

Dementia in Scotland



Winter 2016/17 – Issue 91

A woman with a large, elaborate feathered hat in shades of teal and blue, wearing a dark blue jacket over a tartan dress with white lace detailing at the hem. She is smiling and looking back over her shoulder. The background is a blurred outdoor setting with a black metal fence and greenery.

Game of
Thrones
star unveils
world's first
Alzheimer's
tartan

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Check out the world's first Alzheimer's tartan with Game of Thrones star Kate Dickie.



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Explore the importance of Dementia Link Workers and the Post Diagnostic Support guarantee.



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Find out how your donation to the Alzheimer Scotland Dementia Helpline will help make sure that nobody faces dementia alone this Christmas.

Welcome!

As we come to the end of another year I want to thank you for your support in 2016. From getting behind our campaign to encourage Holyrood candidates to sign the Alzheimer Scotland dementia pledge, to putting dementia on the map during Dementia Awareness Week and to stepping out at our Memory Walks, your support has been invaluable.

On 21 September, World Alzheimer’s Day, it was with enormous pride that we unveiled the world’s first Alzheimer’s inspired tartan. This signature Alzheimer Scotland tartan has been created in recognition of the millions of people worldwide living with dementia and in this edition of the magazine we tell you the story of the tartan, the people it will help and invite you to browse and buy our range of tartan merchandise which will raise much needed funds to support our work. I hope that our tartan will find its way under lots of Christmas trees this year!

We’re expecting the release of the next Scottish National Dementia

Strategy imminently. On p9 Head of Policy, Amy Dalrymple, shares our hopes for its vision for the next three years.

With local elections on the horizon, 2017 is a crucial year and we must make sure that we have strong voices at a local level urging Councillors to implement the promise of a year’s post-diagnostic support (PDS) for every person diagnosed with dementia. On p10-11 we speak to a couple about their experience of receiving this crucial support from an Alzheimer Scotland Dementia Link Worker and flag some concerns about what happens when good PDS isn’t available in every area in Scotland.

I’m also pleased to share with you the great partnership work we’ve been doing with our friends at Glasgow Caledonian University (GCU) and Queen Margaret University (QMU). Both universities are now offering MSc qualifications with dementia at their heart, with GCU looking at a human rights approach to policy, and QMU

focussing on skills for Allied Health Professionals. These courses will drive forward the rights to choice, power, control and high quality care for people living with dementia and their families, and add to the work we’re doing with universities across Scotland.

Finally, this Christmas we’re asking you to donate what you can to support our Dementia Helpline. The festive season can be a difficult time for families living with dementia, and our Freephone Dementia Helpline is open 24 hours a day, each and every day of the year. Find out how your donations make a difference on p34-36.



Henry Simmons
Chief Executive
Alzheimer Scotland



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Meet Elaine Hopley, who will be taking on the mammoth challenge of rowing the Atlantic this winter to raise money for Alzheimer Scotland.

Scotland's leading dementia projects celebrated

This year's search for Scotland's most innovative and ambitious dementia projects is over, with six groups from across the country now crowned as winners in the 2016 Scotland's Dementia Awards at a ceremony held at the Glasgow Marriott Hotel on 22 September.

Now in its fifth year, the awards programme, a partnership between Alzheimer Scotland, NHS Education for Scotland, NHS Health Scotland and the Scottish Social Services Council, recognises and celebrates creative approaches, innovation and best practice in all aspects of information, advice, care and support for people living with dementia.

Attended by Maureen Watt MSP, Minister for Mental Health, the annual event provides a platform to recognise those working in the sector who are committed to developing ground-breaking projects which set out to improve the lives of people living with dementia, their carers and families.

A special lifetime achievement award was presented to Margaret Brown for her outstanding commitment to the field of dementia and mental health care for older people. 61-year-old

Margaret currently lectures and researches at the University of the West of Scotland (UWS). She started nursing in 1976, qualifying as a mental health nurse just over 40 years ago. We spoke to Margaret after the awards.

How did it feel to be nominated for this award?

I was completely taken aback and wondered if a mistake had been made as I feel I have simply been doing a job I love. I have been overwhelmed since by the honour and the kindness of others.

What are the main differences you see in the sphere of dementia practice?

The person with dementia, family and supporters are now front and centre, influencing policy, practice and the future. Additionally the focus on living well with dementia is something that would not have been imagined when I began nursing.

What has been your proudest achievement?

Leading the team at UWS to become the first university in Scotland to integrate the Promoting Excellence

Scotland's Dementia Awards 2016 Winners are:

- > MAC (Meaningful Activity Club) – Best Acute Care Initiative
- > Here 2 Help – Best Community Support Initiative
- > Arora – Best Dementia Friendly Community Initiative
- > Dementia Class in a Bag – Best Educational Initiative
- > Little Art School Trust – Best Innovation in Continuing Care
- > Inch View Care Home & Soil Association Scotland – Most Innovative Partnership
- > Margaret Brown – Lifetime Achievement Award

Read more about the winning projects at www.alzscot.org/sda16

framework and the Dementia Standards into learning and teaching.

I am also deeply proud of all the wonderful nurses I have had a role in educating and mentoring over many years.

What's your hope for the future?

The experience of being diagnosed with dementia needs to be a process, with support before, during and afterwards for the person, family and supporters. There is also a need for support and opportunities to live well, whatever that means to the person.

I would love to see our student nurses actively choose to work in the field of dementia, in practice, research and education, as there is so much more we can learn to support improvement and innovation.

More info

Read the full interview with Margaret at www.alzscot.org/MargaretBrownQ&A



Introducing Caledonia Social Care

Alzheimer Scotland is partnering with Stewartry Care, a successful employee-owned social care operator in Dumfries and Galloway, to launch a new employee owned social enterprise: Caledonia Social Care.

From April 2017 Caledonia Social Care will deliver care at home services, initially in the central belt and west of Scotland. It will have specialist dementia care at its heart and skilled Alzheimer Scotland staff will transfer into the new operation. Being employee owned means that the staff will have an active involvement in how Caledonia Social Care is shaped and how it is run.

This should be good for both the staff and the service users.

Speaking about the plans, Alzheimer Scotland Chief Executive, Henry Simmons, said: "We believe that Stewartry Care, and other employee owned social care organisations, have developed an exceptional model that improves the role and level of ownership of every employee in their organisations".

Margaret Paterson, currently Managing Director of Stewartry Care, will lead Caledonia Social Care. She said: "This is a fantastic opportunity to work in partnership with Alzheimer Scotland to create a new employee

owned company. The company will have employee owners and the people they support and care for at the heart of everything they do.

"Employee ownership is a dynamic business model, well suited to the care sector. It empowers everyone to develop and also to work towards a sustainable future for Caledonia Social Care."

More info

Read more at www.alzscot.org/caledoniasocialcare

Alzheimer Scotland services receive volunteer award

Congratulations to our staff and services in Fife and Highland for winning Volunteer Friendly Awards (VFAs). The VFA is a nationally recognised honour developed by Dundee Volunteer Centre. The VFA rewards organisations who can demonstrate that their volunteer management practice provides effective induction, training, development opportunities, ongoing support and recognition for their volunteers.

The award was presented to Volunteer Co-ordinator Lynette Johnstone at Fife Dementia Resource Centre on 31 March by Michaela Lumley of Fife Voluntary Action. Lynette said: "Our volunteers make an invaluable contribution and they deserve the best possible volunteering experience. The Volunteer Friendly Award was a great opportunity



Lynette Johnstone (right) is presented with the VFA award and certificate.

to take a close look at how we train, manage and support our volunteers." Liz Lindsay, a volunteer at our Fife services, said: "I love it. My father had Alzheimer's and, through the volunteering, I feel I can give that support back to people."

Adele Newlands, Volunteer and Charity Shops Co-ordinator in Inverness, was presented with the Highland award on 12 June. She commented: "Many of our volunteers have been touched personally by dementia; others



Adele Newlands with the VFA certificate

volunteer to enhance their skills and build confidence through helping others. It's really rewarding for us to know that we're creating a high standard of experience for our volunteers."

More info

We're looking for volunteers all over Scotland. Search 'Alzheimer Scotland' on www.volunteerscotland.net to find out what's near you!

Dementia Resource Centre update

Alzheimer Scotland's mission to make dementia visible on Scotland's high streets continued this autumn with the opening of our new Bridgeton Dementia Resource Centre (DRC) in the east end of Glasgow. Situated right on Bridgeton Cross and just a stone's throw from Bridgeton Station, the new centre is perfectly placed to provide services and support to the people of Glasgow.

The Bridgeton DRC was opened on 16 September by Glasgow's Lord Provost Sadie Docherty at a ceremony that saw the centre bustling with people with dementia, their families, carers, staff and volunteers.

The building has been refurbished to include many dementia friendly features and has been purposely designed to offer practical examples and ideas to support independent living for people living with dementia and their families.

Open daily Monday to Friday, the new centre, boasting a dementia friendly café and a fantastic new Day Care Centre, has been designed to provide the people of Glasgow with access to information and advice about dementia. In addition, the DRC will also have local dementia support groups including Carer Support, musical and art groups, Football Memories and support for people living with dementia under the age of 65.

Opening the centre, the Lord Provost said: "It's a privilege to be given the opportunity to officially open this facility for people living with dementia.



It's a condition that affects countless lives and I know that this hub will be greatly appreciated by people living with dementia and those caring for them. It's great news and it's bringing us closer our goal of creating a dementia friendly city."

Henry Simmons, Chief Executive of Alzheimer Scotland, said: "We believe that no-one should have to face dementia alone and by opening a new DRC in Bridgeton we are able to offer much needed information, advice and support to people living and working in the city.

"Alzheimer Scotland would like to extend a warm thank you to everyone who has made this opening a reality

– the generosity of our supporters is what makes our vital work across the country possible."

Karen Lau, whose partner Frani is supported by the Centre, said: "I'm really pleased that this new Centre has opened in Glasgow. We've visited the Centre a few times now and it's really friendly with a wonderful café area. Alzheimer Scotland has been a great support to Frani and I, both for the peer support and for the carers' support for myself. This new Centre means that even more people like us will be able to get support across the city and use the resource as they need it and that's just fantastic."



More info

To find out more about Bridgeton DRC services and support, call 0141 429 6428 or email glasgowservices@alzscot.org

Coming up:

Look out for our new Stranraer Dementia Resource Centre opening in February.

Unleashing the potential: celebrating 100 AHP practice placements

Elaine Hunter, National Allied Health Professions Consultant at Alzheimer Scotland, explains how great student placements are showing people the real benefits of a career in dementia care.

An important part of my role at Alzheimer Scotland is to shape good practice placement experiences for Allied Health Professional (AHP) students. Positive placement experiences can influence future career choices and philosophical approaches to work for those in the AHP professions such as Occupational Therapists, Physiotherapists and Speech and Language Therapists.

Together with my colleague Adrienne McDermid-Thomas, we set out to develop attractive and rewarding practice placement experiences for AHP students, with input from Alzheimer Scotland staff and services and partners in local AHP services and universities across Scotland.

And here is the good news! Since we started this work in 2013, Alzheimer Scotland has offered over 100 AHP

experiences, more than trebling our target of 30!

Experiences range from visits to our resource centres, to eight-week full time placements with our dementia advisors, or part-time placements with our day services over three months. We have also offered eight AHP internship opportunities in partnership with Santander universities and Queen Margaret University. Looking to the future, we're keen to establish an AHP volunteer programme within Alzheimer Scotland, so watch this space.

I'll leave you with some reflections on the benefits of Alzheimer Scotland AHP placements from Nicola Walker, an Alzheimer Scotland AHP Student in 2015. Nicola said: "I have had the opportunity to work in the community with many lovely people, carers and families from various cultural



backgrounds; I feel that I have increased my own knowledge and understanding of dementia and my personal experience of working with people living well with dementia, their families and carers. I feel better equipped to help people access appropriate services."

Alzheimer Scotland annual review published

The 2015-16 annual review is now available online at www.alzscot.org/annualreview. The annual review takes a look at the work we have been involved in over the past year and gives us a chance to highlight some of our achievements and the challenges we have faced as an organisation, as well as giving you an insight into our plans for the year to come.

If you would like to order a printed copy of our annual review you can do so by contacting Nicole Nayar on 0131 243 1476 or email nnayar@alzscot.org



BBC Scotland – Your Memories and Rem Arc

Throughout Dementia Awareness Week we worked closely with the BBC in Scotland to create content for television, radio and their website. In collaboration with the University of the West of Scotland, two interactive, online, tools for people with dementia and their carers were created: Your Memories and Rem Arc, both of which are available to use online at www.bbc.co.uk/dementia

Your Memories uses a person's basic information (name and date of birth) and interests to create an interactive online 'memory book', which travels through different periods of the person's life showing key events.

Rem Arc (Reminiscence Archive) uses images, audio or video based around a specific theme or decade, from the BBC archive, for reminiscence therapy.

Both of these tools can be a great way to start interesting conversations and reminiscence around key events and memories in the life with the person with dementia.



Putting a human rights approach to dementia at the heart of learning

A key step towards making sure that people with dementia are treated with respect and dignity in every facet of their life is to ensure that their human rights are upheld. This means that we need to change the way that society thinks and acts on dementia. An important part of achieving this is to build a human rights approach into our learning systems.

Alzheimer Scotland has been working with academics at Glasgow Caledonian University (GCU) and Queen Margaret University (QMU) to build Master of Science (MSc) degrees that put a human rights approach at the heart of the courses from policy to practice.

QMU's School of Health Sciences is delivering an MSc module which aims to instil a rights based approach in health practitioners. Now in its second year, 'Developing Rights Based Practice for Allied Health Professionals working with people living with dementia, their families & carers' is delivered in conjunction with Alzheimer Scotland. The module takes key concepts from the charter of rights for people with dementia and shows how these can be applied in a range of Allied

Health Professional (AHP) working environments.

Included in the course are sessions delivered by Alzheimer Scotland Chief Executive Henry Simmons, the Scottish Dementia Working Group and Alzheimer Scotland National AHP Consultant Elaine Hunter. The sessions cover the current policy context, person centred practice and how to lead change in AHP services. The National Dementia Carers Action Network is also involved in the assessment process for the module.

Beginning this year, Alzheimer Scotland and GCU have developed an exciting new partnership aimed building the capacity of the third and public sectors, nationally and internationally. This new MSc will put human rights principles and standards at the heart of professional practice and to make a practical positive impact on people's lives and their communities, including those groups which are largely excluded.

Alzheimer Scotland fully endorses GCU's MSc Citizenship and Human Rights programme and will work together with the university's School for Work Based Education to develop new programme content which will

incorporate Alzheimer Scotland's human rights based approach to developing dementia policy and practice as a case study for MSc students.

Jim Pearson, Director for Policy and Practice at Alzheimer Scotland, said: "Building the confidence of students to embed human rights principles into their professional practice is crucial to building a society where every individual is valued as a full citizen of their community, has equal opportunity and is free from any form of inequality. This partnership with GCU can contribute significantly to building the capacity to deliver that vision".

Marty Wright, Academic Head of the School for Work Based Education at GCU, said: "This partnership with Alzheimer Scotland is pivotal in developing academic programmes that empower third sector professionals to make an increasingly positive impact in the communities they serve not just through a knowledge of human rights issues but by having the tools to implement them practically in the work place. We look forward to further enhancing the programme with the continued input from Alzheimer Scotland."



Our hopes for the next Scottish National Dementia Strategy

Alzheimer Scotland Head of Policy, Amy Dalrymple gives us an insight to what Alzheimer Scotland hopes to see in the next Scottish National Dementia Strategy when it is unveiled towards the end of the year. Alzheimer Scotland members, staff, volunteers and service users have been incredibly active in the consultation process.



The next Scottish National Dementia Strategy gives us the opportunity to advance new initiatives alongside the really important work of making existing ones more effective. We want

to see a continued focus on a human rights based approach to dementia.

Getting post-diagnostic support (PDS) right and delivered to everyone remains a key priority. Good PDS means a better future for people with dementia – more independence and a better quality of life. In too many areas of Scotland there isn't the recognition of the difference that good PDS can make to people with dementia – and how it can help to reduce demand for formal services and save system resources too. Alzheimer Scotland wants to see the Scottish Government continue to commit strongly to PDS, and we'll continue to work locally to persuade the Health and Social Care Partnerships of its benefits.

The Scottish Government has said it will test Alzheimer Scotland's Advanced Dementia Practice Model, and this will be one of the new initiatives in the next Dementia Strategy. We want to see this tested rigorously, in a way that enables different areas to learn how they might implement the ideas in the model – particularly the Advanced Dementia Specialist Team, who would support the existing care team to provide continuity of care while bringing the specialist input required through the complex transitions of advanced dementia and end of life.

This links to what we hope to see taken forward in implementing

the recommendations of Alzheimer Scotland's 8 Pillars Model of integrated community care for people with moderate to moderately severe dementia, which was tested as part of the last strategy. This model describes an holistic approach to care which takes community and informal supports and environment into account as well as looking at someone's health and social care support needs, with a Dementia Practice Co-ordinator role ensuring that all of this works together. The Advanced Dementia Practice Model is built on this, taking exactly the same approach but with the added input of a team of specialists needed as dementia becomes advanced.

This all requires continued workforce development through the Promoting Excellence Framework to make sure clinicians, Allied Health Professionals and social care professionals are skilled in dementia and enabled to work together to deliver integrated care, in partnership with the person with dementia and their family and carers.

Getting post diagnostic support right and delivered to everyone remains a key priority. Good post diagnostic support means a better future for people with dementia – more independence and a better quality of life.



The importance of Dementia Link Workers and the Post Diagnostic Support guarantee

Getting it right in the first year

Catherine and Danny's story

"I was devastated when I got my dementia diagnosis," shares 66 year old Catherine. "My mum had dementia so I thought the same thing was going to happen to me. I thought I would be in a home within a year. But when Julia the Dementia Link Worker came out to the house I began to see that it wasn't going to be how I imagined. She helped us with lots of things from sorting out benefits and council tax to helping us plan and see a path forward."

Catherine's husband Danny explains: "I really don't know what we would have done without Julia. I think we'd have had that diagnosis, been put on pills and then nothing until we couldn't cope. It would have been a black hole. We would have been really lonely and isolated."

"Thankfully we had that year of post diagnostic support and it opened up so much to us. We joined a group that ran for six weeks. There were five other couples and we've made really good friends. There was a lot of information to take in at those sessions but it was really good to have it all right at the beginning."

"Alongside the six week course, we

had the monthly home visits from Julia for one-to-one support and we joined the Alzheimer Scotland dementia cafe and the supper club. There's always lots on. Catherine got her confidence back and we started socialising again.

"After the year's post diagnostic support was up it did feel a bit daunting. We didn't know how we'd get on without Julia. But actually it is fine. We have lots of new friends from the group and we still go to the dementia cafe and supper club so there are a lot of things that keep pulling us back together and keep us connected. Alzheimer Scotland is always there if we need anything."

Alzheimer Scotland Dementia Link Worker, Julia Mackenzie explains: "I support up to 50 couples and individuals like Catherine and Danny, and each situation is entirely different. It's my job to listen to people and help them find out what the best way forward is for them. It is all about building networks and letting people see what options are open to them. There's no 'one size fits all' so I have to be flexible. We work it out together."

Catherine explains: "If we hadn't had Julia right at the beginning I think it



would have felt like Danny and I were on a sinking ship on our own. Thanks to the support we got it is not like that at all. I've got my life to live."

Staying independent and learning to live well with dementia

Post-diagnostic support (PDS) is really important to give people the tools to maintain independence for as long as possible.

As well as helping people come to terms with and learn about their illness, it should result in a plan to make what lies ahead manageable, and give people control over things like their future care and decision making.

PDS strengthens the connections people already have, so that dementia doesn't make them feel isolated. And the planning that's undertaken means that when someone's needs do increase, they and their family know where to go for support, rather than waiting until a crisis occurs.

If someone is diagnosed early enough, then the PDS will enable them to manage their situation themselves, with appropriate support, once the Dementia Link Worker moves on. If they are diagnosed later in their illness, or when they reach a point where they need more support, the Dementia Link Worker can help access that.



At Alzheimer Scotland, we are working hard to promote the benefits of PDS so that Health and Social Care Partnerships will invest in providing it to everyone who receives a dementia diagnosis.

Being a Dementia Link Worker is a skilled and important role and it does



require investment, but we know that can pay off with people with dementia maintaining their independence for longer, and with planned support expensive crisis interventions can be avoided.

PDS is a practical application of a human rights based approach to dementia. We really welcome the national policy commitment to providing this and we are proud that with this commitment, Scotland is leading the way across the world. But we know that it takes a lot to turn around our large scale systems in health and social care, and the cultures that have grown up within them. Dementia Link Workers using the 5 Pillars model of PDS are using an approach that is innovative in its human rights basis and flexibility. Done properly, the positive impacts are immense.

This is progressive work and while we have made great strides at national level, Alzheimer Scotland is absolutely committed to ensuring that people with dementia get access to Dementia Link Workers and we will continue to campaign for the provision of substantive funding to support this vital work at a local level through the Integrated Joint Boards.

Alzheimer Scotland and all of us who want to see better support for people living with dementia need to continue our work to make this a reality for everyone who gets a diagnosis.

More info

If you would like to get involved in ensuring Post Diagnostic Support is a priority in your area, please email your details to info@alzscot.org and we will connect you with your local Policy and Engagement Manager.

Taking a human rights approach to dementia

Owen Miller, Alzheimer Scotland Policy Officer, explains how a human rights approach empowers people with dementia and their carers.

Alzheimer Scotland's public policy work is grounded in the PANEL (Participation, Accountability, Non-Discrimination, Empowerment and Legality)



a rights based approach which aims to ensure rights are applied in a range of contexts and settings, from the way an individual is treated, up to the highest level of decision making about health and social care services.

At both a national and local level, we have worked to ensure that the views and experiences of people with dementia, their families and carers, underpin our own internal policy development including, our 8 Pillars Model and Advanced Dementia Practice Model.

The Scottish Dementia Working Group and the National Dementia Carers Action Network have led the way, meeting with Scottish Ministers and civil servants to discuss issues which matter to them, as well as being involved in the development and implementation of Scotland's national dementia strategies.

More recently, local groups have come together to shape their communities through engagement with decision makers within Integrated Joint Boards and helping local businesses and organisations to become more 'dementia friendly'.

There is a common perception that human rights are abstract concepts which exist only in the domain of legal professionals and policy makers, with no bearing on real life. This is demonstrably untrue – we need everyone across the statutory, third and independent sectors to support involvement and engagement in a meaningful way. When given the opportunity, people with dementia and their carers are more than able and willing to exercise their human rights in an affirming and meaningful way.

More info

Read the full article at www.scvo.org.uk/blog/human-rights-are-not-an-abstract-concept/

Celebrating one year of a Million Hands

This October, we celebrated the first year of the Scouts' Million Hands project. The three year initiative sees the Scouts partnering with selected charities to make a huge difference within their local communities and across the world.

Alzheimer Scotland is one of the charities supported by the programme. We spoke to Colin Lamont, Scout Leader at the 145th Glasgow troop about his experience of working in partnership.

Colin said: "It was about October last year that we received the Million Hands pack. We decided that we wanted our Scouts to pick which cause to support and we held a fun session where they got to find out a bit about the different charities and they chose overwhelmingly to support dementia and Alzheimer Scotland.

"I used the activities in the pack to run a couple of sessions with the Scouts, which went down well but I realised that it was raising questions that were beyond my knowledge of dementia. That's when I got in touch with Alzheimer Scotland and our local Dementia Advisor Richard Leckerman.

"Richard was more than happy to get involved and we arranged for him to visit us and deliver a Dementia Friends



session. The Scouts found the session fascinating with all the facts and the different stories about people with dementia.

"After the Dementia Friends session we were keen to build on what we'd learned and find out how we could do more. We decided to tie this in with the troop's fundraising badge. We gave each of the Scouts £1 and asked them to turn that into as much money as possible. Some of them clubbed together and bought buckets, sponges and soap for a car wash, another Scout busked with her harp outside a local supermarket. Together the troop raised over £1,800. One of the things we were really pleased about was that the money stayed in East Renfrewshire, so we felt like we had that

direct connection with the places we were fundraising for.

"We also wanted to do more to raise local awareness of dementia, so during Dementia Awareness Week in June we held a coffee morning at the church. We had people from the church, families, friends, relatives and people off the street joining us to learn more about dementia and get support from Richard. We raised £300 too, which was a bonus!

"If other troops are thinking about what charity to choose to support in 2017, I'd recommend Alzheimer Scotland. It's an issue that affects many of our Scouts on a personal level and we got to see the local impact of what we were doing. I'd really like to thank Richard for all his time and effort. His support enabled us to take things on to the next level and get the message out to the wider community and deliver positive community impact."

More info

If you know a Scout troop that would be keen to work with Alzheimer Scotland on the Million Hands project, please get in touch with us at dementiafriends@alzscot.org



HMP Shotts set to become Scotland's first dementia friendly prison

HMP Shotts in Lanarkshire is making positive strides towards its goal of being one of the first prison services in Scotland to become dementia friendly by the end of the year.

Alzheimer Scotland has been working with staff and prisoners at HMP Shotts to stage Dementia Friends workshops and information sessions to help raise awareness of dementia.

Scott Cringles, Skills and Employability Unit Manager at Shotts, commented: "HMP Shotts is really proud to be the first prison in Scotland to link in with Alzheimer Scotland for both staff and prisoner dementia awareness sessions. With both an ageing prisoner and staff population this partnership with Alzheimer Scotland has really

given us something to focus on and we intend to build stronger links and awareness sessions for staff and prisoners going forward."

"The sessions have already seen some staff and prisoners look for more information as clearly dementia can affect any one."

Lorna Hart, Dementia Advisor, Alzheimer Scotland, added: "During our discussions with staff, we have looked at ways to create dementia friendly environments including the workplace itself and the layout of the cells.

We hope that this partnership will have a positive impact for the prison and for the staff. By

increasing understanding of dementia they can also inform their own family and friends which in turn provides more knowledge to the wider community."



Building a dementia friendly fire service

This autumn, our Dementia Friends Programme Manager Anne McWhinnie toured the fire stations of Lanarkshire to make 75 new Dementia Friends.



Fires at home are a particular risk for people with dementia, and getting the right advice can help someone to live at home safely for longer. We've always had a close partnership with the Scottish Fire and Rescue Service (SFRS) and over the years we've worked on a number of safety initiatives for people with dementia

but I was aware that the majority of firefighters had not taken part in a Dementia Friends session.

Working with David Murdoch and Jamie Reilly, Station Managers for the Lanarkshire Divisions, we came up with a plan to tour the fire stations in North and South Lanarkshire. In total over 20 sessions have been delivered by me and the Dementia Friendly Lanarkshire team in September and October. At the sessions we discussed some of the issues firefighters come across on a day to day basis and tailored the sessions to their needs. We spoke about spotting signs of dementia when on home visits and how to communicate clearly with someone with dementia.

Following the Dementia Friends sessions, officers felt they knew much more about dementia and said they would be more confident when they encountered people with dementia at work. We're looking forward to working with SFRS to roll out more Dementia Friends sessions to firefighters in 2017.



More info

Email dementiafriends@alzscot.org to find out about holding a session at your place of work.

Walking for the people we love

This September, to mark World Alzheimer's Month, people across Scotland put their best foot forward at their local Memory Walk to show their support for families living with dementia and raise funds for Alzheimer Scotland.

We are so pleased to see the walks growing in popularity, with over 3,000 walkers taking part, clocking up nearly 9,000 miles between them and raising an astounding £250,000 and counting! This level of support is indispensable as the number of people diagnosed with dementia continues to rise and demand for our services increases.

A huge thank you goes out to all walkers and the people who sponsored them, and to our partners at HSBC and



The Sunday Post for making Memory Walks 2016 the best yet.

Lynne Brown joined over 200 walkers at the Fife Memory Walk in Lochore Meadows Country Park. Lynne told us: "I did the walk for my dad Thomas Lawson who passed away in January last year with dementia. My daughter Yvonne, my friend Jacqui and family members Janice and Alice all came with me to show their support.

"It was a really nice day and I chatted with people on the stalls and got a

leaflet about joining Dementia Friends. I felt really proud doing the walk and being part of a group of people who have all experienced the sadness and loss that dementia brings. But there are good things to remember too. I personally became very close to my dad and spent a lot of happy times with him in the five years after he was diagnosed. I'm looking forward to doing anything I can to help in the future and will be doing walk again in 2017!"

The money raised at the walks will contribute to the running of Alzheimer Scotland services around the country, helping us to make sure nobody has to face dementia alone.

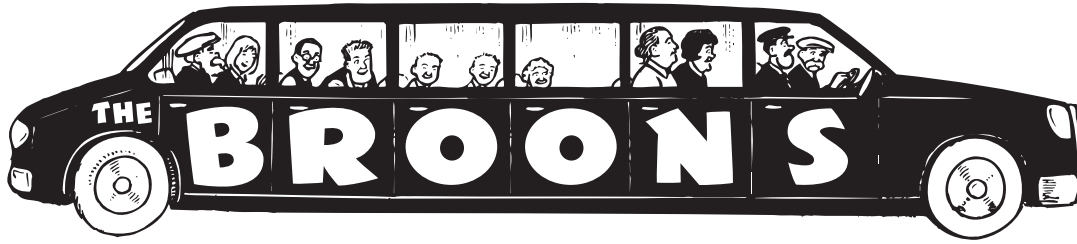


Memory Walker Lynne Brown with her dad Thomas Lawson receiving his Arctic convoy medal in 2014



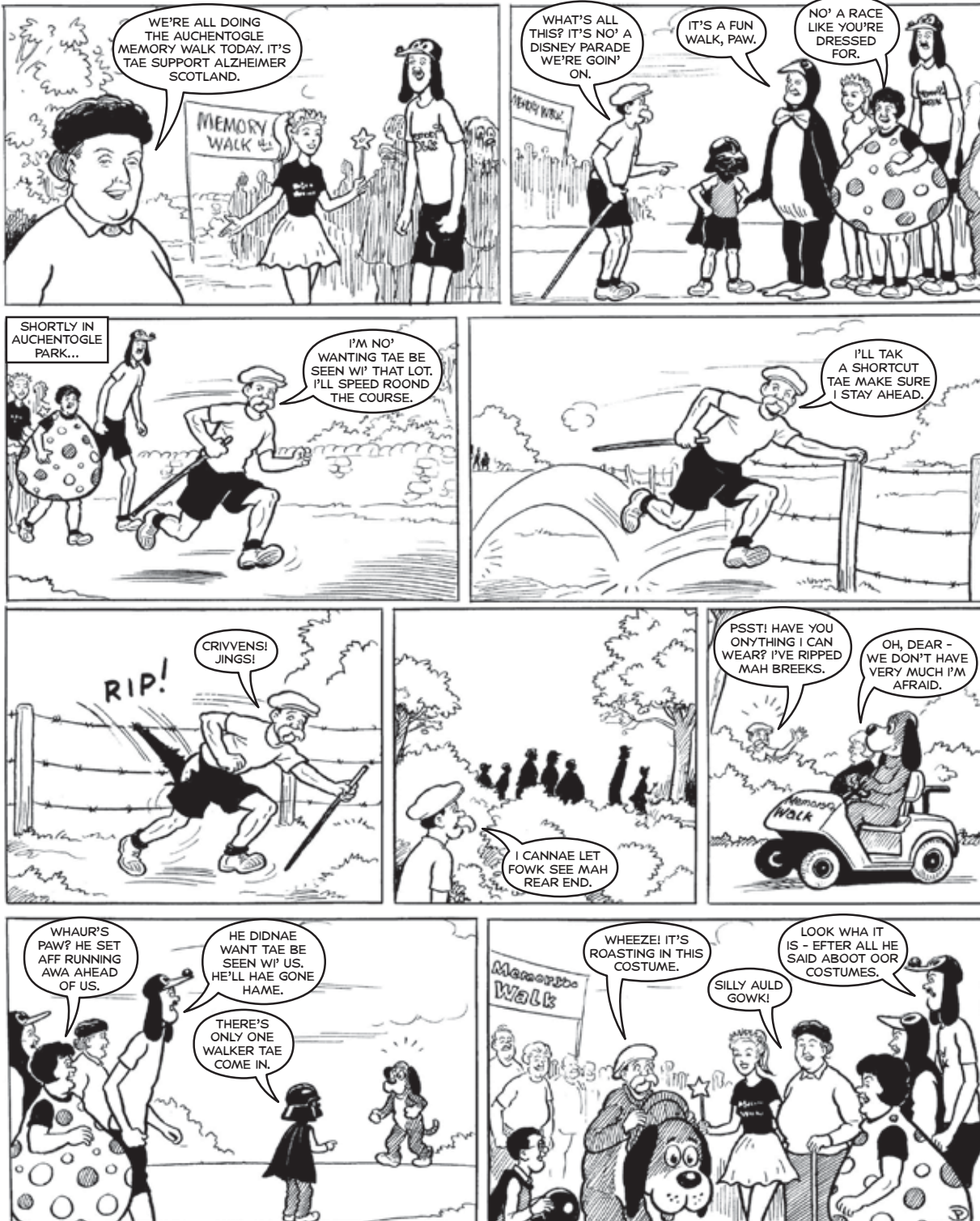
More info

To register your interest in Memory Walks Scotland in 2017 go to www.alzscot.org/enews



Paw Broon gets a shock - takin' a shortcut on the Memory Walk.

The Broons and Oor Wullie have their own online shop at <http://www.thebroons.com>



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Scotland's favourite family, The Broons, were among those stepping out to challenge dementia. Maw, Paw and the rest of the clan took part in the Auchentogle Memory Walk as part of our media partnership with The Sunday Post.

Give a heart for Alzheimer Scotland

This winter, Laurel Gallery owner, Eleanor Spence, will stage an exhibition to help raise money for Alzheimer Scotland to support people living with dementia. Titled 'Give a Heart', the exhibition will feature in the Stockbridge based gallery from November 2016 until January 2017 and 20% of all sales will be donated to Alzheimer Scotland.

Over 80 artists have agreed to contribute to the exhibition with bespoke pieces of art to reflect the heart theme to honour Eleanor's mum who lived with dementia.

Speaking about the upcoming exhibition, Eleanor explained:

"I lost my mum and my best friend years before she passed away with Alzheimer's. I felt that often enough there's not enough help or funding for this disease, so every bit of funding that can be raised will help others to improve their situation and raise awareness. With this in mind, I wanted to pull together something

special and with the help of all the very talented artists participating, I'm sure this will be the case. My mum would have loved this."

All funds donated to Alzheimer Scotland will be invested back to support the thousands of people living with dementia across Scotland.



More info

The 'Give a Heart' exhibition takes place at Laurel Gallery, 58 St Stephen Street, Edinburgh. For more information visit www.laurelgallery.co.uk

Caring for someone with dementia?



Get your **free** Alzheimer Scotland membership and share your thoughts, advice and experience with us.

It's easy to sign up. Just go to www.alzscot.org/membership and click on the free category or call us on 0131 243 1453

A photograph of actress Kate Dickie from the waist up. She is wearing a dark blue velvet turtleneck top under a vibrant purple, pink, and blue plaid tartan dress. She is also wearing a matching dark blue hat with a large, ornate brooch featuring a blue stone. Her hair is styled in an updo. She is looking to the right of the frame. The background is a dark wood panelled wall.

Kate Dickie in the frame: BAFTA award winning star unveils world's first Alzheimer's tartan

This September, Scottish actress Kate Dickie, of Game of Thrones fame stepped out to proudly unveil the world's first Alzheimer's tartan.

The signature tartan has been created to honour the millions of people with dementia worldwide and will help to raise vital funds to support people living with dementia, their carers and families.

"To have something as beautiful and meaningful as the Alzheimer's inspired tartan is fantastic - I can't think of a more wonderful way to recognise people living with dementia in Scotland and around the world"

At a special preview event held at the Royal Scots Club in Edinburgh, Kate took centre stage in a bespoke tartan frock coat by award winning Scottish designer, Judy R Clark.

Giving a warm impromptu speech, the actress spoke about being 'thrilled to be part of the tartan project' and that she was proud to become an 'ambassador' for the charity in memory of her mum, who was diagnosed with Alzheimer's in her forties.

Sharing her own personal story with the room, Kate said: "Mum died when she was just 55 in 1994, the very year that Alzheimer Scotland began. We stumbled through her illness on



The stunning tartan frock coat is the first piece of clothing made from the new tartan and has already collected pin badges from many supportive dementia organisations across the world.

our own, at a time when people really didn't know or understand much about the disease. It was so traumatic that it's taken me over 20 years to talk about it. After careful consideration, as I don't just put my name to anything, I decided to become an ambassador for Alzheimer Scotland. I am truly honoured to be part of Alzheimer Scotland to help increase more awareness and promote the marvellous work this is happening across Scotland, including this beautiful tartan."

Kate added: "Oh how things have changed since Mum was diagnosed with Alzheimer's, when people would just look at me blankly when I told them and ask: 'is this something to do with memory problems?'"

"I grew up in Dumfries and Galloway and despite the support in our local community, we felt incredibly isolated at times. I just think it's so amazing to hear about all the support in place now – from the dementia cafés, to the singing groups – Mum would have especially

loved those, to the Dementia Nurses, the 24 Helpline and the Memory Walks which take place every autumn.

"To have something as beautiful and meaningful as the Alzheimer's inspired tartan is fantastic – I'm so chuffed to be wearing this beautiful jacket. So much thought and care has gone into the design and I can't think of a more



Tartan expert Brian Wilton MBE with Anna Devine, Director of Fundraising and Marketing at Alzheimer Scotland.

A lovely tartan for a great cause

Josie O'Sullivan from Glasgow, who has dementia and is a member of the Scottish Dementia Working Group, attended the preview event. She commented: "It was a really lovely evening. I wasn't sure what to expect from the tartan. I thought it was going to be purple and white like the Alzheimer Scotland logo, so I was surprised when I saw it. But I really like how they've used all the different

colours. It's really lovely.

"I enjoyed seeing the dancers at the preview event. One of the girls was wearing an orange tartan and that reminded me of a runner my mother used to have on her sideboard. Every time you washed it, it shrunk! I think tartan means a lot to people in Scotland. It's part of who we are.

"I bought two scarves; one for me and one for my friend Carol who goes to

the SDWG too. I love tartan anyway and this one's even better because it is for a good cause."



wonderful way to recognise people living with dementia in Scotland and around the world.

The tartan is a glorious way to honour both those living with dementia and their carers and I feel privileged to be part of the launch.”

The tartan design was created by leading tartan expert Brian Wilton MBE and donated to Alzheimer Scotland by the Scottish Tartans Authority. The tartan is influenced by the Royal Stewart Ancient tartan to signify memories and heritage and also features lively shades of purple and other contrasting colours from the Alzheimer Scotland brand identity.

Leading the tartan celebrations, Anna Devine, Director of Fundraising and Marketing, Alzheimer Scotland, commented: “I have been thrilled to finally unveil this specially commissioned tartan to honour people living with dementia everywhere. The tartan project has been ongoing for some time and I’m deeply grateful to everyone who has supported us, including our weavers Ingles Buchan, the Scottish Tartans Authority, Alzheimer’s Disease International and Scottish designer Judy R Clark for

creating such a stunning frock coat which is a real attention grabber.

“Our beautiful, vibrant tartan became front page news and has been an instant hit with our supporters. Our social media activity reached a record high and we were inundated with requests from people wanting to get their hands on the first range of products. Our supporters have been so kind with their comments and I hope the Alzheimer tartan will become a symbolic way to further connect with our friends and families living with dementia in Scotland and across the world”.

Marc Wortmann, Executive Director, Alzheimer’s Disease International, offered his support to the tartan project, saying: “The Alzheimer’s tartan not only looks great, it’s a strong reminder of the impact of dementia globally. We are seeing prevalence continuing to rise and it’s a shocking reminder that we must come together to support dementia across the world.

“Tartan is recognised globally and if we can use it to raise awareness and encourage people to work together on a global action plan to address dementia now and for our future generations, then that is a good thing.”



The Alzheimer’s tartan collection

From bonnie bunnets to braw bears and a stoater of a scarf, we’ve got beautiful tartan merchandise that will help to raise vital funds to support people living with dementia, their carers and families.

The quality tartan is woven in Scotland by our friends at Ingles Buchan and 100% of the profit will go towards helping people with dementia in Scotland.

We’ll be expanding the Alzheimer’s tartan range over the coming months so please check online to see what exciting new products have been added.

Browse the catalogue inserted into this magazine, or shop online at www.alzscot.org/tartan



Visit from Japan

Scottish Dementia Working Group (SDWG) members were delighted to welcome the Chair of the Japan Working Group for People with Dementia, Tomofumi Tanno, to the Alzheimer Scotland office at Oxford Street on 19 September.

Tomofumi, known as Tomo, spoke to the members about their experiences with dementia and the work that

they do as part of the SDWG. The Japan Dementia Working Group are a relatively new group who are keen to make changes in society and see the SDWG as an inspiration for them.

The meeting was filmed by a crew from Japanese National TV Channel NHK who are producing a documentary focusing on Tomo's visit to the United Kingdom.



Interns share top tips with the SDWG

The SDWG were fortunate to have two Occupational Therapy interns working with them over the summer, Marianne Wallace and Rachel Bew. The interns worked incredibly hard and achieved all the goals set. Firstly, following on from the work of last year's interns, Marianne and Rachel completed the 'Top Tips' booklet, pulling together strategies from SDWG members on how to maintain independence. The final version should be available soon and will be funded by Life Changes Trust.

Marianne and Rachel also worked closely with three SDWG members on a photography project. They collated images and personal stories

demonstrating living well, maintaining resilience and engagement in meaningful activities. The photographs will be shared on social media, on the 'Let's talk about dementia' blog and will also form part of the working group's aim of 'changing the image of dementia'. SDWG committee members Carol Hargreaves, Henry Rankin and Archie Noone all took part in the project and thoroughly enjoyed working alongside the interns. Marianne and Rachel presented each of the participants with a photograph album of the images and supporting narratives as a keepsake. Henry Rankin said: "I learned a lot from them and it is great to have two interns

working alongside SDWG. I hope this continues. Thank you very much".

Finally, Marianne and Rachel produced a presentation on how to use Twitter which provides a comprehensive overview of Twitter as well as advice on how to stay safe online. They hope to put this to good use later in the year.

SDWG would like to thank Marianne and Rachel for all their hard work and wish them the best for their ongoing studies.

More info

Find out more about the work of the SDWG at www.sdwg.org.uk



What does NDCAN mean to me?

Maureen Huggins

Maureen has been a member of National Dementia Carers Action Network (NDCAN) since March 2015 and has become increasingly engaged with the group. Her particular passion is influencing the care of people with dementia – and their carers – in acute hospitals.

"I wanted to do something to improve the situation for people with dementia, particularly as their illness advances. I felt powerless to do anything on my own, I had no idea who to approach

and thought that, even if I knew who to speak to, they would take no notice of what I had to say.

"When I contacted NDCAN I realised that carers as a group are listened to and that there are opportunities to influence people who are making decisions about how people with dementia and their carers are treated. Belonging to NDCAN gives me the reassurance that my experience of being a carer can be used to change things for the better."



Sharing best practice in specialist dementia units

This summer, Healthcare Improvement Scotland launched a project to develop a learning network to support specialist dementia units in Scotland. The project team will also provide intensive improvement support to four specialist dementia units, who will test new ways of working and act as "demonstrators".



It was important that people with dementia and their carers had a strong role in this learning programme, and NDCAN member Maggie Muir was invited to share her insight from a carer's perspective.

Maggie has been an active member of NDCAN since September 2014. She has a keen interest in social policy, having worked in the education and

care sector. Maggie lives on the Isle of Skye. As there are no specialist residential units for people with dementia on Skye, her partner is currently living 230 miles away in Glasgow.

On behalf of NDCAN, Maggie ensured that the demonstrator units involved carers and families right from the start, scrutinising every application and providing detailed feedback. Maggie says, "Having the opportunity to be involved as a carer representative in the selection process has been a most informative and valuable experience. This is just the start, and continued proactive carer involvement will ensure that improvements are influenced by the voices of carers, sharing their lived experiences to improve quality of life for all involved".



More info

Find out more about NDCAN at www.alzscot.org/ndcan or email Sarah Gurney (sgurney@alzscot.org) or Marion McGowan (mmcgowan@alzscot.org)

Demonstrator units

So far three demonstrator units have been selected by panels made up of general public and experts, including SDWG and NDCAN members. These are:

- Balmore Ward, Leverdale Hospital (NHS Greater Glasgow and Clyde)
- Prospectbank, Finlay House (NHS Lothian)
- Strathbeg Ward, Royal Cornhill Hospital (NHS Grampian).

Connecting you with dementia information

One of our priorities as an organisation is to provide people with dementia, their family and their carers reliable and trusted information about dementia. We have resources on everything from 'What is dementia?' to palliative care and end of life. Look out for them in our 'Information and Resources' section on our website at www.alzscot.org/information.

In recent months we have been updating our publications. Refreshed titles include: 'Alzheimer's disease', 'Dementia with Lewy bodies', 'Driving and dementia', 'Personal care' and 'Travel and holidays'.

We have also been working on some new resources, including 'Dementia research' and 'Volunteering for research'.

Our information is available to view and download online. If you have more detailed questions you can always call our Freephone helpline, available 24 hours a day 365 days a year on 0808 808 3000.

If you feel that there is an area of information that we have not covered in our information that you would like to know about, please let us know by emailing info@alzscot.org.



Are you a Dementia Friend?

People with dementia get by with a little help from their friends. Anybody can become a Scottish Dementia Friend. In fact, there are over 25,000 Dementia Friends in Scotland! It's just about understanding a bit more about dementia and the small things you can do to help people with the condition.

Becoming a Dementia Friend is really easy; it just takes a few minutes to watch some short videos on our website.

Go to dementiafriendsscotland.org and sign up today!

supported by



World Alzheimer Report 2016

The World Alzheimer Report 2016, 'Improving healthcare for people living with dementia' is now available to read.

The report argues that current dementia healthcare services are over-specialised, and that a rebalancing is required with a more prominent role for primary and community care. This would increase capacity, limit the increased costs associated with scaling up coverage of care, and, coupled with the introduction of care pathways and case management, improve the coordination and integration of care.



More info

Download the report at www.alz.co.uk

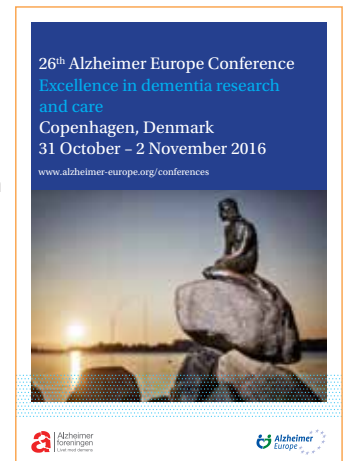
Alzheimer Europe Annual Conference

The 26th Annual Conference of Alzheimer Europe took place in Copenhagen, Denmark from 31 October–2 November.

The theme for this year was 'Excellence in dementia research and care'. The conference addressed numerous aspects of developing a dementia friendly society, exploring the challenges concerning excellence in diagnosis, medical treatment and research as well as innovative person-centered care related to the progress of the disease and living well with dementia in society.

More info

Visit www.alzheimer-europe.org for more information



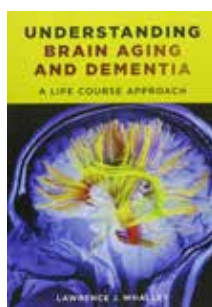
Book reviews

Understanding Brain Ageing and Dementia: A Life Course Approach

In this book, Prof Lawrence J. Whalley presents us with an insightful, well-structured and accessible overview of the science around ageing and dementia.

The style is thoughtful and clear and presents a breadth and depth of information in a way that people with dementia, their families and practitioners alike will find engaging and pertinent.

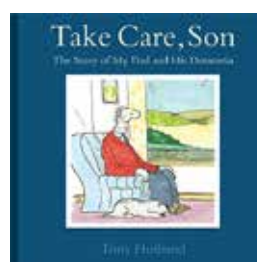
This is a text that adds huge value to our knowledge and understanding of the topic and also provides a roadmap for future application.



Take Care, Son: The Story of My Dad and his Dementia

British cartoonist Tony Husband tells the story of his father's dementia in this touching illustrated book.

People who are caring for a loved one with dementia will recognise their own feelings and experiences in this exploration of the relationship between Tony and his dad Ron. For a small book, it packs a big emotional punch and shows that it is possible to live well with dementia. Dignity, love and affection win out in this immensely touching tribute to Tony's dad.



People who are caring for a loved one with dementia will recognise their own feelings and experiences

More info

We have a signed copy of 'Take Care, Son' to give away. To be in with a chance of winning, send us your top tip for taking care with dementia by 27 January. Email your entry to Julia Morrison at jmorrison@alzscot.org or write to us at 22 Drumsheugh Gardens, Edinburgh, EH3 7RN.

Relative values

Christine and Matt from Eaglesham met on their way to a Christmas party in Ayr in 1979. 37 years on, three children and a dementia diagnosis later they tell us how important family and community life is to living well with dementia.

Looking fresh faced, relaxed and tanned from their recent holiday 54-year-old Christine explained: "It's been a year and a half since my diagnosis and it did take me a while to get my head around it but I think I'm there now. I've got Alzheimer's and there's nothing we can do about it so I am going to get on with life and enjoy things. You still have a life to live and that is a positive thing.

"My family had noticed a few changes in me but it was really what was going on at work that prompted the visit to the doctor. I worked as an office manager at the local school for years and it was a job I loved but I started getting into trouble because I was forgetting to do things. Of the whole experience, I actually think that was the most distressing period. It was so out of character for me. I decided to give up working and I went to the doctor to find out what was wrong.

"I did all the tests and brain scans. My doctor was really very good. When all the results came back she told me that I had Alzheimer's disease. Of course it was a bit of a shock, especially as I was just 52, but part of me thought 'Thank God, I know what it is now.' And from that point we've just been getting on with things".

Matt told us how they got in touch with Alzheimer Scotland: "We didn't know anything about Alzheimer Scotland. It was our Community Psychiatric Nurse that put us in touch with the Therapeutic Group for younger people. It was really difficult to find services for younger people, pretty much everything we'd seen was for over 65s and there was nothing that was suited to Christine.

"Going to the groups was really good. Susan and Lynne, the Dementia Link Workers who run the group are just brilliant with all their experience and help. Through the group we got to meet people who were going through a similar experience to us. It really brought out Christine's artistic side. That was something she'd never really done before but now she loves colouring in. It is relaxing and something that lots of people are now doing to unwind, not just people with dementia.

"I went to some sessions for carers. To be honest, I wasn't sure that I'd enjoy it or what I'd get out of it but I went along anyway thinking 'It'll not do any harm' and it turned out it was



Christine with her daughter Linzi.

useful to speak to other people going through the same thing."

Speaking about family and social life, Christine said: "Our kids have been just wonderful. We've got three children; Linzi is 29, Ross is 25 and Gavin is 20. The two boys still live at home and Linzi is in Stirling studying to become a psychiatric nurse. Because they knew I was getting all the tests they weren't particularly shocked when I was diagnosed. They just said 'Okay mum, so what do we need to do to help you?' They're great kids anyway



Christine and husband Matt.



Christine and her sister Anne celebrate Christine's 50th birthday.



Christine and Matt with their children Linzi, Ross and Gavin.

but I suppose they've been more attentive since my diagnosis. If Matt is going out the boys will keep me company. I have type 1 diabetes so it is good to have someone about to remind me to check my blood sugar level.

"My friends have been magic too and it doesn't feel like much has changed in our friendship. Every Tuesday the girls pick me up because I don't drive anymore. We go for a walk and some coffee and cake. They help me with my money because I can't get my head around that now. Matt will text them to let them know what I've got and they help me work out my share of the bill and things. Other than that it just feels like a normal morning out with the girls gossiping and catching up.

"Our very good friends Robert and Elaine have been such a great support to us. Whatever else is going on in their lives, they always take the time to make sure we're okay. Our friendship has been even more important to us since getting my diagnosis.

"I also like to get away for a girls' holiday with my sisters Fiona and Anne and aunt Elna. We rent a house in Maidens in South Ayrshire. There are some lovely walks and Fiona has her dogs. It's nice for me to see the family and it gives Matt a wee bit of a break too.

"I used to be a bit of a shopaholic but I am less fussed about that now. I think Matt's pleased! I used to drag him round the shops for hours. This Christmas when I'm looking for presents I'll maybe just do an hour or so here and there and my daughter keeps me right with finding gifts online too, so that takes



Christine and Matt spending time with friends and family.

some of the strain out of the Christmas shopping experience.

"This Christmas my sister Anne is having us round to hers. There's going to be 11 of us in total and although I can be a bit sensitive to noise and crowds now it doesn't tend to bother me when it is family. It's going to be nice for us all to be together.

"A few days after Christmas it is my youngest son's 21st birthday so we're holding a big party for him. I'm a bit more worried about that because I think there will be some people there that I don't know, but I'm looking forward to it and we'll just see how it goes."

"It seems like there isn't much funding for support for younger people with dementia, so I feel lucky to have had the opportunity to go to the Alzheimer Scotland Therapeutic Group. It has helped me come to terms with my diagnosis. You hear stories of people trying to hide their diagnosis but I'd say just be open. If you hide it, it is just going to cause you stress. We live in a nice village and we have always been an active part of the community there. I think everyone knows about my diagnosis and it doesn't bother me. Actually, it is good that so many people are looking out for me. The sooner you accept it you can move on and make the most of life."



Dementia Circle

Jeni Lennox from the Dementia Circle project, shares our journey to make the perfect dementia friendly mug.

Sometimes living with dementia can make simple tasks a bit of a chore, but Dementia Circle is fighting back! Let's start with exploring ways to revitalise that daily cuppa.

Our Ayr tester group has been busy developing the next version of our two handled mugs and soup bowls.

Working with Chris from Clod and Pebble, a Kilmarnock based ceramicist, I spent several chilly sessions in his studio barn. I emerged covered in clay from teeth to toes with a whole range of products for our team to test and review.

The Ayr Circle testers spent a happy hour evaluating size, handle shape, weight, stability and just how

comfortable it was to hold, drink and sup from each model.

Good visual contrast is key – dishes should stand out against kitchen surfaces and show the level of liquid clearly to help those with visual impairments.

It's a slow process getting things right and we may well need more versions until we are spot on but we hope that everyone involved enjoys the ride and our end result will be worth the wait.

More info

Visit www.dementiacircle.co.uk or email dementiacircle@gmail.com



L-R, Ayr Circle testers David, Jim, Joyce, Jeni, Eunice and Edith



Connecting volunteers to dementia research



Join Dementia Research is a NHS and charity initiative making it easier for people to register for dementia research studies. Anyone 18 or over, with or without dementia, can register as a volunteer.

Without committing yourself to any particular research study, signing up allows you to be matched to suitable studies, and decide on a case-by-case basis if you would like to take part in those studies or not.

Taking part in a research study can take many forms depending on the type of research, including research from your own home.

You can sign up online at www.joindementiaresearch.nihr.ac.uk or by calling Alzheimer Scotland on 0808 808 3 000.

Living well over the festive period

Having your friends and family together at Christmas and New Year is a great chance to catch up, celebrate and exchange gifts. However, for people living with dementia there can be some extra challenges – routines disrupted, unfamiliar environments and some support services being unavailable over the holidays. This can be a difficult time for both the person with dementia and their support network; however, there are some steps that can be taken to make the holidays as stress free as possible.

Although it is easier said than done, preparing for the holidays as much as possible will help. If friends and family are visiting, it is a good idea to warn

them of any unexpected changes in behaviour, such as eating habits, and remind people not to be offended if they aren't recognised immediately. Encourage them to introduce themselves and explain their relationship to the person with dementia instead.

Discussing and preparing for schedule changes over the period can really help. Drawing up a timetable or diary and regularly chatting about it can help you all to feel more in control of your plans.

GP surgeries are closed over Christmas and New Year, so ensure you have enough medication to cover the holiday period. There are emergency social work services in your area, if you need them, to find out the contact

number call the Freephone 24 hour Dementia Helpline 0800 808 3000.

If you are visiting people over the festive period, particularly if you're staying overnight, it can be helpful to ensure that rooms and hallways are safe and well-lit for the person with dementia to use. Adding labels to doors, for example the bathroom, can allow the person with dementia to be more independent.

Although your caring duties are important, it is also important to take some time for yourself. Christmas and New Year is an important time for celebration and relaxation, here are five top tips for living well as a carer this festive period:

- 1 Encourage napping – make sure there is a quiet place with an armchair to doze in (remember, carers need naps too!)
- 2 Get outside – even though it is cold, make sure to wrap up warm and get some fresh air
- 3 Stay active – make sure you are giving yourself time to do things you enjoy doing
- 4 Watch your diet – everyone indulges at Christmas, as we should, but try to ensure you're still eating enough fruit and veg per day and taking in lots of fluids
- 5 Take time to talk – don't think that your role as a carer is a taboo subject, talk to friends and family about it or call the Freephone 24 hour Dementia Helpline on 0800 808 3000



Why we need your support

Care Today Cure Tomorrow

As the number of people living with dementia in Scotland continues to rise there has never been a more vital time to support the work of Alzheimer Scotland. There are over 100 different types of dementia and there is no cure for any of them. Our friends living with dementia and their carers tell us they need support and care today. **100% of funds raised in Scotland stay in Scotland** and we need to continue to reach out to people living with dementia now so that they can live well in their own homes and communities for as long as possible.

It costs us over £105,000 each week

to maintain our current work, which includes our 24/7 Helpline, Dementia Advisors, Dementia Nurse Consultants, activity projects and research commitments, but we need more. We need more community based activities and support and more Dementia Resource Centres across Scotland if we are to truly ensure that nobody faces dementia alone.

Please choose Alzheimer Scotland as your charity to support this year, spread the word and help us look after people living with dementia and their carers in Scotland.



Anna Devine, Director of Fundraising and Marketing, Alzheimer Scotland

Unleash your super power and become a *pay day hero!*



You have the power to make life better for people living with dementia in Scotland.

Donating through **Payroll Giving** is an easy, tax-effective way to regularly donate and help Alzheimer Scotland plan for the future and support more people living with dementia in Scotland.

For more information about Payroll Giving and how you can support Alzheimer Scotland, please get in touch with our Corporate Fundraising Team directly at corporatefundraising@alzscot.org or 0131 243 1453 to find out more.



Elaine Hopley

This December, 44 year old Elaine Hopley from Dunblane will take on the mammoth challenge of rowing the Atlantic single handed to raise money for Alzheimer Scotland.

The sportswoman will attempt to become the first Scottish woman to row the Atlantic solo by taking part in the Talisker Whisky Atlantic Challenge. Elaine is also aiming to set a record for the fastest woman to cross unsupported.

Setting off from San Sebastián de La Gomera in the Canary Islands on 14 December, Elaine will have a gruelling journey of 3,000 nautical miles ahead of her as she sets course for Nelson's Dockyard English Harbour in Antigua.

Elaine is no stranger to sporting challenges. She won the inaugural Woman's Scottish Mountain Bike Cross Country series in the early 1990s and defended her title for a number of years. She then continued her sporting achievements gaining a place in the British team in the European Adidas Challenge in 1993. Since then she has completed solo unsupported bicycle tours of Australia, New Zealand and Chile.

This latest challenge has seen an intensive training regime. Training mainly consists of regular row sessions, either on the ergo machine or on the water. When training on the water, the sessions can last from five hours up to two days. The last six weeks before the race includes strength training in Elaine's small gym. Every week is different and the focus is on quality, not quantity. Elaine fits her training in with family and work commitments, but on average will train for 14 hours a week.

A mother of two young children, Elaine is undertaking the epic row in memory of her mother Jan, who had dementia. In a touching tribute to her mum, she has named the boat "The Jan".

To cross an ocean under her own steam has been a goal and dream that for years has remained unfulfilled as Elaine was needed to support her mother Jan. Following Jan's diagnosis of early onset dementia aged 55 she soon needed Elaine's support every day. For more than a decade Elaine proudly supported her mother and indeed gave up her career at that time to care for Jan full time. Elaine was

with her mum at the end.

Speaking about her challenge, Elaine said: "Adrenaline sports have always floated my boat. I'm dedicating this row to my parents. I know they will be with me all the way. From them, I inherited my love of the outdoors from a very early age and they also instilled the drive that will make the crossing possible."



More info

Find out more about Elaine's challenge and where to sponsor her at

www.eh-oceanrow.com



Celebrating a target-smashing partnership with Scotmid Co-operative

In September a celebratory afternoon tea marked the end of our hugely successful one-year charity partnership with Scotmid Co-operative, whose brands include Scotmid, Semichem, Lakes and Dales Co-operative and Scotmid Co-operative Funerals. Since our partnership launch in August 2015, staff, customers and members across the country have raised an incredible £375,000 to support people living with dementia and their families.

Through dedicated fundraising and awareness raising activities, Scotmid Co-operative staff and customers went above and beyond to make a difference for people living with dementia in their communities. From mountain climbs and epic cycles, to store raffles and head shaves, the engagement, commitment and support has been truly fantastic. Thanks to their incredible efforts and generosity, the partnership smashed its initial £250,000 target and has been the most successful Scotmid Co-operative partnership to date!

Funds raised in Scotland will help to support our award-winning Dementia Advisor programme which delivers personalised, one to one support and advice to people with dementia and



their families throughout their journey with the disease.

John Brodie, Chief Executive of Scotmid Co-operative commented: "This is another record fundraising figure for our Society, meaning that in the past three years Scotmid's staff, members and customers have raised over £1m for our Charities of the Year.

"Very quickly we found out that Alzheimer's and dementia touches so many lives and this struck a chord especially with our employees who embarked on a year of fundraising that helped raise an astonishing £375,000.

"I would like to give my personal

thanks to everyone involved in the past year's fundraising and I hope that this money raised will help the great work being carried out by Alzheimer Scotland and Alzheimer's Society."

All of us at Alzheimer Scotland are hugely grateful for this incredible support and would like to say a special thank you to the charity champions across the Scotmid Co-operative family who went the extra mile to support us, raising much needed funds and awareness for our cause. You are all true heroes!

A perfect partnership

This October, Alzheimer Scotland and Wheatley Group were finalists in the Best Partner Relationship Award at the 2016 Scottish Fundraising Awards.

We paired up with Wheatley Group, Scotland's biggest provider of housing, care and property management services, in April 2015 to raise awareness of dementia, support Wheatley Group to become a more dementia friendly organisation and also set an ambitious fundraising target of £10,000. In the first year the partnership raised an amazing £18,000 from activities including a staff member zip-sliding across the Clyde in a chicken suit

and sheltered housing tenants raised funds by selling knitted blankets. This April our partnership was extended by another year to build on the excellent work that has already been done.

Liz Gardiner, Senior Housing Support Co-ordinator for GHA, part of Wheatley Group, said: "We originally got involved with Alzheimer Scotland because tenants in our sheltered housing complexes told us they wanted to know more about dementia, so they could help other people living within their complexes. Since then the idea grew and grew."

Natasha MacKinnon, Corporate



Fundraiser said: "We were overjoyed to be among the finalists in the 2016 Scottish Fundraising Awards. The enthusiasm of the staff and residents at Wheatley Group has been boundless and we're already seeing the impact of their activities within the organisation and in the communities they serve. A huge well done to Wheatley Group staff for all their hard work in making this partnership such a success!"

A hole in one for Alzheimer Scotland

This September, golfers took to the green at the prestigious Dalmahoy Championship East Course to raise funds for Alzheimer Scotland.

The post golf lunch and prize giving was hosted by esteemed sports broadcaster and Alzheimer Scotland supporter, Alison Walker.

We would also like to also thank the companies who donated to our prize draw and to our event sponsors Flight Centre Queensferry Street.

A trip down memory lane with Lloyds Banking Group

A group of creative colleagues from Lloyds Banking Group volunteered their time to create some multi-sensory memory boxes, each themed around a different genre or era and filled with treasures!

Memory Boxes offer a reminiscence stimulus and sessions can be a therapeutic and engaging activity for people with dementia. We are sure these lovely boxes will be put to excellent use in our services!

Charity of the Year partnership launch with Kier Group

Our new two year partnership with Kier Group got off to a flying start with sites across Scotland taking part in World Alzheimer Day fundraising activities.

From static cycles and Memory Quizzes to bake sales and raffles, staff across the business have welcomed us as their new Charity of the Year! We are looking forward to continuing this good work with Kier Group colleagues in the coming year.



Golf Day winning team: Brian, Leigh, Amanda and Martin.



Lloyds Banking Group memory boxes.



Static cycle challenge at Kier Group Kilmarnock site.



This summer, It's a Knockout came to the Highlands for Alzheimer Scotland and the event raised over £8,000! Well done all and an extra special thanks goes to our sponsors Caley Timber.



Huge thanks to Julie Bowmaker who has now raised over £1,500 for us from selling the children's book she wrote "Tales of Fantasy & Magic". Julie wrote the book after she lost her father to Lewy body dementia in 2012 and hopes the money raised will help other families facing dementia.



This autumn, Stuart Olsson ran five challenges over seven weeks for Alzheimer Scotland. Here he is at the finish line of the Crathes Castle half marathon with Alzheimer Scotland Aberdeen Community Fundraiser, Andrea Watt, who ran the half marathon too!



Volunteers collected £1,393 ahead of the Aberdeen vs Rangers match at Pittodrie Stadium on 25 September. Thanks to the generous fans of both teams!



This September, a 13 strong team from Wm Grants and Sons Distillers conquered the highest mountains in Scotland, England and Wales in 23 hours and 30 minutes! The grand total raised so far is £3145, including match funding from Wm Grants and Sons Charitable Foundation. Brilliant!



This October, the Glasgow Airport Security Team spent two days collecting for Alzheimer Scotland and raised over £2000. Well done to the team and thanks to all the passengers who popped their spare change in the buckets!



Photo credit – Les Black

Well done to Penny Black and Fiona Lamont on completing the cycle challenge 'Ride the North' for Alzheimer Scotland, raising £850!



Here are the Helensburgh Youth Volunteers! They've supported 6 events in 6 months including their local Memory Walk and helped raised over £4,500 for Helensburgh.



This June, Aimee Boyle scaled the 4,406ft peak of Ben Nevis. She raised over £1,600 for Alzheimer Scotland, more than trebling her target! Well done Aimee!

Glasgow ball & golf

On 2 September, we were delighted to welcome 64 golfers (amateur and professional) and the Scottish Professional Golfers' Association to Cawder Golf Club in Bishopbriggs to support Alzheimer Scotland at our first Pro Am.

Over the last year Arlene Crockett and Marilyn Boyd have been working with Fundraising Ambassador Dougie McCluskey to plan this event which also led to support from ex-Celtic star Chris Sutton and ex-Partick Thistle star Chic Charney, with a feature on Glasgow Live and in the Sunday Mail.

The event culminated with the annual Forget Me Not Ball in its new home of the Marriott Hotel, Glasgow.

We welcomed 305 guests to the Glasgow party and were wowed by performances from local lad Nicholas McDonald and Heart DJ Paul Harper. The event raised over £44,000 and was hosted by the amazing charity auctioneer Alex Fleming.

We would like to thank everyone involved in these events. This was the first attempt at bringing both a Pro Am and Ball together and we were delighted with the outcome!

Golfers tee off for dementia at Cawder Golf Club



©Brian Sweeney

Glamorous guests at the Forget Me Not ball



©Pearl and Plum photography



Your gift to the so nobody faces

**“In the pit of despair,
and with more than a
few tears, I called the
Dementia Helpline for
the first time”**

**John’s family is affected by a rare
inherited form of Alzheimer’s. He
told us how he has benefited from
Alzheimer Scotland’s Dementia
Helpline, and the difference it has
made to him.**

“My Alzheimer’s story is quite an unusual one. We have one of the extremely rare inherited forms of Alzheimer’s in our family – my grandfather was one of five siblings who developed the disease in their 40s or 50s. That meant that my mum – an only child – was at 50-50 risk of developing Alzheimer’s at a similar age. Even though we always knew the risk, when mum started to show symptoms just after I had left for university, none of us really wanted to admit to it. Her personality seemed to change first of all, and then her memory of social events and the names of my friends. When the first diagnosis of Mild Cognitive Impairment came, it was devastating. I was living away from home, I was worried about supporting my dad, who still works full-time, worried about how quickly symptoms would go downhill, and selfishly worried about myself too. In the pit of despair, and with more than a few tears, I called the Dementia Helpline for the first time.



John and his mum



Dementia Helpline this dementia alone

"I felt that I couldn't overburden my friends with this huge thing that was happening in my life - and men don't really talk about these things anyway! - but it is easy to feel isolated when you have to face something like this alone. It's so good to know that there is someone on the other end of the telephone who is happy to just listen, and understands just how horrible this disease can be. The long process of losing someone you love. Knowing that I'm now at risk of developing the disease too was scary at first, but being able to talk to someone at 'arm's length' gave me the confidence to think about dementia in a more positive light, and I'm much happier to talk out about the disease and spread the word - "we can all fight this together!". From being scared to even talk about it, I went to speaking on behalf of our family at the Alzheimer International conference in Toronto this year and have volunteered to be involved in research. Quite a turn-around!

"...it is easy to feel isolated when you have to face something like this alone."

"The second time I called the Helpline, I was looking for more practical tips. As mum has lost her use of language, and is prone to wandering around the house, it is sometimes difficult to do activities with her or engage her for long enough to feel like you've made a meaningful connection. The lady I spoke to on the Dementia Helpline suggested colouring, and after we spoke for a little while about my mum, we also thought of jigsaw puzzles as a possibility! The next time I visited mum, we put on some of her favourite music and finished a puzzle of Tobermory seafont together. She isn't able to do puzzles any more, but I have now got such a happy and positive memory of us enjoying some time together because of that.

Thank you Dementia Helpline!"



Christmas

What we are asking this Festive season

As the nights draw in, the shops fill with gifts, and the Christmas trees light up, many of us enjoy looking forward to a happy festive season with family and friends. Whether our highlight is the local Nativity play, visiting children or grandchildren, or simply enjoying a few hard-earned days off work, this is a season filled with celebration, relaxation and belonging.

But for those who live with dementia, the festive season can be difficult. The essential supports that might help a person with dementia to live at home and play a part in their community may not be available, for example: transport services may be reduced; supportive friends may go away for the holidays; community activities may stop over the season; support services may be reduced.

As well as this, we all know that family members, however much they love each other, can rub each other up the wrong way at Christmas, and the stress of living with dementia in the family, on top of other challenges during the holidays such as money worries, can create tension in the home.

Alzheimer Scotland believes that nobody should face dementia alone. For more than 25 years, there has been a voice on the end of the phone throughout the holidays, 24 hours a day, to listen and to support anyone who needs to call.

This has only been possible because of people like you, who have given generous donations that allow us to be there all day and all night, 365 days a year. Our supporters make it possible to give help and support to hundreds of people, who could be at the end of their tether, every Christmas night, and every other day and night the whole year round.

Please consider donating a gift to Alzheimer Scotland's Dementia Helpline this festive season – your priceless gift will help make sure nobody faces dementia alone this Christmas.

Donate online at
www.alzscot.org/donate
or fill in the form overleaf

Alzheimer Scotland Dementia Helpline



24 hours a day 7 days a week

52 weeks a year



5,000 calls and emails

to our free confidential 24 hour Dementia Helpline every year



38%

of callers contact us in the evening, overnight or at weekends.

24 HOUR

Dementia



Alzheimer
Scotland
Action on Dementia

Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org

...your **gift** towards **Making sure nobody faces dementia alone.**

Donate online at www.alzscot.org

Please accept my gift of:

£15 **£25** **£50**
£100 **£250** **Other £**

If you can support us please fill in your details here.

Please remember, you can send either a gift and/or set up a regular donation. To set up a regular gift, please see below.

Please accept my monthly gift.

Your regular gift will help us to plan ahead with confidence during 2017 and beyond. Simply complete the seven steps below or call us on

0131 243 1453

I enclose a cheque/postal order (please indicate which) payable to **Alzheimer Scotland** OR please debit my Visa/MasterCard/Maestro/CAF CharityCard no.

Card security code

Date / Expiry date /

For Maestro cards: Issue number Valid from /

Name on card

Signed

I am a UK tax payer and would like Alzheimer Scotland to treat all donations I have made in the past 4 years and all my future donations as Gift Aid donations. (Please tick)

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference

Email address

Alzheimer Scotland would like to keep in touch with you about our work and fundraising activities. If you are happy that we update you from time to time please tick your preferred method(s) of contact:

Email Post

Please send your gift with this form to Alzheimer Scotland, 22 Drumsheugh Gardens, Edinburgh, EH3 7RN. You can donate securely online at www.alzscot.org or phone 0131 243 1453 to donate by credit/debit card.

Thank you for your support.

1 Each month I would like to give £5 or my preferred amount of £

2 Starting on 1st or 15th of month year

3 Please fill in your name and address here

Title First Name Surname

Address

Postcode

Tel: May we email you?: Email:

4 Please fill in the Direct Debit form below

INSTRUCTIONS TO BANK OR BUILDING SOCIETY

Name and full postal address of your Bank or Building Society

Name(s) of Account Holder(s)

Bank/Building Society Account Number: Bank Sort Code:

Instruction to your Bank or Building Society: Please pay Alzheimer Scotland Direct Debits from the account detailed on this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand this information may remain with Alzheimer Scotland, and if so, details will be passed electronically to my Bank/Building Society.

Originator's Identification Number: 8 0 1 0 8 0 Reference (to be completed by Alzheimer Scotland):

5 Signature(s): Date: /

Bank and Building Societies may not accept Direct Debit instructions from some types of accounts.

6 I am a UK tax payer and would like Alzheimer Scotland to treat all donations I have made in the past 4 years and all my future donations as Gift Aid donations (please tick box) I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference *giftaid it*

7 Please return this form to: **Fundraising Department, Alzheimer Scotland, 22 Drumsheugh Gardens, Edinburgh EH3 7RN.** Alzheimer Scotland would like to keep in touch with you about our work and fundraising activities. If you are happy that we update you from time to time please tick your preferred method(s) of contact: Post Email

The Direct Debit Guarantee - to be retained by you if you wish

This Guarantee is offered by all Banks and Building Societies that take part in the Direct Debit Scheme. The efficiency and security of the Scheme is monitored and protected by your own Bank or Building Society. If the amounts to be paid or the payment dates change, Alzheimer Scotland will notify you 10 working days in advance of your account being debited, or as otherwise agreed. If an error is made by Alzheimer Scotland or your Bank or Building Society, you are guaranteed a full and immediate refund from your branch of the amount paid. You can cancel a Direct Debit at any time by writing to your Bank or Building Society. Please also send a copy of your letter to us.

Dates for your diary

Whether you are interested in dancing the night away, taking part in a 5k run, listening to some excellent music, or attending a conference, there is an event coming up to suit you over the next few months. Visit our website www.alzscot.org for more information or call our Events Hotline on **0131 243 1453** if you would like to know more about any of our physical fundraising events.

April

Sun 23 April
Sun 23 April

London Marathon
Great Edinburgh Run

May

Sun 14 May
Sun 21 May
27-28 May

Aberdeen Baker Hughes 10k
Stirling Marathon
Edinburgh Marathon

June

Sun 4 June
17-18 June
17-18 June

Great Women's 10k
Tough Mudder, Drumlanrig Castle
Edinburgh Night Ride

Walkies!!! Coming soon - sponsored walk for dogs



Watch out for Memory Walkies early 2017 (humans welcome)

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Twitter: @alzscot



Book Now!

The making, keeping and losing of memory

delivered by Professor Richard Morris (winner of this year's Brain prize)

Alzheimer Scotland **annual Christmas lecture**

Wednesday 14 December 2016, 4pm-6.30pm, The Hub, Edinburgh

Book online now at
www.alzscot.org/Christmaslecture

Ticket includes festive drinks & nibbles after the lecture

