances, such as the loss of a loved one, retirement or redundancy, long term health problems or financial issues. The LGBT (lesbian, gay, bisexual and transgender) community are more likely to be single and live alone in older life and more likely to be vulnerable to loneliness

Loneliness can have a huge impact on a person's physical health and has been described as being as damaging to our health as smoking 15 cigarettes a day. Feeling alone can cause stress and anxiety, which can lead to depression and a serious decline in physical health and well-being.

If you have been feeling lonely for a while, a first step is to notice and identify this, even if just to yourself. This can help you can think about what you could do to help yourself, or how to ask for help from others.

FACT:

1 in 5 of the UK's 1 in 5 older people living in the community and 2 in 5 living in care homes

Contact with people is extremely important in tackling loneliness. If you have friends or family, phoning someone, or sending a text or email can really cheer you up. Try to get out and about, even if it's just walking to the shops. Invite people to visit, take up a new hobby or keep up with the things that interest you.

There are many opportunities locally for people to meet and socialise. You can find out about community groups and forums available in your local area by contacting **Doncaster Council's Communities and Wellbeing Team** on **01302 734169**.

Doncaster CVS have an online directory of all voluntary organisations and community groups in the area visit www.doncastercvs.org.uk/directory to find out more.

Doncaster Community Arts (DARTS) provides creative approaches that can raise self-esteem and confidence, improve health and fitness, bring people together, help facilitate learning and change perceptions. To find out more about the creative activities you can get involved in call **01302 341662** or visit www.thepoint.org.uk

Age UK Doncaster Community Day Opportunities provide a day out of the home for older people at 11 locations around the borough. A range activities, transport and a cooked lunch are all provided. Visit www.ageuk.org.uk/doncaster/ or call **01302 812345** for more information.

For many people, the internet is a good way to connect with people and make friends. There are a huge number of forums, social networks and dating sites that can put you in touch with people you share interests with. Taking the first step might be scary but the benefits are huge. If you would like help learning how to use the internet, your local community library can help with this. Visit www.doncaster.gov.uk/libraries for more information.



Relationships

As you get older you may face a variety of issues that can affect or put a strain on your relationships with partners, family and friends. You may have recently retired, found yourself newly single and adapting to living alone, become a grandparent, experiencing health issues or caring for someone who is.

If you have an issue that is affecting a relationship call the team at **Relate** on **01302 347474**. Relate provide information, support and counselling on a range of issues including marriage, divorce, retirement and Lesbian, Gay, Bisexual and Transgender (LGBT) issues.

Getting older doesn't mean that our need for closeness and companionship goes away. Sexuality doesn't just disappear as you age and it's perfectly natural to have sexual desires. However, sex in later life may be different to when you were younger and it can be especially daunting if you are starting a sexual relationship with a new partner. It is important that people of all ages know how to protect themselves when having sex. Older people are less likely to use condoms because they don't consider themselves to be at risk but they are just as likely to get a Sexually Transmitted Infection (STI) as a younger person. As we age our immune system becomes less effective and our risk of getting an STI increases.

Condoms are available free of charge from your GP and TriHealth Sexual Health Service. Testing and treatment for sexually transmitted infections (STIs) is also available at TriHealth Sexual Health Service, which offers both appointments and a walk-in facility. GP surgeries and some pharmacies may also provide testing for some infections or provide details of the nearest service that can.

If you are experiencing difficulties in your sex life please speak to your GP who can refer you for more help and advice.

Tri-Health Sexual Health Service

Contraception and sexual health services for people aged 19 or over.

Clinics are available at GU Medicine at Doncaster Royal Infirmary (Monday –Friday).

GU clinics also available at East Laith Gate House (Monday and Saturday). For exact opening times or for further information call **01302 553111** or visit their website

www.doncastertrihealth.co.uk



Dementia



Dementia is a common concern for many people as they grow older. However not everyone who grows old will develop dementia. Although it is more common amongst people over 65, people as young as 30 have been diagnosed with dementia. This can be described as early onset dementia.

Dementia is caused when diseases physically damage the brain so the brain cannot work as well as it should. There are many kinds of dementia but the most common is Alzheimer's disease.

Common symptoms of dementia include;

- Memory loss
- Forgetting words or using the wrong ones
- Unable to concentrate and follow instructions
- Mood changes and changes to inhibitions
- Feeling confused even in familiar surroundings
- Difficulty performing everyday tasks and doing things in the right order

FACT:

It is estimated that there will be 1.14 million people Living with dementia in the UK by 2025

Confusion or forgetfulness does not mean you have dementia but if the symptoms above become more frequent and start to affect your everyday life, it's important you seek advice from your doctor. Your GP will undertake various assessments and may then refer you to a specialist such as a consultant for further support.

Research has found some important factors that may contribute to whether we develop dementia. Some of them, such as your family genes, your medical history, whether you are male or female, and your age cannot be controlled. However, there are other things that we may be able to change, such as our lifestyle.

Here are some things you can do to help reduce your risk of developing dementia;

- Eat well
- Maintain a healthy weight and watch your cholesterol and blood pressure
- Keep active
- Limit your alcohol intake
- Stop smoking
- Be socially active
- Keep your mind active

The **Doncaster Directory of Dementia Services** contains contact details for the many support services available for those living with dementia and their carers. Visit www.doncaster.gov.uk/dementia for more information on dementia and to download a copy of the directory.

The **Alzheimer's Society's Dementia Connect** website also provides an online directory of services for anyone affected by dementia. Visit www.alzheimers.org.uk/local-information/dementia-connect/ to find out what services, activities and events are available in your local area.

A form called the **Herbet Protocol** has been designed for people and their families living with dementia to ensure that, if someone goes missing, the police get access to important information about that person as soon as possible. For more information or to download a form visit www.southyorks.police.uk/help-and-advice/herbert-protocol

Five things everyone should know about dementia:

1. Dementia is not a natural part of growing old. Not everyone who develops dementia is old, people as young as 30 have been diagnosed with dementia.
2. Dementia is caused by diseases of the brain. The most common of these is Alzheimer's disease.
3. Dementia is not just about losing your memory. It can affect thinking, communication and doing everyday tasks.
4. An early diagnosis is important to living well with dementia. Contact your GP if you have any concerns about yourself or someone else.
5. There is more to a person than their dementia.

Personal Care

Age can bring about changes that affect your eyesight. You are at greater risk of developing certain eye problems such as cataracts, glaucoma and you may experience difficulty reading.



Eye care

Here are some things you can do to keep your eyes as healthy as possible:

- Have regular eye tests - An eye test will not only tell you whether you need glasses but pick up eye diseases, such as glaucoma as well as general health problems like diabetes. If you are over 60, you are eligible for a free NHS eye test every two years. You can have a free test every year if you're 70 or over
- Wear the right lenses - It's important to wear the correct prescription lenses. This will improve your quality of life and reduce the risk of accidents such as falls
- Eat well & stay a healthy weight- Eating a healthy, balanced diet is important for your eyes. Eating plenty of vegetables and fruit will benefit your overall health and may help protect against some conditions such as cataracts and age-related macular degeneration (AMD)

- Cover up - Strong sunlight can damage your eyes and may increase your risk of cataracts. Wear sunglasses or contact lenses with a built-in UV filter to protect your eyes from harmful rays
- Quit smoking - Smoking can increase your chances of developing conditions such as cataracts
- Exercise – Exercise stimulates good circulation and oxygen intake, both of which are important for our eye health
- Sleep well - As you sleep, your eyes are continuously lubricated removing irritants such as dust or smoke that may have built up during the day. Try to get between six and nine hours sleep each night
- Use good lighting - To see well, your eyes need three times as much light when you're 60 as they did when you were 20. Increase the daylight in your home by keeping windows clean and curtains pulled back. Make sure you have good electric lighting too, especially at the top and bottom of stairs so you can see the steps clearly

The Partially Sighted Society provide advice, help and training in living with low vision and carry a wide ranging stock of aids to help with daily living and vision problems. Contact **0844 477 4966/ 0844 477 4963** or visit www.partsight.org for more information.

FACT:

Over 2 million people aged 65+ have sight loss which affects their day to day living



Hearing

Loss of hearing can have a huge impact on our lives and how we connect with others. It's a common problem that often develops with age but because it happens gradually you may not notice any change.

Signs of hearing loss can include:

- difficulty hearing other people clearly and misunderstanding what they say
- difficulty following conversations and asking people to repeat themselves
- listening to music or watching television with the volume turned up higher than usual

Having trouble hearing can make it difficult to understand and follow a doctor's advice, respond to warnings or hear alarms and doorbells. This can be very frustrating and sometimes even dangerous. It isn't always possible to prevent hearing loss if you have an underlying condition that causes you to lose your hearing. However, there are some things you can do to reduce the risk of hearing loss from long-term exposure to loud noise. Try not to have music or the television on at a loud volume at home and use ear protection at loud music events or in noisy work environments.

It can be better to find out about hearing aids sooner rather than later. Contact your doctor as soon as possible if you think you may have problems with your hearing. The NHS offer free hearing tests and can be arranged through your doctor.

Contact the **Action On Hearing Loss Information line** on **0808 808 0123** or for a free hearing check call **0844 800 3838**.



Oral Health

Looking after your teeth is really important. It helps you to enjoy food, smile with confidence and generally feel good about yourself.

Tooth decay can even affect some people's quality of life and more seriously lead to problems with eating. As we get older we also become more vulnerable to root decay as our gums recede, therefore good oral health becomes even more important.

To keep your teeth and gums healthy it's important to brush and floss effectively and see a dentist regularly. If you have false teeth, regular check-ups with a dentist are just as important. Your dentist will be able to make sure that your teeth and gums are healthy and advise you how to prevent future problems such as gum disease. Even if you don't think that there is anything wrong with your teeth, try to go to the dentist at least once a year to make sure no problems are emerging. Dental check-ups can also spot early signs of mouth cancer.

Dentists don't have specific catchment areas. That means you can find a dentist to suit you. If you do not have a regular dental practice or are new to the area visit

www.nhs.uk/Service-Search/Dentists/LocationSearch/3 to find a NHS dentist near you. You may find that some dentists do not have the capacity to take on new NHS patients all the time and you may have to join a waiting list or contact several practices before you find a dentist with availability.

If you are in need of urgent treatment, contact your usual dental practice as they may be able to see you or direct you to an urgent care dental service. If you do not have a regular dentist call **NHS 111**



Foot care

As you get older the skin becomes thinner and less elastic making you more prone to foot problems. These can include;

- bunions
- corns and calluses
- heel pain or arch pain
- cracked skin
- ingrown toenails
- fungal infections (athlete's foot)

You don't have to put up with pain and discomfort in your feet simply because you're getting older. Most foot problems can be treated.

FACT:

Over thirty percent of older people say they are unable to cut their own toenails

Your feet will remain in better condition if you have a regular foot care routine. Here's how to look after your feet:

- Wash your feet daily, drying them well, especially in between the toes to avoid infections such as athlete's foot
- Cut and file toenails, keeping them short. Trim them straight across, never at an angle or down the edge as this can cause an ingrown nail
- Apply moisturising foot cream, not body lotion, to dry and rough skin
- Check for cracks and breaks in the skin and inflammation such as blisters
- Keep your feet warm with either warm socks or stockings. Avoid anything too tight that can restrict your circulation. Bed socks are a good idea when the weather is particularly cold
- Choose shoes that fit well and protect and support your feet. This can help avoid trips and falls

Foot care problems tend to happen if you're less mobile than you used to be, particularly if you find it hard to bend down. If it's difficult for you to follow this routine for yourself, see a local chiropodist/podiatrist for help. Seek advice from a professional if you are concerned about any signs of possible infections or have a specific problem with your feet.



Medicines & Vaccinations

As we age, the need to take more medications tends to increase so it's important that you are taking them safely. If you are taking several different medications, make sure that you get these and your dosage reviewed on a regular basis. You can do this either at your annual review with your doctor or nurse, or most chemists offer a free NHS funded service that allows you to have a private, face-to-face conversation about your medicines. They may recommend alternative medicines, lower doses or sometimes suggest the medicine is stopped altogether. Contact your local pharmacy for more details.

Don't simply stop taking a prescribed medicine if you are worried about side effects. If you think a medicine is causing side effects (perhaps dizziness, a fuzzy head, dry mouth, loss of appetite, nausea or constipation) get advice from your pharmacist, GP or practice nurse.

There are some medicines which do not mix well with alcohol. If you're taking any medication and are unsure whether it is safe to drink alcohol, the best advice is to check with the pharmacist. Also check the leaflet that comes with the medication.

As we age, our immune system becomes less effective at protecting us. A number of free vaccinations are available for older people on the NHS:

- Flu vaccination (Flu jab). This is available every year on the NHS to protect against the risk of flu. Flu can be unpleasant but can also be particularly serious in older people and cause complications such as pneumonia. The flu jab is free to people aged 65. The best time of year to be vaccinated is from early September to early November. You can have your NHS flu jab at your GP surgery. However, some community pharmacies now offer flu vaccination to adults at risk of flu including people aged 65 and over, people with long-term health conditions and carers.

- People aged 65 and over should have a single pneumococcal vaccination which will protect you for life from pneumococcal infections caused by bacteria. For more information talk to your GP
- A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to certain people in their 70s. Talk to your GP practice to find out if you are eligible
- If you're planning a holiday outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world. You can find out which vaccinations are necessary or recommended by visiting www.fitfortravel.nhs.uk/destinations.aspx

For further information and advice on medicines and vaccinations visit NHS Choices at www.nhs.uk



Staying Well In Winter

Winter can affect our health in many ways and older people can be particularly vulnerable to the effects of the cold weather. Keeping warm over the winter months can help prevent serious health problems such as heart attacks, strokes, pneumonia and depression.

Here are some simple things you can do to stay healthy, safe and comfortable in winter:

- Keep your home warm. Your main living room should be 21 degrees and your bedroom should be at least 18 degrees. Use a hot water bottle or an electric blanket to keep warm while you're in bed. Try to have your heating system serviced during the summer months ready for winter
- Wrap up warm if you need to go out on cold days and wear shoes with a good grip. Pavements can be icy and very slippery. Wear several thin layers of warm clothing rather than one thick layer
- Keep active in your home. Move around regularly and don't sit down for long periods of time
- Eating regularly helps keep energy levels up during winter. Try to eat warm, healthy, hearty meals and have regular hot drinks. Have some food supplies ready if you can't go out for a few days
- If bad weather is forecast, make sure you order repeat prescriptions in plenty of time.
- Always keep simple cold and flu remedies in the house
- Flu can be particularly serious in older people and cause complications such as pneumonia. The flu jab is free to people aged 65
- Make sure you are receiving any benefits you are entitled to, such as the Winter Fuel Payment and Cold Weather Payment. To find out whether you are eligible visit www.gov.uk/browse/benefits/heating
- Check on your neighbours and relatives to make sure they're safe and well too



Aches & Pains

As we get older we can often suffer from minor aches and joint pains but leaving this pain unchecked can mean putting yourself at risk. Try simple exercises or taking mild painkillers such as paracetamol but if the problem continues or you feel unwell speak to your doctor.

Arthritis

Arthritis is a common condition that causes pain and inflammation in a joint. There are many different types of arthritis and the symptoms you may experience will depend on the type.

Common symptoms include:

- joint pain, tenderness and stiffness
- swelling in and around the joints
- limited movement of the joints
- warm, red skin over the affected joint
- weakness and muscle wasting

It's important to have a correct diagnosis if you have any of the above symptoms. Your Doctor may refer you to a hospital, clinic or Occupational Therapist who can assess and suggest ways to help you continue with your normal routine.

FACT:

There are an estimated 9 million people in the UK suffering from arthritis

Bone health

It's important to keep our bones healthy and strong, they protect our brain, heart and other organs from injury.

The following steps can help you improve your bone health:

- Eat a well-balanced diet rich in calcium and vitamin D. Good sources of calcium include low-fat dairy products and foods and drinks with added calcium. Good sources of vitamin D include egg yolks, oily fish (for example; mackerel, sardines, tuna), liver, and milk with vitamin D. Some people are at risk of not getting enough vitamin D. The government recommends people over 65, those who are not exposed to much sun or those with darker skin, take a daily Vitamin D supplement
- Eat plenty of fruit and vegetables
- Get plenty of exercise. Bones become stronger with exercise. Some of the best exercises for healthy bones are walking, climbing stairs and dancing
- Live a healthy lifestyle. Don't smoke and limit your alcohol intake



Falls & Trips

Falls are a common concern as we get older; it is a big cause of hospital admissions and can result in serious injuries and long-term complications.

It can also cause a person to lose confidence and feel as if they have lost their independence.

FACT:

Around a third of all people aged over 65 fall each year (over 3 million)

Here are several ways you can reduce your fear and risk of having a fall;

- Make your home safe and keep the floor free from clutter; coil up long electrical wires, mop up spills, use non-slip bath mats and rugs and consider grab rails in your bathroom or on steps
- Be active. Regular exercise such as gardening, walking, dancing or Tai Chi can improve your strength and balance and reduce your risk of having a fall. Try to avoid sitting down for long periods
- Get your medication reviewed. If you're taking long-term medication, your GP should review your medicines at least once a year to make sure they're still right for you. They may recommend alternative medication or lower doses if they feel the side effects raise your chances of having a fall. Your local pharmacist will also be able to give advice as to whether the medication you are taking is likely to increase your risk of falling
- Look after your eyes. Poor vision may increase your chances of a fall. If you are over 60, you are eligible for a free NHS eye test every two years. You can have a free test every year if you're 70 or over
- Limit your alcohol intake. Drinking alcohol can lead to loss of co-ordination and exaggerate the effects of some medicines. Avoiding alcohol or reducing the amount you drink can reduce your risk of having a fall
- Choose the right footwear. Wear shoes that fit well. Avoid loose slippers or shoes with no backs, sandals or high heels
- Walking aids. Don't be embarrassed to use a walking aid if it helps you to stay steady. Make sure the stick is the right length and has a rubber end to stop it slipping

You may want to consider getting a **Home Alarm** particularly if you live on your own. This personal alarm allows you to contact a 24 hour response centre at the touch of to get help whenever you need it. Contact **Doncaster Council** on **01302 737631 / 01302 323444** or visit **www.doncaster.gov.uk/telecare** for more information. Please note there is a cost to this service.

What should I do if I fall?

If you have a fall, lie still for a minute, stay calm and check for injuries.

If you're not hurt and you think you can get up follow these steps;

1. Roll onto your side then push up onto your elbows
2. Use your arms to push up on to your hands and knees
3. Look for a stable piece of furniture, such as a chair or bed and hold on with both hands to support yourself
4. Slide one foot forward so it's flat on the floor in a kneeling position.
5. Lean forwards using your arms and front leg, slowly rising to a standing position.
6. Sit down and rest for a minute or two before carrying on with your daily activities.

If you're hurt or unable to get up, try to get someone's attention by calling out for help, banging on the wall or floor, or using your aid call button (if you have one). If possible, crawl to a telephone and dial 999 to request an ambulance.

Try to cover yourself with something warm, such as a blanket or dressing gown. Stay as comfortable as possible and try to keep moving to maintain circulation eg; roll from side to side.

If you have had a fall or experience unexplained dizziness, you should contact your GP in the first instance. Alternatively, if you have had one or more falls in the last 12 months you can access the local Specialist Falls Service who will conduct a more in depth review to see why you may be falling and advise on the necessary changes to reduce the chances of you falling again.

Specialist Falls Service

Evergreen, Tickhill Road Hospital, Weston Road, Balby, Doncaster, DN4 8QN

Telephone: **01302 796456**

Keeping safe

Here are some simple things you can do to make your home as safe as possible:

Home & Fire Safety



**South Yorkshire
FIRE & RESCUE**

- You should have a working smoke alarm on every level of your home. Make sure you change the battery each year and test your alarms weekly by pressing the 'test' button until it bleeps. South Yorkshire Fire & Rescue offer a free **Safe & Well Check**, providing residents with fire safety, health and crime prevention advice and information. Smoke alarms can also be fitted free of charge if your home is without one. To request a visit, or for further fire safety information call **0114 253 2314**
- You may want to consider getting a Home Alarm particularly if you live on your own. This personal alarm allows you to contact a 24 hour response centre at the touch of a button to get help whenever you need it. Contact Doncaster Council on **01302 737631 / 01302 323444** or visit www.doncaster.gov.uk/telecare for more information. Please note there is a cost to this service
- A carbon monoxide (CO) alarm should be fitted in any home that contains a fuel burning appliance, like a boiler. Make sure they are installed and working correctly
- Keep electrical leads, cardboard and fabrics well away from the hob and keep ovens, hobs and grills clean. Never leave cooking unattended
- Hot oil pans cause more deaths in house fires than anything else in the home. Oven chips or thermostat controlled fryers are much safer. If you do use a hot oil pan, don't fill it more than one-third full of fat or oil and never leave it unattended. If a chip or fat pan does catch fire, don't put water on it. Get out, stay out and call 999
- Before going to bed, switch off cookers, washing machines, heaters and other electrical appliances, unless they are meant to be left on, like fridges and freezers
- Avoid overloading electric sockets with too many appliances and replace any appliances with frayed or damaged electrical cords. Always check that you use the right fuse to prevent overheating
- If you have an electric blanket, aim to get it tested every 3 years and replace it every 10 years. Make sure you turn off your electric blanket before getting into bed
- If you smoke, don't light up if you need to lie down. You could easily fall asleep, setting the bed or couch on fire. Use proper ashtrays and pour water over hot ash before disposal in the bin

- Keep candles away from anything flammable, things like curtains and keep tealights in a proper holder. Never leave a lit candle **unattended**
- Try to secure heaters to a wall to stop them falling over and keep them clear from curtains and furniture. Never use them to dry clothes
- Always use a fireguard with open fires to stop flying embers and get your chimney swept, at least once a year
- Keep matches and lighters away from young children
- Avoid bath time scalds by running cold water before hot and carefully testing water temperature
- To avoid trips, slips or falls make sure halls and stairways are free from clutter and well lit, coil up long electrical wires and clear up any spillages
- Close internal doors. If a fire does start, this stops it from spreading as fast
- If you have a mobile phone, take it to bed with you. You can use this to call 999 in an emergency

For more information on staying safe in your home visit www.syfire.gov.uk or call our community safety hotline on **0114 253 2314**.

Fire Action Plan

- **If you do discover a fire in your home, get out, stay out and call 999**
- **Choose the best escape route – usually your normal way in and out of your home**
- **If the first route is blocked, think of a second one, and keep those escape routes clear at all times**
- **Make sure everyone knows where to find door and window keys so they can get to them quickly in the event of a fire**



Crime Reduction



Most crime is opportunistic and could be prevented by denying the offenders the opportunity. Here are some tips to help you avoid becoming a victim of crime.

Home Security

- Try and make sure all your doors and windows comply with security standard PASS 24;2012
- Always keep external doors and windows locked, even when at home
- If you are going on holiday, make your home look occupied while you are away by using timers on your lights. Ask a friend or a neighbour to keep an eye on your property
- If you have exterior wooden doors make sure you fit a 5 lever mortice lock to standard BS 3621. UPVC or composite doors with multi-locking systems should be fitted with a new cylinder lock to TS007 3* (Star) standard. Patio doors should have top and bottom bolts fitted
- Fitting window locks, especially on older windows will help prevent people getting into your home. They can be seen from the outside and could deter a burglar
- Ensure house and vehicle keys are kept out of sight, and in a safe place
- Always ensure garages are locked, especially if they have an internal connecting door to your home. These connecting doors should be treated the same as other external doors with the same standard of locks
- A visible burglar alarm and security lighting can deter burglars
- Make sure your home has a defined and secure perimeter
- Hedges or fences at the front of your home should not be higher than 1 metre high so that they don't provide cover for a burglar
- Hedges and fences at the rear of your property should be around 2 metres high to make it more secure and difficult to enter

- For added security, place trellis or plastic wall spikes along the top of your fences to deter burglars
- Fit lighting in your garden to deter burglars
- Don't keep large sums of cash at home, use a bank account instead
- Be vigilant of doorstep scams and unexpected callers. Make sure you carefully check the caller's identity card even if you are expecting them. **If in doubt, keep them out!**
- Make sure sheds are fitted with a 'Shed Bar' or a strong hasp and padlock
- Be a good neighbour. If you see anyone acting suspiciously in your neighbourhood, call the police on 101 or 999 in an emergency

Securing your vehicle

Follow these recommendations and you can be confident you have done all you can to protect your vehicle.

- Lock all doors and close windows and sunroofs when away from your vehicle
- Have an alarm or immobiliser fitted if and make sure they are activated when leaving your vehicle unattended
- Never leave the engine running or keys in the ignition. If you do so and your vehicle is stolen, you may not be covered by your insurance
- Don't leave possessions on display inside the vehicle - anything can be appealing to a thief
- Never store your vehicle's documents such as logbook or insurance certificates in your car
- If you are leaving your vehicle, make sure you remove any electrical equipment such as sat navs
- Try to park your vehicle in a busy well-lit area and avoid secluded spots. If you are parking at home, try to use a lockable garage if you have access to one

For more information on security and crime prevention advice visit the **South Yorkshire Police** website at www.southyorks.police.uk

For more information on security products visit www.securedbydesign.com

Or www.soldsecure.com



Road Safety

Follow these simple road safety tips from the South Yorkshire Safer Roads Partnership to keep you safer on the roads:

Drivers:

- Always wear your seatbelt – you are twice as likely to die in a crash if you don't wear one
- Have your eyesight checked every year, or sooner if you detect a problem
- Check that your prescription medication doesn't affect your ability to drive
- Don't drink and drive – any amount of alcohol affects your ability to drive
- When you reach 70 you must renew every 3 years. To do this visit www.gov.uk/renew-driving-licence-at-70
- Check out your driving skills by attending a Drive Safe course for older drivers, run by South Yorkshire Police
- Consider when is best for you to give up driving, for example if your reaction times are becoming noticeably slower or you find traffic conditions are becoming increasingly stressful

Mobility Scooter Users:

Find out about your responsibilities as a mobility scooter user and enhance your skills by attending Scooter Safe, run by South Yorkshire Police.

Pedestrians:

- Give the road your full attention when out walking
- Always walk on the pavement if one is provided
- Use pedestrian crossings where ever possible, they are provided for your safety
- Wear something bright and reflective when out walking at night or in low light conditions to make sure that other road users can see you

For more road safety advice or for further information about the road safety sessions on offer please contact the **Lifewise Centre** on **01709 832455** or email lifewise.booking@southyorks.pnn.police.uk

**MAKING SOUTH YORKSHIRE
ROADS SAFER**

www.lifewise999.co.uk



Independent Living

Staying independent for as long as possible and having choice and control over your life is important, but as you get older it may be more difficult to look after yourself and your home and you might need more help with daily tasks than you did before. Getting the right information early on is important and there's lots of support available in Doncaster to suit your needs.

Doncaster Council has developed an **Independent Living Guide** for disabled and older residents of Doncaster providing information and support on a range of services. To get a copy of the guide visit the Doncaster Council's One Stop shop at Civic Office, Waterdale, Doncaster, DN1 3BU or visit www.doncaster.gov.uk/independentliving

Here are some of the services listed in the guide:

- Transport services - Services for those experiencing difficulty in getting around including Mobility Scheme, Blue Badge Scheme, Mobility Travel Passes and Medicars
- Accessible Housing including Accommodation for Older People, Sheltered Housing Schemes, Accommodation for Disabled People and assistance with living in your own home. Benefits including carers allowance, income support, attendance allowance (help with personal care), Pension Credit, housing benefit and Council Tax Benefit
- Debt and Financial Advice – Help with budgeting and managing your money
- Work, learning and volunteering opportunities
- Advocacy Services – Enabling people, particularly those most vulnerable, to make informed choices and decisions about their own health and social care
- Peer Support – Support provided by someone who has experienced the same problems as the person they are supporting
- Personal budgets – Designed to help you take control of your own social care budget manage your support and choose the services that suit you best
- Handy person and cleaning service
- Repair Services

Connect to Support is an website offering information, advice, products and services to help you live independently. www.connecttosupport.org/



Caring

A carer is someone who provides regular unpaid help and support to a relative or friend who could not manage without it. This might be helping someone with paperwork and financial matters, housework, shopping and assisting with medication.

Being a carer can be hard work as well as rewarding. You may be faced with issues that you haven't had to deal with before. It can mean major changes in your life as well as those you are caring for which can make you feel under pressure. You're not alone and it's important to know there are people who can help.

If you feel that you may need some support you should ask the Council for a Carer's Assessment. This is not a test of your ability to care but an opportunity for you to talk about the care you provide, the impact it has on your life and think about the things that could make caring easier for you, including financial support. The assessor will look at any support you get already and whether other services could help you. They'll advise you on any benefits you're entitled to and other sources of help.

To find out more about a **Carer's Assessment** call the Adult Contact Team on **01302 737391** or one of the contact organisations listed below. However, if a social worker or assessment officer is already involved with the person you are caring for, you can ask them to arrange this for you. If the person you care for has mental health problems, the mental health worker involved will arrange a Carer's Assessment. If the person you care for has a mental health problem but does not have a mental health worker, please speak to your GP.

Doncaster Council does not charge for carers services. However, if the person you care for receives a service following an assessment of their own needs, they may have to pay towards the cost if a financial assessment shows that they can afford to.

It can be easy to overlook your own needs. Let your doctor know you are a carer so they can support you by looking after your health and wellbeing. Try not to miss check-ups and health appointments, it's important you look after yourself too.

Helpful contacts

Doncaster Council Support for Carers

A website including information and support for carers

www.doncaster.gov.uk/carers

Doncaster Carers Service - Carers Moving Forward

Provide information and support to adult carers living in Doncaster.

Age UK, 109 Thorne Road, Doncaster DN2 5BE

01302 812827

cmf@ageukdoncaster.org.uk

Doncaster Carers Emergency Contact Scheme

A free service for carers in Doncaster to help if you are faced with an emergency of your own and you are worried about what would happen to the person you look after.

Age UK Doncaster

01302 812827

cmf@ageukdoncaster.org.uk

Doncaster Partnership for Carers

Supporting and enabling carers to have a choice in their caring role.

2 Regent Terrace, South Parade, Doncaster, DN1 2EE

01302 637566

dpfc@doncastercarers.org.uk

Connect to Support

Local Support for Carers.

www.connecttosupport.org/



Safeguarding

Everyone has a right to live in safety and have their rights and choices respected. However, some people may be less able to protect and care for themselves and maybe at greater risk of abuse or neglect. They may be unable to protect themselves from abuse or recognise it is happening. Abuse happens when one person has more power than the other. It can happen anywhere: at your own home, in public, while in hospital or in a care home. The person causing harm could be a stranger but most often it is someone we know and trust.

Abuse can take many forms. It can be physical, emotional, sexual or financial or you may be at risk of neglect. Some examples of abuse are:

- stealing or putting pressure on someone to hand over money
- making decisions without consulting the person involved
- treating someone in a way that makes them feel scared, belittled or embarrassed
- touching someone in a way they don't want to be touched
- physically hurting someone
- neglecting someone's needs

It is important that we recognise and look out for signs of abuse. These can include:

- becoming quiet and withdrawn
- being aggressive or angry for no obvious reason
- looking unkempt, dirty or thinner than usual
- sudden changes in their normal character
- physical signs of abuse, such as bruises or fractures
- the same injuries appearing more than once
- not wanting to be left on their own or alone with particular people
- being unusually light-hearted and insisting there's nothing wrong

Any form of abuse or neglect is unacceptable. If you see, hear or suspect that an adult at risk is being abused, or if you are an adult at risk contact our **Adult Contact Team** on **01302 737391** or the emergency out of hours number on **01302 796000**. For general information, advice and guidance about safeguarding adults call the **Safeguarding Adults Unit** on **01302 736296**.



Power of Attorney

As you get older, you may wish to think about what will happen if you become unable to manage your own finances. A Power of Attorney is a legal document, which authorises one or more person to handle your financial affairs. You can set up a Power of Attorney for a limited time, or to deal with a specific situation.

Ordinary Power of Attorney

An Ordinary Power of Attorney allows you to nominate one or more person to deal with your finances on your behalf. You can limit the power you give to your attorney so that they can only deal with certain assets. You can end the arrangement at any time and the document automatically becomes invalid if you lose mental capacity.

To create an Ordinary Power of Attorney, you can either consult a solicitor or buy the forms in some stationery shops. It is a good idea to get someone to check the forms for you. The Citizens Advice Bureau may be able to assist you with this.

Lasting Power of Attorney

A Lasting Power of Attorney (LPA) is a way of planning for a time when you may lose the mental capacity to manage your own finances or make decisions about your personal welfare. It must be made while you still have mental capacity. An LPA can work in the same way as an Ordinary Power of Attorney, but it will still be valid after you become 'mentally incapable.' You can also choose not to use the LPA until after you lose mental capacity.

There are two types of LPA:

- Property and affairs LPA - Gives the attorney authority to make decisions about your financial affairs
- Personal welfare LPA - Gives the attorney authority to make decisions about your health care and personal welfare

The legal definition of mental capacity states that someone who lacks mental capacity can't do one or more of the following:

- understand information given to them to make a particular decision
- retain that information long enough to be able to make the decision
- use or weigh up the information to make the decision
- communicate their decision

For further information about LPAs visit www.gov.uk/become-deputy/overview

You can obtain LPA forms from the Office of the Public Guardian website at www.justice.gov.uk or you can get a solicitor to prepare one for you.

Wills

Making a Will is never a particularly enjoyable experience but it is important to clarify what you want to happen with your money before you die. People often assume that when they die their possessions will automatically pass to their spouse or children, but this is not necessarily the case. Therefore it's vital that you have a Will to give you peace of mind that your loved ones will be taken care of after your death. If you don't leave a Will, your estate will be distributed in accordance with the Rules of Intestacy. This means that those who you wish to benefit from the things you left behind may not do so. The cost of making a Will is low and could save much expense down the line.

There are a number of organisations who can offer support and independent financial advice including:

SOLLA

The Society of Later Life Advisers ensuring that consumers are better informed about the financial issues of later life. Visit www.societyoflaterlifeadvisers.co.uk or call 0845 303 2909.

Money Advice Service

Free and impartial money advice. Visit: www.moneyadvice.service.org.uk or telephone **0300 500 5000** for more information.

Age UK - Information and Advice Service provides free benefits advice to older people in Doncaster. 19 Priory Place, Doncaster, DN1 1BZ 01302 812345

CONTACTS

LIFESTYLE & WELLBEING

Age UK - Eatwell and Livewell

www.ageuk.org.uk/doncaster/

01302 812345

A service supporting adults aged 50+ who are suffering from or at risk of malnutrition enabling them to return to a healthy weight.

Doncaster Council Culture, Leisure & Tourism

www.doncaster.gov.uk/leisureandculture

Get information about museums, galleries, leisure and tourism, keeping fit, markets and what's on in Doncaster.

Move More Doncaster

www.movemoredoncaster.nhs.uk

0800 0169187 (Freephone)

An opportunity for Doncaster residents aged 50 or over to try different types of exercise and physical activity.

Doncaster Culture & Leisure Trust (DCLT)

www.dclt.co.uk/

01302 370777

Offers a wide range of health, fitness, leisure and entertainment activities across 15 venues in Doncaster.

Age UK Doncaster – Active in Later Life

www.ageuk.org.uk/doncaster/

01302 812345

Offers a wide range of activities and exercise sessions across the borough. Exercise to music, circuit training, chair-based exercise and strength & balance. Venues include St. Peter's in Chains: St Peter's Church, Bentley; Walbank Road, Armthorpe; Auckley Parish Church; Dunsville Methodist Church; Cantley Community Centre and others. Contact the above for more information.

Doncaster Stop Smoking Service

<http://doncaster.yorkshiresmokefree.nhs.uk/>

0800 612 001

stopsmokingservice@rothgen.nhs.uk

FREE information, advice and useful tips on stopping smoking.

NHS Smokefree

www.nhs.uk/smokefree

Aspire - Drug and Alcohol Service Doncaster

01302 730956

A service for residents of Doncaster over 18, concerned about their own or a family member's drinking or drug use.

Doncaster Drug and Alcohol Hub

www.aspire.community

Information on the services and support available in Doncaster.

Drinkaware

www.drinkaware.co.uk

Facts, information and advice about alcohol.

Age UK - Stroke Support Service

www.ageuk.org.uk/doncaster/

01302 812345

Supporting people who have survived a stroke and their carers to make informed choices about the way ahead.

NHS Health Checks

01302 315007

Free NHS health Checks for all adults aged 40-74.

MENTAL WELLBEING

Cruse Bereavement Care

www.cruse.org.uk

109 Thorne Rd, Doncaster, DN2 5BE

01302 814647/ 0844 477 9400

helpline@cruse.org.uk

For somewhere to turn when someone dies, contact for free and confidential services provided by trained volunteers.

Doncaster MIND

www.mind.org.uk/

01302 812190

office@doncastermind.org.uk

One to one counselling for people who may be experiencing some difficulty in coping with life including issues around bereavement and loss. People can self-refer by telephone, email or by calling into one of our centres.

The Talking Shop

63 Hall Gate, Doncaster, DN1 3PB

01302 565650

A drop-in advice shop which gives people the opportunity to browse information on mental health issues including prevention and self-help information and also to gain information about the services available.

Doncaster Community Libraries

www.doncaster.gov.uk/libraries

Information on Doncaster's community libraries.

DARTS Doncaster Community Arts

www.thepoint.org.uk/get-involved

The Point, 16 South Parade, Doncaster, DN1 2DR

01302 341662

Provides creative approaches that can raise self-esteem and confidence, improve health and fitness, bring people together, help facilitate learning and change perceptions.

Doncaster Council's Communities and Wellbeing Team

01302 734169

Ensuring that access to community information and local activities are available to all. To find out what's happening in your area or if you have ideas about developing something new.

Doncaster CVS

www.doncastercvs.org.uk/directory

A directory of voluntary sector organisations and community groups in Doncaster.

Age UK - Community Day Opportunities

www.ageuk.org.uk/doncaster/

01302 812345

Provides a day out of the home for older people at 11 locations around the borough. A range of activities, transport and a cooked lunch are all provided. Offers an excellent social and therapeutic opportunity for the older person and a break for carers.

Relate

www.relate.org.uk

Premier House, Carolina Court, Doncaster, DN4 5RA

01302 347474

relatesouthyorkshire@relate.org.uk

Counselling, support and information for all relationships.

Tri-Health Sexual Health Service

www.doncastertrihealth.co.uk

G U Medicine Doncaster Royal Infirmary, Armthorpe Road, Doncaster, DN2 5LT
East Laith Gate House, Doncaster DN1 1JE

01302 553111

Contraception and sexual health services for people aged 19 or over.

Living Well with Dementia

www.doncaster.gov.uk/dementia

Website providing Information on dementia and links to the various support available locally.

Doncaster Directory of Dementia Services

www.doncaster.gov.uk/dementia

Download a copy of the Doncaster Directory of Dementia Services containing contact details for the many local support services available for those living with dementia and their carers.

Dementia Connect

www.alzheimers.org.uk/local-information/dementia-connect/

Alzheimer's Society's online services directory for anyone affected by dementia.

PERSONAL CARE

Age UK - Home from Hospital

www.ageuk.org.uk/doncaster/

01302 812345

Provides support to adults aged 18+ who need support to regain their independence following a period in hospital.

The Partially Sighted Society

www.partsight.org

0844 477 4966 or 0844 477 4963

Provide advice, help and training in living with low vision and carry a wide ranging stock of aids to help with daily living and vision problems.

Action On Hearing Loss

Information line: **0808 808 0123**

Free hearing check: **0844 800 3838**

NHS Dentists locator

www.nhs.uk/Service-Search/Dentists/LocationSearch/3

NHS 111

Fit For Travel

www.fitfortravel.nhs.uk/destinations.aspx

Information on travel vaccinations

Winter Fuel Payment & Cold Weather Payment

www.gov.uk/browse/benefits/heating

Information and Advice on heating & housing benefits.

Winter Fuel Payment Centre

03459 15 15 15

To claim winter fuel payment.

Specialist Falls Service

Evergreen, Tickhill Road Hospital, Weston Road, Balby, Doncaster, DN4 8QN

01302 79645

For an in depth review to see why you may be falling and for advice on the necessary changes that can be made to reduce the chances of you falling again.

KEEPING SAFE

South Yorkshire Fire & Rescue Home Safety Checks

www.syfire.gov.uk/

0114 253 2314

South Yorkshire Police

www.reportingcrime.uk

Emergency call **999** Non-emergency call **101**
To report a crime online visit

Home alarms

Doncaster Council

www.doncaster.gov.uk/telecare

01302 737631 / 01302 323444

This home alarm service and Telecare service helps elderly and vulnerable adults live safely in their own home.

Independent Living Guide

www.doncaster.gov.uk/independentliving

A guide providing support and information on some of the services available for disabled and older residents in Doncaster. Hard copies available at the Council One Stop Shop, Waterdale, Doncaster, DN1 3BU.

Connect to Support

www.connecttosupport.org/

A website offering information, advice, products and services to help you live independently.

Doncaster Council Support for Carers

www.doncaster.gov.uk/carers

A website including information and support for carers.

Doncaster Council Adult Contact Team

01302 737391

For information on carers assessments or to report an adult at risk of abuse.

Doncaster Carers Service - Carers Moving Forward

Age UK, 109 Thorne Road,
Doncaster DN2 5BE

01302 812827

cmf@ageukdoncaster.org.uk

Provide information and support to adult carers living in Doncaster.

Age UK - Doncaster Carers Emergency Contact Scheme

01302 812827

cmf@ageukdoncaster.org.uk

A free service for carers in Doncaster to help if you are faced with an emergency of your own and you are worried about what would happen to the person you look after.

Doncaster Partnership for Carers

2 Regent Terrace, South Parade, Doncaster, DN1 2EE

01302 637566

dpfc@doncastercarers.org.uk

Supporting and enabling carers to have a choice in their caring role.

Safeguarding Adults Unit

01302 736296

Advice and guidance about safeguarding adults.
The Office of the Public Guardian

www.justice.gov.uk

Lasting Power of Attorney forms available to download.

The Society of Later Life Advisors (SOLLA)

www.societyoflaterlifeadvisers.co.uk

0845 303 2909

Ensuring consumers are better informed about the financial issues of later life.

Money Advice Service

www.moneyadviceservice.org.uk

0300 500 5000

Free and impartial money advice.

Age UK - Information and Advice Service

19 Priory Place, Doncaster, DN1 1BZ

01302 812345

Provides free benefits advice to older people in Doncaster.

USEFUL WEBSITES

NHS Choices

www.nhs.uk

Age UK

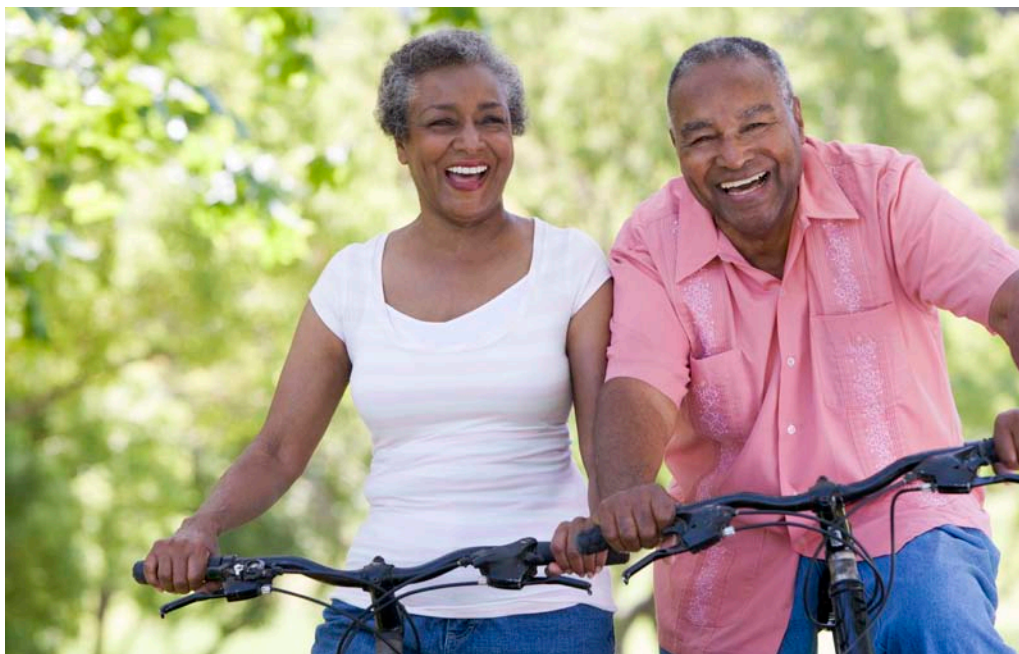
www.ageuk.org.uk/

Doncaster Council

www.doncaster.gov.uk/

Gov.uk

www.gov.uk/



Public Health

Doncaster Council
Civic Office, 3rd Floor
Waterdale
Doncaster
DN1 3BU

publichealthenquiries@doncaster.gov.uk

www.doncaster.gov.uk/publichealth