

Helping people with dementia, including Alzheimer's disease, live at home.



This easy read document tells you how we can help people with dementia, including Alzheimer's disease, to continue living at home through a "Personal Budget".

How to get help



If you think that you, or someone you care for, need help, the first thing to do is to [contact our customer services team](#) to ask for a Community Care Assessment.

What happens when you ask for help?



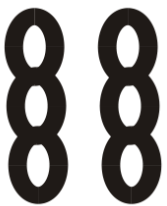
You might be offered short-term support first, to help you get back on your feet, especially if you have just come out of hospital.



This short-term support is called reablement.



A Council worker will talk to you about your needs and see if you will be able to get help from Nottinghamshire County Council.



We follow national guidelines about who can get our help. This means people should get the same help wherever they live.



If you can have our help we will assess how much money we can give you. This money is called a Personal Budget.



We will use your Personal Budget to create your Support Plan. Your family or friends can help us make this plan.



The Support Plan helps us decide the best way to spend the money to help you.



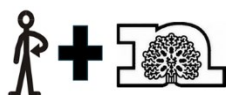
When your Support Plan and Personal Budget have been decided, you will have a financial assessment to see how much money you need to pay towards your care.



Then are three options for how you can get the help:



- your Personal Budget can be given to you as a Direct Payment so you can organise your own support



- some of your Personal Budget can be given as a Direct Payment while we retain some to pay for services managed by us



- all your personal budget can be managed by us and given to organisations approved to provide your support.



Your social worker will talk with you about your options and help you to decide which option will work best for you.

What goes into my support plan?

Your support plan will include:



- what you want to achieve – we call this your outcomes



- how will you be supported



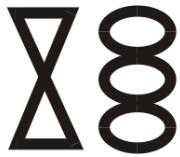
- how that support will be managed



- how you will stay in control and be as independent as possible



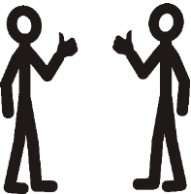
- what you need to do to make the plan happen.



The plan can include a range of services such as:



- being involved in the community, with things like groups and clubs



- keeping in touch with family and friends



- help with practical tasks



- help with personal care such as washing and dressing



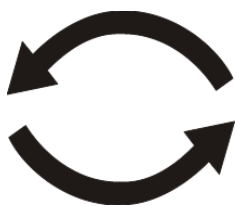
- equipment to help you stay independent



- support for the person who is caring for you.



We will need to agree your plan and tell you the cost of the support. We call this your Personal Budget.



If things change for you, you can ask for a review. This might mean we make a new support plan.

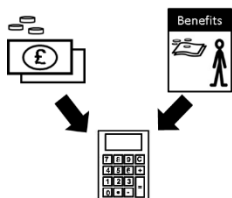
Will I have to pay towards my care?



Most people will have to pay some money towards their care.



This is so that we can help as many people as possible.



We will need to know about the money you have to decide how much money you need to pay towards your care.



Support given to you as a Direct Payment is not counted as income. It won't affect any benefits or taxes.

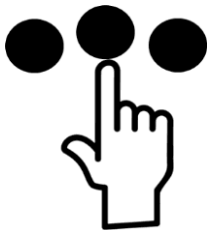


If you want to know more about paying for your care, you can [contact our Customer Service team](#).

Direct Payments



For lots of people, Direct Payments are the best way to get your Personal Budget.



Direct Payments give you lots of freedom and choice to get services from companies or people you want at times that work well for you.



It means that you can get services from companies that the Council doesn't have contracts with.



You can also use the money to employ a Personal Assistant to give you help you want, when you want it.



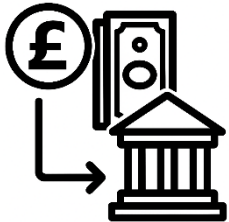
You can still have a Direct Payment if you have dementia or can't make your own decisions.



A “suitable person”, such as a family member, will need to manage your Direct Payment for you.

If I have a Direct Payment, what will I need to do?

If you have a Direct Payment you will need to either:



- set up a separate bank account that we can send your Direct Payments to, or



- have a pre-payment card that we will top-up with your Direct Payment amount.



You will need to keep a record of how you have spent the money.



This means keeping bank statements, invoices and receipts.



You do not have to manage everything yourself.



A Social Worker will help you get started and give you contact details of our Direct Payment support team.

Where can I get more information about Direct Payments?



You can [contact our Customer Services team](#) for more information about Direct Payments.

They can give you factsheets about:



- opening a bank account or having a pre-payment card



- what you can and can't spend the money on



- how your payments will be made



- what simple records you will need to keep
- how we check your records
- how you can employ a Personal Assistant
- legal and safety issues about your Direct Payment.

What happens if I don't want Direct Payments?



If you don't want Direct Payments or cannot manage Direct Payments, we will arrange for help and services you need from our approved providers.



It is up to you how you get your Personal Budget. If you have Direct Payments but then decide you don't want them anymore, you can stop them at any time.

Customer Service Centre



Our Customer Service Centre can answer most of your questions and help with information and form filling.

There are several ways to contact them, including:



Web: [Use our online contact form](#)



Telephone: 0300 500 80 80

Text Relay: 18001 0115 977 4050

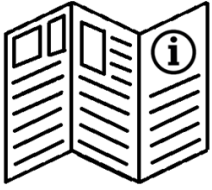
People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the [Relay UK app](#).



Sign Video

People who use British Sign Language to communicate can use the [SignVideo app](#) to speak with us.





we have worked with the Alzheimer's Society to produce [a leaflet giving information about Personal Budgets and Direct Payments for people with dementia \[PDF\]](#).

Local dementia support groups



There are a number of support groups for people with dementia in Nottinghamshire. These include:



Alzheimer's Society

Nottingham: 0115 934 3800

Mansfield: 01623 429419

Worksop: 01909 730886

Email: Nottingham@alzheimers.org.uk



Caring for Dementia Carers (Bassetlaw)

Meet every Tuesday morning in Worksop and talk to other people who understand what it is like to care for someone with dementia.

Phone: 07530 953496

Email:

dementiacarersbassetlaw@gmail.co.uk



Forget-Me-Not Dementia Support Group

A self-help group for people with dementia and their families and friends.

Kirkby in Ashfield

Phone: 01623 556065

Email: forget-me-not.support@hotmail.co.uk



Ollerton Memory Café

A monthly support group for people with dementia and Alzheimer's disease and their friends, families and carers.

Phone: 01623 862478



Radford Care Group

Friendship group, daycare facilities, and carer support sessions.

[Visit the Radford Care Group website](#), or:

Phone: 0115 9786133

Other useful organisations



Age UK Nottingham and Nottinghamshire

Phone: 0115 844 0011

Email: info@ageuknotts.org.uk



National Dementia Helpline

Phone: 0300 222 1122

Email: Nottingham@alzheimers.org.uk



Carers Federation

Provides free general advice,
information and support to all
carers

Phone: 0115 962 9310

Choose My Support

This is an [online directory of support services, groups and equipment](#).



TuVida (previously Crossroads Care)

Phone: 0115 962 8920



Working Age Dementia Service (Nottinghamshire Healthcare NHS Trust)

Telephone: 01623 415707

Links in this document

Information leaflet – Personal Budgets and Direct Payments for people with dementia [PDF]

nottinghamshire.gov.uk/media/121181/get-support-from-the-council-if-you-have-dementia-and-alzheimers-disease.pdf

Radford Care Group

radfordcaregroup.org.uk

Choose my Support online directory

choosemysupport.org.uk

For plain English version of this information, go to:

[Get support from Nottinghamshire County Council if you have dementia / Alzheimer's disease \(Nottinghamshire County Council\)](https://www.nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/dementia-alzheimers-support)

nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/dementia-alzheimers-support

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