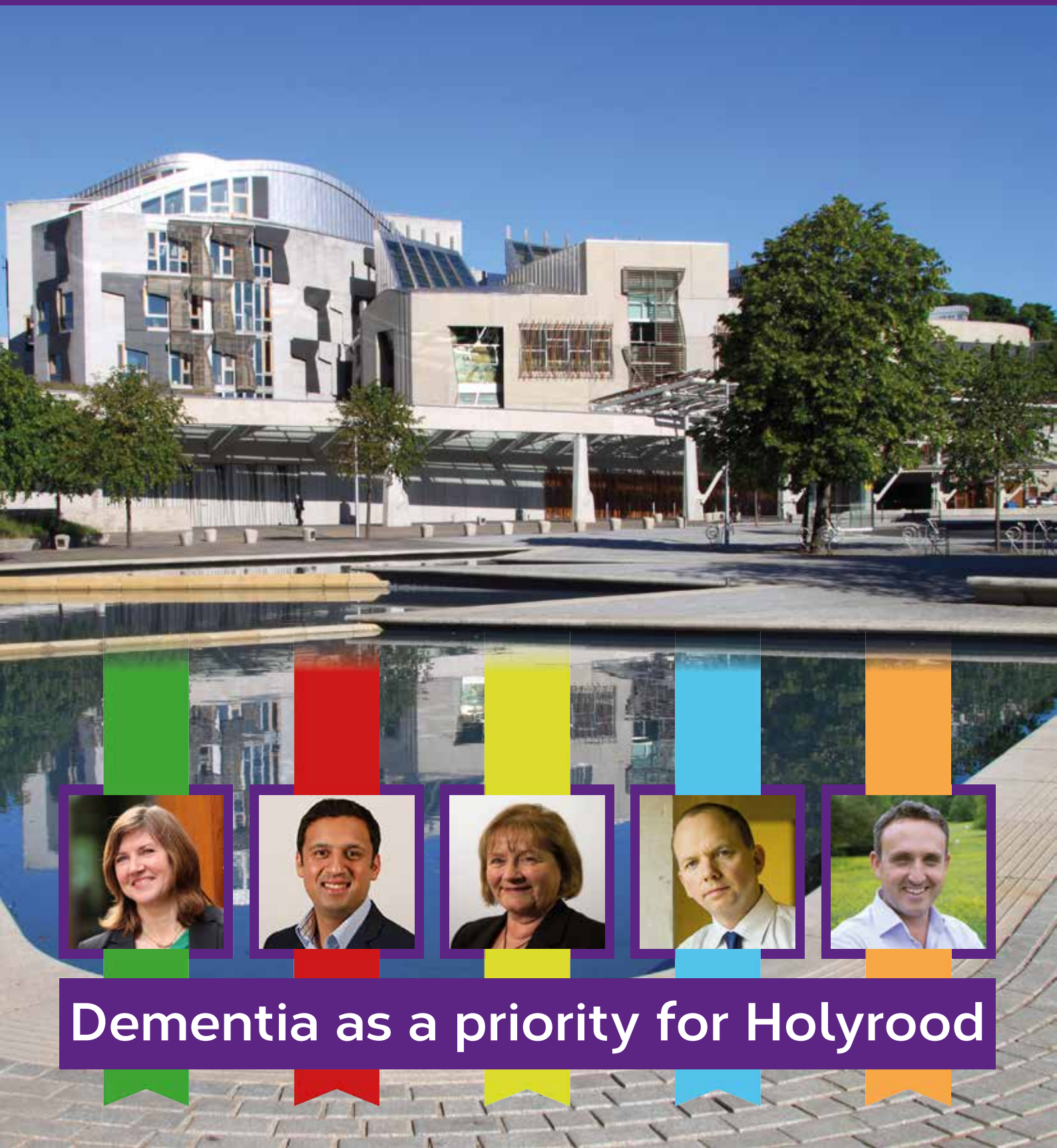


Dementia in Scotland



Summer 2017 – Issue 93



Dementia as a priority for Holyrood

Contents



Communities around Scotland show how a 'tea and blether' can counter the stigma of dementia.



Highlights and photos from the Alzheimer Scotland Annual Conference.



Some of our favourite stories from Dementia Awareness Week, featuring the friendships that make life better for people with dementia.



Find out what people across Scotland got up to mark Dementia Awareness Week.



Find out more about the pioneering new project that seeks to improve the lives of people with dementia, with the help of man's best friend.

Welcome!

This summer our attention is on Scottish Government’s launch of the third National Dementia Strategy, which was published at the end of June. In this issue we share our response to the key areas of focus in this new strategy. We also speak to the Scottish Dementia Working Group and National Dementia Carers Action Network about what they think should be the key priorities for the Scottish Government over the next three years. Maureen Watt, Minister for Mental Health, talks about her commitment to modernise dementia care, and the shadow health secretaries discuss the challenges of ensuring that national policy translates into better experiences and improved quality of life at local level. We are pleased that dementia continues to be a national priority and we will continue to work closely with the Scottish Government and all other partners going forward, to ensure that people with dementia, those who care for them and our wider membership have a strong and influential voice in these important decisions.

Dementia Awareness Week ran from 29 May – 4 June this year. As always, it’s our busiest time of the year, with people all over the country running

awareness events and ‘Tea and Blether’ fundraisers to help support people with dementia across Scotland. We are so grateful to each and every person who participated. Our Annual Conference finished off the awareness week, bringing together 650 delegates and speakers to share their work, advice, insights, research and experience. You can read the roundup of Dementia Awareness Week and the conference on pages 4 to 7.

Look out for a piece by Archie Noone, Chair of the Scottish Dementia Working Group, on page 26 as he shares some of the activities and services that are only made possible by our amazing supporters and the money that they raise. I want to take this opportunity to thank you all, we really couldn’t do this without you.

Finally, I am looking forward to our Memory Walks season in September. These walks not only bring people together to increase awareness but they are vital in helping us to raise the money we need to support people living with dementia right across Scotland. There are 17 walks taking place across the country this year and we hope to see you at your local walk.

We are pleased that dementia continues to be a national priority and we will continue to work closely with the Scottish Government and all other partners going forward, to ensure that people with dementia, those who care for them and our wider membership have a strong and influential voice in these important decisions.



Henry Simmons,
Chief Executive
Alzheimer Scotland.



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Meet our new LGBT Champions network, founded to serve the needs of the LGBT community.



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Relative values: learn how Margaret and Norman Duff don’t let dementia stop them from travelling.



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Our top ten tips for helping you, your family and your carer feel more confident about eye care.

Tea & Blether

To help mark Dementia Awareness Week, hundreds of Tea & Blether fundraisers took place across Scotland. Tea, cake and conversations were had in people's living rooms, hospitals, solicitors' offices and beyond, as we all got together for a good Tea & Blether about dementia.

The aim of 'Tea & Blether' was to get people telling personal stories and sharing simple hints and tips with friends, family and colleagues to help them understand a bit more about dementia. Through talking and sharing more openly, we want people to feel less awkward, embarrassed or uncertain when they find out that their friend has dementia.

One workplace which threw itself headlong into the spirit of Dementia Awareness Week was chartered surveyor firm DM Hall. As part of their Charity of the Year partnership with Alzheimer Scotland, DM Hall staff organised Tea & Blether events in the office and some brave colleagues took part in the Highland Fling Bungee event and Tough Mudder. In total, the DM Hall team raised £1,390 through their Dementia Awareness Week fundraising.

Speaking about their office Tea & Blether, Marianthi Markaki, Marketing and Events Assistant, said "The team at DM Hall greatly enjoyed getting behind Dementia Awareness Week 2017 by holding a Tea and Blether event for colleagues. Many cakes were eaten and much fun was had by all! Alzheimer Scotland is one of our charity partners for 2017 and 2018 and we are delighted to have the opportunity to work together to raise funds and awareness for this important cause."



Patients and staff enjoying a Tea & Blether on Ward 17 at Woodend Hospital, Aberdeen.



Our Glasgow team celebrated the end of #DAW2017 at the Glasgow Gurdwara.



Therapet Bonnie steals the show at Hairmyres Hospital in East Kilbride.



The West Highland Ramblers finish their four day fundraising trek for Alzheimer Scotland in Fort William.



Alzheimer Scotland Stranraer Resource Centre enjoy a Tea & Blether!



Buddy the Dog meets bobbies on the beat in Buchanan Street!

Right: Dementia Champion, Mairi, makes the most of DAW 2017 at Hairmyres Hospital.

Through talking and sharing more openly, we want people to feel less awkward or uncertain when they find out that their friend has dementia.



International insights; national innovation; local inspiration

Annual conference 2017 round up

On Friday 2 June, Alzheimer Scotland's annual conference brought together over 650 delegates at the world-class Edinburgh International Conference Centre, for an innovative programme with highly respected international, UK and Scottish speakers. The conference explored the theme 'International Insights; National Innovation; Local Inspiration'.

The conference included presentations which challenged the ever increasing gap between policy and practice and what we can all do to

address this divide; the effects Brexit could have on dementia research within Scotland; and how we can better understand the contradictory messaging from the media about how you can prevent dementia. Over 60 exhibitors and 50 poster presentations were displayed on the day, each showcasing new research, practice and products that can help people to live well with dementia, as well as a multitude of parallel sessions that explored equality, advanced dementia, and the designing of younger persons services.



"I always look forward to this conference; well organised, lots of great discussion and networking and excellent presentations. As a stall holder as well, I feel we get value for money. Thanks!"

"Fantastic event, buzzing with creativity and collaboration"

"Excellent and great opportunity to network from colleagues local national and international"

"A great selection of speakers (including people living with dementia) on a variety of issues"



Geoff Huggins, Director of Health and Social Care Integration, Scottish Government



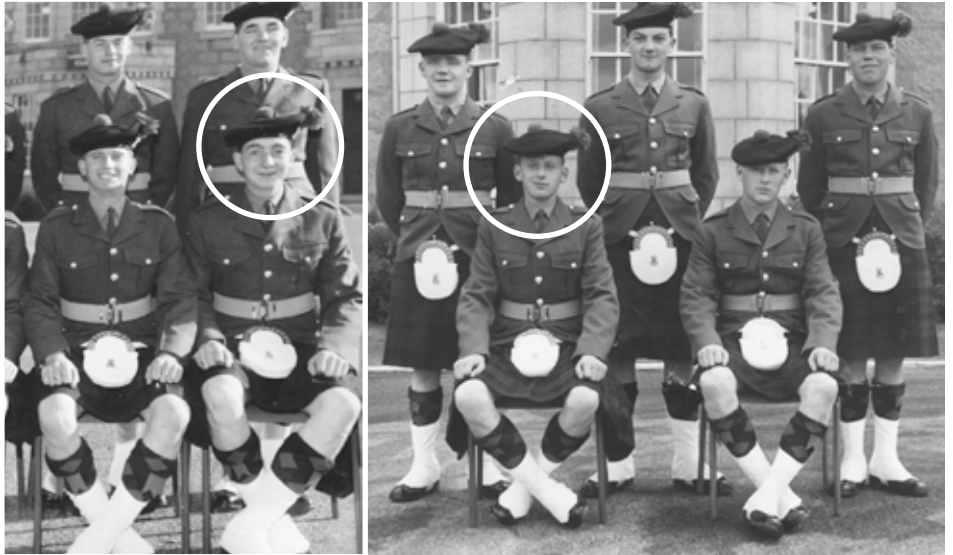
Maureen Watt, Minister for Mental Health, Scottish Government

Friendship and dementia

From 29 May – 4 June, thousands of people across Scotland came together for Dementia Awareness Week in Scotland. Over the course of seven days, communities united to raise awareness about dementia and much-needed funds for Alzheimer Scotland.

This year's theme was all about "friendship" and your stories, kindness and enthusiasm made for a fantastic week and has helped towards making Scotland a better place for people with dementia, their families and carers.

Here are just some of the wonderful stories from Dementia Awareness Week...



Willie and Rab (in their Black Watch regiment days)

Willie & Rab

Willie Banks, 70, and Robert Wilkie, 67, met 50 years ago when they joined the Black Watch regiment. Willie was diagnosed with vascular dementia back in 2013, when he was 67. Although they'd kept in touch with regular phone calls and emails reminiscing about their old army days, the pair hadn't seen each other in person in over 40 years. Their story goes to show that friendships can still be maintained even if you don't live nearby. A phone call or an email could be all it takes to brighten someone's day and keep them involved in things. Willie and Rab were reunited at the Alzheimer Scotland Dumbarton allotment in celebration of Dementia Awareness Week.



Willie and Rab (2017)

Willie said: "Being in the Army, a lot of my friends from when I was in service are spread all over the country. It's difficult to meet up, but we keep in touch by email and on the phone. The friendships mean everything to me. The friends I made in the Army are like family."

Robert said: "It's been good keeping in touch though and sharing old stories of our adventures. We were in Germany in the late 60s, then we were in Malaya, Northern Ireland and Hong Kong so we've seen a fair bit of the world together and have lots of stories to remember – like the time we went AWOL together in Singapore.

"Being in the army and moving about a lot can mean that you lose your roots a bit, but keeping in touch on email and phone is a good way of staying connected even when you can't meet up."

Following their reunion to mark Dementia Awareness Week, Willie and Rab will both be attending

a Black Watch reunion this summer, where Willie will meet up with more army pals he hasn't seen for many years.

Paul & Jim

"I met Jim on my first day at my new primary school. Jim had been in the school for a while but it was my first day and there I was standing alone in the middle of the playground, not knowing anyone and Jim just walked up to me and asked if I wanted to play. So that was that and we were firm friends from there on in.

"Our lives took different paths but Jim was always my anchor to my roots. Weddings, funerals, holidays and birthdays – we were there together for life's big events and he'd always catch me up when I was back in town.

"Then a few years ago Jim dropped off the radar. Eventually we discovered that he'd been diagnosed with dementia. After we learned this, we rediscovered our friendship, enjoying walks and lunches.

"As time went on, Jim's memory became worse: he talked in circles and began to struggle with words. It became harder to enjoy our time together. But then we started going to the Alzheimer Scotland allotment

together. We were able to enjoy the fresh air and being busy in each other's company.

"Of course the dementia got worse. Even in the later stages I visited Jim every week. It was hard to see him like that but I'm glad my wife and I were there for Jim and his wife.

"One of the things I've learnt from this experience is that you can't force your friends to take you up on offers of support, or make them tell you when something is wrong, but you can remind them that you are there for them whenever they decide that they need you."

The "Demi Girls"

Meet the "Demi Girls", so called because they all care for partners living with dementia.

Carol, Ray, Sheila, Megan, Carol-Ann and Grace met through the Alzheimer Scotland Dementia Resource Centre in Motherwell, where local Dementia Advisor Lorna Hart-Thomson plays a bit of a matchmaker to the people she supports, connecting people with peers she thinks they will hit it off with.

Megan says: "Through the introductions from Alzheimer Scotland my partner and I have gained a new circle of friends. These friendships are a great lifeline for both Stewart and I. The Demi Girls are always there for each other during tough times or for sharing information."

Carol explains: "We've all been brought into the group quite gradually. At first it is easy to get talking to the other carers because you have this huge big thing in common, but after a while you realise that you've got loads of other things in common too, outside being married to someone with dementia."

Ray adds: "We meet for coffee or lunch and drinks. More often than not we're chatting away on Facebook messenger where it's really easy to let the other girls know that you're having a bad day. They'll all pile in with a sympathetic ear and advice."

Sheila says: "It doesn't really matter how close your existing friends are. Until you've gone through this I don't think it is possible for anyone to really understand. That's why it is so good to

have this group of friends who know exactly what my situation is."

Carol-Ann shares: "None of us know what the future will hold for our husbands and we all know when the time comes and sadly it will, we will be there to support each other, as we do now."



Survey findings

A survey conducted by Alzheimer Scotland revealed that people living with dementia and their carers across Scotland are experiencing significant loss of friendships and social connections and increasing isolation.

In a poll of more than 500 participants, the 'Friendship and Dementia' survey found that:

- two out of three people living with dementia have lost friendships following their diagnosis
- 60% of people living with dementia feel reluctant to attend social situations, such as birthdays or weddings with family and friends
- 91% of participants felt that the public did not know enough about dementia and what it is like to live with the illness

During Dementia Awareness Week we shared information and stories to help raise awareness of these issues and help the general public to become more informed and empowered if they discover a friend has been diagnosed with dementia.



Paul and Jim



Pawesome innovation

Innovation forms a common thread through Alzheimer Scotland's approach, and strongly weaves into the Dementia Dog Project's work to pioneer new services that enable people to live well with dementia – all with the help of man's best friend.

A collaboration between Alzheimer Scotland and Dogs for Good, the Dementia Dog Project represents the first project of its type in the world to blend dementia specialist services with the provision of assistance dogs.

In 2012, an initial pilot based in east Scotland successfully trained and placed three dementia assistance dogs with couples, helping maintain a structured home routine, being a social connector within the community and an emotional anchor for both the person with dementia, and their carer.

The dogs can help remind someone to take medication, regulate sleeping patterns, help them dress, increase physical activity and boost confidence to enable the person with dementia to live at home for longer with their carer.

Last year, the project received a fantastic injection of funds from the Life Changes Trust, enabling the training and placement of a further eight assistance dogs with couples in Scotland.

To help deliver this, the project recently announced an exciting

collaboration with the Scottish Prison Service and Paws for Progress to establish Scotland's first prison-based assistance dog training programme.

Based at HMP Castle Huntly open prison, where focus lies on job readiness, positive citizenship and rehabilitation, this innovative partnership provides an operational base and capacity boost for the Dementia Dog team. It also enabled men in custody to develop employability skills and build a non-criminal identity to help reduce risks of future re-offending.

Participating students complete an introductory dog training and welfare course run by Paws for Progress, who bring valuable experience of working with young offenders at HMP and YO1 Polmont to help train rescue dogs. Students can then work with the on-site Dementia Dog Project team assisting with the training of dementia assistance dogs.

Henry Simmons, Chief Executive of Alzheimer Scotland explains: "This is a wonderful example of collaborative working to develop new and different types of supports for people living with dementia. As the number of people developing dementia in Scotland increases, there is a clear and urgent need for creative and innovative solutions."



Dog Day community intervention

Since January, five students have completed their introductory course and gone on to help successfully train three dementia assistance dogs.

Paws for Progress are working with the University of Stirling to monitor students' overall rehabilitative outcomes. In just a few months, the students have already gained an impressive number of qualifications in topics such as Communications, Numeracy, Working with Others, Animal Care and Dementia Studies.

Over the coming months, the Dementia Dog Project will also be taking their learnings beyond an individual assistance dog approach to develop ways to support more people with dementia in broader community settings, thanks to a recent National Lottery grant from the Big Lottery Fund. The funding will allow the team to pilot a small-scale series of 'Dog Day' community events and goal-oriented therapy intervention pilots in Scotland and trial areas in England, using trained dogs.

Peter Gorbing, CEO of Dogs for Good welcomes the funding. "This grant will allow the Dementia Dog Project team to test and pioneer new approaches to reduce social isolation and bring joy and meaning into the lives of people with dementia." Watch this space!



From left to right: Uno, Webb and Willow

More info

If you would like to donate or find out more please contact bark@dementiadog.org

Five things about dementia I learned in Japan

By Jan Beattie, Deputy Director of Workforce Development

The 32nd International Conference of Alzheimer's Disease International was held this year in Kyoto, Japan, and I was lucky enough to represent Alzheimer Scotland.

The conference brings together over 3,000 delegates, from over 100 countries, to learn about the latest research and innovations in dementia care. As I was going all that way I wanted to see the best of dementia care and support that Japan has to offer, so I set up some visits to local services. Here are some of the things I learned:



Miniature houses personalised in a group home

1. Scotland is seen by the dementia community in Japan as world leading and way ahead of anywhere else. Our Human Rights approach; models of care; our activism on dementia are highly respected
2. In Japan dementia care is funded through state-run long-term care insurance that everyone over 40 pays for
3. Group homes of up to nine people are a popular option for people with dementia who can no longer live at home. Daily life centres around an open plan kitchen and living space and people are supported to maintain their skills and abilities; shopping for food and contributing to cooking meals, from chopping vegetables to stirring pots or laying out the chopsticks
4. Everything in Japan is polite, thoughtful and well-ordered with a powerful sense of duty adhered to
5. Dementia care, like everything, sits in a cultural context: in Japan it is kind, intricate and considered, with Hokkoi, roughly translated as a deep sense of wellbeing and contentment, the ultimate goal of dementia care



Kyoto group home preparing lunch



Making a friend in the park

Scotland's National Dementia Champions: 700 and growing

Alzheimer Scotland has been proud to partner the University of West of Scotland in the delivery of the National Dementia Champions Programme since 2011. Funded by the Scottish Government, the programme forms an important part of wider initiatives to support improvements in the care and treatment of people with dementia admitted (or at risk of admission) to a general hospital setting. People with dementia and family members are key contributors to the teaching.

The programme brings together professionals from a diverse range of

disciplines to develop the skills and knowledge needed to enhance the understanding and practice of staff supporting people with dementia. To date, participants have included nurses from every area of hospital care, allied health professionals, social services staff, the Scottish Ambulance Service and NHS 24, each of whom recognise the need for collaboration across all channels to improve the experience of people with dementia in need of acute care.

On 15 March 2017, we were delighted to join colleagues from

Scottish Government, NHS Education for Scotland, Scottish Social Services Council and the Alzheimer Scotland Dementia Nurse Consultants to celebrate more than 100 new dementia champions graduating at Murrayfield Stadium. This brings Scotland's total to more than 700 dementia champions. The event also provided an opportunity to showcase the on-going work of the 600 who go before them.

The programme is, of course, only the starting point to becoming a dementia champion and all continue their work of change in their own workplaces.

30 Years of the Lewis and Harris Branch

This year the Alzheimer Scotland Lewis and Harris Branch are celebrating their 30th anniversary!

This is an amazing achievement, but what's even more amazing is that four of the founding members are still very much involved in our work today. Brenda Macleod has been a committee member and volunteer since 1987 and was previously branch secretary – for 25 years – before handing the reins over to Sonja MacLeod in 2013.

Brenda says: "We are very proud when we look back at all the work we have done and are still doing to help people living with dementia and their families in the islands."

The branch is very active in supporting fundraising and awareness raising as well as supporting projects throughout the Western Isles. The branch also provide regular volunteering support at the Solas day centre and at community activities such as dementia cafés and peer support groups.



Marion MacInnes, Service Manager added: "We'd like to pay our thanks to previous, long-term and new branch recruits for their ongoing dedication and commitment to the work we do."

Fair Isle Friday

The Makkin and Yakkin group, from Anderson High School in Lerwick, were keen to promote intergenerational work (and pick up some knitting tips!) so have been attending the monthly Knit and Chat group at our Shetland Branch.

The school hosted 'Fair Isle Friday' for the group where each student, member of staff and group member were invited to wear their favourite piece of Fair Isle clothing for the day.

There was a competition for the 'Most Imaginative Garment' and the 'Prettiest Garment' judged by members of the group. Meg Smith selected a pair of boots with Fair Isle cuffs as the 'Most Imaginative' and Frances Chapman awarded the 'Prettiest Garment' prize to a teacher, for his dazzling gansey.

This was a wonderful example of generations coming together, linked by an important part of our heritage and culture – knitting!



Moray Monday club

The Alzheimer Scotland Moray Branch (formerly the Elgin Branch) has put together a 'Monday club' which sees almost 60 of its members head out together on the last Monday of each month, between April and September.

May's Monday club enjoyed a visit to see the seals along the shoreline at Portgordon, before heading to Garmouth hotel for a wonderful afternoon tea.



Scotland's national dementia strategy

In this edition of Dementia in Scotland, I'm delighted that we can share Scotland's next national dementia strategy with our supporters. The new strategy,



launched earlier this summer, outlines the Scottish Government's priorities and targets for dementia over the next three years. Alzheimer Scotland welcomes this third national dementia strategy for Scotland. We believe it shows a long-term commitment from Scottish Government to improving the lives of people with dementia and those who care for them.

In April 2013, the Scottish Government made a guarantee to provide a year of post-diagnostic support, based on our 5 Pillar Model of Post-Diagnostic Support. In this new strategy, there is a commitment to go beyond a single year of post-diagnostic support. Individuals diagnosed at an early point in the illness will now have a named Link Worker who will provide ongoing support until their needs change and they require greater care co-ordination.

We also welcome the commitment to ensure that individuals diagnosed at a later point, when they are likely to have more complex needs and require support from a range of services and professionals, are able to receive their post-diagnostic support through our 8 Pillar Model of Community Support. This would include their post-diagnostic support being coordinated by a Dementia Practice Coordinator (DPC). The DPC would continue in that role from the point of diagnosis through to the advanced stages of the illness.

The new national dementia strategy also has a commitment to start testing how post-diagnostic support could be delivered to people within a primary care environment, for example at a local

GP surgery. This should help to make post-diagnostic support services more accessible and might also encourage people to come forward earlier for memory assessment or to seek a diagnosis.

The Scottish Government has also committed to testing Alzheimer Scotland's Advanced Dementia Practice Model; this takes us closer to achieving our shared vision of the best possible support for people living with dementia from the point of diagnosis to the end of life.

We believe that nobody should face

We will only be able to achieve a real transformation for people with dementia and those who care for them by recognising that we all have a part to play in making that change happen.

dementia alone, and we are pleased to see a significant commitment in this strategy towards the support and development of dementia friendly communities across Scotland. We will only be able to achieve a real transformation for people with dementia and those who care for them by recognising that we all have a part to play in making that change happen.

The new strategy's ongoing commitment to Promoting Excellence and to the new Allied Health Professionals framework, "Connecting People, Connecting Support", will add depth to our practice base, as does the ongoing work to improve our Acute Hospitals, Specialist Dementia Units and Care Homes.

We recognise that delivering the aspirations of this strategy will require local investment. The returns on this investment for people with dementia and their families are immeasurable. The potential return for the system, however, can be measured. It will be seen in significant delays in admission to residential and other formal care services, being able to avoid unnecessary admission to hospitals and preventing unhelpful crisis driven service responses; supporting and resourcing our local communities to become the mainstay of support. Investing in and delivering this strategy is the only way to make this happen and it must become a key priority for every local area.

A decade has passed since dementia was first made a national priority in Scotland and in that time we believe that significant progress has been made. However, despite this progress much more remains to be done. The gap between the policy commitments found in all three strategies and the real life experience of many people is far too wide. We will do all that we can to work with local partners to deliver this strategy and to make sure the collective voice of people with dementia, their families, carers and our members are as strong and as engaged as possible throughout Scotland.

**Henry Simmons, Chief Executive
Alzheimer Scotland.**

Government commitment to modernise dementia care

In advance of the release of the national dementia strategy we spoke to a few of the key people involved in the generation of the strategy – including the Minister for Mental Health, people with dementia and their carers – and asked some key questions to the shadow health secretaries about their opinions on the challenges people with dementia and their carers face in Scotland and what they think needs to be done to help implement this strategy.

Maureen Watt, Minister for Mental Health, Scottish Government.



When I'm out on visits, or speaking to people who work within Scotland's NHS and care system, the one thing that always makes me proud is their utter commitment – not only to the role but also to caring for others.

And, in terms of dementia, what I saw recently at the Alzheimer Scotland conference were people who are passionate about improving the lives of those living with or looking after someone with dementia. That's something that is reflected in the increased focus we have placed on the condition since coming into government in 2007.

We know the number of people living with or newly diagnosed with the condition is expected to grow and we must plan for the future, which we are doing. Key to that has been the extent of our engagement with stakeholders who provide first hand or lived experience of dementia and dementia care to help shape our approach.

The integration of health and social care is helping us to change the way we address dementia care, so more people retain as much of their independence as possible, for longer, as well as ensuring that families and carers feel supported in their key caring role.

And it's why we are focusing our action on dementia around three key areas – reducing inappropriate use of hospital services, shifting resources to primary care, and supporting more care in the community. All of this is part of

our human-rights based approach – putting people at the heart of the care decisions that affect them.

Health and social care integration allows us to ensure that people's care needs are better anticipated, so fewer people are admitted to hospital or long-term care when they could be supported in a homely environment.

Too often, older people, in particular, are admitted to institutional care for long periods when a package of assessment, treatment, rehabilitation and support in the community – and help for their carers – could better serve their needs. That's why we're putting greater emphasis on supporting people in their own homes and communities.

We're also continuing our focus on diagnosis and post-diagnostic support and want to make further progress in ensuring more people are diagnosed – and more quickly.

So, we'll be testing the re-location of post-diagnostic services into modern primary care settings so they become more accessible. That in turn will encourage more people to come forward earlier for a dementia diagnosis or memory assessment.

Health and social care integration allows us to ensure that people's care needs are better anticipated, so fewer people are admitted to hospital or long-term care when they could be supported in a homely environment.

Another important element is access to information and support delivered by skilled link workers to build resilience for dementia carers, and benefit their own health and well-being.

It's clear we are changing and modernising dementia care – but it's crucial that we maintain that momentum. Getting dementia care right is a major challenge and we can't do it alone. We need the help of our partners, including Alzheimer Scotland, on every step of the journey.



Anas Sarwar

Shadow Health Secretary,
Labour Party



What are the key challenges affecting people with dementia, their families and carers that should be addressed in the upcoming strategy from the Scottish Government?

With the latest figures showing that only 40 per cent of patients were even being referred for post-diagnostic support, the government has badly missed their target to provide a year's post diagnosis support for everyone. The new strategy must address this.

People with dementia, their families and carers also need assurance that regardless of the age at which a person receives a diagnosis, they should receive the support they require at no personal cost. I hope the new strategy signals a commitment to introduce Frank's Law, and ultimately move to the abolition of care charges altogether.

The uncertainty of having to wait months for a care package to be put in place is also unfair and unjust and the government needs to commit to properly resource delivering a care package within a week of assessment.

Why do you think it has taken so long for these challenges to be addressed?

Scotland has an ageing population and we have seen a significant increase in the number of people diagnosed with dementia, with this number set to double over the next 20 years.

Despite this increasing demand on services, the Scottish Government have failed to ensure funding keeps up with demand. Local services budgets have been slashed by £1.5bn since 2011.

What do you think needs to happen for the Scottish Government's strategy to be implemented?

The Scottish Government need to look again at the financing of the dementia strategy. The strategy needs to be bold and ambitious, but the funding needs to be in place to put such a strategy into practice.

Donald Cameron

Shadow Health Secretary,
Conservative and Unionist Party



What are the key challenges affecting people with dementia, their families and carers that should be addressed in the upcoming strategy from the Scottish Government?

The Scottish Conservatives have campaigned for Frank's Law to be introduced, as we believe free personal care should be extended to people with dementia under the age of 65. We will continue to campaign for the Scottish Government to include this in the upcoming dementia strategy. We also support the Scottish Government's efforts to introduce post-diagnostic support for every person diagnosed with dementia, but are concerned by figures showing that currently only 2 out of 5 people diagnosed are offered the support.

Why do you think it has taken so long for these challenges to be addressed?

The dementia strategy has been delayed, having been originally due to be published in 2016. This has left commissioners, service providers, staff, patients and their families with a lack of clarity over the direction of dementia support in Scotland. In my view, the Scottish Government has not yet addressed the issues related to an ageing population, including dementia, and planned health and social care services accordingly.

What do you think needs to happen for the Scottish Government's strategy to be implemented?

The Scottish Government must ensure the resources and staffing are in place for their dementia strategy to be implemented properly. We support accompanying strategies such as Health and Social Care Integration and Self-Directed Support but are worried by reports that neither are yet being fully implemented. Laudable aims are all very well, but they will fail to have an impact on the people of Scotland if both public and staff are not engaged and services are not re-modelled in order to provide person-centred support to everyone who requires it.

Alex Cole-Hamilton

Shadow Health Secretary,
Liberal Democrats



What are the key challenges affecting people with dementia, their families and carers that should be addressed in the upcoming strategy from the Scottish Government?

There are copious challenges when it comes to dealing with dementia. These challenges extend beyond the patient and to the family and friends of the patient as well as the carers for the patient. For me, the main challenge that needs to be addressed is the need to improve dementia diagnostic services and support. As well as diagnosis, there is need for improvement for patients at all stages of the illness.

Why do you think it has taken so long for these challenges to be addressed?

These challenges have taken an unnecessarily long time to be addressed. As with many government processes, the density of ideas and interests can hinder progress. In the case of health care, balancing the budgets and capabilities of local authorities with the abilities of the NHS can prove difficult.

What do you think needs to happen for the Scottish Government's strategy to be implemented?

The key to implementing the Scottish Government's strategy is two-fold. Firstly, there is an urgent need to raise public awareness and understanding regarding dementia. The misconceptions that the public hold clearly prevents the people from forming a consensus and demanding change. Secondly, there is a strong need to engage in cross-party cooperation to ensure that the treatment of dementia patients improves. As well as the treatment of these patients, it is essential that the Scottish Government work to ensure the families and carers of the patients feel supported. If we can raise public understanding and cross-party support, I feel that real progress can be made to improve the treatment of all of those impacted by dementia.

Alison Johnstone

Shadow Health Secretary,
Green Party



What are the key challenges affecting people with dementia, their families and carers that should be addressed in the upcoming strategy from the Scottish Government?

Too many people wait longer than they should for the post-diagnostic support they need. The way that diagnosis is communicated to people could also be improved in many cases, and we should ensure it involves people's carers and families appropriately. There is a growing need for training for social care staff, including staff working in care homes and those supporting people living at home.

Why do you think it has taken so long for these challenges to be addressed?

Timely post-diagnostic support requires well-trained staff, who can work effectively with other health care professionals involved in earlier stages of assessment and diagnosis. I am not convinced that sufficient numbers of link workers have been recruited, and recruitment and retention challenges across the social care sector have an impact on specialist training.

What do you think needs to happen for the Scottish Government's strategy to be implemented?

The strategy must be adequately resourced, and underpinned by robust long-term workforce planning.

People with dementia and their carers respond to the dementia strategy

Scottish Dementia Working Group (SDWG)

The SDWG are hopeful that their current campaigning priorities and their input to the strategy's development will be reflected. SDWG members have contributed by attending Dementia Dialogue sessions and taking part in Expert Advisory Group meetings. SDWG were pleased to have been involved, and are confident that our participation will see commitments that reflect the real lives of people with dementia.

"The post-diagnostic guarantee has got to be looked at," says member Henry Rankin, noting that experiences amongst our members are inconsistent, particularly given their geographical spread across Scotland. Office-bearers Archie Noone, Anne Macdonald and Carol Hargreaves agree and are optimistic that post-diagnostic support in future can be delivered in a person-centred way, ensuring that the voices of people with dementia themselves are listened to throughout.

Most of all though, SDWG members are looking forward to seeing the commitments in the strategy effectively put into practice where they will have a positive impact on people's lives. Vice-Chair Carol Hargreaves is pleased that SDWG's involvement should ensure it is "not just empty words" but a meaningful step towards ensuring that more people than ever can live well with dementia.

National Dementia Carers Action Network (NDCAN)

The bedrock of post-diagnostic support (PDS), early diagnosis and a 'guaranteed' link worker following diagnosis established the foundation of the first national dementia strategy in 2010. There are many examples where this strategy commitment provides a positive impact on the day to day lived experiences of carers. PDS, however, remains an ongoing priority issue for NDCAN, a theme that is very often revisited at steering group, committee meetings and wider network meetings.

Why does this commitment remain a priority and create such passionate discussion amongst our members? When carer feedback demonstrates how effective and life changing this essential approach has been, it is really great to hear. Sadly despite this, statistics and feedback demonstrate that quality post-diagnostic support is not consistently

available in areas of Scotland and waiting times for it can be long.

NDCAN members share personal experiences and frustrations when they do not have access to this key 'guaranteed' service provision. This absence impacts negatively on the quality of life for all concerned. At the heart of this frustration is 'inequality'. Knowing that if this was available consistently, forward planning and support would make a tremendous difference to the individual dementia pathway and ultimately save heartache and money.

NDCAN's continued focus is not to forget this bedrock of the previous strategy. This is the time to evaluate how firmly and well PDS, the foundation of the first strategy is established and focus on ensuring it is available to all.



More info

Think you could help shape the future of dementia policy? Become an Alzheimer Scotland member today at www.alzscot.org/membership

Caledonia Social Care

Launch of new employee owned social care provider

On Friday 30 June, staff members of CSC hosted a celebratory coffee morning, in recognition of Employee Ownership Day. The event also marked their successful trading since April 2017 and to outline their ambitions for the first year.

Margaret Paterson, Managing Director of CSC, commented "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."

CSC provides a flexible and personalised home support service throughout central Scotland. Locations include Falkirk, Stirling and Clackmannanshire, Lanarkshire, East & West Dunbartonshire, Glasgow, Renfrewshire, East Renfrewshire and Argyll & Bute.



More info

If you would like to speak to someone to learn more about the service CSC provides, contact their head office on **03300 537 130**, or visit their website at www.caledoniasc.co.uk



Lesbian, Gay, Bisexual and Transgender (LGBT) Champions Network

It has always been our aim to make sure nobody faces dementia alone, reaching out to everyone across Scotland. To ensure we are meeting the needs of the LGBT community, we have decided to form an LGBT Champions Network. The LGBT Champions hope to be role models in the organisation: championing positive behaviours, attitudes, terminology and challenging assumptions made about members of the LGBT community. Building on our diversity work as an organisation and on three successful years of being part of PRIDE in Glasgow, proudly being part of the

parade last year, we realise that there are many ways we could reach out to the LGBT community and enhance their experiences of working with us.

The LGBT Champions will work towards creating a culture of comfort and safety for all staff, volunteers, members, people living with dementia and their carers; a culture where people feel they can be their true self, included by Alzheimer Scotland, free from discrimination and feeling invisible. Working in partnerships with other relevant organisations like Stonewall, the Terrance Higgins Trust and LGBT Health & Wellbeing we aim

to put in place training and information for our staff and volunteers to enhance our practice and engagement.

The LGBT Champions Network is looking forward to helping our organisation translate our learning into truly inclusive practice and engaging with those from the LGBT community who are affected by dementia.

More info

For more information, please contact Fiona Roberts or Jennifer Hall by emailing qwd@alzscot.org.

Connecting People, Connecting Support

Allied Health Professionals

Alzheimer Scotland was commissioned by Scottish Government, as a key commitment in Scotland's second dementia strategy, to develop an evidence based policy document outlining the contribution of the Allied Health Professionals (AHPs) to integrated home care and across the care pathway. 'Connecting people, connecting support' will be published in the next few months and will set out the rehabilitation skills and expertise of the AHP workforce sharing how they can have an even greater positive impact on the lives, experiences and outcomes of people living with dementia and their families.

As well as written evidence developed through research, 'Connecting people, connecting support' draws heavily on the evidence collected by people living with dementia and their families, a scoping exercise on post diagnostic support, an evaluation of the impact of the AHP Consultant role on the organisations in which they work and literature reviews providing an overview of available research into the effectiveness of AHP-led interventions for people living with dementia, their families and carers. All the evidence informing the policy document is available at www.alzscot.org/ahp.

The final document will present an evidence-informed case to support an approach to practice for all AHPs working with people living with dementia – what we call the AHP approach – with the intention of promoting local integration and implementation. The

AHP approach combines the 'bio-psychosocial' model with an integrated and co-ordinated approach to providing AHP interventions to people living with dementia and focuses on five key elements including: enhancing daily living, adapting everyday environments, maximising psychological wellbeing, maximising physical wellbeing and supporting families and carers.

For each element, we offer a definition, provide some key facts, explain why it is important when working with people living with dementia, and define what will be delivered. They are described separately, but must be considered together within overall AHP-led interventions to support individuals and their families.

The AHP approach is applicable for all people with a diagnosis of dementia and in all care settings; younger people living with dementia, people with rarer types of dementia and those who may also be living with another long-term condition. It is underpinned by principles of human rights, person-centeredness, and collaborative and partnership working, and is informed by models of good practice. The fundamental understanding driving the approach is that people living with dementia can benefit from AHP-led interventions. The aim is to build on the strengths of the AHP professions collectively; not by doing more, but by supporting them to work in new integrated and innovative ways.

Four underpinning principles and four ambitions for all AHPs and AHP services have been developed, with actions for change mapped against the nine 'National Health and Wellbeing Outcomes'. The underpinning principles are the foundations for AHP practice and the ambitions outline the

vision for transformational change in the way AHPs work with people living with dementia, now and over the next three years. The actions will describe how these changes will be integrated and implemented. Implementation of 'Connecting People, Connecting Support' is a key commitment in Scotland's third dementia strategy, as outlined in Commitment 10:

We will support the implementation of the new national AHP framework 'Connecting People, Connecting Support'.

Alzheimer Scotland will be supporting the implementation through the leadership from our National Alzheimer Scotland AHP Consultant, Elaine Hunter, in partnership with a newly established national Alzheimer Scotland AHP Dementia Forum. The forum involves AHP from throughout Scotland and includes membership from eight AHP professional bodies. The forum will have a national remit and, crucially, AHPs will work with their local colleagues and people with dementia and their families to lead the development and strengthening of partnerships for delivery and co-design of local solutions.

AHPs in Scotland have made great progress in their practice in dementia care, treatment and support, and can now build on these achievements. There is still much to be done, however, to improve the way people can access AHPs' rehabilitation skills and get the right care, in the right place at the right time and the new policy 'Connecting people, connecting support' will be instrumental in transforming the allied health professions' contribution to supporting people living with dementia in Scotland over the next three years.

More info

For further information on this work please contact Elaine Hunter at ehunter@alzscot.org or follow her on twitter at [@elaineahpmh](https://twitter.com/elaineahpmh), [#AHPDementia](https://twitter.com/AHPDementia) and [#ConnectingPeople](https://twitter.com/ConnectingPeople)



Dementia Friendly Lanarkshire

Dementia Friendly Lanarkshire is beginning to take shape, as the Dementia Friendly Communities movement catches momentum. We now have two new teams working across North and South Lanarkshire, in partnership with the local councils, Health & Social Care Partnerships and other key stakeholders.

We've engaged with people living with dementia and their families, as well as local businesses and various community groups, including: faith groups, schools and universities, and local clubs to find out how we could help to support everyone be part of their community for as long as possible. The key barriers identified in these talks were: transport, the stigma around dementia and the public having a better understanding of dementia.



This has helped us focus our priorities for the area and led to us to hosting a Networking Business and Communities Breakfast during this year's Dementia Awareness Week in Scotland. It was a huge success with a variety of attendees from police, businesses, sheltered housing, retail, health care professionals and care

homes from across Lanarkshire. All those who came along attended a Dementia Friends information session and pledged to become part of the wider Dementia Friendly Communities movement. We are delighted with progress so far and look forward to working in partnership with communities across Lanarkshire to see if we can indeed turn it purple!

More info

If anyone would like to find out more about this initiative please contact:

Jane McArdle, Senior Community Development Worker, South Lanarkshire
Tel 07717 730047

Alison MacNair, Senior Community Development Worker, North Lanarkshire
Tel 07717 728261

Occupational Therapy interns

We continue to support our allied health professions internship programme over the summer in partnership with Queen Margaret University and Santander Universities UK. This year our occupational therapy interns are Lindsay and Beth (job share) and Nicole. We also welcome our very first AHP volunteer, Emily. All four will be working together along with the Scottish Dementia Working Group and linking with National Dementia Carers Action Network. As

The main objectives of the interns and volunteers will be to promote engagement in meaningful occupation and also support SDWG & NDCAN to meet their own key priorities. Throughout the intern programme we will be active on social media so follow us at:

Nicole @NicoleKane_OT
Emily @McNEmilyJane
Lynsey @LRFlanniganOT
Beth @b_crocks
#OTIntern #ConnectingPeople



Lynsey in 2015 working with SDWG



Networking at the conference (left to right): Niamh (Alzheimer Scotland AHP PhD studentship), Emily, Beth, Nicole (in front)

Dementia Circle

Dementia Circle continues its mission of finding, testing and sharing some of the new technology solutions on the market that may help to make life easier for people with dementia.

Recently we reviewed remote control plugs – good for those hard to reach sockets down the back of the TV; Canary – an unobtrusive system that can monitor movement, heat and light levels in your home and alert to anything unusual; and motion sensor lighting – great for anyone who might have trouble wayfinding in their home, or who may worry about tripping over if they get up at night.

More info

You can read our testers reviews and find out more by visiting www.dementiacircle.org or if you have any other questions relating to using technology – anything with a plug or batteries – you can contact the Technology Team on tec@alzscot.org

The World Health Organization (WHO) global plan on dementia

After ten years of continuous advocacy, The World Health Organization (WHO) has adopted a global plan on dementia. It calls on governments to meet targets for the advancement of dementia awareness, risk reduction, diagnosis, care and treatment, support for care partners and research. The plan was approved at the 70th World Health Assembly in May.

Alzheimer Disease International (ADI) and people living with dementia were consulted on the development of the plan which includes, as an example, targets for all member states to implement public awareness campaigns and dementia friendly initiatives, and 75% of all countries to develop training for care partners and families.

Paola Barbarino, CEO of ADI, said: "We have a once-in-a-lifetime opportunity to dramatically change the attitude to dementia from fear and inaction, to fighting back, understanding, inclusion and support."

Henry Simmons, Chief Executive of Alzheimer Scotland welcomed this historic moment: "As a member of ADI, Alzheimer Scotland has supported this sustained drive for a global plan calling on individual countries to fund, implement and monitor national dementia plans of their own. Scotland was one of the first countries to develop a national strategy and since 2010 has developed two strategies with a third published in June 2017. While we still have much to achieve in Scotland, the national dementia strategies have been instrumental in supporting progress in increasing awareness of dementia and making improvements in key areas such as diagnosis, post diagnostic support and acute hospital care. We warmly welcome this new era of global recognition, understanding and focus, for what is undoubtedly the biggest generational health and social care challenge we face."

We have a once-in-a-lifetime opportunity to dramatically change the attitude to dementia from fear and inaction, to fighting back, understanding, inclusion and support.

More info

Find out more about the plan and the other member states supporting the plan at www.alz.co.uk/dementia-plans/global-plan



Make sure you can hear us!

In the autumn edition of the magazine we'll be in touch with you to ask you to tick a box for us. The data protection law will be changing in May 2018, so we'll be asking you to put a tick a box to ensure that you keep receiving our news, events and fundraising updates.

Keep an eye open for the tick.



Relative values

Norman Duff, originally from Ruchill, was diagnosed with Alzheimer's disease three years ago, aged 82. We spoke to his wife, Margaret, about how they're not letting his diagnosis stop them from travelling.

Norman and I met when we were at Kelvinside Senior Secondary School in Glasgow – I was 14 and Norman was 16. We have been married for almost 59 years now and have lived in Cardonald for most of that time.

Norman was diagnosed about three years ago and we got in touch with Alzheimer Scotland quite quickly. We have tried to stay to stay socially active and part of our community as much as possible, even if our regular outings may have changed since his diagnosis.

On a Thursday morning, we head to the Memory Café at Ibrox Church. It's great to get across there and have a chat, and there's always a big group of people who attend. Getting out and about is particularly good in the summer as we get to go to the allotment in Bellahouston Park that's open over the summer months. We go to the allotment every Thursday afternoon and get a chance to spend some time outside in the garden as well as chatting to other families and the Alzheimer Scotland staff. On Friday morning we go to a singing group too, we really do get about!

The groups we have attended through Alzheimer Scotland have been great as I've been able to meet other carers, and even went to a carers' information

We really are trying our best to keep getting out and about, both home and away and are always looking forward to the next exciting thing on our list.



Norman and Margaret with their family.

session given by Kevin Black (Dementia Advisor). It's helped me build a great network of people who are in the same situation as me, who I can speak openly about dementia to and who understand my situation as a carer.

We like to get away when we can and have managed to fit in a few holidays in the past few years, both abroad to see family and day trips across Scotland. We have three children, Caroline, Elaine and David; six grandchildren, Liz, Elaine, Karen, Ian, Cori and Kirsten and two great grandchildren, Sofia and Felix, so we're not short of people to visit.

Before Norman's diagnosis I went away on the occasional weekend abroad alone, as Norman isn't fond of the sun. I am a painter, so I'd go to paint and knew he wouldn't want to spend the time alone while I did that. I haven't had a chance to get away much to paint since, but we have been going away together more, which is lovely.

We have family in various places, the Isle of Man, the Netherlands and even have a grandson in Australia, so we visit when we can. I definitely worry about going abroad since Norman's diagnosis, although it's usually absolutely fine once we're there, it's just the thought of it. Norman can sometimes become a bit

The groups we have attended through Alzheimer Scotland have been great I've been able to meet other carers, and even went to a carers' information session given by Kevin Black

confused when staying in an unfamiliar house, so staying with family, like when we went to visit our granddaughter Karen in the Netherlands is great as there's always a familiar face around.

A year or two ago we managed to get the whole family (13 of us) away at once and went on a cruise around the Greek Islands together, it was beautiful, and there was so much to do. It was especially great for me as I got to really relax knowing that I had the rest of the family there to help. Norman did get himself lost on the boat once, but we found him quite quickly, and he was still in good spirits.

When we're not going abroad we jump on the bus and head off on a

Margaret's top tip!

My top tip for travelling is to not tell Norman too early that we're going somewhere. If I do I find he becomes very restless and would be up all night worrying about it.

day trip; we've been up north and across to St. Andrew's in Fife. It's great because the bus is free so we don't need to worry too much about the cost of travel.

To give me some peace of mind when travelling, we once tried using a GPS device that attached to Norman's wallet or keys. Of course, we then managed to lose the wallet and the GPS with it, so we didn't bother with that again

but I do think they're worthwhile if you're worried about someone in an unfamiliar place.

We really are trying our best to keep getting out and about, both home and away and are always looking forward to the next exciting thing on our list. This week, we're off on the paddle steamer, the Waverly, "doon the watter" to Rothesay. It'll be the highlight of our week; we're really looking forward to it!

Short breaks

It's that time of year when the days are long, the temperature rises and thoughts turn to a summer break; a well-earned rest from our normal routines. For many people, especially those living with dementia, the thought of any kind of break can be daunting for to many reasons. Where will the money come from? How do I arrange a suitable break? How can I access support? Who can help me?

Maybe a little financial help is required. Shared Care Scotland enables local organisations to help people fund creative breaks, giving 'time to live'. They also have invaluable information on breaks all over Scotland. You can find them at www.sharedcarescotland or call 01383 622462.

You may wish to make a short break part of your Self-directed Support. Organisations like Cottages & Castles have kindly had owners donate weeks to allow people to have relaxing breaks, as they appreciate that a break from the routine makes such a difference.

Finances are not the only challenge to creating the right break. Sometimes

the need is for the right support to be put in place or someone to take the stress out of the planning. This is where organisations like Mind for You can take up some of the strain. They organise group breaks in set locations, the support is already in place and with their door to door service they find that people return again and again. For more information you can visit www.mindforyou.co.uk or call 01509 351008.

Maybe you want to plan something as individual as you are or might just need travel insurance or the right hotel? Altogether Travel have many years' experience in listening to people and putting all the pieces of a perfect break together, they are care registered and offer companions for additional support. If this would be for you visit www.altogethertravel.co.uk or call 01236 222006.

It is also always worth asking if your accommodation provider, transport operator etc. have undertaken any dementia friendly training.

Time to pack the case then?

More info

For more information on day trips, travelling alone and using public transport with dementia, see our information sheet on travel and holidays at www.alzscot.org/travel

To find out more about using GPS devices contact the Tech team at tec@alzscot.org



Cranog Centre, Perthshire



Enchanted Forest, Pitlochry

Ten tips to promote eye health for people with dementia

These tips aim to help you and your family/carers feel more confident about accessing eye care services.

1

Ensure you have a sight test every two years, unless advised otherwise by an optometrist



2

If you or your family/carer feel a traditional letter chart is unsuitable, don't worry, optometrists have alternative ways to examine your vision



3

When arranging appointments tell the optometrist you or the person you support has dementia



4

Some optometrists will visit people in their own home



5

Take a list of medications to eye appointments as some may affect your vision



6

Advise your optometrist of any recent changes in behaviour which may indicate undetected sight loss such as a disinterest in hobbies, falls or persistently cleaning glasses



6

Ask your optometrist to recommend the most appropriate glasses for you



8

Think about the 3 C's – correct, clean and current glasses



9

Tell your optometrist if your glasses are uncomfortable



10

You may be entitled to financial support towards the cost of glasses. All sight tests in Scotland are free



More info

Download further information from our dementia and sight loss leaflet and complete the checklist before your next sight test at:

rnib.org.uk/aboutdementia

RNIB Helpline: 0303 123 9999

rnib.org.uk

Alzheimer Scotland Helpline:

0808 808 3000

alzscot.org

SDRC event round up

Scotland's leading dementia researchers continue their journey towards 'Team Scotland'

In April, top dementia researchers from across Scotland met in Dundee to continue the annual discussion of how to define Scotland as a world leader in dementia research.

The conference, hosted by the Scottish Dementia Research Consortium (SDRC), brought together 60 people from more than 30 institutions, and included experts from the fields of basic science, clinical medicine, psychological, social and health care. Together, they continued to exchange ideas on how the current research structure within Scotland can be improved and



how individual researchers can work together in order to ensure Scotland is continually shaped, and viewed globally, as a centre of excellence for dementia research.

More info

For more details about the event, visit www.alzscot.org/sdrc-event

**BOOK
TODAY**

Annual General Meeting



Monday 6 November 2017, Crowne Plaza Hotel, Glasgow

- | | |
|----------------|--|
| 9:30am | Coffee & pastries |
| 10:00am | AGM starts |
| 11:00am | Staff, Members' & Volunteers' Conference begins with coffee and networking |

We look forward to welcoming members to this year's **AGM**. As a member your voice is really important to us and the **AGM** gives you a real opportunity to find out more about our progress and to ask questions. You can register online at www.alzscot.org/conferences or complete the registration form included with the **AGM** information pack delivered with this magazine.

Immediately after the **AGM** you're invited to join Staff & Volunteers for the rest of the day's programme including workshops, lunch and awards ceremony.

If you have any queries please email agm@alzscot.org or call 0141 410 0104

Book review

A Day in the Life of the Brain: The Neuroscience of Consciousness from Dawn Till Dusk by Susan Greenfield

As one of our former Christmas lecture speakers, we thought you might like to know about Susan Greenfield's latest book which looks at human consciousness throughout everyday life.

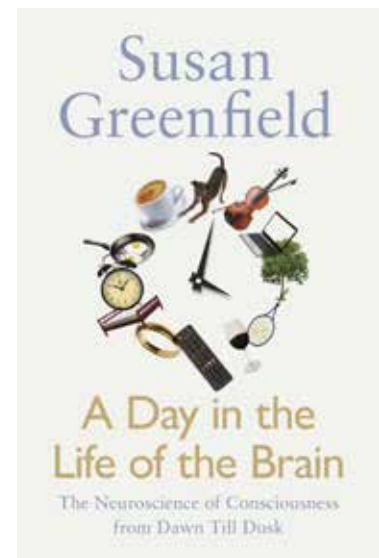
As far as possible, this book is written for the everyday reader; she avoids jargon where she can and uses an extensive reference list, allowing people to read further into the subject if they want to.

In the book you are taken through daily familiar tasks and stresses, the alarm clock ringing, walking the dog,

eating, and dealing with crises, to show the reader how the brain reacts in response to these everyday tasks.

She explains the changes in the brain when learning to speak a new language or play a new instrument; that hot chocolate tastes better in an orange mug (rather than white or red one) and that humans can identify a blood relative by their smell.

This book gives a very genuine insight into Susan's love of neuroscience, and fascination of the way the brain works. Consciousness is what makes life worth living, it's the reason we enjoy it and without it life would not be the same.



Annual Christmas Lecture

Thursday 14 December 2017, 16:00 - 18:00

The Hub, Edinburgh

Everyone is welcome to join us for our annual Christmas lecture, to be delivered by **Prof. Frank Gunn-Moore, Director of Research at University of St. Andrews**.

Tickets start from £12 and include the opportunity to network and enjoy a few festive nibbles. Further details will be available in autumn 2017. Watch www.alzscot.org/conferences for more information and online booking.

If you have any queries, email externalevents@alzscot.org or call 0141 410 0104

Save
the
Date



**Alzheimer
Scotland**
Action on Dementia

Mental Welfare Commission publish new rights document



The Mental Welfare Commission for Scotland (MWC) has published a new resource, *Rights in Mind*, which is an illustrated pathway of a person's journey through inpatient care, providing details of the human and legal rights at each stage in their care and treatment. The resource breaks down the stages of care into:

- **Admission to hospital**
- **On the ward**
- **Hospital discharge**
- **Treatment in the community**

The resource is primarily designed for professionals, but may also be of use to patients and friends and family.

More info

For more information, see the full publication at www.mwcscot.org.uk/media/367147/rights_in_mind.pdf

Rights of people with dementia

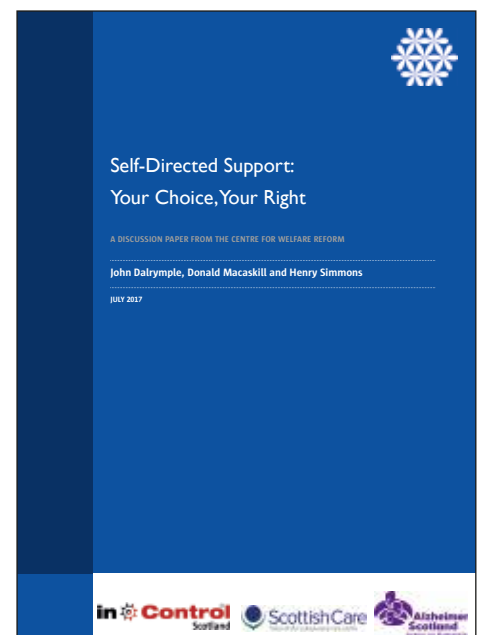
In Control Scotland, supported by Scottish Care and Alzheimer Scotland, has published a call to action for everyone involved in the delivery of Self-Directed Support (SDS). **Self-Directed Support: Your Choice, Your Right** highlights the gap between the human rights-based approach of Scotland's landmark SDS legislation of 2013 and the lived experience people in Scotland who access social care. Regardless of the possibility for change this legislation offers, the reality is very different; this vital new approach to social care delivery is being undermined by poor understanding, inconsistent delivery, difficulty of access and no shift in power towards the individual. **Self-Directed Support: Your Choice, Your Right** has been authored by John Dalrymple (Chief Executive, In Control Scotland), Donald Macaskill (Chief Executive, Scottish Care) and Henry Simmons (Chief Executive, Alzheimer Scotland).

Self-Directed Support: Your Choice, Your Right has been published by the Centre for Welfare Reform and includes a foreword from Simon Duffy, Director of the Centre for Welfare Reform.



More info

Go to www.centreforwelfarereform.org/library/by-az/selfdirected-support-your-choice.html and for further help and support see our SDS leaflet at www.alzscot.org/SDS.



Funding work that empowers people living with dementia

Archie Noone is the Chair of the Scottish Dementia Working Group, the independent voice of people with dementia within Alzheimer Scotland. The group is run by, and for, people with dementia and by listening to their views, opinions, experiences and suggestions Alzheimer Scotland can really shape the support services, projects and activities that they fund to best suit the needs of people living with dementia and keep their work person centred.

The difference your donation can make to the lives of people living with dementia in Scotland can't ever be underestimated. That's why it's so important that everything they

fundraise for is very much based around individual needs, likes and dislikes. Take Alzheimer Scotland's specialist Dementia Advisors for instance, who deliver personalised, one-to-one support helping people in so many different ways. Dementia Advisors help people to adapt to living with dementia by working alongside them, getting to know them and their families, and understanding what their interests, hobbies and individual needs are. They also offer practical support such as helping people to navigate the daunting maze of health and social care services, keeping everything person centred along the way. Dementia Advisors really empower a person living with dementia to be heard, make their own choices and stay connected to their community and peers in a way that best suits them. If someone enjoys music they may organise for them to attend and get involved in a singing group. If someone loves and misses supporting their favourite football

team the Dementia Advisor may get them involved in football reminiscence groups. Alzheimer Scotland fund groups and activities that they know have a therapeutic quality and offer a real sense of camaraderie and social inclusion to someone who may be feeling otherwise isolated from their community, peers and activities that they should be enjoying. Activities could include attending an allotment project, craft group or anything else that is meaningful to the individual being supported. Dementia Advisors and their colleagues are very often based at one of Alzheimer Scotland's many new modern Dementia Resource Centres, bright welcoming spaces that have been specially designed for people living with dementia and where many of our activities take place.

Alzheimer Scotland's vision is to make sure nobody faces dementia alone and

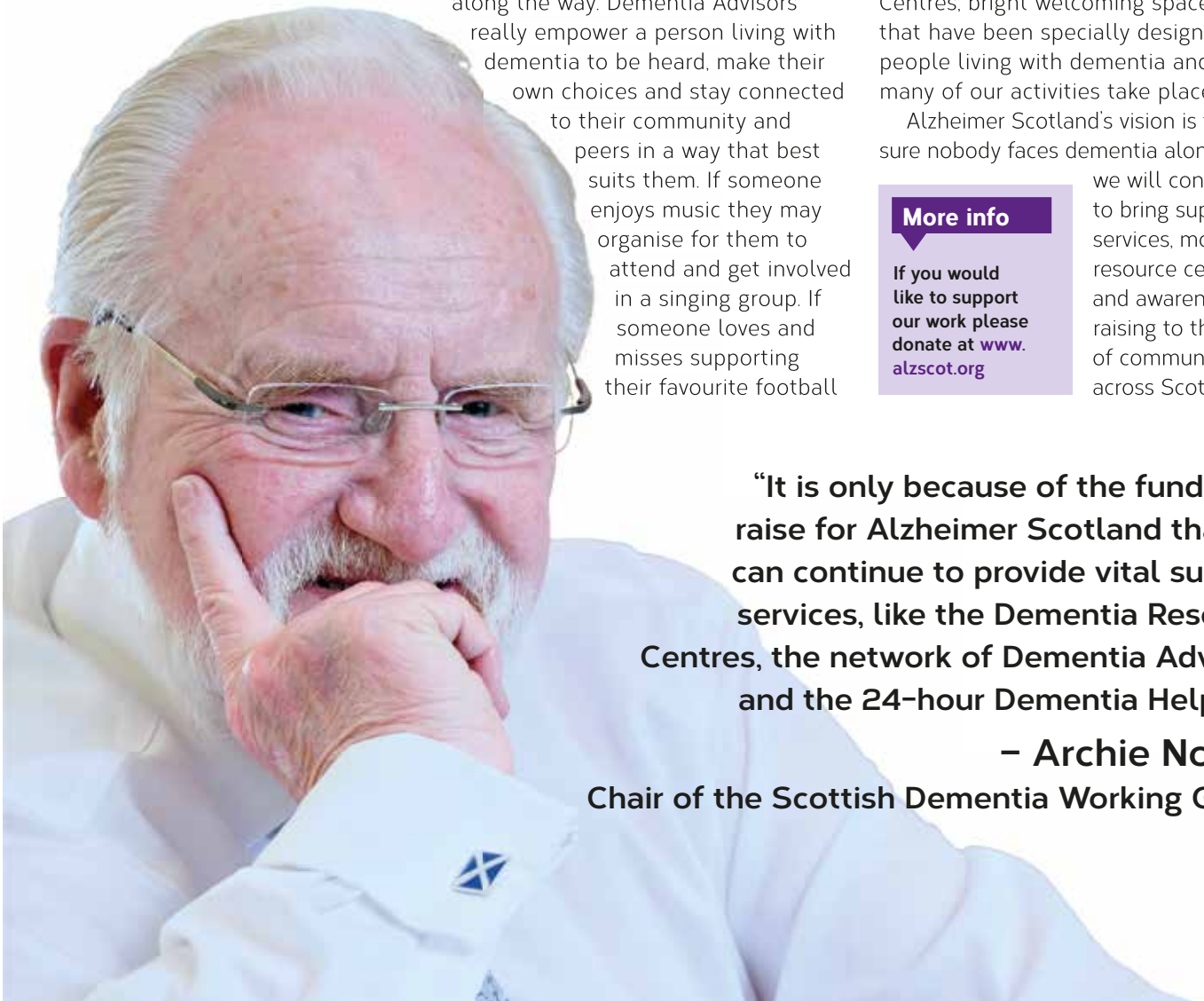
we will continue to bring support services, modern resource centres and awareness raising to the heart of communities across Scotland.

More info

If you would like to support our work please donate at www.alzscot.org

“It is only because of the funds you raise for Alzheimer Scotland that we can continue to provide vital support services, like the Dementia Resource Centres, the network of Dementia Advisors and the 24-hour Dementia Helpline.”

**– Archie Noone,
Chair of the Scottish Dementia Working Group**



A historic pilgrimage for mum

Guy Strachan tells us why he chose to walk the Camino Ingles in memory of his mum.

The Camino de Santiago, or The Way of St James, is a historic pilgrimage walk to Santiago de Compostela to visit the remains of St James the Apostle. It became popular in around 810 AD and was one of the most popular pilgrimage routes in the World along with Jerusalem and Rome.

Over the last 20 years the Camino has gained popularity. In 2016 almost 280,000 walkers got their certificate (or Compostela). In order to get it, you need to collect a minimum of 2 stamps a day in your "Pilgrim's Passport", proving you have completed the walks.

There are 8 main routes in Galicia to Santiago but over 20 variants that start

further afield. The Camino Frances, or the French Route, starting in St Jean Pied-de-Port is the most popular route despite being 800km (500 miles) long!

Over the last 4 years, my wife, Mary, and I have walked different sections of the Camino (French, Portuguese and Finisterre) and this year chose Camino Ingles, the English route.

My mother, Jill, died with dementia in September last year and we decided we wanted to raise money in her memory for Alzheimer Scotland.

The Camino Ingles starts in El Ferrol on the North coast of Galicia finishing 120km south in Santiago de Compostela. We did it in 5 days. It was an incredibly tough walk, especially the third day which was around 30km with a number of hills and a long open section in almost 30 degree heat – but we made it!



I hope we've done the charity proud and, of course, my mum!

My dad, Glen, who's 86 years old (or young?!) trooped away each day and was an inspiration not only to us but all those we came into contact with.

We have now raised over £4,800 for Alzheimer Scotland and have all been bowled over by people's kindness and generosity.

Tee off for Alzheimer Scotland

Join us for an exclusive charity golf day and help us to raise vital funds to support the growing number of people living with dementia in Scotland.

**Dalmahoy 18 hole Championship East Course
Thursday 28 September 2017
£400 for a team of four**

Golf Day includes:

- Tea, Coffee and Breakfast rolls
- Shotgun Start
- Course games and competitions
- Afternoon meal and prize raffle

Get in touch to book your four ball team!
Email: corporatefundraising@alzscot.org
Tel: 0131 243 1453



Dalmahoy Hotel & Country Club,
Kirknewton, Nr Edinburgh, Midlothian, EH27 8EB



Dementia in care homes

As part of our partnership with Balhousie Care, we have been working with Balhousie staff, residents and their families to increase dementia awareness, sharing knowledge and understanding between our two organisations.

We recently spoke to Balhousie Dementia Consultant, Yvonne Manson, about her role and the positive impact of partnering together with Alzheimer Scotland during this celebration year.

What does your job as a Dementia Consultant involve?

I work across all 24 Balhousie care homes, delivering support with workforce development, research, Dementia care mapping, and policy work in collaboration with residents, staff and families. Networking, training,



home visits and family meetings also fill up lots of my time.

What I enjoy the most is the variety and how I can personalise the role to support whatever the needs are of the individual home, residents and staff. Balhousie Care Group has a personalised approach and this means that I'm always working collaboratively which I love.

How important are the network of Dementia Ambassadors to the Balhousie family?

Our Dementia Ambassadors have been pivotal in the success of implementing the Balhousie dementia strategy. Any staff member can become an ambassador. For example, we have Care assistants, Nurses, Domestic staff, Managers, Deputy Managers, Activity Coordinators, and Administrators all on the program and each bring a mixture of skills and experience. The ambassadors feed information up on what is and isn't working and then take information back to the homes; this means that everyone is involved in developing and progressing the dementia program within Balhousie.

We have so many stories of the positive difference the program has

made for residents across our homes, including our successful recent memory box competition and our exercise competition, both of which have really improved outcomes for residents. We could not have achieved all that we have in this last year without the support of the Dementia Ambassadors and they in turn could not have achieved this without the support of all the staff, residents and families.

Why is the partnership with Alzheimer Scotland important to you and the team at Balhousie?

I have supported Alzheimer Scotland for years and have always had a great deal of respect for Henry Simmons, a fellow mental health nurse! So when the Balhousie team chose Alzheimer Scotland as their charity partner I was very excited. The important thing for me was this was a partnership chosen by the whole Balhousie team with everyone having an equal chance to vote on who they wanted to be our charity partner. For me, this evidences that the Balhousie team are behind the partnership and the fundraising work they have been doing inspires me every day.



Give £5 a month to help us work towards better care today... and a cure tomorrow

Visit alzscot.org/careandcure to set up a monthly donation.

Scottish Pharmacist Awards

We were delighted to be the chosen charity at the 2017 Scottish Pharmacist Awards. The awards, which were held at Edinburgh's International Conference Centre, not only recognised and celebrated the contributions of all those involved in the pharmacy profession across Scotland, but also provided an opportunity for those present to 'dig deep' for the charity prize draw, which raised £3,200 for Alzheimer Scotland.



Women of Scotland Lunch 2017



Alzheimer Scotland was delighted to be chosen as the beneficiary of the 60th Anniversary Women of Scotland Lunch 2017 in April. The Lunch – a celebration of successful Scottish women – was a huge success with over 500 attendees listening to interesting, engaging and powerful speeches from eminent forensic anthropologist Professor Dame Sue Black, Rt. Hon. Ruth Davidson MSP and our very own trustee, Diane Goldberg. The Lunch raised over £32,000 for Alzheimer Scotland. We'd like to say a huge thank you to the WOSL Committee, speakers and attendees for their incredible generosity and support.

Green-fingered Bilfinger GVA

Thank you to generous colleagues from Bilfinger GVA Glasgow office who volunteered their time in April to do some painting and generally spruce up the garden at our Renfrewshire services. The garden looks beautiful again and is now ready for our service users to enjoy during the summer months!



More info

Could your workplace be our next fundraising partner? Email corporatefundraising@alzscot.org for more information

Our fundraising superstars



Loudon Academy run an after school cycle club and are training to do a sponsored cycle round the Isle of Cumbrae in aid of Alzheimer Scotland.



Royal Scottish Country Dance Society's annual ball in Greenock Town Hall which raised £415 in aid of Alzheimer Scotland.



Linda McGuire, Service Administrators in North Ayrshire and Inverclyde services and recently raised over £1200 by tacking the mighty West Highland Way!



Thanks so much to Claire Collie (Chic Nails and Beauty, Aberdeen) for raising an amazing £1,500 at her 10th Birthday-in-Business party.



A massive thank you to the team at Co-op Monifieth for raising an amazing £2,734.00 for Alzheimer Scotland, Angus.



Hazel Scofield, Helen Pratt and Ronnie Sutton (l to r) who will be cycling 417km from Vietnam to Cambodia in October this year! The Kirriemuir based cyclists have a wide range of fundraising activities planned including a pop up shop, Coffee morning and cycle-a-thon.



Thanks to all the amazing runners for Team Alzheimer Scotland at the Baker Hughes 10km #teamalzscot.



The Ladies Lunch at Achnagairn Castle, Kirkhill raised an amazing £20,062.

Help us make a difference

The Kiltwalk

Sunday 20 August, Dundee

Sunday 17 September, Edinburgh

£12.66 – £31.65 to register

We are thrilled to announce that we will be taking part in the 2017 Kiltwalk events to raise vital funds for Alzheimer Scotland. The Kiltwalks are a series of unique walking events in Scotland that have been designed for the masses, offering three walking distances of approximately 6, 13 and 26 miles.

Get kitted out for the Kiltwalk with our range of tartan products www.alzscot.org/shop



Forth Rail Bridge abseil

Sunday 15 October

South Queensferry

£20 to register.

£185 minimum sponsorship

This is your chance to take this unique challenge to abseil 165ft SAS style, (i.e. freefall) from the Forth Rail Bridge onto the beach below. No previous experience is necessary to take part; it is suitable for everyone over the age of 16.



Need some inspiration?

Not many 70 year-olds can say they celebrated their big birthday by stepping off a 165 foot platform, but this year Elaine Muir from Longniddry did exactly that!

Feeling inspired?

You can register for both events on our website: www.alzscot.org/fundraising

#memwalkscot



Memory Walk



With **17 Memory Walks** taking place across Scotland, we need you to put your best foot forward and join us to help people living with dementia in Scotland.

Raising
Vital
Funds In
Scotland

Register Now at memorywalksscotland.org



Memory Walk

Walking together with

Iceland

SUNDAY POST