

List of things people who have dementia should consider having in place.

Power of Attorney

- Power of Attorney Finance
- Power of Attorney Health and Welfare

Contact Solicitors for the Elderly to learn more

Attendance allowance

Attendance Allowance helps with extra costs for people who have a disability severe enough that they need someone to help look after them. If you need help with applying, you can contact Citizen's Advice. <https://www.gov.uk/attendance-allowance>

Council tax discount

A person with dementia may be disregarded for paying council tax. You will probably need a certificate from your GP or consultant in order to apply. You then apply to your local council. [Citizens Advice](#) can help you.

Carer registration at GP

Check with your GP surgery to see if they have a Carer Register.

This is me

'This is me' is a simple leaflet which can be used to record details about a person who can't easily share information about themselves. <https://www.alzheimers.org.uk/get-support/publications-factsheets/this-is-me>

Message in a bottle

The Lions, Message In a Bottle scheme is a simple idea designed to encourage people to keep their personal and medical details on a standard form and in a common location – the fridge. [Message in a bottle scheme | People First](#)

Emergency care plan

Up to 48 hours care may be available for the person you care for in the event of an emergency. This cannot cover planned events, pre-planned operations or a pre-arranged admission. [Emergency planning - The Princess Royal Trust for Carers in Hampshire](#)

Herbert protocol

Hampshire Search and Rescue (HANTSAR) in partnership with Hampshire Constabulary and the Alzheimer's society is proud to announce a new campaign, aimed primarily at those that care for vulnerable people of all ages who, because of their vulnerability, may go missing. The hub of the initiative is the "Life History Questionnaire" which is retained in a safe place so that it is immediately available to police and search teams in the event that the person goes missing. <https://hantsar.org/herbert-protocol/>

Sunflower lanyard

The Hidden Disabilities Sunflower lanyard scheme is an initiative designed to act as a discreet sign that somebody has a hidden disability and requires additional assistance while out in

public. Supermarkets Tesco and Sainsbury's have started using the lanyards.

<https://disabilityhorizons.com/2019/08/the-hidden-disabilities-sunflower-lanyard-scheme-that-is-helping-people-with-hidden-disabilities/>

Radar key

RADAR locks are fitted to help keep accessible toilets free and clean for disabled people

<https://www.radarkey.org>

Keys [are available](#) from some local councils(see additional page)

Home inspection by Bobby Trust

The Bobby Scheme, supported by Hampshire Constabulary and Hampshire Fire and Rescue, is a practical service which aims to bring peace of mind to the vulnerable and elderly, providing reassurance or restoring a sense of security within their own home

<https://bluelamptrust.org.uk/bobby-scheme-landingpage/>

Registration with SSE

If you are a vulnerable person, SSE can make sure you have the support you need, when you need it. Their service offers: A dedicated 24 hour priority services phone number and priority updates during a power cut. <https://www.ssen.co.uk/PriorityServices/>

Registration with British Gas

You can register if you or someone in your household is of pensionable age, disabled, or has a long term illness. Your Network Operator will get in touch if your energy supply is going to be interrupted. They'll help you figure out what to do to stay safe. You may also be eligible for a free annual check for your gas appliances. <https://www.britishgas.co.uk/Priority-Service-Register>

Registration with water company

A free service for our customers who need extra support. If you have specific requirements due to your age, ill health or a disability. <https://www.portsmouthwater.co.uk/customer-services/priority-services/>

[WaterSure scheme – help with paying water bills - Citizens Advice](#)

Telephone preference service

The Telephone Preference Service (TPS) is a free service. It is the official central opt out register on which you can record your preference not to receive unsolicited sales or marketing calls.

[Telephone Preference Service](#)

Mail preference service

The MPS Consumer File is a list of names and addresses of consumers who have told us they wish to limit the amount of direct mail they receive.

https://www.mpsonline.org.uk/consumer/what_is_mps

Contact the Dementia Advice Service – enquiries@andovermind.org.uk 01264 332297

Books on prescription at the library

Hampshire Library Service have a selection of books about dementia and books which can be used for reminiscence. You can order these books into your local library without having to pay the usual booking fee.

Playlist of Music

It can be very powerful for a person living with dementia to have their own music playlist which has been created using the songs which are most meaningful to them. Playlist for Life is a charity which was created to help people create playlists for their loved ones. Their website has a wealth of information and some excellent resources to help you achieve this;

<https://www.playlistforlife.org.uk/get-started/>

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