

## East Cheshire Hospice Dementia Carers Wellbeing Programme

### REFERRAL CRITERIA AND PROTOCOL

Our Dementia Carer Wellbeing Programme has been running successfully since 2015 and is a structured eight-week wellbeing and support programme open to carers of people living with dementia. What is unique about our programme is the carer can bring the person living with dementia with them, to our amazing day centre the Sunflower Centre, where our trained dementia buddy volunteers will support the person living with dementia whilst the carer can attend the wellbeing programme, gain peer support, education, knowledge, skills and confidence about dementia and their caring role. The service is free at the point of need, however with limited places, a waiting list system may be required at times.

#### Inclusion criteria:

1. The carer must be providing regular care support to the person living with dementia.
2. Carer(s) and person living with dementia must have a GP within East Cheshire.
3. The carer consents to the referral and feels they would benefit from attending a time limited, structured, information, signposting and support programme.
4. Those referred must be able to transport themselves to the Sunflower Centre at East Cheshire Hospice.

#### Referral Protocol for access to the Dementia Carer Well-being Service:

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| <b>Criteria for referral:</b> | Carers of people living with dementia who have a GP in East Cheshire who may benefit from attending a time limited (8 weeks) structured wellbeing support programme.  |
| <b>Criteria of exclusion:</b> | Referrals to the Dementia Carer Well-being Service will not be accepted if: <ul style="list-style-type: none"> <li>• None of the referral criteria listed above are met</li> <li>• There is no diagnosis of dementia</li> <li>• Carers are not aware of referral</li> <li>• Carers are unable to transport themselves independently to the Sunflower Centre at East Cheshire Hospice</li> <li>• The person living with dementia needs support with personal care</li> </ul> |
| <b>Action if needed:</b>      | Any referrals deemed inappropriate or which are outside the remit of the Dementia Carer Wellbeing Programme will be referred back to the referrer in the first instance, discussed and advice and signposting offered.  |

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| <b>Agreement:</b>                       | Referrers will be provided with information on the Dementia Carer Wellbeing Programme. Referrers must discuss the referral with carers and ensure adequate information is available to enable them to make an informed choice and agree to a referral to the service.                                     |
| <b>Action if intervention declined:</b> | People will be informed if the Dementia Carer Wellbeing Programme will remain an option for the future should he/she wish to pursue it. They will be provided with information on how to do this and other services available to them. The original referrer will be informed if the service is declined. |

*For further information please contact: Sunflower Centre, all details at top of this document.*