

FREE!

staywell news

a local, independent charity providing services that change lives

KINGSTON UPON THAMES

ISSUE THIRTY ● AUTUMN 2017

Who pays for care?

Care and the cost of care, and who pays for care was a major issue in the last general election. There was much confusion around entitlement, access, and how care works. Being an election, there was a lot of dishonest talk and misreporting as well.

The topic became a political football, with all parties trying to position themselves as the party with the best solution. The Prime Minister pledged to 'fix the care system', while the opposition mocked her proposals as a 'tax on dementia', which in turn led to her abandoning her initial promises.

It was good that the really important issue of how Britain deals with its ageing population was discussed and debated.

Our older population is increasing year-on-year, as it will continue to do for the next 30 years. In less than 10 years the number of 75 year olds and over is set to double, with similar increases for the over 85s.

Challenges

This isn't news – the huge growth in our older population has been known for decades. Seventeen years ago the Royal Commission into care of the elderly spoke of the pending challenges facing society caused by an ageing population. However, its recommendations, and those of subsequent reviews and reports, were ignored.

Government and local government's support and funding has not remained static. In recent years it has, in fact, declined dramatically. Alongside this, recent evidence points to a change in the trend towards ever-increasing longevity; for the first time since records began, life expectancy is beginning to fall.



With more support more people would choose to stay at home

For 25 years, successive governments have done nothing, choosing to ignore all proposed solutions, and now the issue looms even larger. The NHS can't cope and local authorities have no money; social care reports are always juxtaposed with the word 'crisis.'

Urgent reform and investment to our health and social care system is needed. As Professor Andrew Dilnot, a social care funding specialist, said: 'Spending on older people's care needs to increase substantially and quickly.'

It is not all about beds; most of us will not end our days in residential care as more and more people choose to, and do, stay in their own homes. Very often a modest amount of advice and practical support is all people need to make sure they can continue to live independently in their own home for as long as they want to. Although such support services are much cheaper to provide than hospital and residential care, and can save money to the overall health and social care system, funding for this work is non-existent.

COMMENT

Something has to change

The fact is that we all pay for care via taxation, and those who need it the most have often worked all their lives paying for it. Not only that, there are still plenty of people around who went through World War II and will tell you of the sacrifices they and others made in fighting for a free and fair society.

85 year olds should not be burdened with worries and concerns about their future wellbeing. Surely, in the 21st century, in one of the richest countries in the world, we should be able to look after those who need care the most, and be able to provide adequate help and support to those who live at home?

Vulnerable

Often the increasing care needs of our older community go unseen and hidden. As a result of neglect, things go wrong and too often the vulnerable person finds themselves in A&E, bewildered and confused, in a place where they can't really do anything about that person's support and care needs.

Not only is this wrong, it is ultimately the most expensive way of dealing with a growing problem, and a problem that is increasingly exacerbated every winter.

The Government is holding yet another review of adult social care this autumn. The mountain of evidence can no longer be ignored, something has to change, and change soon.



We are recruiting volunteers to work in the shop or help out in the warehouse, so if you'd like to be involved, get in touch today.

Kingston Community Furniture

It's a year since Kingston Community Furniture (KCF) threw open the doors of its first shop. The MP Zac Goldsmith was there to declare the shop officially open, later tweeting: 'Really impressive. Staywell is a phenomenal charity.'

The spacious furniture shop sells everything from wardrobes and sofas to cookers and fridges, all fully tested and ready to be collected or delivered. Discounts may be available for those who are unemployed or on a tight budget. Being easily accessible has resulted in good sales and a fast turnover of stock. With fresh deliveries every day, there's always something interesting and different to find.

Unlike most retailers, KCF, which is part of Staywell, works to support families in need, whilst helping the environment by saving waste. All furniture that's collected is either restored and sold on, or broken down into parts to be recycled. 'We appear to be an operation that deals with furniture, but really, first and foremost, we are about helping families in need, followed closely by boosting the environment,' comments Service Manager, Adrian Collins.

If you need a bit of extra help with furnishing your home, or have furniture you have loved but no longer need, contact Kingston Community Furniture direct on **020 8942 5500** or visit staywellservices.org.uk/kingstoncommunityfurniture for more information. The award-winning Kingston Community Furniture shop can be found at **1-3 Dollary Parade, Kingston Road, Kingston upon Thames, KT1 3PD.**

RALEIGH HOUSE

Raleigh House provides a warm and friendly environment for those who are seeking companionship and daily activity.

You can choose to attend for a full day, including a hot lunch, or half a day. Transport is available every day to and from the centre for those who need it, or we can help you access alternative transport.

The centre is spacious, with a large lounge and dining room, an arts and crafts room, a coffee lounge, a hairdressing salon for men and women, an assisted bathing facility and a pleasant courtyard garden and terrace. One-to-one computer lessons, podiatry and holistic therapies are also available for members and non-members.

Opening times: Monday – Friday 9.30am to 3.30pm for social activities.

Manager: **Cathy Weight**

Raleigh House, 14 Nelson Road, New Malden KT3 5EA

Tel: **020 8949 4244** Email: raleigh@staywellservices.org.uk



THE BRADBURY

The Bradbury offers a lively, vibrant and friendly atmosphere, with a wide range of activities from tai chi and yoga, to dancing classes or computer lessons. Just a ten minute walk from Kingston town centre, The Bradbury is a good place to come for a bite to eat. Our café serves drinks, snacks, lunches (including a roast lunch on a Monday and Wednesday) and plenty of homemade cakes. When the weather is good you can enjoy our pleasant patio garden and summer house.

Opens at 10.00am Monday – Friday (varying closing times).

Manager: **Klaire Head**

The Bradbury, 37b Grange Road, Kingston KT1 2RA

Tel: **020 8549 1230** Email: bradbury@staywellservices.org.uk



GET DIGITAL

Our new series aims to take the mystery out of technology, show how it can benefit you, and how to protect yourself from possible risks.



Developed mainly for the young, smartphones, tablets and 'wearables' are products which are increasingly of interest to those of us who are older. From initial suspicion and fear of technology, many older people are being converted to digital devices once they are shown the benefits that such tech can bring.

It is two years since smartphones overtook laptops as the most popular device for getting online. 94% of adults now own a mobile phone, and 76% have a smartphone; 58% of homes have a tablet computer.

The latest research shows record numbers of older people are embracing smart and social technology, with a quarter of over-75s using tablet computers, and half of internet users aged 65-74 having a social media profile, the majority with Facebook. In a year, the use of smartphones among this age group has nearly doubled, from 8% to 15%.

Whilst many people are finding easy and fun ways to connect with friends and family, shop online, monitor the amount of exercise they

take, and check the weather, still more than half of over-75s do not use the internet, and most of these (86%) have no plans to do so. 20% of people over 65 describe themselves as 'not confident' online, much higher than the average (7%).

Increasingly, those who don't go online are missing out on the advantages that many of us now take for granted – the competitive prices offered by online retailers; the ease and convenience of quickly ordering a present for that forgotten birthday; buying and printing your ticket at home, instead of paying the extra cost for booking on the phone and having the ticket sent by post.

These may seem like things you can live without, but as more and more services go online – from telling the council about your uncollected wheelie bin, to banking or booking a GP appointment – people who do not use the internet will become increasingly disadvantaged. **So, don't be left out!** Contact a Staywell centre and find out about computer and tablet classes.

WHO WE ARE

Staywell is a local independent charity, based in New Malden. We have 70 years' experience of supporting people to live safely and independently in their own homes and over the years have won awards for this, the most recent being the 2013 national Charity Award for Social Care and Welfare.

We provide a range of community-based services which help and support people to live in their own homes. These include information, advice & advocacy; practical help in the home and social activities (social centres, lunch clubs, telephone befriending, dementia club).



How to contact us:

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Dementia friendly Kingston one year on...

Kingston's Dementia Action Alliance (KDAA) was launched in May 2016. Lene Wood works with KDAA to make Kingston 'dementia friendly', and to increase support for people living with the condition. We've made great progress with the Kingston Dementia Action Alliance with 29 current members, and new members joining all the time. We spoke to Lene about its success.

What have been doing in your first year as Dementia Development Coordinator?

This has been a busy and very productive year of raising awareness about dementia and local services in Kingston borough. The role has seen me visit all of the dementia relevant services in the Borough, working alongside Public Health and local Kingston councillors to form an action plan and strategy, to work towards Kingston being a Dementia Friendly community.

Do you have a particular background in dementia work?

I had worked as a day centre officer for two years at Staywell's Raleigh House, and developed a real passion for working with older people, particularly those with dementia.

At the same time in my family I had direct experience with my relatives, Uncle Arthur who had vascular dementia and Uncle Freddy who had Parkinson's with Lewy bodies. This led me to want to learn more about the disease and particularly the way it can affect your personality. I was also given the opportunity to complete the Stirling University Best Practice in Dementia Care course which gave me in depth knowledge and understanding.

You're a 'Dementia Champion' – what does this mean?

It's all about raising awareness, mainly through delivering 'Dementia Friends' sessions. To date I've run 87 sessions

and created nearly 1,300 new dementia friends in the Borough, ten of whom have gone onto become Champions themselves – which anyone can do on a free one-day course.

I've delivered sessions at Kingston Police, all four fire stations, the Rose Theatre, Kingston Museum, and all the libraries and leisure centres. I've also been training staff at the Council, Barclays, Nat West and HSBC bank, Specsavers, Boots, Kingston Adult Education centre and John Lewis, to name a few, as well as Staywell's own staff and volunteers.

What is a Dementia Friend?

This is someone who has attended a session which conveys five key messages about dementia, in which participants commit to turn their new understanding into an action that will make a difference to the lives of people who have the condition. Anyone can become a dementia friend – the awareness session we offer in Kingston is accessible and open to all.

What do people say to you after they've been to one of these sessions?

The feedback has been amazing. When you're working in the field, and with so much talk in the media about dementia now, it's easy to assume that people know a lot about the disease – but they really don't.

One police officer said it was the best awareness session he'd been on in his



Lene with Staywell Chair Dr Debbie Stinson, now with over 1,200 Friends

entire career. But where it really makes a difference is when people who are going through this with their own families talk to me – they say the information about local services is invaluable, that they understand the condition much better, and they find the tips about how to help people really useful.

Are there other ways people can help?

Take part in vital research. About 860,000 people in the UK are currently living with dementia. The disease is incurable, so the only way this will change is through research. University College London (UCL) is being recognised as a world class research centre and there's going to be extra funding for five new research centres across the UK, at University of Cambridge, Cardiff University,

University of Edinburgh, Imperial College London and Kings College. The research team will be 400 strong. People with memory problems, carers, or anyone who is interested can join: <https://www.joindementiaresearch.nihr.ac.uk/>

What's your vision for your next year in this role?

I firmly believe that through working together with local services, continuing to raise awareness and increasing support for carers we will foster a borough with greater understanding about dementia, and more support from the community.

To find out more about becoming a Dementia Friend, please contact lene.wood@staywellservices.org.uk 020 8942 8256.

Set to be the 21st century's biggest killer, dementia will impact on all our lives. Globally 47 million people have dementia and this figure is set to rise 75 million by 2030. A survey of a 1,000 with dementia found that...

- fewer than half feel part of their community
- 40% have felt lonely recently
- only 47% said that their carer received any help in caring for them
- 72% are living with another medical condition or disability as well as dementia
- just over half of people say that they are living well with dementia
- almost one in ten only leave the house once a month

NOW RECRUITING!

Friendly practical support in and around the home

Help@Home

With our Help@Home service you're in the driving seat. Our purpose is to support your independence, not take it away. We can assist with light housework and shopping as well as companionship, outings and appointments.

We pride ourselves on the personal touch. Our team of friendly, reliable, fully trained staff, who are security checked and supervised, give that little bit extra where and when you need it, making all the difference. Our Home Helps are supported by our friendly team in the office and will make sure you can benefit from other services provided by Staywell if needed.

'Thank you for such a good service and making things so easy.'



'The handyman was polite and friendly and the whole experience was very pleasant.'



Handyperson

Our Handyperson service can carry out small repairs, maintenance and adaptations around the home. We aim to ensure that our customers feel safe, warm and happy by completing jobs like fitting grab rails and curtain rails, changing light bulbs, putting up shelves and fitting key safes. We also provide help with computers, televisions, etc.

Get those practical tasks sorted out with the reassurance of a security-checked helper from a reputable charity with 70 years' experience of supporting people.

Affordable services from a trusted local charity

For further information please contact us:

020 8942 8256

hello@staywellservices.org.uk

www.staywellservices.org.uk