

Speaking out

Both locally and nationally, Alzheimer Scotland represents people with dementia and their carers at every level. We campaign for:

- increased services
- more flexible services
- higher standards of care
- improved protection for the legal and human rights of people with dementia
- greater financial help.

Working with our members, people with dementia and their carers, we lobby to influence local and national government policies and constantly monitor their impact.

How you can help

Local authorities pay for services such as day care and home support but we depend on fundraised income for our Information and Helpline Services, courses for carers, campaigning activities and some specialist services. Fundraising accounts for almost a fifth of our total income.

You can help Alzheimer Scotland improve the lives of people with dementia and their carers. Join us today! The more members we have, the more powerful our voice.

You can help us raise funds by taking part in a variety of events taking place across Scotland and beyond. For more information, see our website or call our Events Hotline on 0845 2600 789.

For information on membership, donating or volunteering, just call or write, or see our website at www.alzscot.org.

Information and support

Our confidential Dementia Helpline, on freephone **0808 808 3000** offers 24 hour information and emotional support. Call anytime to talk things over, find out about local services or for our free information pack.



Or you can visit our website www.alzscot.org for over 500 pages of information. Join our free email list for information updates.

Alzheimer Scotland
22 Drumsheugh Gardens
Edinburgh EH3 7RN

Office telephone: 0131 243 1453
Fax: 0131 243 1450
Email: alzheimers@alzscot.org

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Registered Office: 22 Drumsheugh Gardens, Edinburgh EH3 7RN. It is recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315.

February 2008

We care about dementia

Who we are and what we do



Alzheimer Scotland
Action on Dementia

We care about dementia

Alzheimer Scotland - improving quality of life for people with dementia and their carers

Alzheimer Scotland is Scotland's leading specialist dementia charity and works to improve the lives of everyone affected by dementia. We provide information, support and a network of services and support groups from more than 60 sites around Scotland. We also campaign to improve public policies and services for people with dementia and their carers.

Our members, who are people with dementia, current and former carers, health and social care workers, plus community groups and organisations interested in dementia, share our aims:

- to be the national voice of and for people with dementia and their carers
- to improve public policies for people with dementia and their carers
- to provide and secure the provision of high quality services both for people with dementia and for their carers.

We:

- provide practical services such as day care and home support, helping people with dementia retain their skills for as long as possible and giving carers a break from caring
- run support groups for carers and people recently diagnosed with dementia
- speak out for the rights and concerns of people with dementia and their carers
- support groups of people with dementia and carers to speak out for themselves
- provide a 24 hour national freephone Dementia Helpline 0808 808 3000
- give information to carers, professionals and people with dementia through our leaflets, booklets, reports, a quarterly newsletter and our website www.alzscot.org.

About dementia

Dementia is an illness which affects the brain, causing a progressive loss of mental powers. It is the fourth biggest killer for women in Scotland and the ninth for men. Alzheimer's disease and vascular dementias are the most common forms of the illness, but there are many other conditions which can also cause dementia.

Between 58,000 and 65,000 Scots have dementia and this number is increasing as people live longer. By 2031, more than 100,000 people in Scotland will have dementia. Almost everyone knows someone who is affected - it may be a relative, friend, neighbour or workmate who has the illness or who is caring for someone.

People with dementia gradually lose their memory and their understanding. They become confused and often frustrated as they cannot do things they used to do. Bit by bit, they become less able to look after themselves

and have to rely on others to help. Eventually, even dressing, eating or going to the toilet may become impossible without help.

A great deal of research is being carried out to identify causes and to develop treatments for dementia. There are now drugs which can help some people with Alzheimer's disease, but they only treat the symptoms and there is still no cure.

More than half of people with dementia live at home, either alone or with family or friends who care for them. Caring can be a 24 hour, seven day a week task, and is often emotionally, physically and financially draining.

Helping

Alzheimer Scotland provides a wide range of services, from the Borders to the Western Isles.

- Our day care and day opportunities services give people with dementia a stimulating and sociable environment with a high ratio of staff and volunteers to people with dementia. In some areas, they are open at weekends and evenings as well as during the day, to allow carers maximum flexibility and time off from caring.
- In many areas we provide a home support service, providing the person with dementia with care and stimulation while the carer is free to go out. We can also provide flexible care for special occasions and emergencies.
- We provide support for carers and people with dementia, with information, support groups, and carer education. The freephone Dementia Helpline is always there with trained volunteers on duty 24 hours a day for information and support, on 0808 808 3000.