

Alzheimer Scotland East Lothian & National Services



Advice and Information

National Dementia Advisor Service

Telephone: **0300 373 5774**

Email: ndas@alzscot.org

Our National Dementia Advisor Service is wholly funded by Alzheimer Scotland from the generous donations and fundraising activities of our thousands of supporters. The service aims to provide a responsive, high-quality information, advice and advocacy service relating to all aspects of brain health and dementia.

If you are:

- worried about your brain health
- worried that you or someone close to you may have dementia
- a person with dementia
- caring for someone with dementia

Alzheimer Scotland's team of highly skilled Dementia Advisors are here for you.

Our National Dementia Advisor Service can provide information and advice about:

- dementia
- caring for someone with dementia
- the rights of people with dementia and carers
- support available in your area
- navigating health and social care systems and accessing support
- complaints processes and challenging decisions
- issues arising with hospital admission, visiting and discharge
- issues relating to Power of Attorney and Guardianship and other relevant legal matters
- paying for care
- benefits and money issues
- human rights and equality issues
- information about brain health and risk reduction
- keeping safe in the community
- participating in dementia research

The service is available Monday to Friday, 9am-5pm. Outside these hours you will be given the option to leave your details for a call back from the National Dementia Advisor Service on the next working day, or to be connected to our 24-hour Freephone Dementia Helpline (0808 808 3000).

East Lothian Dementia Advisor

Alzheimer Scotland's East Lothian Dementia Advisor is a point of contact for people with dementia and their families at any time that you have a question or concern and require information and advice about any aspect of living with the condition. Support can be provided by phone, email, or in person.

Michael Huddleston – 0131 654 1114 / 07831859490 / mhuddleston@alzscot.org

Post Diagnostic Support Link Workers

The Scottish Government has guaranteed that every person newly diagnosed with dementia will be offered a minimum of a year's support from a named and trained person*. In East Lothian, our Post Diagnostic Support Link Workers are part of the Psychiatry of Older Age East Lothian team.

They can: help you understand the illness and manage your symptoms; support you to keep up your community connections and make new ones; identify opportunities for you to meet other people with dementia and their partners and families; help you plan for future legal and financial decisions; and help you plan for your future support and care needs.

*Referrals for this service must be made by a Health or Social Care professional.

<https://www.alzscot.org/living-with-dementia/newly-diagnosed/accessing-post-diagnostic-support>

Community Groups

D'Cafés

- **Dunbar** (The Dunbar Town House, 1st Monday of the month, 2.00-3.30pm)
- **Musselburgh** (St Andrews High Church, 1st Wednesday of the month, 10.30-12.00pm)
- **Tranent** (The Fraser Centre, 2nd Wednesday of the month, 2.00-3.30pm)
- **Prestonpans** (Prestonpans Community Centre, 4th Thursday of the month, 2.00-3.30pm)

****Owing to a clash of activities at the venue this group will START on WEDNESDAY 24th APRIL. From May onwards the group will be on the 4th Thursday of the month****

D'Cafés are for people living with dementia and their families. They are an opportunity to meet others in a similar situation, to make connections and develop friendships, and to support and learn from one another as well as Alzheimer Scotland staff and volunteers. The first half hour is spent together, as a whole group, taking refreshments, and getting to know each other. We then split into an activities group and facilitated carer support group for the remaining hour.

Outdoor Activity Groups

- **Dunbar Clifftop Trail** (Mondays, weekly, 10.30-12.00)
- **Archerfield, Dirleton** (Thursdays, fortnightly, 10.30-12.00)

Outdoor Activity Groups are for people living with dementia. Family and carers are welcome but generally take the opportunity for a break. They are a great way to meet others in a similar situation at the same time as enjoying the natural world and benefitting from some gentle exercise.

For further information about our local community groups, please contact:

Michael Huddleston – 0131 654 1114 or mhuddleston@alzscot.org

Digital and Online

Digital Champion

Your local Alzheimer Scotland's East Lothian "Digital Champion" can be contacted to discuss a range of technology-enabled approaches – including GPS locators, simplified remote controls, and movement activated lighting – to support you to live well with dementia, and help care for a person with the condition.

Michael Huddleston – 0131 654 1114 / mhuddleston@alzscot.org

Meet ADAM

ADAM is a platform to help you find the right pieces of technology at the right time. Families and carers have told us that they would like to try using digital products and services to look after their health and wellbeing but worry about making the wrong choices or don't have time to go looking for something that will work. We wanted to make things easier: <https://www.meetadam.co.uk/>

Alzheimer Scotland Information Library

Alzheimer Scotland's website hosts a library of accessible information to help you understand more about dementia symptoms, develop strategies to adapt and cope, and learn about a range of other, related resources. To read and download material, please visit: <https://www.alzscot.org/our-work/dementia-support/information-sheets>

Safeguarding

Purple Alert

Purple Alert is a missing persons mobile app for people with dementia that allows the community to help if someone with dementia is missing. The free app allows the main carer to share information regarding the missing person at the point of crisis and allows for eyes and ears on the ground immediately helping with the search. For more information and to download the app, visit: <https://www.alzscot.org/purplealert>

Herbert Protocol (Police Scotland)

The Herbert Protocol is a form recording information on a person who is at risk of going missing and it's referred to by the Police when there is a missing occurrence for that person. Having the Herbert Protocol to hand when your loved one is missing could speed up the search and mean you don't have to struggle recalling information when you are stressed. You could share a copy of the Herbert Protocol with others in the family and care team.

For more information and to download the form, visit:

<https://www.scotland.police.uk/what-s-happening/missing-persons/the-herbert-protocol/>

Campaigning

Scottish Dementia Working Group (SDWG)

SDWG are a group run by people with dementia and funded by Alzheimer Scotland and the Scottish Government. They operate independently as a national involvement group led by and for people with dementia within Alzheimer Scotland. They have an elected committee and dedicated members of staff who support the group's campaigning work. To find out more visit:

<https://www.alzscot.org/our-work/campaigning-for-change/have-your-say/scottish-dementia-working-group>

And to become a member:

<https://www.alzscot.org/our-work/campaigning-for-change/have-your-say/scottish-dementia-working-group/become-a-sdwg-member>

National Dementia Carers Action Network (NDCAN)

Alzheimer Scotland's National Dementia Carers Action Network (NDCAN) is a national campaigning and awareness raising group for carers of people with dementia. They have a general membership which meet twice a year and a committee that meets quarterly. Each year the group decide on the priorities that NDCAN will work on for the coming year. To find out more visit:

<https://www.alzscot.org/our-work/campaigning-for-change/have-your-say/national-dementia-carers-action-network>

And to become a member:

<https://www.alzscot.org/our-work/campaigning-for-change/have-your-say/national-dementia-carers-action-network/become-a-ndcan-member>

Brain Health Scotland

(Hosted and supported by Alzheimer Scotland)

We now understand a great deal more about what impacts our brain health than we did even ten years ago. For example, it is widely known that, for most people, the diseases that lead to dementia start in midlife. The onset of these diseases is driven by many factors – some of which we can't change, such as family history and genetics, but many of which we can, such as our lifestyle.

Brain Health Scotland's mission is to inspire and empower everyone in Scotland to protect their brain health and reduce their risk of diseases that lead to dementia.

To find out more and get involved visit: <https://www.brainhealth.scot/>

Research

Alzheimer Scotland is committed to three areas of research: *Prevent Now. Care Today. Cure Tomorrow*. Thanks to the latest studies, we are learning more than ever about not only dementia as an illness and what is most important when it comes to care, support, and quality of life, but also what can be done to help prevent dementia: in our aim to ultimately, finding a cure.

Dementia research is open to everyone over the age of 18 – and there are lots of ways you can get involved. To find out more visit: <https://www.alzscot.org/our-work/research/participating-in-dementia-research>

Other useful resources

Playlist for Life

Playlist for Life is a music and dementia charity. Their vision is simple: for everyone with dementia to have a unique, personalised playlist and everyone who loves or cares for them to know how to use it.

Alzheimer Scotland Mid and East Lothian is a Playlist for Life "Help Point". We can support you to develop a playlist of personalised, meaningful music that can reduce anxiety, improve your mood, make difficult tasks more manageable, and evoke memories that can help families and carers connect.

For more information and resources: <https://www.playlistforlife.org.uk/>

Scottish Book Trust – "Reading is Caring"

The Scottish Book Trust are a national charity that believes books, reading and writing have the power to change lives. Their free "Reading is Caring" workshops provide the knowledge and tools needed to share reading with someone living with dementia.

Reading is Caring has been proven to provide a consistent, connective activity for family, friends, and professional carers to use at every stage of the dementia journey.

In one-on-one and small group workshops, the Reading is Caring team explores the experiences and interests of you and the person you care for to tailor sessions and build your confidence. Together, you'll develop storytelling skills and gather specific reading materials, pictures, objects, and other sensory items to use in your shared reading.

For more information: <https://www.scottishbooktrust.com/reading-and-stories/reading-is-caring>

Fundraising and Donations

As Scotland's leading dementia charity, Alzheimer Scotland need to raise £20,000 every single day to provide vital support for people with dementia, their families, and carers across the country. Fundraising for us means that together we can make sure nobody faces dementia alone. And what's more, every single penny you raise will stay in Scotland.

To donate, please visit our local Just Giving page:

<https://www.justgiving.com/fundraising/alzscot-fundraising-edinburgh-mid-east-lothian>

Or, to find out other ways in which you could fundraise, visit:

<https://www.alzscot.org/support-us/fundraise-for-us>

Or call to speak to our fundraising team: 0131 243 1453

Website: <https://www.alzscot.org/>

Twitter: @alzscot

Facebook: @alzheimerscotland

