Dementia Care
At Somerset Care, we specialise in supporting people with dementia, as well as their families.
Somerset Care has received national awards and recognition for our specialist dementia care support service. We call this the Petals service which reflects the following values: person-centred, empowerment, trust, activities, life history and stimulation.

Our dementia care comes in various forms:

- We support many customers with dementia to live well in their own homes, helping them remain in familiar surroundings.
- We run Dementia Active Centres, providing opportunities for families who may be the main carers to have some valuable space to recharge, whilst their loved ones spend the day with us.
- Many of our care homes have specialist dementia wings, with a dedicated, fully qualified staffing team to support our customers and ensure that they are happy, comfortable and safe.
We are involved in award-winning research, recognised nationally, which we use to inform and develop our services to improve the lives of people living with dementia. We also use a tool known as Dementia Care Mapping to maintain the quality of the support and care being provided.

Our specialist dementia care support services have been created through our expertise and from listening and responding to our customers’ needs and the needs of their family and friends. Our services are tailored to each individual’s needs and circumstances.

What is dementia?
Dementia is a term used to refer to illnesses affecting the brain, which cause a decline in mental abilities. Alzheimer’s disease is one of the most common causes. Dementia is a progressive illness, getting worse over time. How quickly it progresses can vary enormously for different people.
Spotting the early symptoms
Dementia affects different people in different ways, and the symptoms can be quite varied.

Early symptoms can include mood changes. Dementia often shows itself through confusion or forgetfulness. Memory loss, confusion over dates or difficulty making decisions can also be a sign.

Some forms of dementia, such as dementia with Lewy bodies, can cause hallucinations. Other types may cause problems with speech, or cause the person to forget the meaning of words or objects.

Later symptoms can include weight and muscle loss, changes in sleep patterns and appetite.

If you suspect that you or a loved one may be living with dementia, it is important to see a GP. Other things such as urinary tract infections, depression, stress, heart or thyroid problems can also cause similar symptoms.
Dementia care in your own home

While a diagnosis of dementia is daunting, it is important to recognise that many people have dementia and still live full, dignified lives. Around 850,000 people in the UK have dementia and around two thirds of those live in the community.

At Somerset Care, our community teams are highly trained in dementia care, and support our customers in their own homes.
You can expect support from a dedicated team of specialist trained staff that will work with you and your family members to live well with dementia. This may include:

- Helping to create individual life stories.
- Working with families to produce a memory box.
- Support that is ‘feeling’ based and individual.
- Meaningful occupation opportunities, for example maintaining daily living skills.
- Creative use of activities that will stimulate and motivate the person with dementia when they are on their own.
- Ensuring mealtimes are special and inclusive, for example making and sharing meals.
- Regular leisure opportunities to go outside, whether in the garden, out shopping or a pub lunch.
- Pictorial signage promoting orientation around the home, for example cupboards, rooms and doors.
- Introducing assistive technology where appropriate.

We strive to ensure that all of our customers:

- Feel happy, fulfilled and involved in their care.
- Remain independent and active at home.
- Are left with meaningful tasks when staff leave.
- Are given support to prepare/cook their own food at mealtimes.
- Join local community support groups.
- Are supported by small dedicated teams who are flexible to their needs.

And above all, feel safe and able to stay at home.
Dementia Active Centres
We have a number of Active Centres, offering day care to customers with dementia. Our Emma Sheppard Centre in Frome has been extremely successful, making a difference to our customers and their families. As a result of its popularity, we have recently opened a centre in Taunton, so that we can offer this service more widely.

Our centres enable customers to spend the day with us, and allow family carers some ‘me-time’, secure in the knowledge that loved ones are enjoying a day of socialising, and joining in activities which, depending on their preferences, might include dancing, singing, crafts, cooking or meditation.

We help our customers to regain their skills, whether this may be washing up or making a cup of coffee, and we actively encourage them to rediscover who they are through one-to-one reminiscence and sharing life stories. In some of our centres, depending on available facilities, we can offer personal services such as bathing or hairdressing.
Our centres focus on short to medium term care and support for people with dementia and their families.

The Emma Sheppard Centre in Frome is open six days a week from 11am-3pm.

Petals Centre in Taunton is open six days a week from 10am-3pm.

Our centres provide a variety of stimulating activities including:

- Support with cooking and other daily tasks.
- Reminiscence, life stories, sing-alongs and music therapy.
- Light exercise, bowling, walking and outings.
- Games, quizzes, flower arranging, arts and crafts and other creative activities.
Our dementia wings are designed with our customers’ care in mind; they utilise dementia-friendly features such as special lighting, low walls and the décor is chosen to help with reminiscence. The dedicated staff team are trained specialists who are passionate about the care they deliver. Rooms feature memory boxes and staff work one-to-one with our customers to capture life histories to help preserve their sense of identity. Each home also offers a private, secure garden to enjoy and holds daily activities, designed to appeal to individual preferences.

Dementia care in our care homes

In later stages of dementia, it can become increasingly difficult for people to remain in the community, and a care home often offers a greater degree of care and safety.

In our care homes, we are determined that while they provide security, they also remain a pleasant home environment; a place of dignity, comfort and warmth.
Costs
Our dementia care services vary in cost depending on the type of service and the exact nature of the individual’s requirements. We can accept private payment, including payment from personal budgets, or directly from social services.

Next steps
If you have any questions, or would like to find out more about any of the services we provide, please do not hesitate to contact us for a no obligation, confidential discussion. We are always happy to talk to you, just call 0800 988 4337. You can also find more information, including a short video about our Emma Sheppard Centre on our website at www.somersetcare.co.uk