

## Information

We offer a wide range of information and provide booklets and information sheets free to carers and people with dementia.

Alternatively, you can call the free, confidential Dementia Helpline, on **0808 808 3000**

Open 24 hours for information and emotional support.

Or you can visit our website, [www.alzscot.org](http://www.alzscot.org), for over 600 pages of information. Join our free email list for information updates.

## Complaints

We want to know if you have a complaint, so that we can investigate and put things right. Ask for our complaints leaflet. We also welcome suggestions to improve the quality of our services.

## Can you help us?

By joining Alzheimer Scotland you can receive regular newsletters and strengthen our campaigning voice. Or you can help by volunteering, donating or taking part in events. We depend on fundraised income for the Helpline, publications and campaigning work.

## Contacting us

For further information on the

### Dementia Action Group

Please contact:

Anne Naylor

Involvement Officer

Email [anaylor@alzscot.org](mailto:anaylor@alzscot.org)

492 Union Street

Aberdeen AB10 1TS

Phone: 01224 644077

or

Mary Cowie

Secretary Perth Branch

01738 553497



[www.alzscot.org](http://www.alzscot.org)

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Edinburgh EH3 7RN

Do you care for  
someone who  
has dementia?

Come and help us  
make a difference

# Dementia Action Group

## For Perth & Kinross



**Alzheimer Scotland**  
*Action on Dementia*



**NHS**  
Tayside

## What is dementia?

Dementia is a term used to describe the progressive loss of the powers of the brain. The most common cause is Alzheimer's disease.

Other kinds of dementia are vascular dementias (including multi infarct dementia), alcohol-related dementia, Lewy body dementia and Pick's disease.

What all these diseases have in common is that they damage and kill brain cells, so that the brain cannot work as well as it should.

In Scotland, over 63,000 people have dementia. In Perth and Kinross over 2,000 people have dementia.

It is most common in older people but can affect people in their 40s or 50s or even younger.

**Dementia affects people from all walks of life**

## About Alzheimer Scotland

Alzheimer Scotland is Scotland's leading dementia charity. We provide services to help people with dementia, their carers and families.

## The Dementia Action Group

The Dementia Action Group is made up of people who care for someone with dementia. Our main aim is to lobby, campaign and work towards improving services.

The group wants others to join them in their efforts to make changes within care services, which will benefit people with dementia and those who care for them.

## Why do we need you?


Your experiences as a carer are important in trying to influence changes to improve the lives of people with dementia and their carers.

Sharing your experiences with others is also important as it may help to cope with the difficulties of the illness.

We meet every 6 weeks at Kinfauns Day Hospital, Murray Royal Hospital Perth

## What do we do?

- **We give support and share our experiences of caring for someone with dementia**
- **We campaign for better services**
- **We attend conferences**
- **We are consulted by professionals**
- **We have a voice**
- **We produce a newsletter**
- **We want to influence change**



**"Change happens when those who do not usually speak are heard by those who do not usually listen"**

**John O'Brien**

**Now is the time to speak out—people really do want to listen**