

paperweight

Guide. Advocate. Resolve.

ElderCare Hub

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**“I had no idea
what I was
entitled to.
Paperweight’s
help has been
invaluable.”**

We're here for you.

We're here to help you sort out financial, legal or administrative matters when you're finding it difficult or impossible to cope. Often people come to us at a time of crisis – for example, after a bereavement; during separation or divorce; or when trying to cope with increasing frailty. The burden of dealing with the practicalities of paperwork and bureaucracy can start to feel intolerable – we are here to help anybody in the Jewish community who feels the pressure is just getting too much. Our service is free of charge.

Paperweight offers time, guidance, confidentiality, experience and a good deal of common sense. Our aim is to steer you towards independence and give you the confidence to carry on with your life.

Call our Helpline today on **0330 174 4300** or email **info@paperweight.org.uk** and we will take you through everything you need to know.



ElderCare Hub

When living in your own home becomes too challenging, Paperweight's ElderCare Hub is here to guide the way...

None of us wants to believe that old age will come at too high a price, but for many in our community, the downside of reaching old age can sometimes far outweigh the bonuses. Retirement, companionship, new opportunities and just time to enjoy friends and family are often clouded with new health issues which force a change in lifestyle for you or a partner. These changes can extend to mobility and cognitive conditions, alongside those 'getting older' ailments treated with regular medications.

Factored into the impact of these changes are the considerations that, of a couple, even the healthier partner (the carer), may also be getting frail, that the home seems to suddenly comprise steep staircases, inaccessible bath tubs and opportunities galore to trip and slip.

Medical appointments stretch beyond the calendar pages and daily life is just getting tougher. There seems to be help available but how to access it? Who to turn to for professional advice tempered with knowledge and appreciation of the community in which you so dearly wish to continue living with as large a dose of independence as circumstance and finance permit?

In turning to Paperweight's ElderCare Hub, you have chosen a team of individuals who know their way around the Health and Social Care systems. They can sit down with you – in the comfort of your own home – and discuss which areas of your or your partner's life are giving you sleepless nights.

You may feel that the ideal is to remain in your own home for as long as possible, but when the "gold standard" of care-in-the-community becomes just impossible, then Paperweight will help guide you through the best available options for leaving your home, either to sheltered housing or some form of residential or nursing care.

They will explain your rights and obligations in regards costs and ensure that you are equipped with all the facts.

Paperweight's ElderCare Hub is run by people from the community, for the community. We understand the value of independence and the amenities with which you are familiar and will always factor these into any assessments.

The service is discrete, professional, very friendly and free of charge.

So please make what may well be the best decision you have made in a long time and call Paperweight. We are here to help.

Some of the ways in which Paperweight's ElderCare Hub can help are:

Physical or Cognitive Impairment

They will help review benefit entitlement and help complete application forms; liaise with Boroughs regarding care contributions and ensure that paperwork including Lasting Power of Attorney (LPA) is up-to-date.

Daily Living Activities

They will review daily routines and observe any limitations, for example, showering or dressing. Following this assessment, the caseworker will highlight any home aids or adaptations required and discuss the application whether through social services or privately.

Co-ordinating

They will co-ordinate service providers and help with the administration involved, alongside giving a guiding hand through the bureaucracy.

Life Changes

Sometimes living independently is no longer an option. Paperweight's ElderCare Hub can sensitively help and guide you through the transition into assisted or residential care.

The ElderCare Hub team also has access to broader help through Paperweight as a whole, therefore ensuring that the road ahead is clear of obstacles and you are well taken care of going forwards.

“Although our family and friends were a great support, there were limits to their knowledge and practical help”

Loss comes in many shapes and forms, all devastating and life changing for those left behind, but as Paul says about his wife, Rachel – there’s something particularly cruel about losing the person you love whilst they’re still physically there.

Rachel and Paul met at secondary school and married soon after graduating from university – a true love story. They settled in Pinner and both built successful careers – Paul as an architect and Rachel in human resources for a high street department store chain. Unable to have children of their own, Rachel and Paul threw themselves into spending time with their nieces and nephews, as well as volunteering at their synagogue.

Not long after their 40th wedding anniversary, they went on a cruise to celebrate. Paul had started to notice changes in Rachel’s behaviour which became more obvious away from the comfort of their daily routine. Usually very outgoing, Rachel was more reserved and didn’t make connections with fellow passengers as previously. She also seemed

distracted, struggling to focus during conversations and some of the activities they participated in.

Once they returned home, Rachel’s symptoms became more obvious and although those close to the couple would either dismiss or make light of her changing behaviour, Paul realised there was something very wrong. After several doctor’s appointments, Rachel was referred to a neurologist who diagnosed her with early onset dementia at just 63. On hearing the diagnosis, Rachel and Paul’s life turned upside down and all their plans for an active, fulfilled retirement immediately disappeared.

Faced with a stark new reality, Paul felt lost, grieving for his wife who although physically there, was only mentally present on increasingly fleeting periods of time.

“Although our family and friends were a great support, there were limits to their knowledge and practical help with such a devastating diagnosis,” says Paul. “Our Rabbi came to visit us and suggested I contact Paperweight’s

ElderCare Hub which would help me navigate the unfamiliar world of adult social care.”

“The help I have received has been invaluable and so sensitively dealt with. and It means that for the moment, my Rachel is able to receive the care she needs as, amongst other things, I have applied for certain benefits and care assistance which I had no idea at all I was entitled to. I know of course that this phase will not last for ever, but with our present needs currently taken care of, it has given me time to think and evaluate and I have peace of mind knowing that whatever the future holds, Paperweight will be with me every step of the way.”

