



Alzheimer Scotland
Action on Dementia

What are you going to do now?

Jim Jackson
Chief Executive
Alzheimer Scotland

“It’s going to be a happy ending
-though he still gets hung,
drawn and quartered.”



Mel Gibson previewing the film Braveheart

Dementia Active: Health living and dementia

- 1 Risk reduction – something we can all do
- 2 Living with dementia
 - Healthy living throughout the illness
 - Keeping active
 - Staying involved
- 3 It's equally about carers
- 4 Services to support what people with dementia and their families do for themselves



Changing attitudes

What we understand and

- our family, friends and neighbours
- our organisations
- our institutions – NHS, local councils, Scottish Parliament

It is worthwhile and we shouldn't take too much notice of those who argue otherwise.

Including the entertaining
Adam McNaughton

“Eureka!” cried Erchie “the method tae beat them all”
“Is a wee gless o’ Eldo and two paracetamol”
But he thought since his hale life he’s aye been teto”al
Wan gless widnae dae so he drank the hale boa”le.

Then oan wae his Reeboks doonsters he did flee
Right in front o’ a bus number 44B
It knocked him six metres a terrible sight
But the autopsy showed his cholesterol wis right.

It wis some consolation tae his family physician
That he died with his hert in a perfect condition.

They say that small troubles are sent here to try ye
They tell ye whits fur ye will never go by ye
If yer names oan the bullet ye wulnae be spert
He wis hit bya bus that was bound fur Caithcairt.

Erchie Cathcairt
by Adam McNaughton

Half full or half empty?





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