

End of Life & Bereavement

healthwatch
Sunderland

Support available for people experiencing memory difficulties or dementia in Sunderland

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The information in this booklet has been taken from 'Support available for people experiencing memory difficulties or dementia in Sunderland' which has information on a range of subjects which you may also find useful.

Find the full document at: www.healthwatchsunderland.com

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The information in this booklet is a section that has been taken from the full booklet titled, 'Support available for people experiencing memory difficulties or dementia in Sunderland'. The full booklet has information on a range of subjects which you may also find useful.

Healthwatch Sunderland regularly updates these booklets. The copy you have may not be the latest version. For the most current copies of all the associated booklets, please visit: www.healthwatchsunderland.com or call us on 0191 514 7145.

If you have information to add or notice anything outdated in the booklets, please contact us and these will be considered.

About Healthwatch Sunderland

Healthwatch Sunderland is your local health and social care champion.

We make sure NHS leaders and social care decision makers hear your voice and use your feedback to improve care. We can also help you to find reliable and trustworthy information and advice.

It is our vision to live in a world where we can all get the health and care we need.

It is our mission to make sure people's experiences help make health and care better.

Our values are to:

- **Listen** to people and making sure their voices are heard.
- **Include** everyone in the conversation – especially those who don't always have their voice heard.
- **Analyse** different people's experiences to learn how to improve care.
- **Act** on feedback and driving change.
- **Partner** with care providers, Government, and the voluntary sector – serving as the public's independent advocate.

Why we did this work

During our engagement with the Essence Service, which supports people in the early stages of dementia and their carers, we heard from local carers about some of their experiences. They expressed concerns about the lack of information available on local support services following their family members' diagnoses. Many felt unsure about where to go for help and were not aware of the available resources. This feedback was also recognised by the Essence Service during their feedback sessions held in Dementia Action Week 2023.

In response to this need, we collaborated with the Essence Service, carers and other local partners to create a booklet named 'Support available for people experiencing memory difficulties or dementia in Sunderland'. This document offers key support information on a range of subjects. This may be useful for people experiencing memory difficulties and those living with dementia. The information in this booklet, 'End of life & Bereavement', has been taken from the full booklet.

Please be aware that some of the services mentioned, are only available to people with a dementia diagnosis.

End of life



Making arrangements for end of life

You can never fully prepare for your own death. No one knows the emotions, feelings, and thoughts that will come up at the time of our death until we're in that position ourselves.

But there are things we can do to help ourselves, and our loved ones, when we're in that position. This will make sure last wishes are met and the process runs smoothly.

Considering where to live at the end of your life

You may have strong ideas about where you'd like to live and be cared for at the end of your life, and where you would choose to die. This often involves balancing the pros and cons of different options, so it can be helpful to think about these in advance and make sure you speak to someone you trust about your wishes.

Planning for end of life if you live in a care home

Some care homes contact a local funeral director after a resident passes away. It is important that you share your wishes for end of life with your care home, if you have a preference as to which funeral director is used.

Make sure you share this information with the home when you first become a resident in the home or make sure you tell a person close to you, so they can share this information with the home on your behalf.

Marie Curie

Marie Curie is the UK's leading end of life charity. They care when there is no cure. They'll ease your pain, protect your dignity and support the people you love – putting you first.

Marie Curie's support Line, call them free on: 0800 090 2309

Email: support@mariecurie.org.uk

Their website has a host of information which you may find useful:
www.mariecurie.org.uk

End of life



Do Not Attempt Cardiopulmonary Resuscitation (DNACPR)

DNACPR means if your heart or breathing stops your healthcare team will not try to restart it.

A DNACPR decision is made by you and/or your doctor or healthcare team while you have capacity to make this decision.

A DNACPR decision is usually recorded on a special form, which is easily recognised by doctors, nurses and healthcare workers, so they know what to do in an emergency.

This form is kept in your medical records. It may also be printed and kept with you if you are at home or in a care home.

You and the people important to you should know that a DNACPR form has been put in your medical records.

The form says that if your heart or breathing stops, CPR should not be tried. This means medical staff will not try to restart your heart or breathing.

More information, speak to one of your Healthcare professionals or visit: www.nhs.uk (search 'DNACPR').

Who will look after my pets?

The wellbeing of your pets after you die is an important aspect of planning for end of life.

The person will need to decide who will be the best and most appropriate person to care for their beloved pet after their death. It is important that they speak to the person about their decision to ensure they are both able and willing to care for a pet.

The person may be able to provide some kind of financial provision for their pet's future care. This also should be discussed and agreed with the person they choose to look after their pet when they are no longer able to do so.

Cinnamon Trust

Provide hands-on assistance to pet owners across the country when any aspect of the day-to-day care of their pets poses a problem. They also provide lifelong care for pets who outlive their owners.

Call: 01736 757 900

Website: www.cinnamon.org.uk

Bereavement



Everlasting memories, grief and loss support group

Talking to other people can help you work through the bereavement and, gradually, through time, move on. Our Bereavement and Loss Support Group at Sunderland Mind helps you do just that, providing you with a safe environment to talk about your experiences. The group is based on caring for each other, trust, and confidentiality to allow for the support you need.

Wednesdays 10am – 3pm
Contact Sunderland Mind for more information and to book your place.

Call: 0191 565 7218
Email: groups@sunderlandmind.co.uk
Website: www.sunderlandmind.co.uk
(search 'Loss Support').

Sunderland Counselling Service

Based in John Street in Sunderland city centre, their bereavement support group runs weekly for six weeks, with no more than ten attendees, so the group is small.

When the group starts, everyone is new to the group, and so everyone is in the same boat. It is also a closed group, so nobody new joins after they have started.

Call: 0191 514 7007

Email: office@sunderlandcounselling.org.uk

Website: www.sunderlandcounselling.org.uk (search 'bereavement support group').

The death of someone close to you can be one of the hardest things we ever go through.

Age UK have the following guides and factsheets to support you:

- Coping with the death of a loved one.
- When someone dies.
- How to be an executor.
- Your mind matters.



You can order any of these guides or factsheets by giving their advice line a call or you can print them off yourself from their website.

Call: 0191 514 1131

Email: enquiries@ageuksunderland.org.uk

Website: www.ageuk.org.uk/sunderland (search 'information and advice' and scroll down to free booklets and online information)

Bereavement

Bereavement Advice Centre

Offers practical help when someone dies.

There are many practical matters to attend to when someone dies. Bereavement Advice Centre supports and advises people on what they need to do after a death, such as:

- What to do when someone dies
- Registering a death
- Probate and legal matters

and much, much more.

Call: 0800 634 9494

Website: www.bereavementadvice.org

Tell Us Once

Tell Us Once is a service that lets you report a death to most government organisations in one go.

This service allows you to inform central and local government services of the death at one time rather than having to write, telephone or even attend each service individually.

The Tell Us Once service is free to use and can save you a great deal of time and effort.

Call: 0800 085 7308

Website: www.gov.uk (search 'Tell Us Once').

Thank you to our partners

This work would not have been possible without the support from our partners and local carers with lived experience of living and supporting a loved one with a dementia diagnosis. Thank you on behalf of all at Healthwatch Sunderland for your time, your passion and your commitment to producing this booklet. It is hoped it will support and improve the lives of people experiencing memory difficulties, dementia and their carers across the City of Sunderland.

Thank you to:

Local carers



South Tyneside and Sunderland
NHS Foundation Trust



North East and
North Cumbria



Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust





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