



What is Young Onset Dementia?

It is estimated that there are at least 42,325 young people living with dementia in the UK. They represent around 5% of the 850,000 people with dementia. Dementia is considered 'young onset' when it affects people under 65 years of age.

Although younger people experience similar symptoms to older people with dementia, the impact on their lives is significantly different. Younger people are more likely to still be working when they are diagnosed. Many will have significant financial commitments such as a mortgage. They often have children to care for and dependent parents too. Their lives tend to be more active and they have hopes, dreams and ambitions to fulfil, up to and beyond their retirement.



Dementia is a life-changing condition to have at any age, but when you are young and believe you have a long and full life ahead of you, it is all the more difficult to take in.

It is important to know that you are not alone. Age Connects Torfaen can offer support, to ensure that you get the most out of life and adapt to the new direction life has now taken.

Age Connects Torfaen enables people under the age of 65 with dementia to enjoy life, stay active and support each other in living well with dementia. We provide an activity programme that promotes independence, social interaction and a sense of wellbeing by providing a variety of age appropriate activities. The sessions are supported by professional support workers and volunteers, whose role is to ensure everyone gains maximum therapeutic benefit and stimulation from the day - but above all the idea is to have fun. Activities are designed to be both stimulating and therapeutic, which take place in a relaxed environment where people can enjoy leisure time, keep active, develop new friendships and receive one to one support.

To find out more about the Young Onset Dementia Service, please contact Kerry on 01495 769264 or kerry.beckett@ageconnectstorfaen.org.



@ageconnectstorf

We believe we have a strong history and a bright future.

Age Connects Torfaen, Widdershins Centre, East Avenue, Sebastopol, Torfaen NP4 5AB
Charity Number: 1037278

www.ageconnectstorfaen.org



The End of an Era

There has been a Floating Support Service at Age Connects Torfaen since 2002 but sadly, this will come to an end in April 2017 due to the service being taken over by housing association Bron Afon. Over the years it has provided quality housing related support for hundreds of Torfaen residents, helping them to achieve greater independence and an improved quality of life. It has provided a holistic, person-centred approach achieving measurable outcomes.

In September 2016 it was announced that the Older Persons Service would merge and re-locate, therefore from the 1st April 2017 the Floating Support Service will be transferred over to Bron Afon.

Our Information and Advice Service will still be accessible to anyone seeking help. This service will continue to be available to advise or sign-post those who are in need of help. To contact our Information & Advice team, please contact 01495 769264.



Keep important documents safe

No one ever knows when someone in your family might need to refer to some of your important documents, so it is essential that you keep these all together in a safe place.

Documents such as Birth and Marriage Certificates, insurance and property documentation, Wills and Lasting Powers of Attorney are all important documents and will be needed at some time in the future. It is the 'Rule of Sod' that comes into play when you keep putting off good intentions to gather this type of information together in one place and something happens where they are urgently needed! This can make what is often an emotional time more stressful when family have to hunt for paperwork amongst personal belongings.

In some cases as family members age they forget where things are or they have a 'clear out' and the papers go out with the rubbish. Some of these documents are not only hard to replace, they can also be quite costly!

When something happens, this is when the importance of these documents becomes all too clear!

Everybody dislikes the aging process. We would all prefer not to have to consider the one thing that is inevitable. So why not spend a few hours now, sorting and filing your paperwork and then you can move on to enjoying your family and friends comfortable in the knowledge that you are prepared for the future.

It doesn't matter where you are in your life cycle, young or old, looking after and keeping safe important documentation is absolutely vital.

Article by :

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Ten Requests From A Person With Alzheimer's

Please be patient with me
I am the helpless victim of a brain disease

Talk to me
Even though I cannot always answer you

Be kind to me
Every day of my life is a desperate struggle

Consider my feelings
They are still very much alive within me

Treat me with dignity and respect
As I would have gladly treated you

Remember my past
For I was once a healthy vibrant person

Remember my present
For I am still living

Remember my future
Though it may seem bleak to you

Pray for me
For I am a person who lingers in the mists of time and eternity

Love me
And the gifts of love you give will be a blessing forever

Anonymous
Agingcare.comsupportingcoregwin

Owen Money

And his fantastic band

The Travelling Wrinklies



APPEARING AT
St Hilda's Church Hall, Griffithstown
Wednesday 26th April 2017

3:00-5:00pm
Tickets: £12.50 (incl. hot drink & cake)

Join us for a fun filled afternoon of unique
comedy and fabulous sounds of the 60's.



Charity No: 1037278

To book tickets contact
01495 769264 or email:
Emma.wootten@ageconnectstorfaen.org

Creative Ceramics

Age Connects Torfaen has recently received funding for equipment to set up a series of therapeutic workshops. We will be setting up a ceramics café, where we offer a wide range of pottery items to paint. We have sponges, stencils and design books to help with inspiration if you need it. Wi-Fi is also available to search the internet for great design ideas.

Pottery painting is a great way to spend quality time together as a family, get together with friends or provides you with some time for yourself. You simply pay for your pottery and with prices from £5 there is something to suit every budget.

Watersure scheme – help with paying water bills

Watersure is a scheme which helps some people with their water bills. To apply for the scheme, you must be on benefits and need to use a lot of water



either for medical reasons or because your household has a certain number of school-age children. You also need to be on a water meter or be waiting to have one installed.

The scheme provides peace of mind by capping your bills. You can find out more and apply by contacting your water company.

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YOUR TRUSTED LOCAL LEGAL PARTNER

01633 867000 / 01633 869191

info@rlo.law

www.rlo.law

Gwent House, Gwent Square, Cwmbran NP44 1PL

DATES FOR THE DIARY

10th-13th April 2017

Easter Dinner

£9.99 two course lunch

26th April 2017

An afternoon with Owen Money & The Travelling Wrinklies

St Hilda's Church, £12.50

3rd May 2017,

Who Killed Dripping Lewis...The Unsolved Murder.

Widdershins Centre, £6.50 (inclusive of fish and chips)

17th May 2017

Baking with GBBO Star Howard Middleton

St Hilda's Church, £10.00

18th May 2017

An Evening with Zinzan Brooke,

Cwmbran Workingman's Club, £25.00.

Community Support

Our Community Support service provides individualised support to build self-confidence and independence, helping older people to get the most from life. The service promotes choice, independence and well-being as much as possible. The service make a significant difference not only to the people we support but also to their families and carers. Support can range from a few hours a day to weekly, fortnightly or as a one off.

Our Community Support Service provides:

- Assistance to accompany you to appointments
- Help with shopping
- Assistance with paying your bills
- Monitoring of mail to ensure that bills are paid and that you are aware of appointments.

Please contact 01495 769264 to discuss further and help us assess and respond to your individual needs.

Welsh Cakes

225g/8oz self raising flour sieved

110g/4oz salted butter (Welsh)

1 egg

Handful of mixed fruit or sultanas

Milk if needed

85g/3oz caster sugar



Method

1. Rub the fat into the sieved flour to make breadcrumbs then add the sugar, dried fruit and the egg. Mix to combine then form a ball of dough adding a splash of milk if required
2. Roll out the dough until it is 5mm/quarter of inch thick and cut into desired shapes.
3. You will now need a bakestone or a heavy iron griddle. Rub it with butter and wipe the excess away. Put the dough shapes onto a direct heat and wait until cooked.
4. Sprinkle with sugar for extra flavour.

Dear Kim

I have been looking after my Nan for a while and was wondering if i could claim any benefits?

Answer: Hello, Carers Allowance of £62.10, a week can be claimed if Nan is in receipt of relevant benefits, and you look after her for 35hrs or more a week, you do not have to live with or be a relative to care for them.

Carers Allowance is taxable; however Carers will only pay tax if they have other sources of taxable income such as an occupational pensions or earnings.

- You can claim if Nan has been awarded Personal Independence Payment either rate for daily living, Disability Living Allowance Middle or high rate Care or if Nan has Attendance Allowance.
- You will also get National Insurance Credits each week towards your pension if under pension age.

If you require any more assistance please contact 01495769264 for appointment

