

More Information

Alzheimer Scotland has a card for people with dementia to use to help other people understand what they can do to help. You can show this to transport staff as well as in shops etc.



Travelling Safely with Dementia

24 HOUR
Dementia
Helpline
Freephone 0808 808 3000
Email helpline@alzscot.org

You can find out more information on any aspect of dementia by phoning the Alzheimer Scotland free 24 hour Helpline on 0808 808 3000 or visit www.alzscot.org for more information.



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Introduction

As people with dementia ourselves, we wanted to find ways to travel with confidence and to share these with others across Scotland. The original group started with two objectives:

1. to produce a booklet on tips and strategies when travelling on public transport,
2. to use the booklet to raise awareness amongst the public and transport staff alike.

This will be version 4 of our booklet which has been updated - including the title, the photographs of our Transport Group and the new Chair of the Transport Group!

Feedback from our original booklet was very positive and there was a lot of interest from the transport sector. This spurred us on to produce a short film. We applied to The Life Changes Trust for funding which we gratefully received. I would like to say a huge thank you to the Trust for their support. I would also like to thank Hee Haw Productions for their hard work in making the film and supporting our group throughout the process. At this point Nancy McAdam stepped down as the Chair but remained in our group. Nancy was an excellent and motivated leader, and is a much loved and respected colleague.

My name is Carol Ovenstone, current Chair of the Transport Group, and I have the task of maintaining an enthusiastic, motivated and hard working group. Thank you to the transport group members for all the work they did being filmed for our Travelling Safely with Dementia film, which demonstrates the tips and strategies you can read about in the Booklet. A link to the film can be found via our website www.sdwg.org.uk

Once again we need feedback as your opinion matters. Please email sdwg@alzscot.org with your comments.

One of our aims is to ask everyone to become Dementia Friendly by becoming a Dementia Friend. The on-line link is: www.dementiafriendsscotland.org or contact your nearest Dementia Resource Centre to arrange an information session with a Dementia Advisor. You can find out more by visiting the Alzheimer Scotland website at www.alzscot.org

After all, dementia is everyone's business. We hope you enjoy both the Booklet and the film, and would like to wish you all good luck Travelling Safely With Dementia.

Carol Ovenstone
SDWG Transport Group
Chair
July 2016

The views in this Booklet are those of the Scottish Dementia Working Group's transport sub-group



By car



We recognise that travelling as a passenger in a car may cause anxiety for a person with dementia, particularly for those people who used to drive. The most important thing is to feel comfortable.

Solutions:

- Recognise this anxiety and talk to the person about what would work best for them.
- The person may prefer to sit in the back seat rather than the front.

By taxi



It may be useful to tell the taxi driver that you have dementia and are therefore relying on them to get you to your destination. If possible, use a taxi firm that you know and trust.

Solutions:

- A contrasting colour blanket on the seat of the taxi will help mark out where the seat begins and help with balance.
- If you are using a taxi firm as part of a user group or organisation, make sure they are dementia friendly.
- Keep £20 and the number of a taxi firm with you when you go out in case you need help to get home.

By train



Travelling by train can be confusing especially at peak times.

Solutions:

- You can use assisted travel when travelling with ScotRail. When buying your ticket in advance, ask for personal assistance on the day and this will be put in place.
- Look for the support staff at stations in the high visibility jackets. They should be able to help you whether you have pre-requested personal assistance or not.
- You may be entitled to a Disabled Person's Railcard. Find out more about this by phoning 0845 605 0525 (7am – 10pm Monday to Sunday) or email: disability@atoc.org

By bus



- Contact your Local Authority to see if there is a Dial-a-Bus scheme in your area. These buses will take you to specific places, such as shops, and bring you home again.
- If you are disabled or over 60 you can apply for a Scottish Citizen's National Entitlement Card which will allow you travel free in Scotland.

You can pick up an application form from the Post Office or speak to your Local Authority concessionary travel unit.

- Some regions use the Thistle Assistance Card to help anyone who has a difficulty in using public transport. It will tell the bus driver about any extra help you may need during your journey. Ask your local council if they supply the card as it's not available everywhere.

By underground (Glasgow)



- If you are uncomfortable standing on the open platform, try standing near the stairs until your train arrives but don't block other people's access.
- At peak times in the main stations there are support staff in high visibility jackets who can help you.
- If you miss your stop you can get off at the next station and ask for help to go back a stop.

If you are not confident doing this, you can stay on the train as it will come back round to your stop in about 25 minutes.

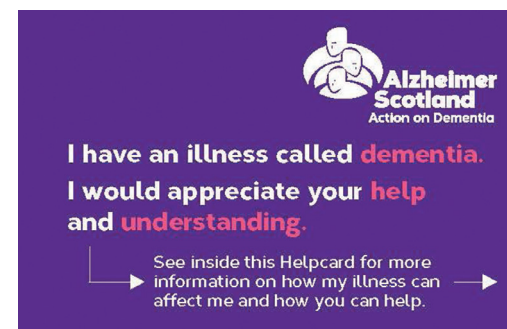
By ferry



It may be useful to write down where you want to travel to.

You could show staff the Alzheimer Scotland Dementia Helpcard so that staff can help you with the timetable and with boarding the ferry.

Helpcards are available from the Dementia Helpline on 0808 808 3000.



By air



Flying can be a stressful time for anyone. If you are travelling by air, plan your journey well, allowing plenty of time to arrive and check in, but also make sure you can make any transfers comfortably.

Solutions:

- You can request assisted travel in airports. Let airport staff know why you are requesting assistance.
- If you require assistance you will need to give at least 48 hours' notice.

Alzheimer Scotland has more detailed information on travel and on holidays at www.alzscot.org

Signposting



There are lots of initiatives happening locally like Dial-A-Journey, Shopmobility, the Blue Badge Scheme and Taxicard so it is worth finding out more from your Local Authority. To find out more about community transport across Scotland, go to the Community Transport Association website at www.ctauk.org and click on In your area.

The Scottish Dementia Working Group is a member of the Community Transport Association.

This leaflet

This leaflet was produced by members of the Scottish Dementia Working Group, the independent voice of people with dementia within Alzheimer Scotland. We would appreciate your feedback on how useful this leaflet has been or what else we could have included.

Get in touch by email at sdwg@alzscot.org or by telephone on 0141 418 3939. Find out more about us at www.sdwg.org.uk