

## **Section 14**

# **Information for Carers of Older People with Mental Health Needs**

A range of local services are available offering help and advice to people aged 65 or over with all sorts of difficulties ranging from depression, anxiety, schizophrenia, or someone of any age with dementia, and their carers.

If the person you care for also has a sensory loss, see Section 12.

### **Where can I go for help and advice?**

#### **Family Doctors (GPs)**

GPs are often the first person people turn to when they realise that something is wrong. Your GP can help and support you, and may refer you and/or the person you care for to one of the agencies described in this section.

For further information about registering with a GP and other Health Services, see Section 5.

#### **Community Mental Health Team for Older People (CMHTOP) 020 8390 0102 Ext:5205**

Email: [cmhtop@rbk.kingston.gov.uk](mailto:cmhtop@rbk.kingston.gov.uk)

The CMHTOP are mental health specialists, from Health and Community Care Services, working together to help and support older people with mental health needs and their families and carers. This service is free and confidential. Referrals to the CMHTOP for services and support should be made through the GP.

However, if you are looking after someone with dementia, you can contact the CMHTOP team directly and ask to speak to an Admiral Nurse.

You may already know what you need, or you may just want to talk to someone about your situation and what help might be available. If you agree that your situation is something that CMHTOP services might be able to help you with, you can discuss what help you need and how that may be provided.

**An Admiral Nurse** forms part of the team. Specialising in working with carers of people with dementia, the nurse is able to provide:

- assessment of your needs as a carer;
- support;
- advice;
- counselling;
- arrange services for you and the person you care for;
- training programmes (see end of Section);
- where else to go for help and support.

The team, including the Admiral Nurse, is based at:

Woodroffe House  
Tolworth Hospital  
Red Lion Road  
Surbiton  
Surrey KT6 7QU

For details about some of the services that are available (including any charges that might apply), see Community Care Services, Section 4 or visit **[www.kingston.gov.uk/communitycareservices](http://www.kingston.gov.uk/communitycareservices)**

**Psychology Services**                      **020 8390 0102**

The Psychology Service offers a wide range of therapies for people with a variety of mental health issues such as anxiety, depression, fears, eating disorders, etc. These therapies aim to reduce stress or disability and improve quality of life. There are specialist services available to older people and their carers. Referral to the Psychology Services are made by your GP or the CMHTOP.

**Mental Health Chaplain**                      **020 8390 0102**

Pastoral and spiritual care for all people living in the community is available from the Community Mental Health Chaplain Office including spiritual counselling and advice to carers. A Chaplain visits inpatients regularly at Tolworth Hospital, but a range of other faith leaders can be contacted through the Chaplain's Office.

**Local Voluntary Groups**

If you care for someone with a particular illness or difficulty you will probably find that there is a local or national group or organisation offering support and advice. You can find out more about local voluntary groups by asking CMHTOP team, GP, libraries (see Section 21 for more library details) or contact

**Kingston Carers' Network**                      **020 8547 1614**

For further details of the services and support provided by Kingston Carers' Network, see Section 6.

**Age Concern Kingston**                      **020 8942 8256**

For details about the services and support provided by Age Concern Kingston, see Section 13.

## **Rethink**

**020 8974 6814**

Rethink is a national organisation that provides support and advice to anyone with a severe mental illness and their families, friends and carers regarding:

- benefits;
- information about medication and side effects;
- mental health legislation and people's rights;
- advocacy.

Open: 10.00am—1.00pm Tuesday & Thursday

10.00am—3.00pm Monday, Wednesday & Friday

## **Other help and support**

There are a number of other places that you can go to get help and support. There are places where the person you care for can go during the day, where people will have an understanding of the situation and the difficulties. They will provide social and therapeutic activities that will help.

Some of these places are 'drop-in', which means you can just turn up without having to let anyone know in advance. Other places you can only attend after meeting with the people who run the group and it has been agreed that it would be appropriate.

If you would like more details of the services available in Kingston please contact the Community Mental health Team for Older People on **020 8390 0102 Ext: 5114**

**For Dementia Helpline**                      **0845 257 9406**

Website: [www.fordementia.org.uk](http://www.fordementia.org.uk)

Email: [direct@fordementia.org.uk](mailto:direct@fordementia.org.uk)

This national charitable organisation is dedicated to supporting and advising carers. The helpline is staffed by Admiral Nurses.

**Alzheimer's Society**                                      **0845 300 0336**

**South West London Area:**                                      **020 8892 7799**

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Email: [info@alzheimers.org.uk](mailto:info@alzheimers.org.uk)

Advice and support for people with Alzheimer's and their carers, including fact sheets covering a wide range of issues.

**Manic Depression Fellowship (MDF)**                                      **020 7793 2600**

Website: [www.mdf.org.uk](http://www.mdf.org.uk)

The MDF works to enable people affected by manic depression (Bi Polar disorder) to take control of their lives, and supports carers. They provide:

- information including newsletters;
- Self Help Groups—see support groups overleaf;
- Self Management Training Programme Courses;
- employment advice and research;
- legal advice about mental health law and rights;
- MDF travel insurance.

**Saneline**    **0845 767 8000**

A national helpline for mental health issues, open every day of the year from 12 noon until 2am. They provide information, advice and emotional support in a crisis.

## Support groups

### **Carers Café for family and friends of people with dementia**

This group is for friends and relatives to come together to meet others and take time out in a supportive environment. The carer and the person they care for are welcome. It is an informal social and peer support group.

The café is led by a Carers' Worker and a committee made up of members.

**When:** Last Wednesday of each month at 6-8.30pm

**Contact:** Admiral Nurse Service on 020 8390 0102  
Ext: 5273

### **Manic Depression Fellowship Self-help Group**

A self-help group for people with manic depression (Bi Polar disorder) and their carers, offering mutual support, information and learning to cope with the highs and lows.

**When:** 7.30—9.00 pm, 2nd Monday of each month

**Where:** United Reform Church, Eden St, Kingston

**Contact:** 020 7793 2600

A newsletter is produced quarterly.

## Learning about Dementia

### Dementia Awareness for Carers

A rolling programme of short sessions, specifically for carers, led by the Admiral Nurse Service, aiming to:

- increase understanding of dementia;
- raise awareness of help that is available and how to access it;
- deal more effectively with challenging behaviour.

For further information contact the **Admiral Nurse Service** on **020 8390 0102** Ext: **5273**  
or email: [vincent.goodorally@swlstg-tr.nhs.uk](mailto:vincent.goodorally@swlstg-tr.nhs.uk)

## Help or advice in an emergency

If you feel that you, a member of your family, a friend or neighbour has a mental health crisis and is behaving in a 'strange' way in your home or elsewhere which is putting themselves or others at risk and is in need of urgent help, please telephone.

**Mental Health Crisis Line** **0800 028 8000**

**Police, Fire or Ambulance Service** **999** or **112**

**Approved Social Worker** **020 8547 6008**

Out of Hours **Emergency Duty Social Worker** **020 8770 5000**

For general medical advice, contact your GP or **NHS Direct** **0845 4647**

For social advice or information contact the **CMHTOP** on **020 8390 0102** ext **5205**