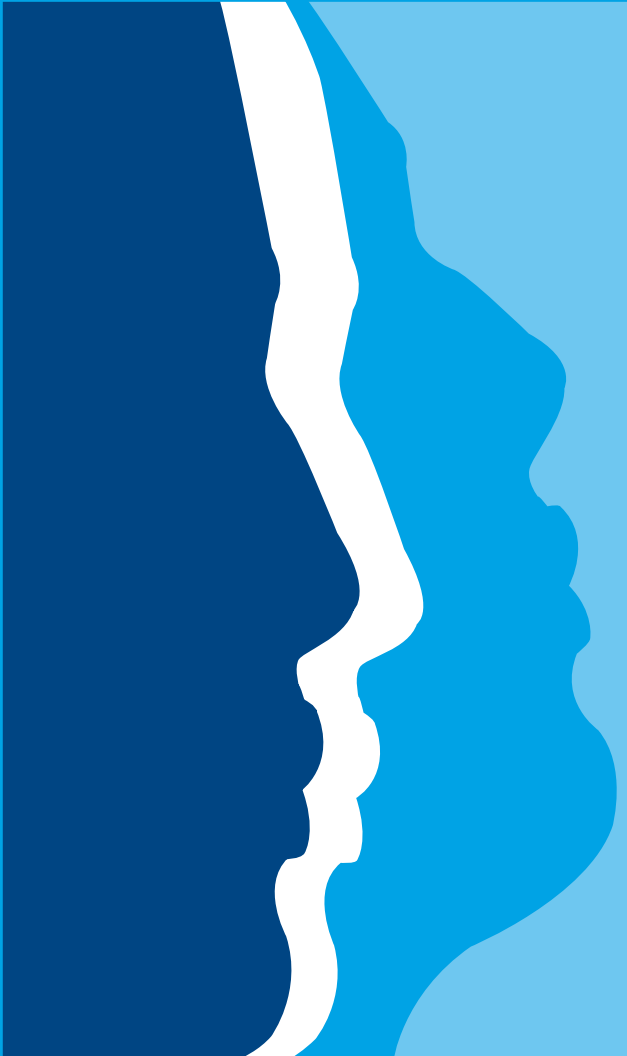
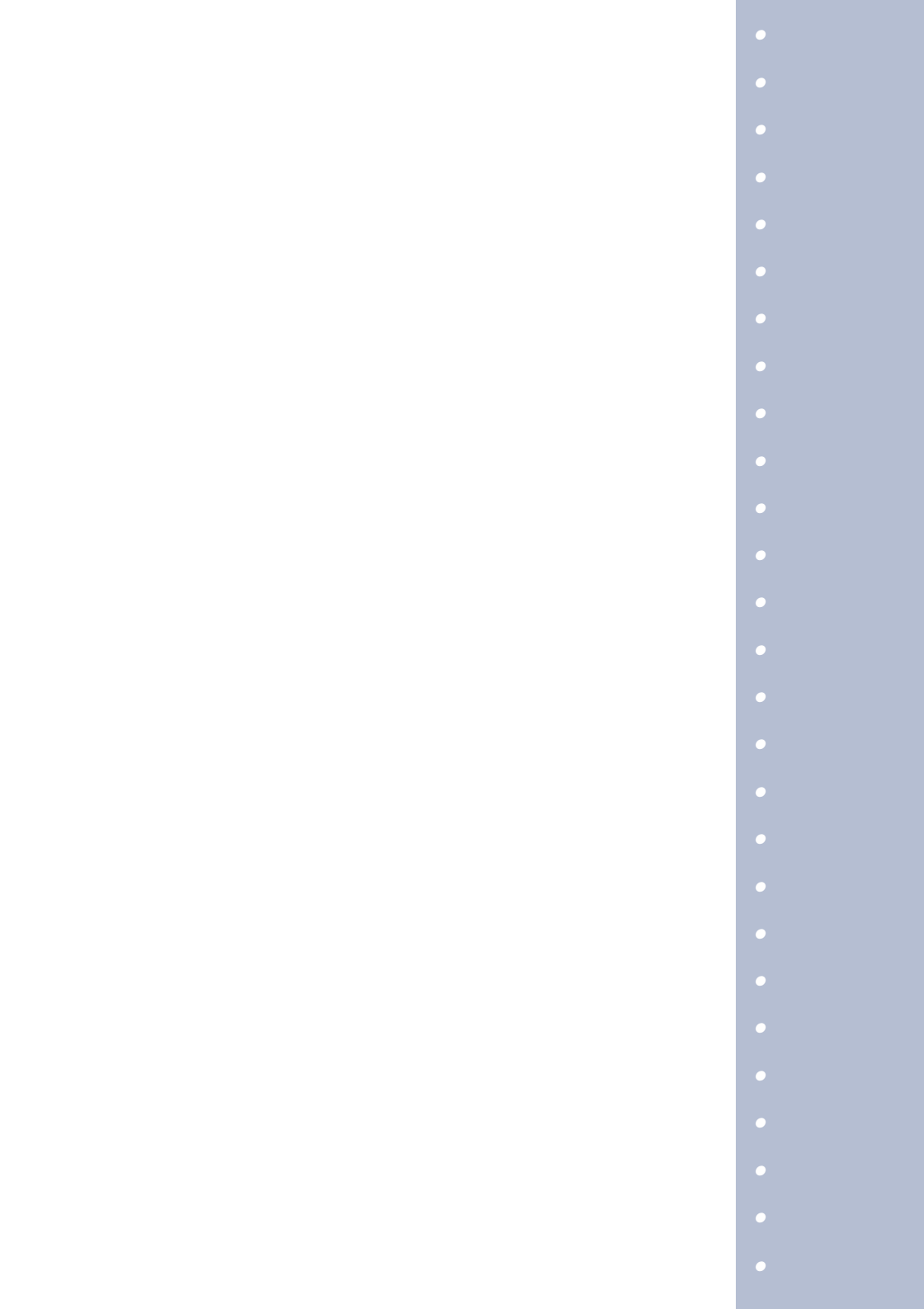


Dementia

WHAT IS IT AND WHO CAN HELP?

Peterhead, Fraserburgh, Banff & Turriff Area





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What is it?

Dementia is a blanket term used to describe various disorders of the brain, all of which result in impairment of intellect, memory and personality. This is usually accompanied by changes in behaviour and the gradual loss of the skills required to cope with the activities of daily living.

The most well known type of dementia and in fact the most common, is Alzheimer's disease, which accounts for approximately 50% of the total number of dementia cases in the U.K. 20% will have a diagnosis of vascular dementia and a further 20% will present with what is known as a "mixed picture" – a combination of both. Other less common types include Diffuse Lewy Body disease, Frontal-lobe dementia, AIDs-related dementia and Creutzfeldt Jacob disease.

A great deal of research is currently going on to discover the cause of Alzheimer's disease. It would appear that late onset of the disease is sporadic, occurring more frequently with increasing age. A genetic link has been found for a very small number (around 5%) of families – connected to Chromosome 14, which results in an early onset form of dementia. Research has also indicated that inheritance of a particular gene know as Apo E4 can be linked with early onset A.D., whilst the inheritance of Apo E2 decreases the risk. Further research is also being developed, looking at environmental factors which have some bearing such as – the absorption of metals, viruses, the role of the body's immune system and nutrition.

Vascular dementia is a term used to describe impairments caused by problems related to blood flow through the brain – this may be called cerebrovascular disease. Blood vessels may burst or arteries become blocked causing the death of brain tissue. Another term often used is "multi-infarct dementia" and this describes the cumulative effect of a

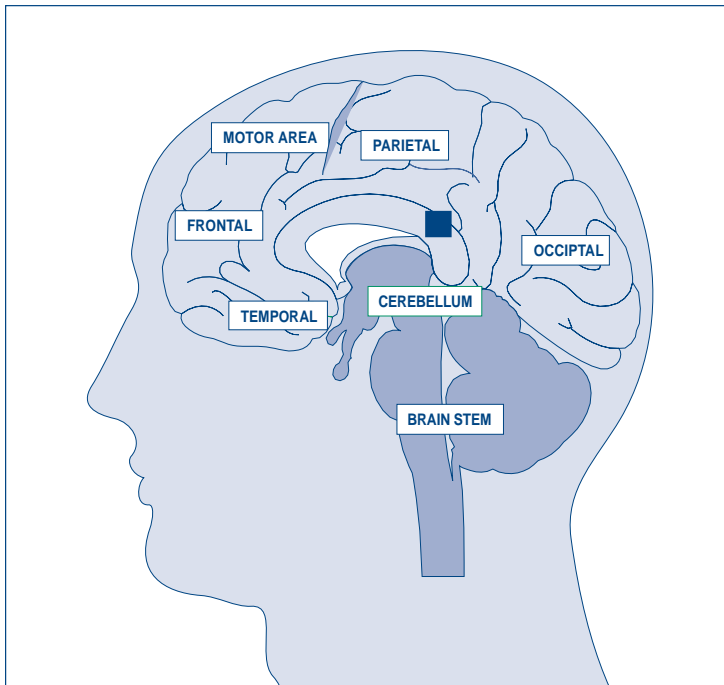
series of small strokes. This type of dementia has a “step-wise” progression as each stroke occurs. There may be a period of “plateau” until the next. This is in significant contrast to Alzheimer’s disease, which has a gradual deterioration. Also people with this type of dementia will show a higher degree of insight into their failing abilities. The most significant risk factors in vascular dementia are high blood pressure, high blood cholesterol levels and smoking.

What happens to the brain?

Alzheimer’s disease can only be definitively diagnosed at death following post-mortem when, spread through the brain of those affected, deposits or plaques made up of an abnormal protein are found – this is called beta amyloid. A further abnormality is the occurrence of tangles of twisted protein molecules within the nerve cells of the brain. Plaques and tangles can be found in a normal ageing brain but are more pronounced in Alzheimer’s disease.

Damage to brain cells and brain tissue cause what is known as cerebral atrophy. This again can occur as part of the normal ageing process but is significant if the person develops changes in their memory, personality or behaviour. Once damaged, the loss of such is permanent.

The brain is divided into two hemispheres and sections of the brain are responsible for particular functions. See diagram 1. (On next page). Therefore damage caused either by interrupted blood flow or degeneration of brain cells in a particular area will result in certain deficits. For example, damage to the parietal lobe may lead to problems with speech and comprehension and involvement of the temporal lobe will affect memory.



FRONTAL – Concentration, Planning, Problem Solving, Self Control

PARIETAL – Language and Understanding, Perception, Spatial Function

TEMPORAL – Sensory Experience, Memory, Visual and Auditory Experiences

OCCIPITAL – Sight

CEREBELLUM – Co-ordination, Balance, Interpretation of Sensory Impulses, Voluntary Muscle Management

■ Hippocampus – Recent Memory Store

Diagnosis

A diagnosis of dementia is therefore primarily based on clinical evidence and the exclusion of underlying treatable conditions, which may present with dementia-like symptoms. Your G.P. will hopefully be able to get a good background history of mood, behaviour and presenting problems. Simple blood tests can rule out other possible causes. A referral to the local Old Age Psychiatry Team will lead to a specialist assessment which may in turn include brain scanning which will also help formulate a more accurate diagnosis.

There are two types of scan used at present:- the SPECT (Single Photon Emission Tomography) carried out at the Department of Nuclear Medicine at Aberdeen Royal Infirmary. This is known as a “functional” scan as it measures the blood flow through the brain and can identify areas where this is lost. It is a simple procedure carried out on an outpatient basis. The person being scanned is given an injection of a very mild radioactive substance – this travels in the blood to the brain. The person then has to lie or sit still while the scanner, which looks like a rotating hairdryer, takes pictures of the brain. A friend or relative can sit with the patient.

Secondly an M.R.I. scan may be requested. This means Magnetic Resource Imaging and takes place at the M.R.I. Centre in Aberdeen Royal Infirmary. It is also on an outpatient basis and again is a simple procedure involving the patient lying quite still whilst a machine clicks around taking pictures of the brain. It uses radio signals produced by the body in response to the effects of a very strong magnet contained with the scanner. This form of imaging reveals structural deficits within the brain.

Both scans are read by a consultant radiologist and the results are sent to the consultant psychiatrist who orders the scan. For example a SPECT scan which revealed interrupted blood flow on both sides of

the brain in the parietal and temporal lobes would be a characteristic pattern in Alzheimer's disease. A more patchy, irregular pattern would be more evident of a vascular dementia.

Disease progression

As stated previously the progress of the dementia can depend on its type – if due to Alzheimer's disease, slow steady deterioration. If primarily due to vascular disease – step-wise. It also varies widely from individual to individual. However there are three discernible stages which can be identified, but people's experience may be very different.

EARLY STAGE

Short term memory loss – may affect job performance.

Confusion about places – becomes lost in familiar surroundings.

Loses initiative, motivation.

Mood/personality changes.

Has difficulty in making decisions.

Trouble with handling money/paying bills.

Difficulties with language.

Loses interest in hobbies and activities.

Becomes disorientated in time.

As the illness progresses the person with dementia will begin to lose insight (i.e. become unaware) into their level of impairment. People with a vascular type of dementia usually retain insight until later in the disease, but in general as time passes they will become oblivious to their problems.

MIDDLE STAGE

Increasing memory loss, confusion.

Problems recognising close friends.

Repetitive statements.

Occasional muscle twitching or jerking.
Problems with reading, writing and numbers.
Difficulty in thinking logically.
Increasing dependence on others – may be unable to cook, clean or shop. May need help to wash and dress.
May wander around the house or leave the house to seek former homes.
Shows various behavioural abnormalities – becomes anxious and aggressive.
May experience hallucinations – see or hear things that are not there.
Require more supervision to ensure personal safety.

LATE STAGE

Loses weight.
Does not recognise relatives/friends.
Has difficulty understanding and interpreting events.
Unable to find his/her way around the home.
Has difficulty walking.
Suffers bladder/bowel incontinence.
Reduced communication.
Physical deterioration.

Treatments available

Some of the rarer forms of dementia can be cured or helped considerably by appropriate treatment. For example those associated with thyroid problems, vitamin deficiencies and infections. It may be possible to slow down the development of vascular dementia by treating the underlying problem, which is cerebrovascular disease. Aspirin may be prescribed to thin the blood and decrease the risk of stroke. An irregular heartbeat may also be treated to again reduce the risk of stroke. If the dementia is accompanied by high blood pressure this will have to be adequately controlled. Anyone who has a vascular dementia should be advised to stop smoking.

There is a huge amount of research being conducted to develop medication to treat Alzheimer's disease. Currently available are three drugs called Donepezil (Aricept) Rivastigmine (Exelon) and Galantmine (Reminyl) which, when used in the early to middle stages of the disease process, may delay the progress, at least for a time. They belong to a group of drugs known as cholinesterase inhibitors and work by slowing the breakdown of acetylcholine in the brain. Acetylcholine acts as a "brain messenger" enabling brain cells to pass messages to each other. In the normal brain the amount of acetylcholine remains fairly constant but following research it has been discovered that the amount is reduced in the brains of those with Alzheimer's. A new drug, Memantine (Ebixa) is available in some geographical areas for the treatment of people in the moderate stages of Alzheimer's.

Who can help? – Peterhead area

There are services available within the area to support and help people with dementia and their carers. The following list will hopefully assist you to find the help you need.

YOUR FIRST POINT OF CONTACT is probably your GP. He/she may decide to seek a specialist referral to the Old Age Psychiatry Team. This team works with Dr D.G. Fowlie, Consultant Psychiatrist based at Royal Cornhill Hospital but for Peterhead is based at Ugie Hospital. The team consists of Community Psychiatric Nurses, an Occupational Therapist, a Social Worker/Care Manager and a specialist Home Care team. They have a variety of experience and specialist skills relating to the care required by someone with dementia and also the needs of the carer.

The team is currently augmented by the alignment of Professor Claude M. Wischik, Professor of Psychiatric Geratology and Honorary Consultant in Psychiatry. Over and above his clinical commitment he is leading research into the cause of Alzheimer's disease. He is based at the Institute of Medical Sciences, Foresterhill, Aberdeen.

COLLIEBURN DAY HOSPITAL is also situated within the Ugie Hospital. The manager is Moira Wilson and she and her team of nurses provide a period of assessment for those who have a probable diagnosis of dementia. A full medical check-up is given usually accompanied by brain scanning and other investigations as deemed appropriate. Referral to this service is again via your GP to Dr Fowlie. Collieburn has a carers' support group which meets every two months. Telephone number is 01779 472011.

CARE MANAGEMENT based within the Social Work Department work to provide appropriate care packages for people requiring help at home whose needs are complex. They liaise closely with the Homecare Department and other agencies from the statutory, voluntary and private sectors. Care managers can also offer support and advice in regard to respite breaks and also the move from home care to a long-term care environment. They can be accessed through your GP or directly. Peterhead area on 01779 477333. Mintlaw area 01771 624457.

HEMOCARE. This service incorporates meals-on-wheels, community alarm and day care assessments as well as providing care at home. The aim of this service is to assist people of all ages who require support to live independently in their own home. Referrals can be direct. For Peterhead area contact Margaret Philip/Sheila Dargie Homecare Supervisor, 01779 484213, Ingrid Kilgour, Homecare supervisor, 01779 484214 or Margaret Leys, Homecare Supervisor, 01779 484215. For Boddam, Hatton, Cruden Bay and Mintlaw areas contact Diane Panting, Homecare supervisor, 01771 623900.

COMMUNITY OCCUPATIONAL THERAPY. The aim of this service is to improve the client's quality of life by helping them achieve maximum independence. The Occupational Therapist will carry out an assessment in your own home and will discuss and advise on possible solutions to identified problems. Your local Community Occupational

Therapy Service is based in the Glenugie Centre, 53 Windmill Street, Peterhead. Contact number 01779 477333.

DAY CARE is a useful resource within the area. It provides not only social stimulation and purposeful activity for the person with dementia, but also a regular short break for the carer.

Assessment for day care service can be made through a Care Manager or Home Care supervisor. Aberdeenshire Council provides day care at two venues in Peterhead.

Ugievale
6 Hope Street
Peterhead
AB42 1HJ
Tel 01779 479899
Co-ordinator: Lorraine Watt
Five days per week at present

Roanheads Sheltered Housing
North Street
Peterhead
Tel 01779 477601
Co-ordinator: Helen Noble
Monday, Wednesday

Mintlaw has one venue:

Burnside Court
Mintlaw
AB42 8FP
Tel 01771 623166
Co-ordinator: Heather Dorosh
Tuesday, Friday

Day Care is also provided at Cruden Bay at:

Aulton Lane
Cruden Bay
AB42 7QN
Tel 01779 812860
Co-ordinator: Margaret Shaw
Monday, Wednesday, Friday

Other day services are provided privately within:

Allandale House
9 – 11 Balmoor Terrace
Peterhead
AB42 1EQ
Tel 01779 473153
Manager: Fiona Taylor

Wyndwell Care Home
9 Harbour Street
Peterhead AB42 1DJ
Tel 01779 471522
Manager: Gill Menhinick

The Westminster Kirkburn Court Care Home
Academy Place
Peterhead
AB42 1JQ
Tel 01779 471144
Home Manager: Lorraine Stott

ALZHEIMER SCOTLAND has a base in Peterhead. The Assistant Service Manager is Mandy Anderson and she can be contacted at the Social Work Department, Windmill Street, Peterhead or on 01779 484209. A 24-hour helpline is also available on 0808 808 3000. Alzheimer Scotland offers specialist advice and support for dealing with dementia either as a client or as a carer. There is home support available provided by trained carers and also specialist day services

two afternoons per week at Roanheads Sheltered Housing Complex, North Street, in Peterhead. The day care provides social activities specially tailored for those with dementia. Alzheimer Scotland also runs a regular carers support group, which offers support and education to those involved in caring. It also provides a range of information on dementia from booklets to audio tapes.

CROSSROADS. This service is aimed at providing short-term relief for carers by arranging for a trained care attendant to take over his/her duties e.g. to allow the carer breaks either on a regular basis or at a time they need it most, thus relieving the stress of caring. Crossroads is a registered charity and funding comes from various agencies – the service is free to the carer. The referral route is via the Social Work Department.

Contact:: Elizabeth Eyre
12 Frithside Street
Fraserburgh
AB43 9AR
01346 510280

PETERHEAD COMMITTEE FOR AGED AND INFIRM – “CARE FOR YOU”

Masonic Building
20 Broad Street
Peterhead
AB42 1EP

This voluntary organisation exists to promote and assist the general welfare of older and frailer people in the Peterhead area. Its' remit includes a carer service which provides volunteers to sit with clients to allow their carers some time off. Referral can be direct or via Care Management, Community Psychiatric Nurses, Home Care Supervisor etc. Contact 01779 472331 or 01771 623642.

REGULAR BREAKS FOR CARERS

Many carers benefit from regular short breaks either with carer relief in their own home or for longer periods of time (a weekend, week or fortnight) when the person with dementia can spend time within a care home in the area. This allows the carer to recharge their batteries and continue to care at home. This can be discussed with your GP, Care Manager or CPN. Despite all manner of support at home there may inevitably come a time when it becomes necessary to be cared for within a long-term establishment. The background to each case can be discussed confidentially with your GP, CPN, Care Manager or other professional. Advice on accommodation available, appropriate placement and financial implications will be given by your Care Manager. Within Peterhead, provision comes from the statutory and private sectors. Local establishments are listed below.

CARE HOMES

Grangepark Home Manager: Leslie Anderson
Meethill Road
Peterhead
AB42 2YN Status: Statutory
Tel 01779 472042

St Drostan's Manager: Pat Day
Russell Street
Old Deer
AB42 5JA Status: Statutory
Tel 01771 623166

Allandale House Manager: Fiona Taylor
9-11 Balmoor Terrace
Peterhead Status: Private
AB42 2EQ
Tel 01779 473153

Kirkburn Court Manager: Lorraine Stott
Academy Place
Peterhead
AB42 1JQ Status: Private
Tel 01779 471144

Wyndwell Manager: Gill Menhinick
9 Harbour Street
Peterhead
AB42 1DJ Status: Private
Tel 01779 471522

Sunnybank Matron: Robina Daly
Errolston Road
Cruden Bay
AB42 0HP Status: Private
Tel 01779 812900

Auquharney House Proprietor: Mr B.Wattie
Hatton
By Peterhead
AB42 0QY Status: Private
Tel 01779 841505

Crimond House Matron: Jean Sinclair
Crimond
Fraserburgh
AB43 8QJ Status: Private
Tel 01346 532025

Continuing care is also provided in Buchanhaven Ward, Ugie Hospital. This facility is provided for those people who may require more detailed assessment or a significant level of nursing and medical care, and who would benefit from the more secure environment. Telephone 01779 472011.

Who can help?– Fraserburgh and Central Buchan Area

There are services available within the Fraserburgh and Central Buchan area to support and help people with dementia and their carers. The following list will hopefully assist you to find the help you need.

YOUR FIRST POINT OF CONTACT is probably your GP. He/she may decide to seek a specialist referral to the Old Age Psychiatry Team. This team works with Dr D.G. Fowlie, Consultant Psychiatrist based at Royal Cornhill Hospital but for Fraserburgh and Central Buchan is based at Maud Hospital. The team consists of Community Psychiatric Nurse (CPN), a Community Psychiatric Nurse Assistant, a Social Worker/Care Manager and a specialist Home Care team. This team has a variety of experience and specialist skills relating to the care required by a dementia sufferer and also the needs of the carer.

CARE MANAGEMENT based within the Social Work Department work to provide appropriate care packages for people requiring help at home, whose needs are complex. They liaise closely with the Home Care Department and other agencies from the statutory, voluntary and private sectors. Care Managers can also offer support and advice in regard to respite breaks and also the move from home care to a long-term care environment. They can be accessed through your GP or directly on:

Fraserburgh	01346 510445
Central Buchan	01771 624457

HEMOCARE. This service incorporates meals-on-wheels, community alarms and day care assessments, as well as providing care in the home. The aim of this service is to assist people of all ages who require support to live independently in their own home. Referrals can be direct.

Fraserburgh	Home Care Supervisor 01346 510445
Central Buchan	Home Care Supervisor 01771 623900

COMMUNITY OCCUPATIONAL THERAPY. The aim of this service is to improve the client's quality of life by helping them achieve maximum independence. The Occupational Therapist will carry out an assessment in your own home and will discuss and advise on possible solutions to identified problems.

Your local Community Occupational Therapy Service is based in Saltoun Square, Social Work Department, Fraserburgh. Tel: 01346 585034

DAY CARE is a useful resource within the area. It provides not only social stimulation and purposeful activity for the person with dementia, but also a regular short break for the carer. Assessment for day care service can be through a Care Manager or Home Care Supervisor. Aberdeenshire Council provides day care at 3 venues in Fraserburgh:

Specialist Day Care (Dementia)
The Neuk
Faithlie Home
Lochpots Road
Fraserburgh
Tel: 01346 515896
Co-ordinator Lynda Skinner

Jarvis Court
Fraserburgh
Tel: 01346 511802
Co-ordinator Mary Reekie
Monday – Friday

Central Buchan has two venues:

Burnside Court
Mintlaw
AB42 8FP
Tel: 01771 623166
Co-ordinator: Heather Dorosh
Tuesday and Friday

New Pitsligo Day Care
St John's Centre
New Pitsligo
Tel: 01771 653456
Co-ordinator: Sheila Bonner
Monday, Tuesday, Wednesday, Thursday, Friday

Other day services are provided privately within:

Glencairn Lodge Care Home
Christian Watt Drive
Fraserburgh
Tel: 01346 511597
Manager: Pat Porter

Buchanan House
Victoria Street
Fraserburgh
Tel: 01346 517968
Manager: Ailsa Duncan

ALZHEIMER SCOTLAND has a base in Peterhead. The Assistant Service Manager is Mandy Anderson and she can be contacted at the Social Work Department, Windmill Street, Peterhead on 01779 484209.

A 24-hour helpline is also available on 0808 8083000. Alzheimer Scotland offer specialist advice and support for dealing with dementia either as a client or as a carer. There is home support available provided by trained carers and also specialist day services two afternoons per week at St John's Centre, New Pitsligo, Fraserburgh. The day care provides social activities specially tailored for those with dementia. Alzheimer's Scotland also runs a regular carers' support group, which offers support and education to those involved in caring. It also provides a range of information on dementia from booklets to audio tapes.

CROSSROADS. This service is aimed at providing short-term relief for carers by arranging for a trained care attendant to take over his/her duties e.g. to allow the carer breaks either on a regular basis or at a time they need it most, thus relieving the stress of caring. Crossroads is a registered charity and funding comes from various agencies – the service is free to the carer. The referral route is via the Social Work Department.

Contact:: Elizabeth Eyre
12 Frithside Street
Fraserburgh
AB43 9AR
01346 510280

REGULAR BREAKS FOR CARERS

Many carers benefit from regular short breaks either with carer relief in their own home or for longer periods of time (a weekend, week or fortnight) when the person with dementia can spend time within a care home in the area. This allows the carer to recharge their batteries and continue to care at home. This can be discussed with your GP, Care Manager or CPN.

Despite all manner of support at home there may inevitably come a time when it becomes necessary, for varied reasons, for the person

with dementia to be cared for within a long-term establishment. The background to each case can be discussed confidentially with your GP, CPN, Care Manager or other professional. Advice on accommodation, appropriate placement and financial implications, will be given by your Care Manager. Within Fraserburgh and Central Buchan, provision comes from the statutory and private sectors. Local establishments are listed below.

Faithlie Care Home Manager: Ann Bissett
Lochpots Road
Fraserburgh
Tel: 011346 518659 Status: Statutory

Buchanan House Manager: Ailsa Duncan
Victoria Street
Fraserburgh
Tel 01346 517068 Status: Private

Glencairn Lodge Manager: Pat Porter
Christian Watt Drive
Fraserburgh
Tel: 01346 511597 Status: Private

Kynnaird House Manager: Karina Watt
Commerce Street
Fraserburgh
Tel: 01346 512121 Status: Private

Culsh House Manager: Mrs Kindness
New Deer
Tel: 01771 644469 Status: Private

Jarvis Court (Flats) Co-ordinator: May Robertson
Very Sheltered Housing
Fraserburgh
Tel: 01346 511802 Status: Statutory

Who can help? – Banff/Turriff Area

There are services available within the area to support and help people with dementia and their carers. The following list will hopefully assist you to find the help you need.

YOUR FIRST POINT OF CONTACT is probably your GP. He/she may decide to seek a specialist referral to the Old Age Psychiatry Team. This team works with Dr D.G. Fowlie, Consultant Psychiatrist based at Royal Cornhill Hospital but for Banff/Turriff is based at Banff Health Centre. The team consists of Community Psychiatric Nurses, an Occupational Therapist, a Social Worker/Care Manager and a specialist Home Care team. They have a variety of experience and specialist skills relating to the care required by someone with dementia and also the needs of the carer.

CARE MANAGEMENT based within the Social Work Department work to provide appropriate care packages for people requiring help at home whose needs are complex. They liaise closely with the Homecare Department and other agencies from the statutory, voluntary and private sectors. Care managers can also offer support and advice in regard to respite breaks and also the move from home care to a long-term care environment. They can be accessed through your GP or directly. Banff area on 01261 813471. Turriff area 01888 564117.

HEMOCARE. This service incorporates meals-on-wheels, community alarm and day care assessments as well as providing care at home. The aim of this service is to assist people of all ages who require support to live independently in their own home. Referrals can be direct. For Banff area contact Janet French, Homecare Supervisor, 01261 818097. For Turriff contact Kathleen Benzie, Homecare supervisor, 01888 564117.

COMMUNITY OCCUPATIONAL THERAPY. The aim of this service is to improve the client's quality of life by helping them achieve maximum independence. The Occupational Therapist will carry out an assessment in your own home and will discuss and advise on possible solutions to identified problems. Your local Community Occupational Therapy Service is based in Winston House, Castle Street, Banff . Contact number: 01261 812001 or Turriff Health Centre, Balmellie Road, Turriff. Contact number: 01888 564115.

DAY CARE is a useful resource within the area. It provides not only social stimulation and purposeful activity for the person with dementia, but also a regular short break for the carer.

Assessment for day care service can be made through a Care Manager or Home Care supervisor. Aberdeenshire Council provides day care at one venues in Banff.

Doo'cot View Sheltered Housing
St Combs Court
Banff
AB45 1GA
01261 815946
Care Home Manager: Son Tran
Seven days per week at present

Turriff has one venue:

Dawson Court Sheltered Housing
Victoria Terrace
Turriff
AB53 4FP
01888 568925
Co-ordinator: Elizabeth Crawford
Seven days per week at present

Other day services are provided privately within:

Dounemount Nursing Home
Gellymill Street
Macduff
AB45 3QL
Tel 01261 832262
Matron : Jane Hill

Turriff Nursing Home
5 Woodlands Crescent
Turriff
AB53 4DD
01888 562066
Manager : Sarah O'Neil

ALZHEIMER SCOTLAND has a base in Banff. The Service Manager is Janice Caine and she can be contacted at 22 Fife Street, Banff or on 01261 819151, Fax, 01261 818354. Email: NASBanff@alzscot.org or JCaine@alzscot.org A 24-hour helpline is also available on 0808 808 3000. Alzheimer Scotland offers specialist advice and support for dealing with dementia either as a client or as a carer. There is home support available provided by trained carers and also specialist day services three days a week in Banff at Doocot Sheltered Housing, St Combs Court, and two mornings in Turriff at Dawson Court Sheltered Housing. These provide social activities specially tailored for those with dementia. Alzheimer Scotland also runs a regular carers support group, which offers support and education to those involved in caring. There is a carer support service for ongoing support and a social group, the 'Happy Wanderers,' which aims to support both the person with dementia and their carer. It also provides a range of information on dementia from booklets to audio tapes.

DEVERON CARE SERVICES. This service is aimed at providing short-term relief for carers by arranging for a trained care attendant to take over his/her duties e.g. to allow the carer breaks either on a regular basis or at a time they need it most. It also provides a home care service for people who require assistance with personal care and practical tasks. The referral route is via the Social Work Department. There is a drop in service which offers a range of activities and a venue where carers can meet. A Carer Support service is also provided. This provides information, advice and one to one support.

Contact:: Manager: Marion Cruickshank
1 St. Catherine Street
Banff
AB45 1HU
01261 818333

Carer Support Worker : Brenda Ledger
01261 818333

REGULAR BREAKS FOR CARERS

Many carers benefit from regular short breaks either with carer relief in their own home or for longer periods of time (a weekend, week or fortnight) when the person with dementia can spend time within a care home in the area. This allows the carer to recharge their batteries and continue to care at home. This can be discussed with your GP, Care Manager or CPN. Despite all manner of support at home there may inevitably come a time when it becomes necessary to be cared for within a long-term establishment. The background to each case can be discussed confidentially with your GP, CPN, Care Manager or other professional. Advice on accommodation available, appropriate placement and financial implications will be given by your Care Manager. Within Banff/Turriff, provision comes from the statutory and private sectors. Local establishments are listed below.

CARE HOMES

Banff Nursing Home

Colleondard Rd

Banff

AB45 1DZ

Tel 01261 815550

Matron/Manager:

Moira Stephen

Status: Private

Dounemount

Gellymill Street

Macduff

AB45 3QL

Tel 01261 832262

Manager: Jane Hill

Status: Private

Durnhythe

Durn Road

Portsoy

AB42 2QJ

Tel 01261 842537

Manager: Margaret Smith

Status: Statutory

Rose Innes

South Street

Aberchirder

AB42 1JQ

Tel 01466 730220

Manager: Margaret Smith

Status: Statutory

Turriff Nursing Home

5 Woodlands Crescent

Turriff

AB53 4DD

Tel 01888 562066

Manager: Sarah O' Neill

Status: Private

Glenesk Nursing Home

Glenesk

Turriff

AB53 8AH

Tel 01888 563360

Manager: Jim Paterson

Status: Private

Continuing care is also provided in Findlater Ward, Chalmers Hospital. This facility is provided for those people who may require more detailed assessment or a significant level of nursing and medical care, and who would benefit from the more secure environment.
Telephone 01261 819173, Manager, Dianne Noble.

Services available to all Areas

MEALS ON WHEELS.

This service is especially useful if the client lives alone and is having difficulty cooking. Meals are provided on specific days of the week throughout the area at a nominal charge. For further details contact the relevant Homecare Department.

WILTSHIRE FARMFOODS HOME DELIVERY SERVICE.

This service has a large selection of meals and snacks, nutritionally balanced for older people. They are delivered, deep frozen to the customer.

Contact direct: Alan Littlejohn
 Methven house
 Bridgend
 Tipperty
 Ellon
 AB41 8LX
 01358 725200

COMMUNITY ALARM

This scheme allows people access to assistance in an emergency at any time, day or night. An alarm button alerts a central point who then contact a nominated individual or doctor or ambulance in an emergency.

An operational telephone line must be in place. For more information contact your nearest Home Care Supervisor. For Peterhead contact Margaret Phillip/Stella Dargie, 01779 484213, Ingrid Kilgour, 01779 484214 or Margaret Leys, 01779 484215. For Boddam, Hatton, Cruden Bay, Longside and Mintlaw contact Dianne Panting on 01771 623990.

MONEY AND LEGAL MATTERS

It is important that people with dementia and their carers are aware of their relevant benefit entitlement. Care management, if involved in your on-going care, have a welfare benefits officer who can advise.

Due to the deteriorating nature of the illness, the person with dementia will have difficulty coping with financial and legal matters therefore it may be worthwhile to seek professional advice at an early stage e.g. regarding will making or the appointment of a Power of Attorney.

It may also be wise to discuss your position with a representative from Citizen's Advice.

Peterhead: The Town House
Broad Street
Peterhead
AB42 1BY
Tel. 01779 471515

Fraserburgh: Saltoun Surgery
Lochpots Road
Fraserburgh
Tel. 01346 514154

Turriff: Turriff Advice Centre
Masonic Buildings
Gladstone Terrace
AB53 4AT
Tel: 01888 562495

CARERS' CENTRE

The carers' centre offers support, information and advice for carers. It's aim is to identify carers in the area so that they can be updated on all services, benefits etc. Training support groups and carer get-togethers are also regularly arranged.

If you are a carer please contact:

Peterhead: Moira Steinbach
5 North Street
Peterhead
AB42 IJS
Tel. 01779 490894

Fraserburgh: Moira Steinbach
12 Frithside Street
Fraserburgh
Tel. 01346 510111

WEB SITES THAT MAY BE USEFUL

Aberdeen Carers Centre www.care-aberdeen.org.uk

Alzheimer Scotland www.alzscot.org

Caredata www.grampiancaredata.gov.uk

Carers Scotland www.carersonline.org.uk

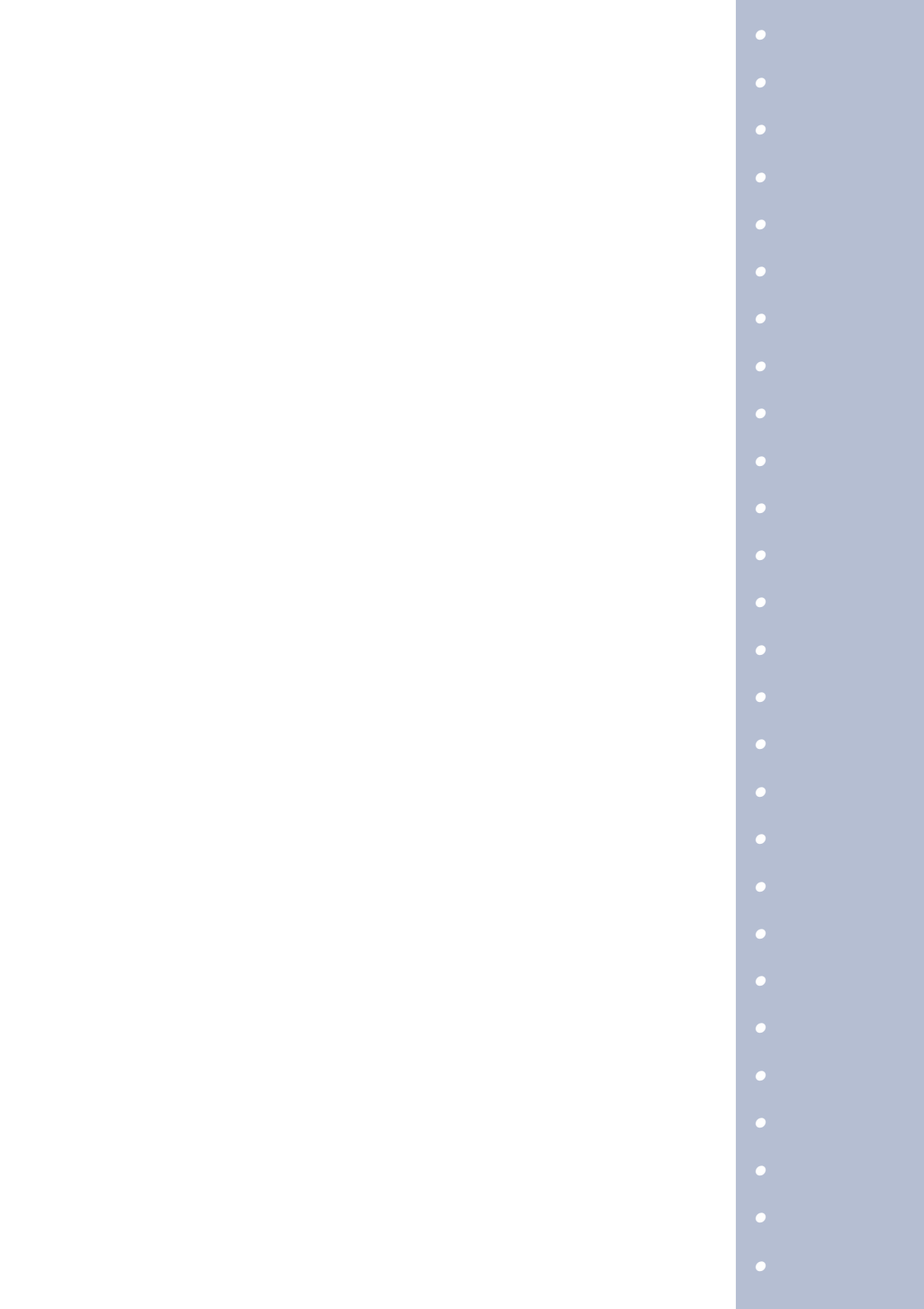
Princess Royal Trust www.carers.org

Scottish Executive www.scotland.gov.uk

TELEPHONE NUMBERS THAT MAY BE USEFUL

Alzheimer Scotland
24 Hour Dementia Helpline **0808 8083000**

Out of Hours Social Work
Emergency Number **0845 8400070**





If you need this, or any other NHS Grampian publication in an alternative format (large print, audio tape etc) or in another language please contact:

Corporate Communications

Tel. 01224 554400

E-mail: grampian@nhs.net

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