



Information guide
for people with dementia
and their loved ones

**The Hague, Leidschendam-
Voorburg, Rijswijk, Wassenaar**

Information guide for people with dementia

What is in this guide?

We have tried to put everything you need to know about dementia in this guide.

This information guide was written by the Dementia Network Haaglanden.

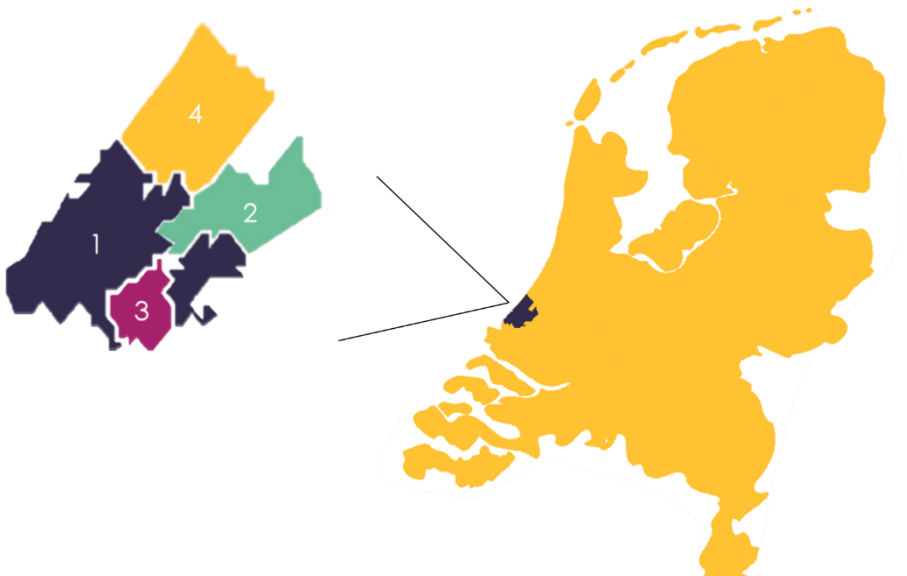
If you think something is missing or information has changed, please let us know at info@transmuralezorg.nl.

This information guide can also be ordered free of charge via the above email address.

Please note that all the referral links are in Dutch.

We collaborate with organisations from these municipalities:

1. The Hague
2. Leidschendam - Voorburg
3. Rijswijk
4. Wassenaar



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1. What is dementia?

Dementia causes the brain to stop processing information properly.

There are over 50 types of dementia.

Alzheimer's disease is the most common.

Vascular dementia, fronto-temporal dementia (FTD) and Lewy body dementia are also very common.

What are signs of dementia?

If you have dementia, you may find that you are less able to perform simple daily tasks.

For example, you may have trouble paying bills, you may forget what day it is, or you may forget appointments.

The most common symptoms are:

- forgetfulness;
- difficulty with day-to-day tasks;
- confusion about time and place;
- difficulty speaking and following conversations;
- losing items;
- changes in your behaviour;
- eyesight problems;
- restlessness;
- having difficulty with your hobbies or sports;
- difficulty assessing situations.

More information

You can find more information about dementia on the Alzheimer Nederland website.

W www.dementie.nl



2. What to do if you feel that something just isn't right?

It is normal to be forgetful at times.

Especially as you get older.

You may become anxious if you notice that you can no longer remember names easily, are forgetful or if your head is jumbled.

Your family or friends may also notice that you are behaving differently.

You may feel that something is not right.

Or your family and friends may feel that something just isn't right.

Often, suspicion of dementia starts with a feeling that something is not quite right.

It is important to talk about this with your family and friends.

It is also important to discuss your concerns with your general practitioner (GP).

The Memory Test

You can take the Memory Test on the website of Alzheimer Nederland.

You can bring the results of this test to your GP.

[W www.dementie.nl/dementie-en-diagnose/herkennen/wanneer-doe-je-de-geheugentest](http://www.dementie.nl/dementie-en-diagnose/herkennen/wanneer-doe-je-de-geheugentest)



3. Diagnosis

It is important to get a dementia diagnosis.

You are then entitled to help and support, for example from a dementia case manager.

A conversation with your GP

The GP starts with a few questions to test your memory.

The GP will also investigate other possible causes of your symptoms.

Your GP may also want to talk to your family or friends.

If your GP thinks you may have dementia, your GP can either make the diagnosis themselves or send you to a specialist.

Referral to a specialist

If your GP is in doubt, you may be referred to a specialist, for example to:

- a geriatrician who will visit you at home;
- the hospital's memory clinic;
- the neurology department of the hospital;
- the geriatric medicine department of a mental health institution;
- a psychiatric centre.

Here, more extensive examinations will be carried out through questions and exercises.

Costs

The GP diagnosis is covered by your health insurance.

If diagnosed by a specialist, you may pay for this from your deductible.

4. Care referral

To be reimbursed for care, some care needs require a referral.

This care is regulated by several laws.

The Healthcare Insurance Act, the Social Support Act and the Long-Term Care Act are briefly explained in this chapter.

Healthcare Insurance Act (ZVW)

What is the Healthcare Insurance Act?

Everyone living or working in the Netherlands is entitled to care.

This is provided for in the Healthcare Insurance Act.

This covers your basic health insurance and any supplementary health insurance you might have.

This includes district nursing, for example.

District nursing is care that you can receive at home.

Who can make the referral?

For district nursing under the Healthcare Insurance Act, you need a referral.

A district nurse can help you in preparing the necessary referral.

Social Support Act (WMO)

What is the Social Support Act?

The Social Support Act (WMO) regulates help and support so that you can live independently at home for as long as possible.

Help that can be arranged from the WMO is, for example:

- Household help;
- Daytime activities;
- Help with transport;
- Support;
- Modifications to your home, e.g. a stairlift.

Help and support from the WMO is subject to a co-payment. You can calculate this co-payment via the CAK. You can find more information via the website or via the QR code.



W www.hetcak.nl

Who can make the referral?

The municipality is responsible for the WMO.

You can apply for a WMO referral yourself via your municipality's website.

An interview with a WMO consultant from the municipality will then take place.

The WMO consultant determines whether you qualify for a WMO referral.

Long-Term Care Act (WLZ)

What is the Long-Term Care Act?

For long-term (intensive) care, you can get a WLZ referral.

Under the WLZ, you can get (nursing home) care at home, but you can also get this care if you live in a nursing home.

Care under the WLZ is subject to a co-payment.

You can calculate this co-payment via the CAK.

You can find more information via the website or via the QR code.



W www.hetcak.nl

If you have received a WLZ referral, you can choose to receive care at home through three options:

- Full package at home (VPT): in this case, total care is provided at home by one care organisation.
- Modular package at home (MPT): in this case, you do not need all the care from your WLZ referral.

You can choose the specific care you want to receive and purchase different components from different organisations.



- Personal budget (PGB): this allows you to buy the care yourself.
You can also buy the care from organizations that do not have a contract with a health insurer.

You can find more information via the website below or via the QR code.

[W www.dementie.nl/zorg-en-regelzaken/wet-en-regelgeving/wet-langdurige-zorg-wlz-en-dementie](http://www.dementie.nl/zorg-en-regelzaken/wet-en-regelgeving/wet-langdurige-zorg-wlz-en-dementie)



Who can make the referral?

You must meet a number of conditions before a WLZ referral can be applied for.

The application and assessment is then carried out by the Centrum Indicatiestelling Zorg (CIZ).

You can find more information via the website or via the QR code.

[W www.ciz.nl](http://www.ciz.nl)



There are various activities you can access of without a care referral, such as the Alzheimer Café/ Trefpunt (more information on page 27) or Haags Ontmoeten (more information on page 27). You can find an overview of activities, support and care through your municipality's social map (more information on page 33).

5. Case management for dementia

If you have been diagnosed with dementia, this can raise many questions.

A dementia case manager can help you with this.

A dementia case manager is a regular caregiver for the person with dementia and the informal carer who can help you with issues surrounding dementia.

A dementia case manager can also help you live safely at home for as long as possible.

If you have been diagnosed with dementia, you are entitled to help from a dementia case manager.

What does a dementia case manager do?

Your dementia case manager can help and support you from the moment you notice something isn't right until you are admitted to a nursing home or until the end of life.

A case manager can:

- provide information on dementia;
- give you advice on making choices;
- help with problems you are facing;
- help you apply for care.

Your case manager will visit you at agreed times.

Outside these times, you can call your case manager with questions.

How do you get a dementia case manager?

The doctor who made the diagnosis can refer you to a dementia case manager.

The district nurse can also do that for you.

They will then request a case manager for you at a healthcare facility in your area.

However, you must give permission for this first.
You can also request a case manager yourself.
Using the link below or the QR code, you can see which case managers are active in your neighbourhood.



W www.transmuralezorg.nl/kennisbank/casemanagement-dementie

Costs

The costs of a case manager are reimbursed under the basic health insurance policy.
So, you do not have to pay for this.

If you have a WLZ referral, the dementia case manager is arranged from the WLZ.

You will pay a co-payment in that case.

You can calculate this co-payment via the CAK.

You can find more information via the website or via the QR code.



W www.hetcak.nl



6. Living independently with dementia

With a diagnosis of dementia, you can continue to live independently until you are unable to do so.

For as long as possible, your life will remain as close as it was before the diagnosis.

Unfortunately, there may come a time when day-to-day activities become more difficult.

In this case, you can get help and support so that you can continue to live independently for as long as possible.

We can also look at how you can fill your day meaningfully, such as through daytime activities.

6.1 Assistance from home care

If you start having trouble with personal care, such as showering and dressing, you can apply for home care.

The district nurse from home care can do a lot for you. He or she will work with you to see what help you can get at home.

What can the district nurse help you with?

Besides medical care, the district nurse can also provide support in discussing your illness and treatment.

You can receive help with:

- personal care, such as showering and dressing;
- nursing, such as caring for wounds;
- taking medication.

You can also discuss questions with the district nurse, such as:

- How to proceed?
- How can I best prepare for what is to come?
- Where, when, for what and from whom can I get care and help?

Applying for home care

You can contact your GP or the home care organisation of your choice.

If you have a dementia case manager, he or she can also help you with this.

What happens after your registration?

After you register, the district nurse will contact you by phone to make an appointment at your home.

The district nurse can tell you more about the cost of home care. These are usually covered by your basic health insurance policy.

Home care organisations in the Haaglanden region

In the Haaglanden region, the following home care organisations are members of the Dementia Network Haaglanden:

Amarosa

T 070 512 32 00

E info@amarosa.nl

Stichting Thuiszorg Nescare

T 070 200 23 60

E info@nescare.nl

Cardia

T 070 800 88 88

E klantenservice@cardia.nl

Respect

T 070 306 91 70

E info@respectzorg.nl

Dovida Den Haag

T 070 345 71 50

E info.denhaag@dovida.nl

Liefs Thuis

T 085 800 09 30

E info@liefsthuis.nl

Dovida Zuid-Holland Midden

T 085 876 87 94

E info.zhm@dovida.nl

Stichting Eykenburg

T 070 750 70 00

E info@eykenburg.nl

Evita Zorg

T 070 314 16 00

E info@evitazorg.nl

Stichting Johannahuis

T 070 512 45 00

E info@vanommerenpark.nl

Florence

T 070 413 10 00

E info@florence.nl

WoonZorgcentra Haaglanden

T 070 756 16 00

E klantenservice@wzh.nl

Haagse Wijk- en Woonzorg

T 070 379 50 00

E info@hwwzorg.nl



24-hour home care

24-hour home care means that a caregiver is always present in your home.

This caregiver will live in your home for a minimum of 6 weeks and can help you with:

- Medical care tasks. For example, when caring for a wound or administering medication.
- Personal care, such as washing, dressing and eating.
- Domestic tasks, such as shopping and cooking.
- Emotional support by talking to you and keeping you company.

It is not possible to receive half-day care.

In the Haaglanden region, Happyhomecare is a member of the Dementia Network Haaglanden.

For more information about 24-hour home care from Happyhomecare, contact them using the details below.

Happyhomecare

T 070 701 3930

E info@happyhomecare.nl

W www.happyhomecare.nl



6.2 Devices and home modifications

Many people would prefer to live independently for as long as possible, despite disability, old age or illness.

Sometimes daily activities such as walking, showering or going to the toilet become more difficult.

Devices such as a wheelchair, shower chair or commode can help you live independently for as long as possible.

At the home care shop, you can borrow, rent or buy these devices and appliances. Your health insurer knows what rules there are for these devices and can inform you about them.

They will also know where you can get these devices.

Sometimes you pay a co-payment for devices.

This is determined by your health insurer.

Contact details Haaglanden region

For inquiries, you can also contact customer service at:

Vegro

T 0900 288 77 66

Medipoint

T 088 102 01 00

Making your home safe and easy to use

You may gradually become less able to carry out day to day activities.

It is therefore wise to check with your family or friends how your home can be made safe.

For example, you can look at:

- Are there any thresholds or cables that you could trip over?
- Is there a lot of unnecessary clutter in your home?
- Are there any sharp corners or edges?

Occupational therapy

An occupational therapist can help you be able to do daily activities yourself as much as possible.

Treatment from an occupational therapist could consist of:

- advice on adapting your living environment (grab handles, thresholds, etc.) and devices you can use (grabbers, rollator);
- practising daily activities;
- learning to do your daily activities in a certain way;
- educating your family and friends.

You can request an occupational therapist through your GP or district nurse.

Usually, this help is covered by your health insurance.

Useful devices

There are more and more devices and utensils that can make it as easy as possible for you to continue living independently for as long as possible.

Consider, for example:

- simple phones with few buttons;
- non-slip bowls;
- rollators with a seat;
- light-weight irons;
- medicine dispensers;
- personal alarm;
- care and hoover robots.

Websites with more information

You can find a checklist for living safely and comfortably independently with dementia on the website of Alzheimer Nederland.

You can also scan the QR code for more information.

W www.dementie.nl/veiligheid-en-zelfstandigheid/zelfstandig-en-veilig-wonen/checklist-veilig-en-prettig-thuis-wonen-met-dementie



You can find several examples of useful utensils on the medical devices guide website.

You can also scan the QR code for more information.

W www.hulpmiddelenwijzer.nl



You can find examples and information about technology or (smart) devices on the technology for home website.

At various lending points in The Hague, you can borrow a (smart) device free of charge for 3 months.

This can help you live more safely and independently in your own familiar surroundings.

You can also visit the iZi home to find out which devices could support you in this regard.

More information can be found at the website below.

W www.technologievoorthuis.nl

You can also scan the QR code for more information.



6.3 Household help

Keeping your home clean and liveable can take a lot of energy. Household help can help you with this if you can no longer do this (all) yourself.

You can hire household help yourself.

But you can also apply for household help via the Social Support Act (WMO) or the Long-Term Care Act (WLZ).

You can apply for help through the WMO via the municipality where you live.

You can apply for help from the WLZ at the Centrum Indicatiestelling Zorg (CIZ).

A dementia case manager or district nurse can help you apply for household help.

If you get household help via the WMO or the WLZ, you pay a co-payment.

The co-payment is calculated by the CAK.

You can find more information via the website or via the QR code.

W www.hetcak.nl



Contact details of the municipalities

Municipality of The Hague

T 14 070

W www.denhaag.nl/nl/zorg-en-ondersteuning/ondersteuning-bij-uw-huishouden



Municipality of Leidschendam - Voorburg

T 14 070

W www.lv.nl/huishoudelijke-ondersteuning



Municipality of Rijswijk

T 14 070

W www.rijswijk.nl/hulp-bij-wonen-en-gezondheid



Municipality of Wassenaar

T 14 070

W www.wassenaar.nl/wet-maatschappelijke-ondersteuning-wmo



6.4 Meaningful activities

There are various activities and outings organised for people with dementia who are still living independently.

You can participate in these if you need, for instance:

- more structure;
- more guidance;
- a meaningful daytime activity;
- contact with peers.

Day care, daytime activities or day treatment

Day care and daytime activities focus on sociability and relaxation.

For example, participants cook together, drink coffee, enjoy meals and play games.

With day treatment, not only is there time for activities, but it may also include time for your medical treatment.

Specialist carers and nurses are available for day treatment.

Individual guidance

With individual guidance, a counsellor will be assigned to you.

You will receive this guidance in your home.

Among other things, this counsellor can help you with:

- getting to appointments;
- playing games together;
- visiting family and friends;
- cooking together;
- exercising together.

Applications for day care, daytime activities, day treatment or individual guidance

Day care, daytime activities or day treatment is arranged through the Social Support Act (WMO) or the Long-Term Care Act (WLZ) based on the home situation.

How to apply for help from the WMO or WLZ can be found on pages 9 and 10.

You can ask your dementia case manager, district nurse or other caregiver for help with the application.

Day care, daytime activities or day treatment locations in the Haaglanden region

A care farm is a form of daytime activity.

You are invited to help out on a farm.

For more information, visit the website or scan the QR code.



W www.zorgboerenzuidholland.nl

In the Haaglanden region, the following organisations offering day care, daytime activities or day treatment are affiliated with the Dementia Network Haaglanden:

Amarosa

T 070 512 32 00

E info@amarosa.nl

Cardia

T 070 800 88 88

E klantenbureau@cardia.nl

Dovida Den Haag

T 070 345 71 50

E info.denhaag@dovida.nl

Dovida Zuid-Holland Midden

T 085 876 87 94

E info.zhm@dovida.nl

Evita Zorg

T 070 314 16 00

E info@evitazorg.nl

Florence

T 070 413 10 00

E info@florence.nl

Haagse Wijk- en Woonzorg

T 070 379 50 00

E info@hwwzorg.nl

Mr. I.E. Visserhuis

T 070 314 38 00

W www.jbc.visserhuis.nl



Respect Zorggroep
T 070 306 91 70
E info@respectzorg.nl

Stichting Johannahuis
T 070 512 45 00
E info@vanommerenpark.nl

Stichting Eykenburg
T 070 750 70 00
E info@eykenburg.nl

WoonZorgcentra Haaglanden
T 070 756 16 00
E klantenservice@wzh.nl

Saffier
E info@saffiergroep.nl
T 0800 7233 437

Sleepover course week Better at Home with Dementia

The sleepover course week is designed for people with dementia and their carers, during which a lot is learned about dementia. You will stay with five other couples in a luxury guest farmhouse. You will have your own room and bathroom here.

This sleepover course week consists of five course days from Monday to Friday.

Professionals will teach you about, for example:

- the course of the disease;
- what to expect when living with dementia;
- tips on how to live independently for as long as possible.

You can find more information about the programme and cost of the sleepover course week via the website below.



You can also scan the QR code.

W www.transmuralezorg.nl/projecten/beter-thuis-met-dementie

Easy way to meet others

Every municipality offers various opportunities for people with dementia and their loved ones to meet up.

Here they can share experiences and support each other.

Alzheimer's cafés or Alzheimer Trefpunt (Meeting Point)

At the Alzheimer's Café, people with dementia and their families and friends come together.

There is also an Alzheimer Trefpunt, for people with dementia from migrant backgrounds.

You can come here to ask questions, share experiences and connect with others going through the same thing as you.

The meeting starts with a lecture or interview with people involved.

Afterwards, attendees can share experiences, tips and ideas.

W www.alzheimer-nederland.nl/regios/alzheimer-haaglanden

You can scan the QR code for a list of Alzheimer Cafés and Meeting Points in your area.



Haags Ontmoeten

Haags Ontmoeten is a place in the neighbourhood where all elderly people living in The Hague independently with their informal carers can walk in freely every week.

You can get information, help and support here.

People with early signs of dementia are also welcome.

It is a place to meet, share experiences and relax.

You can enjoy something to eat or drink, play games, do memory training and/or take part in a variety of other activities.

Some Haags Ontmoeten locations focus on specific target groups, for example for people from the same cultural background.

W www.haagsontmoeten.nl

For more information and/or a location near you, please scan the QR code.



6.5 Welfare and volunteer organisations

Welfare organisations

Wijkz is a Hague-based welfare organisation that is happy to help you with questions about informal care, getting older, living safely independently and everything that comes with it.

Senior care consultants can help you look for solutions that fit your situation.

Among other things, they can help you with questions about:

- Information, advice and solutions to live independently for as long as possible
- Making social contacts
- Activities and facilities in the neighbourhood that meet your needs
- Help with administration and finances
- Contributing ideas on arranging (home) care, so you get the care you need
- Meal and shopping services
- Transport (and assistance) to take you to appointments or for other necessary trips
- Volunteer work

You can contact the Servicepunt XL with your questions. For more information on the Servicepunt XL, see page 32.

Wijkz

T 070 205 22 22

W www.wijkz.nl

W www.haagsesenioren.nl

Other welfare organisations in the Haaglanden region

Stichting Maatschappelijke

Ondersteuning Wassenaar

T 070 511 22 26

W www.smowassenaar.nl

Welzijn Rijswijk

T 070 757 92 00

W www.welzijn-rijswijk.nl



Welzijn Scheveningen

T 070 416 20 20

W www.welzijnscheveningen.nl

Woej Leidschendam-Voorburg

T 070 205 47 50

W www.woej.nl

Volunteer organisations

There are several volunteer organisations that can help you and your loved ones.

You can find various volunteer organisations through your local council's social map (more information on page 33).

Buddy Network is a volunteer organisation affiliated with the Dementia Network Haaglanden.

Buddy Network

Buddy Network is an organisation that uses volunteers.

If you have early signs of dementia, you can be paired with a 'buddy'.

A buddy can help you by, for example:

- lending a sympathetic ear;
- having good conversations with you;
- walking with you;
- going on outings with you.

A buddy will visit you regularly for about a year.

You agree with your buddy how often he or she will visit you.

This could be once a week or once every fortnight.

Your carer can then take some time for themselves and unwind.

Buddy Network operates in the municipality of The Hague and Leidschendam - Voorburg.

You can find more information via the website.

You can also scan the QR code.

W www.buddynetwork.nl



6.6 Transport

Driving a car or motorbike with dementia

If you have been diagnosed with dementia and you want to continue driving a car or motorbike, you must declare the diagnosis to the CBR.

CBR will then invite you for a driving test.

You can find more information on the CBR website.

You can also scan the QR code.

W www.cbr.nl/nl/rijbewijs-houden/nl/hoe-kan-ik-rijden-met/dementie/kan-ik-autorijden-met-dementie



Transport from the Social Support Act (WMO)

If you are less mobile due to illness or old age, there are options available to help you to continue using transport.

Support for this can be arranged by the WMO.

More information can be found on your municipality's website.

Municipality of The Hague

T 14 070

W www.denhaag.nl/nl/zorg-en-ondersteuning/vervoer-voor-ouderen-en-mensen-met-een-beperking/



Municipality of Leidschendam - Voorburg

T 14 070

W www.lv.nl/vervoer-en-mobiel-blijven



Municipality of Rijswijk

T 14 070

W www.rijswijk.nl/wmo



Municipality of Wassenaar

T 14 070

W www.wassenaar.nl/ondersteuning-en-hulp-vanuit-de-wmo



7. Informal care

If your partner, relative or friend has dementia, you may feel the desire to care for them.

When you do this long-term and unpaid, it is called informal care.

Informal care can be challenging and may cause you to feel overburdened.

You may also have questions and want to connect with other informal carers.

This feeling is completely normal.

There are various facilities to support informal carers.

7.1 Informal care support

Alzheimer's cafés, Alzheimer Trefpunt and Haags Ontmoeten

You can go to an Alzheimer's café, Alzheimer's Trefpunt or a Haags Ontmoeten location in The Hague.

On page 27, you can read more about Alzheimer's cafés, the Alzheimer's Trefpunt and Haags Ontmoeten.

Servicepunt XL

At the Servicepunt XL, you can ask a variety of questions.

The Servicepunt XL has several locations spread across the city of The Hague.

A staff member from the service point can help you with these.

For example, you can get help with:

- finding activities and services in your neighbourhood;
- finding volunteer work;
- administration and finances;
- use of the computer;
- filling in (online) forms;
- information and advice for informal carers;
- applying for grants and benefits;
- WMO notification.

W www.servicepuntxl.nl

You can find more information about Servicepunt XL via the website.

You can also scan the QR code.



Social map

The social map clearly outlines the available activities, support and care options.

Below you will find the social map for each municipality.

Municipality of The Hague

W www.socialekaartdenhaag.nl

You can also scan the QR code.



Municipality of Leidschendam - Voorburg

W www.socialekaartlv.nl

You can also scan the QR code.



Municipality of Rijswijk

W www.digitale-sociale-kaart.nl/rijswijk

You can also scan the QR code.



Municipality of Wassenaar

W www.digitale-sociale-kaart.nl/wassenaar

You can also scan the QR code.



DementieLijn

You can contact the DementieLijn hotline for questions and advice.

These could be questions about caring for a loved one or advice in a difficult situation.

You can call toll-free seven days a week at the phone number below.

T 0800 5088

W www.dementie.nl/dementielijn

More information can be found at the website above.

You can also scan the QR code.



Informal care assistant

An informal care assistant is a professional who helps informal caregivers with various coordinating tasks, for example:

- Around care;
- Around finance;
- Around housing;
- Around combining work and informal care.

The informal care assistant can help you avoid becoming burnt out.

An informal care assistant is reimbursed in many cases:

- Via your supplementary health insurance;
- Via the Social Support Act (WMO) through the municipality;
- Through your employer.

Check with your health insurer, municipality or employer.

W www.bmzm.nl

More information on informal care assistants can be found via the website above.

You can also scan the QR code.



MantelzorgNL

MantelzorgNL is a national association where you can get a lot of information about informal care.

W www.mantelzorg.nl

More information can be found at the website above.

You can also scan the QR code.



7.2 Respite care

In respite care, someone else temporarily takes over the informal care from the caregiver.

The caregiver can choose this if, for example:

- He/ she wants a night out;
- He/ she wants a weekend away;
- it gets too much for him/her for a while.

Respite care is also called substitute care.

Various care providers can help you and the caregiver apply for respite care, for example:

- your case manager;
- your district nurse;
- the elder-care worker at a welfare organisation (see page 28).

Types of respite care

There are different types of respite care.

Which respite care you get depends on what you want and need.

Day care or daytime activities

This means your care responsibilities are taken over for a day or half day.

Professional supervision is available at the day care or daytime activities centres.

Creative activities are often organised.

You can arrange day care or daytime activities under:

- the Social Support Act (WMO) through the municipality;
- the Long-Term Care Act (WLZ) through your healthcare provider.

Overnight care

This involves the person with dementia staying at a guest house, care hotel, host family or nursing home.

Care is thus temporarily taken over from you.

You can arrange overnight care under:

- the Social Support Act (WMO) through the municipality;
- the Long-Term Care Act (WLZ) through your healthcare provider.

Attendance care

With attendance care, a volunteer comes to the home.

Care is thus provided at home.

You can then have a day out or go on holiday.

You can buy attendance care privately, or you can arrange it through:

- your supplementary health insurance;
- the Long-term Care Act (WLZ) through your healthcare provider;
- volunteer organisations, such as Buddy Netwerk (see page 29).

Light form of respite care

In this form of respite care, a volunteer supports you with care tasks.

For example, you can do an activity together with your loved one and a volunteer.

You can arrange this form of respite care:

- via volunteer organisations, such as Buddy Netwerk;
- via the elder-care worker at welfare organisations, such as Wijkz.

Costs

The costs of respite care can vary.

This depends on the referral you have.

Referrals are explained in chapter 4 from page 10 to 12.

Sometimes you pay a deductible or a statutory co-payment.

If you use respite care through a volunteer organisation, you often only pay for costs incurred by the volunteer, such as travel expenses.

It is important to find out what costs you will have to pay yourself so that there are no surprises.

Respite care in the Haaglanden region

For the possibilities in your municipality, contact the municipality or find more information via the website.

Municipality of The Hague

T 14 070

W www.denhaag.nl

You can scan the QR code for respite care options in The Hague.



Municipality of Leidschendam - Voorburg

T 14 070

W www.lv.nl/hulp-voor-mantelzorgers

You can scan the QR code for more information on informal care and respite care in Leidschendam - Voorburg.



Municipality of Rijswijk

T 14 070

W www.rijswijk.nl/mantelzorg

You can scan the QR code for more information on informal care and respite care in Rijswijk.



Municipality of Wassenaar

T 14 070

W www.wassenaar.nl/ondersteuning-voor-mantelzorgers

You can scan the QR code for more information on informal and respite care in Wassenaar.



8. When living at home is no longer possible

You may no longer be able to live at home because the care becomes too difficult or because it is no longer safe.

You can opt for a nursing home at that point.

You should take into account any waiting time.

Types of nursing homes

There are different types of nursing homes:

- large-scale nursing homes;
- small-scale nursing homes.

It is important to discuss your wishes with your family and friends.

You can also discuss these wishes with your case manager.

At a large-scale nursing home:

- you usually have your own room with bathroom;
- there is often an activity room where you can take part in activities;
- less family involvement is needed;
- there are more rules you need to follow;
- you can usually get up, go to the toilet and go to bed by yourself if you want to;
- with the caregivers, you can discuss what your wishes and needs are. This is written down in a care plan.

At a small-scale nursing home:

- there is a homely common room and you have your own bedroom;
- pets are sometimes allowed;
- family and friends are usually expected to take an active part;
- there are usually no general facilities, such as a restaurant.

Arranging the move to a nursing home

Your case manager can help you arrange the move to a nursing home.

Before you can move into a nursing home, you must be assessed by the Centrum Indicatiestelling Zorg (CIZ).

Usually, a family member or friend completes a questionnaire together with your case manager.

Based on this information, you will be given a care profile.

This care profile is required to register you with a nursing home.

The CIZ will notify whether you are eligible to live in a nursing home within six weeks.

If this is the case, you can be registered at a nursing home of your choice.

You will then be invited for a preparatory meeting as soon as possible to make sure the move goes smoothly.

Note that some nursing homes have a waiting list.

Impact of moving to a nursing home

Moving to a nursing home can have a big impact on you and your family and friends.

You may experience fear, misunderstanding and/or resistance when deciding that you must move.

It is important to talk about the move and that it be explained why it is better to move to a nursing home.

The case manager can help with these conversations.

Costs

For living in a nursing home, you have to pay a co-payment. You can calculate this co-payment via the CAK. You can find more information via the website or via the QR code.

W www.hetcak.nl



More information

You can find more information about the move to a nursing home on the website of Alzheimer Nederland.

You can scan the QR code to visit the website.



Nursing homes in the Haaglanden region

In the Haaglanden region, the following healthcare organisations with one or more nursing homes are members of the Dementia Network Haaglanden:

Amarosa

T 070 512 32 00

E zorgbemiddeling@amarosa.nl

W www.amarosa.nl

Oldael

T 070 530 05 30

E info@oldael.nl

W www.oldael.nl

Cardia

T 070 338 46 00

E info@cardia.nl

W www.cardia.nl

Mr. L.E. Visserhuis

T 070 314 38 00

W www.jbc-visserhuis.nl

Florence

T 070 413 10 00

E info@florence-zorg.nl

W www.florence.nl

Respect Zorggroep

T 070 306 91 70

E info@respectzorggroep.nl

W www.respectzorggroep.nl

HWW zorg

T 070 379 50 00

E klantenservice@hwwzorg.nl

W www.hwwzorg.nl

Saffier

T 0800 7233 437

E info@saffiergroep.nl

W www.saffiergroep.nl



Stichting Eykenburg

T 070 750 70 00

E info@eykenburg.nl

W www.eykenburg.nl

WoonZorgcentra Haaglanden

T 070 756 16 00

E klantenservice@wzh.nl

W www.wzh.nl

Stichting Johannahuis

T 070 512 45 00

E info@vanommerenpark.nl

W www.vanommerenpark.nl

Private nursing homes

For a private nursing home, you usually do not need a care referral.

Here, you often have your own flat where you can live with your partner.

You pay the costs of living in a private nursing home yourself, including expenses such as:

- the rent;
- the meals;
- the cleaning of your flat;
- laundry.

In the Haaglanden region, the organisation below is a member of the Dementia Network Haaglanden:

Martha Flora

T 070 204 38 77

E info@marthaflora.nl

W www.marthaflora.nl

You can find a private nursing home near you via your municipality's social map (page 33).

9. The final stage of life

With dementia, you deteriorate over time and lose more and more functions.

It is therefore recommended that you think about the final stage of life at an early point.

For example, you can:

- Write down your wishes and needs in a living will and/or advance directive or ADRT (advance decision to refuse treatment).
- Think and talk about which treatments you do or do not want.

Your wishes and needs

If you are diagnosed with dementia, it is important to let your friends, family and carers know what your wishes and needs are. So they can then take these into account.

You can write down these wishes and needs in a booklet.

That way, you don't have to tell people over and over again.

The booklet 'Talking about forgetting'

The booklet 'Talking about forgetting' was created especially for this purpose.

The booklet will help you think about what is important to you.

You do not have to fill in the booklet from front to back.

You can fill in the parts you think are important at your own pace.

You can read more information on the Talking about Forgetting website.

You can also order the booklet here.

You can also scan the QR code to visit the website

W www.sprekenoververgeten.nl



Conversation tool for talking about later stages of life with dementia

The conversation tool is designed to help you with questions about the later stages of life.

Sample questions are provided in the conversation tool.

You can answer these questions together with your family or friends.

The link below will take you to the website where the conversation tool can be found.

You can also scan the QR code.

W www.ukonnetwerk.nl/tools/gesprekshulp-de-laterere-levensfase-bij-dementie



Health problems and treatments

In the final stage of dementia, a number of health problems are more common.

You can be treated for these to minimise your discomfort.

It is important to think in advance about which treatments you do and do not want.

Things to think about:

- Do you want to be hospitalised or not?
- Do you want to be treated or not?
- Do you want surgery or not?
- Do you want to be resuscitated or not?

You can discuss these questions with your family, friends and caregivers and write down your wishes.

Information guide for people who will not get better

The Palliative Care Network has prepared an information guide for people who will not get better.

This guide contains detailed information on what to expect at this stage.

This information guide can be requested free of charge at info@transmuralezorg.nl



10. Care (and aftercare) for informal carers

When you lose a loved one, the world stands still.
What often remains is the feeling that nothing matters anymore.
Grieving is important to get on with life.
Everyone grieves in their own way and at their own pace.
Sometimes that takes more energy than you have.
Sometimes you have doubts and need help.

More information

In the brochure 'Looking out for Carers' from the LUMC, you can find more information for anyone caring for someone else.

W www.oogvoornaasten.nl



11. Other information

11.1 Dementia in specific target groups

Early-onset dementia

In the Netherlands, we have about 15,000 people under the age of 65 with dementia.

It is often difficult to diagnose in this group and often remains unclear for a long time.

Would you like more information on early-onset dementia?

You can find more information about this on the website.

You can also scan the QR code.

W www.florence.nl/aandoeningen/dementie-op-jonge-leeftijd



Dementia in people with intellectual disabilities

Dementia can also occur in people with intellectual disabilities.

This dementia is very similar to dementia in people without intellectual disabilities, but there are also differences.

You can read more information at the website below.

You can also scan the QR code.

W <https://www.kennispleingehandicaptensector.nl/tips-tools/tools/brochure-dementie-bij-mensen-met-een-vb>



Dementia in people with a psychiatric history

People with psychiatric disorders are more likely to develop dementia.

Conversely, people with dementia often also experience psychiatric problems, such as:

- Depression;
- Anxiety;
- Hallucinations;
- Delusions.

In addition, some psychiatric conditions may show symptoms similar to those of dementia, such as problems with memory and planning.
So, there is a lot of overlap between dementia and psychiatric disorders.

In the Haaglanden region, Parnassia's Geriatrics Team provides specialist help to people with a combination of dementia and psychiatric issues.
You may be referred to this team through your GP for further support.

You can find more information on the website or you can scan the QR code.

[W www.parnassia.nl/onze-hulp/psychische-klachten/dementie](http://www.parnassia.nl/onze-hulp/psychische-klachten/dementie)



11.2 Misunderstood behaviour in dementia

Approximately 80-90% of people with dementia exhibit misunderstood behaviour sooner or later.

Misunderstood behaviour in dementia can manifest itself in things like agitation, anger, or withdrawal.

This behaviour is often a response to confusion, anxiety or frustration experienced by people with dementia.

It can also arise from a need that cannot be expressed clearly, such as pain, discomfort, or the need for more structure or intimacy.

It is important to respond patiently and empathetically, and to try to understand what is behind the behaviour.

Parnassia's Geriatrics Team can help you understand this behaviour and work together to find a solution.

You may be referred to this team through your GP for further support.

You can find more information on the website or you can scan the QR code.

[W www.parnassia.nl/onze-hulp/psychische-klachten/dementie](http://www.parnassia.nl/onze-hulp/psychische-klachten/dementie)



Dementia can change your relationship with your partner.

The way you are intimate with each other may also change.

With or without dementia: touching and loving each other remains important.

You can find more information on changing relationships, intimacy and sexuality via the website below.

You can also scan the QR code.

[W www.dementie.nl/samen-leven-met-dementie/veranderende-relaties/intimiteit-en-seksualiteit](http://www.dementie.nl/samen-leven-met-dementie/veranderende-relaties/intimiteit-en-seksualiteit)



11.3 Appointment of protector, administrator or curator

Sometimes people are no longer able to make the right decisions for themselves, for example about money matters or personal care.

The court may appoint a protector, administrator or curator in such cases.

Protector

People with dementia who are unable to make good decisions about their care and well-being themselves may be appointed a protector.

For example, this protector helps with:

- Discussions about care and the care plan;
- Adherence to the agreements;
- Taking decisions about care, nursing, treatment and supervision;
- Contact with care providers, care organisations, etc.

You can find more information about the appointment of a protector via the website below.

You can also scan the QR code.

W www.rechtspraak.nl/Onderwerpen/Mentorschap



Administrator

An administrator helps people with their money matters if they cannot manage them themselves.

They can help you if you are in debt, for example.

The administrator can be a family member or friend, or a professional administrator.

You can find more information on administration through the website below.

You can also scan the QR code.

W www.rechtspraak.nl/Onderwerpen/Bewind



Curator

Curatorship is for people who can no longer manage their own money and personal affairs by themselves.

Curatorship can be used when the appointment of a protector and/or administrator is not enough.

You will be given a curator in that case.

The curator must give permission about actions you want to take, such as:

- Money matters
- Personal care, such as nursing care

You can find more information on curatorship by visiting the website below.

You can also scan the QR code.

W www.rechtspraak.nl/Onderwerpen/Curatele



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This information guide can be ordered free of charge at info@transmuralezorg.nl



Vereniging
Transmurale
Zorg sterk in
verbinden

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