

Winter 2013 – Issue 81 £1.50 (Free to members)

Dementia in Scotland

Alzheimer Scotland
Action on Dementia



Volunteer boost for Fife
'Alzheimer University'
builds international links
OT students take up the
dementia challenge
Photo special: Scottish
Dementia Awards and Staff
and Volunteer Awards

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Dear members, colleagues and supporters,

We often cover significant and substantial policy news relating to our work in Scotland. Quite rightly, dementia policy in Scotland is recognised internationally as being ground-breaking and leading edge. However, on 11 December a meeting on dementia research will take place between health ministers from the G8 countries (USA, Canada, Russia, Japan, France, Italy, Germany and the UK). This is a unique opportunity to tackle dementia on a global scale. It is a giant step towards finding a means of prevention, effective treatment, and improving care and support for those with dementia.

The UK Government is chairing the G8 Summit and I would like to acknowledge the campaigning efforts of our colleagues in the Alzheimer's Society who have had much to do with this becoming such a high priority

'Our awards celebrated the outstanding achievements of our staff and volunteers throughout the year.'

for the UK Government. Alzheimer Scotland has also played a significant role within both Alzheimer Europe and Alzheimer's Disease International to help influence this global awareness of dementia. All our members, past and present, all our campaigners and all our supporters should be extremely proud of this moment.

Alzheimer organisations throughout the G8 have joined to argue in a joint letter that it will take concerted and sustained action from world leaders to tackle dementia. The key message is that the G8 must:

- commit to meaningful, shared steps to drive forward dementia research;
- agree to a collaborative global action plan; and
- make significant investment in dementia research to attract, develop and retain the best scientists, clinicians and care professionals.

Members of the Scottish Dementia Research Consortium, some of whom are world leaders in their field, must be given a seat at the table and a chance to influence the overall direction of UK research.

Scotland's National Dementia Awards

It was a great privilege for me to chair the second National Dementia Awards celebrating World Alzheimer's Day. There were just under 100 entries for these awards, each of them demonstrating a commitment and desire to deliver the best possible care and support for people with dementia and their families. It is extremely heartening to learn about this level of dedication and the quality of innovative practice that we are capable of delivering in Scotland. It was also an honour to present, on behalf of our partners, a Lifetime Achievement Award to Agnes Houston, whose herculean campaigning efforts on behalf of the Scottish Dementia Working Group are quite simply remarkable. You can read more about the awards on pages 12 and 13.



Henry Simmons,
Chief Executive, Alzheimer
Scotland

Alzheimer Scotland AGM and conference

On 1 November over 200 staff, members, volunteers and branch representatives gathered in Edinburgh for our own AGM and conference. You can read more about this in the following pages, but I want to share my appreciation to all those who made this such a wonderful event. It included our own award ceremony for outstanding achievements throughout the year and recognised the efforts of people like quilter Ann Hill.

We know we face many challenges every day providing support services and campaigning for the rights of people with dementia. But the desire and commitment from everyone gathered in that room makes it clear to me that together we can, and we will, make sure that Alzheimer Scotland leads the way in improving the lives, support and services for everyone living with dementia, and their families, partners and carers.

Henry Simmons

New DVD helps people with dementia 'Take Charge'

On 23 September we launched a new DVD called 'Taking Charge'. This introduces the pioneering concept of self-directed support (SDS), which gives people with dementia the right to choose and create their own support packages. The launch took place at the Thistle Hotel in Glasgow as part of our Self-Directed Support – Getting Creative! conference.

SDS puts people with dementia in control of the support they receive. They get their own personal budget to choose and buy the care they want. For instance, someone who loves golf but has stopped playing since they were diagnosed with dementia could pay a trained companion to take them for a round of golf each week.

The DVD features three people with dementia who are using SDS. It shows how they have benefited from this new approach to care. The families featured in the DVD also took part in a presentation at the Getting Creative! conference. They shared their experiences of how they are using SDS and the difference it has made to their quality of life.

SDS is based on the principles of independent living and equal citizenship. The aim is to give people more choice, control and flexibility about the care and support they receive. Although it isn't yet available to everyone who currently receives care, it's becoming more widespread. If you have dementia, or care for someone with dementia, you can contact your local council to see if you're eligible.

Self-directed support is designed to give people with dementia and their families more choices. It's a great opportunity to make care more relevant and personal. Up until now, only a small number of people with dementia have taken advantage of SDS. We hope that our new 'Taking Charge' DVD will encourage more people to use it.

'Taking Charge' is now available through our local services. If you would like a copy, please email info@alzscot.org or phone 0131 243 1453.



Taking the healthy path

Paths for All is a Scottish charity that supports the national walking for health network. It funds over 130 projects in local communities, enabling more people to experience the benefits of walking. A health walk is a local, low level, volunteer-led walk, lasting no more than an hour and suitable for all abilities.

Physical activity has been linked to improved quality of life and physical and mental health for people with dementia. Walking is an ideal way to incorporate exercise into our daily routines. Joining a Walking for Health group also provides opportunities to meet new people and visit

supporting people with dementia to develop community connections, and at the same time take physical exercise, both of which are extremely important to their wellbeing. I can see, even after a few weeks, how much they are enjoying being part of the group.'

Gayle gave the volunteer walk leaders a short training session before the walks started to make sure the walks were safe and enjoyable for all. They are open to everyone in the community and the existing walkers have been supportive and encouraging, welcoming the new recruits into the group. A new Pitlochry health walk group has recently started up and is also

'A health walk is a local, volunteer-led walk, lasting no more than an hour and suitable for all abilities'

new places, as well as being beneficial to health and wellbeing. There are Walking for Health groups across Scotland, giving people with dementia and their carers opportunities to enjoy the benefits of being active outside.

Stride for Life is a Walking for Health project based in Perth & Kinross. It works with people from Murray Royal Hospital in Perth who have been diagnosed with early stage dementia. The project was set up by Gayle Thomson and Anne Gray, Dementia Link Workers at the hospital. People who have participated in the volunteer led walks at North Muirton have enjoyed the opportunity to get out in their local area, make new friends and become more active. Anne explains: 'The Stride for Life walking group is

hoping to involve people with dementia. Colin Melville, the Project Coordinator says: 'The partnership has worked really well in supporting the needs of local communities by bringing new walkers into the walking group. The group has really made the new walkers feel welcome and for the people with dementia it has been a great way to get out and about in a comfortable environment. It's also given them the chance to meet new people and the opportunity to improve their health and wellbeing.'

There is a network of Walking for Health projects across Scotland. If you would like to join a walk in your community, become a volunteer walk leader or just find out more, please visit www.pathsforall.org.uk.

Keith FC kit features new Football Memories League logo

Highland League side Keith have become the first professional side to support Alzheimer Scotland's Football Memories League by carrying the logo on their kit. The new sky blue away kit was worn for the first time in the match against Forres Mechanics on 19 October and also appears on the home maroon kit. The tie-in with Football Memories came through Keith stalwart Charlie Craig who was one of the first volunteers for the project at Pittodrie. The Pittodrie group has three separate 'teams' in the league and is one of the most successful groups in the country.

The Football Memories League is helping people with dementia by reviving memories of players, matches, goals and incidents from football matches in their younger days. It is a joint project between

Alzheimer Scotland and the Scottish Football Museum at Hampden Park. The website www.footballmemories.org.uk has seen contributions of stories from footballers, rock stars, film actors, journalists, politicians and ordinary supporters all across the country.



Making connections in dementia



After his talk, Henry opened the floor to questions from the audience. One member pointed out that the model Henry had described was not just a way of treating someone affected by dementia, but 'just an ethical way to treat [anyone]'.

Other speakers included Dementia Advisor Jane Maskelyne; Alison Groat from NHS Dumfries & Galloway; and Fiona Robertson, Senior Occupational Therapist, NHS Lothian.

Following the event, we spoke to a few students from the audience. Moira McLeod, who is studying a post-graduate degree in occupational therapy said: 'I have some personal experience with dementia, my grandpa had dementia, but that was a few years ago. I didn't have any knowledge about what was happening in the background in terms of all the policies.'

Alzheimer Scotland has been working closely with QMU to find ways in which students can gain more experience working within dementia care. As a result, we have created a new 8-week internship

programme which will begin in February 2014 at our Fife service in Kirkcaldy.

Chris Cousins and Mairi Ferrier, two second-year OT students, were accepted into the internship programme earlier in the year. They expressed how excited they are to get started:

Chris: 'Mairi and I were looking forward to today to hear a bit more about what we will be doing and what can be done to help people with dementia.'

Mairi: 'It was really interesting to see how Alzheimer Scotland fits in with our role as occupational therapists and how we can work together.'

Speaking about our 5 and 8 Pillar Models, Chris also said: 'It is a very clear pathway. It fits in with our own OT assessment that we would do.'

'Person-centred support focuses on what the person wants. Knowing the person can help ensure they receive the best care possible.'

On 8 October our 'Memory Bus' travelled to Queen Margaret University (QMU) in Edinburgh. Our visit included special talks aimed at the university's occupational therapy (OT) students about the important role they will play in caring for people with dementia both now and in the future.

The Memory Bus is one of our two mobile information units. They travel all around Scotland providing information and advice, and raising awareness of dementia in our local communities.

The purpose of the day was to help students develop a better understanding of the importance of person-centred support for people with dementia, their carers and families – both in their professional and personal roles.

Person-centred support focuses on what the person wants. It is about getting to know their personality and life history to help understand why they do or say particular

things. Knowing the person can help ensure they receive the best care possible.

The event included a workshop with talks from professionals working in dementia care. Our Chief Executive, Henry Simmons, talked to the 200 OT students about our educational framework and how important the students are to the mission of tackling dementia. He started his talk by expressing how 'wonderful it was to speak to people at the start of their careers'. He described how dementia is 'not just a Scottish problem, but a global problem'.

Henry continued his talk by introducing our 5 and 8 Pillar models of support. He highlighted the challenges we face and how the lack of funding for research threatens the progress we can make in combating dementia. However, he emphasised his belief in the role of occupational therapists by saying: 'You are it. Human intervention is the key to treating [dementia] now'.

'The day helped students understand the importance of person-centred support for people with dementia, their carers and families.'



Memory Walk 2013

On 21 September we held our flagship Memory Walk event, which was part of the World Alzheimer's Day celebrations. We were keen to hold the event on World Alzheimer's Day to help raise awareness of dementia and its effect on individuals and their families.

This year's event took place at Dalkeith Country Park, just outside Edinburgh and attracted 295 walkers, an increase on last year. Many taking part were people living with dementia; we also had people walking in honour of family and friends affected by the disease.

One of the walkers was Christopher Laurie from Bonnyrigg in Midlothian. Christopher has been supporting Alzheimer Scotland ever since his late mother was diagnosed with dementia in her early 50s. He completed the 5.6km walk with his wife Suzanne and daughter Francesca.

Afterwards he told us how much they enjoyed the event: 'We had a great time at Alzheimer Scotland's Memory Walk. We were walking in memory of my mum, Avril, so as well as enjoying the event, it was quite an emotional day for us. We fully understand the impact the disease has on

families and carers and we wanted to do our bit to raise some money and awareness by doing the Memory Walk.'

Popular attractions on the day of the Memory Walk included a display of vintage cars from Ecosse Classic Wedding Cars, vintage hair and beauty make-overs by Boombarbers & Glamcandy, as well as face painting, arts and crafts, a bouncy castle and a popular home baking stall.

At the last count, the money raised from the day stood at £25,500, smashing 2012's £21,000 total. Money raised by the event will be funding projects supporting people with dementia and their families in communities across Scotland, such as our Dementia Advisors and Dementia Nurses, the Alzheimer Scotland Dementia Research Centre and our freephone Dementia Helpline.

For more information, or to take part in next year's walk, please visit our website – www.alzscot.org – where you can find a whole range of events on offer.

'We were walking in memory of my mum, Avril, so as well as enjoying the event, it was quite an emotional day for us.'

Over £25,000 raised!



First for Forth Valley Royal Hospital

Forth Valley Royal Hospital (FVRH) was recently inspected by Healthcare Improvement Scotland and passed with flying colours! The inspection body was particularly impressed by the hospital's care of older patients. Inspectors highlighted the great leadership displayed by nurses, but what they were most impressed by was their practice of making sure that the patients come first:

'We saw warm, caring and meaningful interactions between staff and patients. Patient care was carried out in a way that maintained patient dignity and was compassionate and respectful.'

Audrey Melrose, Alzheimer Scotland's Dementia Nurse for NHS Forth Valley, believes that the achievement is down to the 'positive culture' promoted throughout the hospital:

'We have a very good management team in place who have energetically promoted person-centred care. They remind us that we are only here for the patient so that staff – at all levels – can carry out that simple philosophy very well.'

'We saw warm, caring and meaningful interactions between staff and patients. Care was compassionate and respectful.'

FVRH was also praised for introducing dementia friendly clocks. These display the day, date and month as well as the time on a large, clear clock face. They are highly visible and easy to read, helping people who have dementia to be more orientated and keep track of time. Recently they have also introduced new signage, including 'tent signs'. These portable tent-shaped signs politely tell people where they are in the hospital and each patient is provided with one on their table.

Audrey, who helped pioneer the project, said this was only possible thanks to the skilled staff they have at Forth Valley, in particular their Dementia Champions.

'Our Dementia Champions are great. They help promote new ideas to increase the level of care provided to patients.'

Since 2010, Alzheimer Scotland has supported over 400 people to become Dementia Champions all over the country. They are helping to ensure that people with dementia receive the best quality care.



A great deal of support from Irvine Trades

Over recent years Irvine Incorporated Trades has donated several thousand pounds to Alzheimer Scotland Irvine Service. This has enabled the service to provide many social outings and activities, keeping people with dementia connected to their local communities. The latest donation of £250 will be used to buy some new furniture for the day care bungalow based in Ayrshire Central Hospital. Service Manager, Marie Thomson, said the continued support from the Incorporated Trades has been magnificent and is very much appreciated. The Trades have made charitable donations in excess of £260,000 since the 1960s with Alzheimer Scotland benefiting many times from the charitable work of all those involved.

Wedding favours

More and more couples are choosing to remember a loved one by giving their wedding guests a meaningful keepsake of their special day in the form of one of our wedding favours. Each pack of favours comes with five of our 'Forget Me Not' pin badges and five small cards with the words: 'A donation has been made on your behalf to Alzheimer Scotland to celebrate this special occasion'. Newly-weds, Gordon and Claire Carrie (pictured below) used the favours at their wedding in August this year. 'We ordered them way back in May 2012 and we got married on 24 August 2013. On the wedding day many people commented on the favours and it was the best possible way to honour the memory of Claire's grandmother. We were proud to have them.' You can purchase our wedding favours and many more items from our online shop: www.alzscot.org/shop.



Ladies Lunch 2014

Gather the girls together on Sunday 9 March 2014 and treat yourself to a fantastic day out while supporting Scotland's leading dementia charity. Be entertained by Still Game's funny woman Jane McCarry (who plays Isa) while enjoying a glass of bubbly, a delicious two course lunch, on-site shopping, the chance to win exciting prizes and lots more! Plus if you book before 31 December you will benefit from our Early Bird Discount of only £45pp or £430 for a table of 10. The full price is £50pp or £480 for a table for 10. For more information and to book please call 0845 260 0789.

Challenge Scotland winter events

If you're looking for a Christmas themed fundraising opportunity to enjoy with all the family then this is the event for you! Challenge Scotland offers not one but five different events including the Christmas Walk and Run, The Santa Toddle and the Buggy Run. There is also Santa's Grotto and a children's fun fair so it's the perfect event to warm you up this winter! To find out more and register please visit www.alzscot.org



Follow us on Facebook and Twitter:



What a difference a year makes!

Alzheimer Scotland's Fife Service is celebrating having recruited over 20 new volunteers in just one year. A little over 12 months ago, Fife was fortunate to receive funding to employ a part-time Volunteer Co-ordinator. The successful candidate was Lynette Johnstone, who began her 16 hour-a-week post last August. She was given the goal of recruiting 20 new volunteers and smashed through her target. The volunteers are helping in the new Fife Dementia Resource Centre in Kirkcaldy, as well as in the wider community.

The new post has been a learning curve for both Lynette and the rest of the staff team. However, she has successfully recruited new volunteers, provided training and found appropriate roles for them.

As well as creating welcome packs for the new recruits, Lynette has also provided them with regular support. She has created a volunteer agreement which has been adopted by Alzheimer Scotland across the whole organisation. She also produces newsletters and organises social events. Volunteers are asked to provide feedback

about their volunteer experience and the social events to ensure they are enjoying their time within the team.

These volunteers have become an integral part of the 'Meet on a Monday' group, which has a rolling programme of activities. These include a weekly craft group, coffee club and football reminiscence group. Several volunteers have also assisted in fundraising events and others help out weekly with administrative tasks.

The input of all volunteers is invaluable to the Fife service which hopes to obtain further funding to continue the Volunteer Co-ordinator post.

For more information on the range of services and support provided by Alzheimer Scotland, please visit 'Our services & support' on our website – www.alzscot.org.

The volunteers are helping in the new Fife Dementia Resource Centre in Kirkcaldy, as well as in the wider community.'



Far left: Lynette with volunteer Helen preparing packs.

Left: Volunteers Ian & Liz with staff member Liz from the Football Reminiscence Group (centre).

Chris's 36-hour non-stop golf fundraiser

Chris Colville from Broxburn recently played golf non-stop for 36 hours to raise funds for Alzheimer Scotland. He completed 11 rounds and covered an incredible 55 miles, raising nearly £3,700 in the process. Chris's granda has recently been diagnosed with dementia. 'I wanted to give something back to the charity that helps hundreds of people with dementia every day. I decided to take on a tremendous challenge to show my granda how much he means to me. It turned out to be even harder than I could imagine. For the majority of the first day I faced winds of 30 miles an hour. During the day when the sun came out I received a bit more than a golfer's tan, turning bright red! It was worth it though and I'm delighted with the total raised.'



Winners of Scotland's Dementia Awards 2013

Scotland's Dementia Awards 2013 took place on 19 September with an impressive ceremony held at Hampden Stadium in Glasgow. Just under 100 nominations were received for this year's awards, which made the job of choosing winners in the six categories particularly difficult.

The awards are a partnership between Alzheimer Scotland, NHS Education for Scotland, NHS Health Scotland and the Scottish Social Services Council. They are held to mark World Alzheimer's Day, which takes place on 21 September. They recognise people and professionals who are committed to enhancing the health, wellbeing and experience of people with dementia. They also showcase the creativity, innovation and dedication that makes a real difference to the daily lives of people living with dementia and their families.

A huge variety of innovative and exciting projects were nominated, with a shortlist of three projects drawn up for each of the six categories. You can view videos featuring each of the six winners at <http://dementiascotland.org/scotlands-dementia-awards/> and follow the link to '2013 winners'.



During the ceremony, a Lifetime Achievement award was also presented to Agnes Houston from Coatbridge. Agnes was recognised for her years of campaigning and service to the Scottish Dementia Working Group. We would like to pass on our sincere congratulations to Agnes for this well-deserved recognition of her work.



Best acute care initiative. Winner: **ASSET – NHS Lanarkshire**, for their work providing hospital care within people's own homes, addressing their acute care needs in a setting where they feel comfortable.



Best dementia friendly community initiative. Winner: **Dementia Everyone's Business! – North Lanarkshire Partnership**. Their hard work earned Motherwell the title of Scotland's first dementia friendly town.



Best innovation in continuing care. Winner: **Strive Intergenerational Befriending Project**. 43 young volunteers providing over 700 hours of befriending to people living with dementia.



Best educational initiative. Winner: **Preparing the nurses of the future – University of the West of Scotland**. Awarded for their nursing programme, which focuses on understanding each patient.



Best community support initiative. Winner: **Taking Charge – Alzheimer Scotland**. Awarded for their promotion of self-directed support, which gives people living with dementia more control over their own care.



Most innovative partnership. Winner: **VisitWoods – Woodland Trust Scotland**. Working in partnership with Dementia Adventure to enable people with dementia to access woodlands and other green spaces.



Forging strong ideas in the steel town

The town of Motherwell in North Lanarkshire is famous for its football team and its rich industrial heritage. Recently, however, the steel town has been able to add a new accolade to its name.

Earlier this year, Motherwell became Scotland's first ever officially recognised dementia friendly town. This is a result of the great work that is being done in the town as part of the national Reshaping Care for Older People (RCOP) programme. It is bringing together different organisations to provide the best joined-up care for people with dementia by working in partnership.

Motherwell's pioneering project has not only attracted interest at home, but also from across the North Sea in the Norwegian town of Moss. The coastal town, situated about 36 miles south of Oslo, once famous in Norway for its paper mill factories, shares an industrial past with Motherwell.

Mayor of Moss, Tage Pettersen, recently travelled to Scotland with a national TV crew on a fact-finding mission to learn more from Motherwell's dementia initiative. Impressed with Motherwell's achievements, Mayor Pettersen explained some of the problems they face back in Norway: 'We don't have a strong organisation like Alzheimer Scotland which tackles concerns about dementia.'

'Since his return to Norway, Mayor Pettersen has introduced many of the dementia-friendly initiatives he saw in Motherwell.'

There is so much we can learn from the example set here.'

While on his visit, Mayor Pettersen was able to see, first-hand, the work that is being done in Motherwell: 'What impressed me most was how the volunteers worked together with the people from the shopping centre, the football team and the all the public employees.'

Since his return to Norway, Mayor Pettersen has introduced many of the dementia-friendly initiatives he saw in Motherwell. He has provided opportunities for shop workers to learn more about dementia, which will help them provide better service for customers living with dementia. He has made connections with Moss's football clubs to introduce dementia friendly policies, similar to that of Motherwell Football Club's.

Mayor Pettersen is hoping to use what he has learned from Motherwell to forge a similar strong framework, both locally in Moss and beyond – 'The goal is that we will be the first dementia friendly town here in Norway, and that more cities will follow.'



Provost Jim Robertson (North Lanarkshire) and Mayor Tage Pettersen (Moss)

Letter from Ghana

Jan Killeen, former Director of Policy at Alzheimer Scotland, travelled to Ghana in September where she is working with Alzheimer Ghana. Jan is helping them to raise funds and provide extra services for people with dementia. Here's an update on her work:

'Alzheimer Ghana is based about 25 miles from the city of Accra in a small place called Afiena. My first two weeks were spent with the Dey family who started up Alzheimer Ghana just over a year ago. Alzheimer Ghana has no funding at all and the small office they have rented is paid for with their own money. They were robbed of the two computers they had purchased when thieves broke into the back window on Thursday. We are making an appeal to Alzheimer's Disease International to provide some basics until our fundraising strategy is implemented and providing returns.

'Meantime, progress is being made in building collaborations and identifying individuals who may be able to help, and producing a development plan. I am here for an initial three months up until 1st December and plan to return after Christmas. Hopefully by that time we will have some building blocks in place and able to move on but time goes fast. We are keen to develop a sustainable dementia helpline; currently it is one person's mobile phone! There is a good website (www.alzheimersgh.org), but with limited information.

'Because this country is so vast and difficult to get around, a helpline seems to be the best way of



reaching people – cell phones and calls are very cheap. However, our model in Scotland won't work as well because it depends on land lines which are not common here. We are about to develop a proposal for a feasibility study, hopefully through ADI to be sponsored by a company such as Vodafone, which is very large here.

I'll keep in touch. All best wishes, Jan

Inca-redible journey

Two of our long-term supporters have returned from a successful fundraising trip in Peru. Sandra Dalzell from Oldmeldrum and her elder sister, Shirlee McDonald, from Dyce walked for 11 days to complete the Inca Trail. This momentous effort was in memory of their mother, Hilda who died in 2010 after living with dementia for 11 years. She and her husband, Sandy, were cared for by Shirlee at her home. Shirlee has experience in caring for people with dementia having previously worked at Kingseat Hospital and Cornhill in Aberdeen. Before their walk, both sisters had to undergo a 16 week training schedule for endurance and walking at altitude while carrying everything they needed for the journey. The total figure raised from their Peruvian adventure stands at £11,000, way beyond their expectations. Hilda's grandson, MSP Mark McDonald was one of the first to offer his congratulations. He himself is a patron of Gordon Dementia Services in Inverurie.

Over £11,000 raised!



Are you entitled to help with council tax?

There are various ways that people affected by dementia can get help with council tax. If you or anyone in your house has a diagnosis of dementia it is a good idea to find out if you are entitled to a council tax exemption, discount or reduction.

Council tax exemption

If you have a diagnosis of dementia and live alone, you could be entitled to a council tax exemption. However, you must also be in receipt of a qualifying benefit such as attendance allowance, disability living allowance (middle or high rate care), personal independence payment (care) or employment and support allowance. To apply you have to ask the council for a severe mental impairment exemption form. Your doctor or consultant needs to complete part of the form to confirm your condition. You also have to

provide the council with evidence of your qualifying benefit.

Council tax discount

If you do not live alone and someone in your household has dementia and receives a qualifying benefit (see above) you could be entitled to a council tax discount. There are two rates of discount; 25% and 50%.

The rate of discount you could be entitled to will depend on how many people live in the house and whether some or all of them can be disregarded as living there for council tax purposes.

- if only one person is regarded as living in the house you are entitled to a 25% discount
- if no one is regarded as living in the house you are entitled to a 50% discount.

The person with dementia who receives a qualifying benefit is disregarded. For this you have to ask the council for a severe mental impairment discount form. A doctor or consultant has to complete part of the form and the council will require evidence of the qualifying benefit.

Carers can be disregarded if:

- they are not the partner of the person with dementia
- they care for the person with dementia for at least 35 hours a week, and
- the person with dementia receives the high rate of attendance allowance, the high rate care component of disability living allowance or the enhanced rate care component of personal independence payment.

To apply for someone to be disregarded as a carer, you have to ask the local authority for a carer's discount form.

Council tax reduction scheme

If you are on a low income you could be entitled to a council tax reduction (CTR). This new scheme was introduced in Scotland from April 2013 to replace council tax benefit.

You can ask your local authority for an application form. You will have to give details of your income and

savings; and that of your partner if you have one. The local authority will calculate any reduction you are entitled to and deduct it from your council tax bill. You will not be entitled to a council tax reduction if you have savings of more than £16,000.

For more information about help with council tax you could contact:

- your local authority
- a citizens advice bureau
- the Dementia Helpline on 0800 808 3000.

Example 1

A man with dementia and his partner are the only people living in the house. The man has low rate attendance allowance and will not count as living there. His partner is the only person regarded as living there (a partner can never be disregarded). A 25% discount is appropriate. A severe mental impairment discount form is required.

Example 2

A lady with dementia and her daughter are the only people living in the house. The lady receives high rate attendance allowance and will not count as living there. If her daughter cares for her for at least 35 hours per week she can also be disregarded and a 50% discount is appropriate. A severe mental impairment discount form and a carer's discount form are required.

'If someone in your household has been diagnosed with dementia, you may be entitled to a council tax exemption, discount or reduction'

Scottish Dementia Research Consortium launched

Alzheimer Scotland recently launched an ambitious new project to promote dementia research. Called the Scottish Dementia Research Consortium (SDRC), it brings together scientists from a range of backgrounds. Their goal is to improve the lives of people with dementia by understanding the illness better.

Scientists only have a limited understanding of how dementia affects our brains. By bringing researchers from different areas together, the SDRC hopes to make a real difference to people living with dementia through understanding the illness better.

Dr Peter Connelly is co-chair of the new SDRC. He believes the new network has: 'the potential to build upon the tremendous, but often unheralded strengths Scotland has in the field of dementia research. The reason you do research is essentially to improve the lives of people living with dementia. Our aim is to prevent illness

and translate research into real change and help for people living with dementia.'

The SDRC has over 165 members, based in organisations all over Scotland. These include the universities of Aberdeen, Edinburgh, West of Scotland, Stirling, St Andrews and the University of Highlands and Islands.

The SDRC was launched at the Surgeon's Hall in Edinburgh on Wednesday 28 August by Angiolina Foster, Director of Health and Social Care Integration – Scottish Government.

To find out more about the SDRC, including how to become a member, please email SDRC@alzscot.org or write to SDRC c/o Kirsty Wilson, Alzheimer Scotland, 81 Oxford Street, Glasgow G5 9EP.

'The goal of the SDRC is to improve the lives of people with dementia by understanding the illness better'



Aileen abseils for Alzheimer's

Intrepid Aileen Whiteford has raised almost £900 abseiling from the Penielheugh Monument, near Jedburgh in the Scottish Borders. Aileen is originally from nearby Hawick, where her parents Marjory and John Bryce ran Sandbed Post Office for over 40 years.

'I did the "Drop for Dementia" in memory of my mother, who was a bright and capable lady who sadly developed Alzheimer's disease in her later years. I now live in Garrabost on the Isle of Lewis and travelled 320 miles with members of my family to do the abseil.

'I vividly remember visiting Penielheugh as a young girl and the black and white photo shows me next to the monument in 1955, aged seven. The main photo shows me on the day of the abseil with my four grandchildren. Hopefully this will be a special memory for them.

'I thoroughly enjoyed the experience, in fact the whole day was memorable, even more so with my family supporting me.'

Annual general meeting, staff conference

We held our staff conference and annual general meeting (AGM) at Murrayfield stadium in Edinburgh on 1 November. It was a great success with around 230 people able to attend. There was a packed and varied programme throughout the day which included a selection of workshops. There were also 10 exhibition stands giving members, staff and volunteers background information on services that we provide across Scotland.

Staff conference

The conference was introduced by our President, Lord Stewart Sutherland, who was followed by our Chief Executive, Henry Simmons. Workshops were laid on for staff and members and covered:

- personal outcomes of early stage support and 'Is music the best medicine?'
- policy and practice development
- research
- fundraising and branding.

Each workshop was held twice so that members who were going to the AGM in the morning could go to a workshop in the afternoon and staff could attend two workshops.

The guest speaker in the afternoon was Elaine Hunter, National Allied Health Professionals Consultant, who explained

who AHPs are, what they do, their impact and influence. She summarised by saying they 'help people to live life their way'.

AGM

The AGM is an important annual event that gives our members the chance to hear about the work we have been doing and vote on important issues. We were delighted that 60 members were able to attend – around double the usual number.

Copies of the 2012–13 annual review were handed out and John Laurie, our Convener, referred to the review, which summarises many of our key achievements over the past 12 months. John also highlighted some of his personal memorable moments from the last year. These included:

- our contribution to important policy achievements – in particular getting a guarantee from the government that anyone diagnosed with dementia will receive a minimum of one year's personalised support
- our 8 Pillar Model of support, which is designed to make sure that people with dementia and their carers receive the care and support they need. This is currently being tested and we hope that it will be introduced across Scotland in due course

These facts and figures are taken from our annual review. You can download a copy from our website.



Our work is supported by over 5,000 members

Our dedicated supporters raised over £154,000 through various running events



We raised over £36,000 from Christmas Card sales and an additional £5,500 from merchandise including wedding favours



We welcomed over 1,600 people aboard our two mobile information vehicles

... and annual review

- recruiting an Alzheimer Scotland nurse to work in every NHS board across Scotland. Our nurses are helping to spread best practice across each of these health boards
- successfully increasing the amount of support we provide across Scotland, despite budget cuts from many local authorities. In particular, John talked about the hard work and dedication of our staff who deliver these services
- the range and amount of fundraising that has taken place over the year. Every event is significant, whether it is small or large and no matter how much it raises.

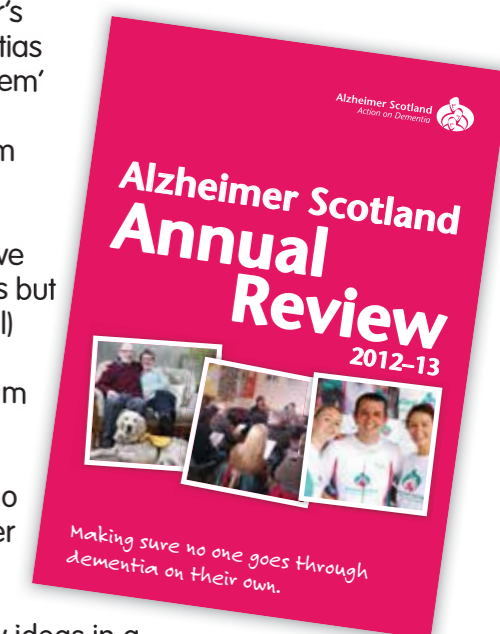
During the AGM a vote was held on updating our Articles of Association (the rules that set out how the organisation is managed). The changes were proposed to ensure Alzheimer Scotland is set up in the best way possible to do its work. The changes were passed with no votes against them. Key changes include:

- the first object and power of the organisation was amended to include the issue of rights and now reads 'to promote the welfare and rights of people

in Scotland with Alzheimer's disease and other dementias and those who care for them'

- a Board of Trustees was approved to take over from the Council and Executive Committee. This Board of Trustees will eventually have no more than 16 members but during the first (transitional) year there will be more
- a Members Advisory Forum was created which will meet as and when it is needed. Any member who wants to can attend. Other people (non-members) can be invited to discuss important issues and new ideas in a workshop format.

During the AGM our audited financial accounts were also approved by a vote, as was the appointment of our auditors. Ian Bell was re-elected as Treasurer, David McClements was elected as Vice Convener and Alan Jacques, Dianne Howieson, Christine Ross and Douglas Philips were re-elected as Trustees.



Staff and Volunteer Awards 2013

Our annual Staff and Volunteer Awards took place on the same day as the AGM. These acknowledge individuals and teams for their achievements in supporting people with dementia. They also highlight the dedication of members of staff and volunteers who have made an exceptional contribution to Alzheimer Scotland's work.

This year an impressive 23 nominations were received. The awards are particularly valuable because nominations are often made by colleagues who want to share their appreciation for someone's work.

Individual staff member

- **exceptional** – Sarah Duff, Service Manager
- **recognised** – Susanne Black, Administrator; and Pat Brodlie, Service Manager

Staff team

- **exceptional** – Derek Oliver and Hilda McCann
- **recognised** – Lanarkshire Services; Dundee Services; Nairn & Ardersier Services

Volunteer individual

- **exceptional** – Marion Carson
- **recognised** – David Noble

Volunteer team

- **exceptional** – Lewis & Harris Branch
- **recognised** – Friends of Angus Services; Aberdeen Football Reminiscence Volunteers; Ross-Shire Young Volunteers

Special Recognition – a one-off award was dedicated to colleague Kris Rodden who sadly passed away earlier this year.

Photo special overleaf



Staff and Volunteer Awards 2013



Pat Brodlie, Susanne Black and Sarah Duff



Ross-Shire Young Volunteers



Catherine Mackenzie, Lewis & Harris Branch with local staff-member Chris MacLeod.



Nairn & Ardersier Services



Lanarkshire Services



Derek Oliver & Hilda McCann

Length of Service Recognition

This award was presented for the first time, recognising those staff who have worked for Alzheimer Scotland for over 15 years. 53 staff qualified for this notable achievement working across all parts of the organisation. Around half were present at the conference and were presented with certificate.



Dundee Services



Marion Carson & David Noble

Lewis and Harris Branch celebrate 25 years with 'Exceptional Volunteer Team' Award

Our Lewis and Harris branch celebrated their 25th anniversary with an Exceptional Team Award. Presenting the award, Henry Simmons said: 'We are delighted to recognise the long-standing dedication and efforts of the Lewis and Harris Branch in supporting people affected by dementia. We rely greatly on the commitment and enthusiasm of our volunteers and members. The branch has worked tirelessly for the past 25 years and is truly inspirational.'

Branch chair Catherine Mackenzie, Vice chair Joan Wallace and Branch secretary Brenda Macleod are original members, which means they have served on the committee for 25 years. The branch was originally set up with support from Mr Kenny MacLennan in 1988. It was instrumental in supporting Alzheimer Scotland to set up their service provision in 1992.

Catherine MacKenzie commented: 'This was a difficult task as dementia services were not as high profile as they are today. I think we work well together as a team; we are all so committed to providing quality support for people with dementia and their carers in the local area.'

Marion MacInnes, Service Manager for Lewis and Harris said, 'I nominated the branch as I felt they deserved recognition for the support they provide locally. All the members volunteer regularly at the Solas day service and the locally-run dementia cafés, which is hugely appreciated.'

The branch committee would like to thank all members and staff (past and present) for their continued support, as well as the local businesses who continue to support their fundraising efforts so generously.

The awards highlight the dedication of staff and volunteers who have made an exceptional contribution to our work.'



Kate Fearnley (Alzheimer Scotland Deputy Chief Executive), Catherine Mackenzie and Maxine Johnston (Regional Manager - Highland, Western Isles & Orkney)



53 of our staff qualified for long service recognition

A 'Night to Remember'

In October we held our Legacy awareness event, A Night to Remember, hosted by the Blythswood Hotel in Glasgow. Guests were invited to hear about the importance of legacies and long-term fundraising. The night also included an auction with opportunities to bid for bespoke art and jewellery, including Alzheimer Scotland commissioned pieces by Scottish artists Alasdair Banks and Andy Peutherer.

The night featured talks from Austin Lafferty, past president of the Law Society of Scotland, who gave advice on how to deal with sensitive subjects including power of attorney. Professor John Starr, from the University of Edinburgh, also talked about present and long-term research developments in the field of dementia and how important funding was to support this.

Angi Inch, a Dementia Advisor, gave a fantastic and heartfelt speech about her funded role within Alzheimer Scotland. She

also gave us an insight into a day in her life of supporting those with a diagnosis and their families.

The auction raised over £650, with bidders from as far as London participating. Alasdair Banks auctioned his piece, Horse with Rider, a bespoke painting he created on the night (right).

This is only the second Legacy awareness event we have hosted, the first being in Edinburgh earlier in the year. So far the response has been extremely positive. We aim to have similar events in other regions over the next 12 months, including Aberdeen and Inverness.



New resources for younger adults with dementia

A new booklet and DVD has been launched aimed at helping younger adults with dementia to live well with their diagnosis. Around 3,200 people in Scotland aged under 65 have dementia. People with early-onset dementia can face particular challenges. They are often still working and may have more financial commitments than older people with the illness.

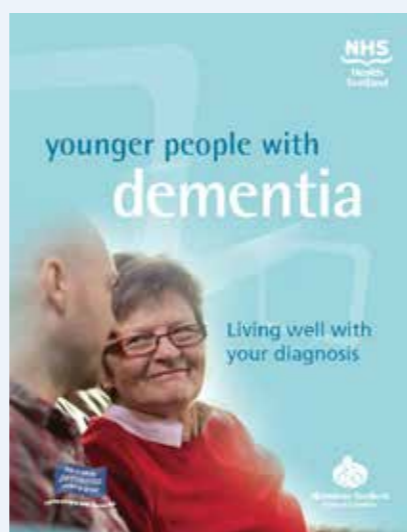
The booklet and accompanying DVD have been produced by NHS Health Scotland, Alzheimer Scotland and the Scottish Dementia Working Group. They tell the story of younger people with dementia and their families who talk about what it feels like to receive a diagnosis and where to go for further support.

Fiona Borrowman, Programme Manager at NHS Health Scotland, said: 'The new booklet and DVD give people with younger onset dementia and their families information to

plan for their future and to live well with their diagnosis.'

Gary Stevenson, Consultant Psychiatrist at Fife Memory Service, said: 'Dementia in younger adults is a relatively rare but important condition. There can be delays in diagnosis and this often leads to frustration both for the person and their families. Getting a diagnosis is a positive step that may allow a better understanding of that person's challenges. These new resources provide age-appropriate guidance and advice, often from people with first-hand experience of these situations.'

You can get hold of a copy of the booklet and DVD by phoning our Freephone Dementia Helpline on 0808 808 3000 or emailing helpline@alzscot.org.



Fundraising diary

January 2014

Saturday 11 January Bupa Great Winter Run, Edinburgh

March 2014

Sunday 2 March Adidas Silverstone Half Marathon

Sunday 9 March Ladies Lunch, Glasgow

April 2014

Sunday 13 April Zipslide across the Clyde

Sunday 13 April Virgin London Marathon

May 2014

Weekends May–October 3 Peaks Challenge Scotland

7–11 May London to Paris Bike Ride

Saturday 10 May Loch Leven Half Marathon

Sunday 11 May Glasgow Women's 10K

13–22 May Conquer the Great Wall of China

Sunday 18 May City of Aberdeen Baker Hughes 10K Race

Sunday 18 May Rotary Club of South Queensferry Forth Rail Abseil

24 & 25 May Edinburgh Marathon Festival (EMF) of Running

Sunday 25 May Bupa London 10k

June 2014

Saturday 14 June Isle of Skye Half Marathon

21 & 22 June Edinburgh Night Ride

Sunday 29 June Rock and Roll Edinburgh Half Marathon

July 2014

Saturday 26 July Glasgow Big Fun Run

Sunday 27 July Edinburgh Big Fun Run

August 2014

15–17 August Ben Nevis Challenge

Saturday 23 August Dundee Abseil

September 2014

Saturday 6 September Scottish Half Marathon

Sunday 7 September Pedal for Scotland

Sunday 7 September Bupa Great North Run

13 & 14 September Thames Path Challenge

27 & 28 September Berlin Marathon

Sunday 28 September Loch Ness Marathon Festival

October 2014

Sunday 19 October Forth Rail Abseil

30 October – 8 November Charity Trek Peru



Alzheimer Scotland organises dozens of fundraising events each year, with something to suit every taste. You can choose from sporting events, abseils, family walks, Ladies Lunches, craft-focused events and many more.

Our fundraising team is on hand to help if you have an idea of your own. They'll provide the expertise to ensure your event goes with a bang.

For more details about any of the events listed here, or for advice on organising your own event, email events@alzscot.org or call 0845 260 0789.

'I ran the Glasgow Woman's 10K for Alzheimer Scotland. I raised over £500. This was for my amazing Nana who I know is deeply proud of me. This is also for all of the people with dementia and their families and to raise awareness.'

Alzheimer University: sharing experiences from around the world

The number of people living with dementia is growing, not just in Scotland, but all around the world. There are many people who provide help and support to this increasing number of people, although we don't always get the opportunity to hear their stories.

Rosie Leavett, Alzheimer Scotland's Seize the Day Project Manager in Aberdeen, recently had the chance to do so, along with Phil and Pat Murray, a couple who have been supported by the project and other Alzheimer Scotland services in the North East since Phil was diagnosed with vascular dementia in 2010. They were invited to take part in the annual three day Alzheimer University run in London each summer by Alzheimer's Disease International (ADI).



ADI is the umbrella organisation of Alzheimer associations all around the world. They currently have 79 members (one member per country). By joining forces, they hope to have more impact than working on their own in their individual countries. The annual Alzheimer University programme is one way in which they do just that.

This year's programme was attended by representatives from Ghana, the Philippines, Namibia, Nicaragua and Nigeria. Rosie described meeting this group of dedicated internationals as 'humbling', and was interested to learn about the kind of barriers they face which do not exist in Scotland.

Limited financial and staff resources are a key problem for a number of these countries, but more shocking are the negative attitudes sometimes associated with dementia. For example, in parts of

Namibia and Nigeria, people with dementia are perceived as being witches possessed by evil spirits. The delegates from Namibia explained that in some cases older people living with undiagnosed dementia have been chained up for almost 20 years. They are currently working on projects that will unshackle these people.

In Nicaragua there are very limited state run mental health services, so people are often reliant on privately run psychological services for support.

Rosie, Phil and Pat were invited to lead a session on the final day on 'Setting up support groups and involving people with dementia'. The session focused on a conversation between Rosie, Phil and Pat on how it had felt to be told as a couple that one of them had dementia, what had helped them cope with this news, and the kind of support and information which continues to help them live as full a life as possible. Phil and Pat's session received a warm response for the audience. One participant said: 'The story of Phil and Pat will forever stay with me'.

'Rosie, Phil and Pat led a session on "Setting up support groups and involving people with dementia"'

Pat commented: 'It shows how much of an impact it makes when the voices of those who have dementia and their carers are heard, and how important that is'.

Rosie, Phil and Pat thoroughly enjoyed the experience and are very grateful to ADI for their invitation. The three days highlighted the fact that dementia is a growing worldwide issue, but that Scotland is seen by many other countries as a model of good practice. The event was also a reminder that Scotland is part of a worldwide community of people all working together to make sure that no one goes through dementia alone.

