

Issue 66 - June 2009

Dementia in Scotland Newsletter

£1.50 (Free to members)



Alzheimer Scotland
Action on Dementia

Inside this issue

- New palliative care initiative
- People with dementia in A&E departments
- Words Into Action consultation





Self directed support (direct payments)

Alzheimer Scotland is carrying out a research project to find out how self directed support is working in practice for people with dementia and carers.

We are interested to hear the experience of people who are using self directed support or who may have considered using it.

Please contact Lindsay Kinnaird, Policy and Research Officer,
email lkinnaird@alzscot.org
or 0131 243 1453

Editorial

It's hard to believe that Dementia Awareness Week is upon us again - where does the time go? The past 12 months seem to have been "Dementia Awareness Year" with so much media coverage of dementia, including documentaries by celebrities Fiona Phillips and Kevin Whately, and the poignant story of John Suchet and his wife Bonnie, who has Alzheimer's disease.

The Suchet story in particular led to Alzheimer Scotland receiving a great deal of coverage in the aftermath of his interview, with lengthy articles in the Herald, Scotsman and Daily Record which all used quotes and statistics we had provided. Chief Executive Henry Simmons recorded an interview with Radio Scotland and provided a column to Third Force News, the weekly newspaper of the Scottish Council for Voluntary Organisations.

Interestingly, there was a knock-on effect of this publicity in other areas - we had more internet submissions for volunteer applications that week than we usually have in a month, so not only are people more aware of dementia and of Alzheimer Scotland, they also want to actively contribute to our work which is really heartening. It is also a reflection of the powerful impact the media can have, especially television.

This summer, Alzheimer Scotland will have its first ever TV advertising campaign, with a focus on the 24 hour Dementia Helpline. This is not normally something we could consider due to the costs but, thanks to a grant from the Charities Aid Foundation, we hope to reach many more people who are struggling alone and for whom the Helpline could be a welcome lifeline.

Maureen Thom
Editor
Dementia in Scotland



Alzheimer Scotland Palliative Care Initiative

This exciting year-long initiative is a partnership project between Alzheimer Scotland, NHS Dumfries and Galloway and The University of the West of Scotland and is funded by the Scottish Government and NHS Education Scotland (NES).

It builds on Alzheimer Scotland's previous work on raising the profile and understanding of the needs of people with dementia and their relatives in the later stages of the illness:

- firstly through the *Lighting up Lives* report which identified the unmet palliative care needs of people in this stage of the illness living in Dumfries and Galloway, funded by the Big Lottery Fund
- secondly through the **Beyond Barriers Project (2007- 2009)*, a partnership between Alzheimer Scotland, the Care Commission and the Dementia Services Development Centre, University of Stirling, funded by the Scottish Government. This project recently won a Mental Welfare Commission Principles into Practice award for Carer Support and Involvement.



Jenny Henderson with the Principles into Practice Award

The aim of the Beyond Barriers project was to develop current care practice by supporting staff and relatives to meet the palliative care needs of people in the later stages of dementia living in care homes, recognising that this process may be protracted and last up to two years.

The training consisted of an innovative three-day course for both care home staff and relatives and a further five half-day sessions of supported learning for staff to enable them to implement their learning in practice.

The focus of the course placed communication at the heart of the sessions. It acknowledged the importance of person-centred care and examined how a palliative care approach could enhance quality of life at this stage of the illness. An open approach was adopted that dying with dementia or of dementia will occur. It accepted that dementia cannot be cured and, for those people who reach the later stages of the illness, it will be terminal. It also recognised that there were important lessons to be learned from this project in managing the care of people with dementia who will die of other unrelated illnesses at any stage of their dementia.

Outcomes of this work have been: -

- the development of workbooks linked to knowledge evidence requirements for a Health and Social Care SVQ (Scottish Vocational Qualification)
- a greater understanding of the importance of involving relatives in such a programme of education
- a greater understanding of the palliative care needs of people with dementia
- a recognition of the importance of providing supported learning to enable change in practice to take place.

The aim of the new **Alzheimer Scotland Palliative Care Initiative** will be to develop the knowledge and understanding of a palliative care approach to a much wider audience, including health and social care professionals.

The Audit Scotland *Review of palliative care services in Scotland* (August 2008) identified that 'specialist palliative care should be available to patients with complex needs while general provision should be available to all.' One of the key messages from the report identified 'that most palliative care is provided by generalist staff in hospitals, care homes or in-patient's own homes. But palliative care needs are not always recognised or well supported. Generalists need increased skills,

confidence and support from specialists to improve the palliative care they give to patients and their families.'

The Palliative Care Initiative will therefore: -

- develop and publish the Beyond Barriers workbooks to meet the wider needs of health and social care professionals; the workbooks will gain SVQ accreditation
- ensure that the workbooks reflect the Scottish Government's *Living and Dying Well Action Plan*
- provide a free two-day course for up to 60 identified trainers from all NHS, voluntary and social care settings. The aim of the first day of the course will be to equip them with the knowledge and skills to deliver the course. This will be followed up by a further day of supported learning.

Initially there will be a small pilot session. The courses will then be rolled out throughout Scotland and will be delivered by experienced members of the Alzheimer Scotland Learning Development Team. The University of the West of Scotland will externally evaluate the Initiative.

If you would like more information about the project please contact: jhenderson@alzscot.org or telephone 01387 261303.

Jenny Henderson
Trainer, Alzheimer Scotland

* **Beyond Barriers Report launch**

The Beyond Barriers report was launched by Shona Robison MSP, Minister for Public Health and Sport on 2 June at Alzheimer Scotland's Dementia Awareness Week conference. The Outcomes report, main report and the evaluation report from the Dementia Services Development Centre are available to download on Alzheimer Scotland's website at www.alzscot.org/pages/beyond-barriers-palliative-care-report.htm

Words into Action

Do you have experience of dementia - as a family member, person diagnosed, friend, professional, or as someone involved in your community? If so, we need your views and experiences to help us influence action to ensure the rights of people with dementia and their carers (family and friends) are met from early diagnosis and throughout this complex illness.



You are invited to put your words into action by helping us shape a Charter of Rights for People with Dementia and their Carers in Scotland and develop our mid-term election Dementia Manifesto. You can do this by coming to a 'roadshow' event in June in Irvine, Glasgow, Edinburgh, Dundee or Inverness or by completing a questionnaire (details below).

At the roadshows you will:

- have the chance to share your experiences in small groups
- hear about the rights of people with dementia and their carers in relation to health and social care, work, legal matters, etc
- hear about Alzheimer Scotland's campaigns.

The consultation runs between 20 May and 30 June 2009. The Charter and Manifesto will be launched on World Alzheimer's Day, 21 September 2009.

The Manifesto aims to influence the priorities of the main political parties in preparation for the next general election. The Scottish Government has made dementia a clinical priority which is a welcome start - but this

does not go far enough. Scotland needs a comprehensive action plan and the resources to carry it out.

The Charter and Manifesto together aim to make an impact on the priority given to dementia nationally and locally. Your views and experiences will make our message more powerful. You can find more information about the consultation and how you can take part at www.alzscot.org. If you would like a printed consultation pack, contact Aileen Bradford on 0131 243 1453; email: abradford@alzscot.org

Jan Killeen
Policy Director

Writer in Residence

John Killick has been appointed Alzheimer Scotland's Writer in Residence. John hopes to work with individuals and groups throughout Scotland on writing projects, particularly in the areas of poetry, drama and other creative activities. He will also fulfil a role in the area of staff training.



John Killick

John has wide experience in the dementia field. For 10 years he was writer in residence for Westminster Health Care, a private care home provider, working exclusively in their dementia units exploring many aspects of the crucial area of communication. He followed this with six years as Research Fellow in Communication Through the Arts at the Dementia Services Development Centre, University of Stirling.

He has published five books in this area, three of poetry by people with dementia, one co-authored with Kate Allan and published by Open University Press, and one co-authored with an American practitioner and published in New York. He has written many articles, and a number of book chapters, and writes regularly for The Journal of Dementia Care, as well as speaking at their conferences. He has given presentations and run workshops in many countries, including Canada, America, Denmark, Finland, Poland and Australia. He is a frequent broadcaster, and most recently appeared every day for a week on BBC Radio Four's 'You and Yours' in January. He is also currently NHS 'Dignity in Care' Poet in Residence for Cambridgeshire Libraries. The website he shares with Kate Allan is www.dementiapositive.co.uk where you can find John's contact details or telephone 07971 041844.

Access to Medicines in Scotland



At the end of March this year Secretary for Health and Wellbeing, Nicola Sturgeon MSP, made a statement in the Scottish Parliament on improving access to new medicines in the NHS and providing guidance for patients who seek additional private care. She said that:

- NHS health boards should make available on the NHS medicines recommended by the Scottish Medicines Consortium (SMC), or an equivalent. When a drug is not recommended by the SMC, health boards can still consider the individual circumstances of a patient, which could justify the prescribing of a particular medicine.

Guidance on exceptional prescribing circumstances is to be issued in response to concern over lack of consistency by health boards.

- There is to be greater transparency in the flexibility that can be used by the SMC in reaching decisions. The SMC will publish a set of modifiers that can be applied when considering new medicines. The modifiers allow greater flexibility to be exercised when there are potential clinical benefits to a drug that the standard methods of assessment would not approve. An example of where they might be applied is when there is no therapeutic alternative to the drug being considered.
- Revised guidance is to be issued on co-payments for situations in which NHS patients may wish to include elements of private health care, including medicines, in the management of their clinical condition.

The Minister said that the guidance is to provide a framework to guide decisions based on the principle of the NHS - that NHS treatment must be based on clinical need, not the ability to pay; that NHS care is free at the point of access; that patients cannot pay the NHS to top up their care; and that the NHS must not in any way subsidise private treatment. When a patient chooses to pay for part of their care privately, so long as questions of patient safety, clinical governance, probity and accountability can be answered they should *not necessarily* lose out on the NHS care to which they would otherwise be entitled.

The Minister said it was not possible to say that in every circumstance a patient can receive NHS care and private care at the same time but stated "We must accept that, even when a drug is not available on the NHS, some patients will wish to exercise their right to access it privately. In such circumstances, it is important to provide clarity to patients about the implications of such decisions for the NHS care to which they would otherwise be entitled."

The Chief Medical Officer, Dr Harry Burns duly issued a letter to all NHS Boards on arrangements for NHS patients receiving healthcare services through private healthcare arrangements.

Alexandria Citizen of the Year - 2009

A number of family, friends and colleagues were delighted to join Barbara Barnes recently when she was presented with West Dunbartonshire Citizen of the Year award by Provost Denis Agnew.



Barbara with Provost Agnew

For more than 20 years Barbara has given many valuable hours of her time to Alzheimer Scotland as well as many other local groups. Barbara was instrumental in establishing Dumbarton Dementia Carers' Group over 20 years ago, and has worked tirelessly since then in various roles at both local and national levels. Being a member of Alzheimer Scotland's Executive and Council has led to her being the ideal advisor on local strategy groups thereby influencing and challenging policy makers with her knowledge and understanding of how dementia can affect people's lives.

As a retired school teacher Barbara was keen to influence and raise awareness within schools which led to her being involved in devising a dementia training pack for school pupils which has since been rolled out across Scotland, including a recent trip to Tobermory High School on the Isle of Mull!

Barbara is never phased by situations, quite at ease talking one to one with a carer or to a room full of people at a conference; her expertise and enthusiasm appear never ending.

From colleagues in West Dunbartonshire and across Alzheimer Scotland we would like to say thank you, and well done for a very well deserved award.

Jean Armitage, Development Worker, Argyll & Clyde Region
Margaret Oliver, Carer Support Worker, West Dunbartonshire Services

New Publications

Worried about your memory?

NHS Health Scotland have published a revised version of their booklet aimed at people worried about their own (or someone else's) memory. *Worried about your memory?* aims to help people decide if they should visit their doctor about what they perceive as a problem with their memory. The booklet explains the sorts of things that can affect memory, from depression and bereavement to infections and vitamin deficiencies. It also gives tips for managing a poor memory and suggests ways of keeping well. Single copies are free from the Dementia Helpline and all Alzheimer Scotland services; Bulk copies from NHS health promotion departments.



The book aims to help people come to terms with the shock of diagnosis and to help them realise that they and their family can still have a good life, despite the illness. It provides information on how they can help themselves and where to find help. It includes information on dementia, coping with common emotional reactions, what to say to other people, practical support, memory tips, communication and managing risk, what to do about driving, work issues and money matters. It also aims to help people to plan for the future, because the earlier people start to plan, the more control they have.

The booklet was published by NHS Health Scotland and has been very widely distributed through NHS and community outlets. Single copies are free from the Dementia Helpline and all Alzheimer Scotland services; Bulk copies from NHS health promotion departments.

Kate Fearnley
Director of Personalisation

Facing dementia: how to live well with your diagnosis

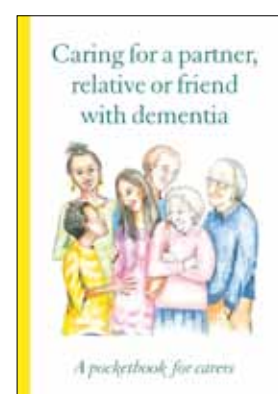
Facing dementia: how to live well with your diagnosis is a new publication for people who have been told they have dementia. It provides information to help them understand their condition, deal with its effects and plan for the future.

The book was written with members of the Scottish Dementia Working Group (SDWG). They examined existing materials, analysed the information needs of people recently diagnosed with dementia, contributed their own experiences, decided on format and content, commented extensively on the draft and accessible design options and provided the real-life quotes used throughout the book.

From personal experience, the group had very clear ideas about what information people with a recent diagnosis need. Almost everyone had had difficulty getting information after their own diagnosis. None of them had been given a copy of the old version of *Facing dementia*, even though it was first published in the 1990s. What they put in the all-new book was the information and guidance they wished they had had.

Working with dementia - a handbook for home carers

The Glasgow North Dementia Forum was commissioned by Morag Brown (Head of Health and Community Care for the North Glasgow Community Health & Care Partnership) to produce a pocket booklet for carers along the lines of *Working with dementia - a handbook for home carers* which Alzheimer Scotland and the NDF produced based on Margaret MacKinlay's earlier booklet, *Working with dementia - a pocketbook for care staff*.



The new booklet, *Caring for a partner, relative or friend with dementia - a pocketbook for carers*, is to be launched in Glasgow City Chambers on Monday 8 June. At the same time there will be a production of *Changed Days* by Baldy Bane Theatre Company, a play specially commissioned by the NDF for both Dementia Awareness Week and Carers Week 2009. Single copies are free to carers from the Dementia Helpline and all Alzheimer Scotland services.

Revised Information Sheets

Alzheimer Scotland has revised six of its information sheets:

- Alzheimer Scotland: branches, services and local involvement
- Communicating with the person with dementia
- Continence management - advice for carers of people with dementia
- Complaints - what to do if you're not happy with a service
- Understanding and dealing with challenging behaviour
- When people with dementia walk - a guide for carers

Copies can be downloaded from the Publications section of the website at: www.alzscot.org/pages/publications.htm or requested from the Dementia Helpline on 0808 808 3000.

Scottish Dementia Working Group meet the First Minister

In the lead up to Red Nose Day in March this year First Minister Alex Salmond MSP praised the work of the Scottish Dementia Working Group when he met with them to discuss the ways in which they had been supported by Comic Relief.



Agnes Houston, Pat McGonigal, James McKillop and Edward McLaughlin, along with National Co-ordinator Martin Sewell and Chief Executive of Alzheimer Scotland Henry Simmons, were filmed with the First Minister as part of a montage to be shown on the Red Nose Day broadcast.

The SDWG is jointly funded by Comic Relief and Alzheimer Scotland. In 2008, Comic Relief awarded the group £60,000 per annum for three years.

Will Writing Service

Regular readers of *'Dementia in Scotland'* will know how important legacies are to our work and the difference that these gifts can make to the way in which we provide and fund important services.

You may have noticed that during May our logo popped up in newspapers advertising Free Wills Month?

Well, in addition to this, Alzheimer Scotland is part of The National Free Wills Network and is offering a free Will writing service to supporters aged 55 and over using the services of local solicitors across the UK.



The National Free Wills Network will enable individuals and couples who support Alzheimer Scotland to have their will(s) written free of charge using the services of firms and solicitors within reasonable travelling distance of their homes. This offer is open for a limited period and applies to the writing of 'simple' wills, in other words wills that do not have to deal with complex issues. Alzheimer Scotland hopes that you will take this opportunity to make provision for loved ones first and also consider including a gift to support our work for generations to come - although there is no obligation to do so.

For more information please write to Shona Blakeley, Head of Fundraising Development, Alzheimer Scotland, 22 Drumsheugh Gardens, Edinburgh, EH3 7RN or call 0131 243 1453.

We are very grateful for a legacy of £1,000 left recently by loving husband, father and grandfather John Daldry - pictured here with his wife Florrie.



John and Florrie on their 50th wedding anniversary

The legacy was given to us because Florrie had dementia for some years until her death in Edinburgh in 2001.

Fundraising News

Ambulance staff to the rescue

Steven Grant, an Area Ambulance Assistant in the South East region of the Scottish Ambulance Service, raised a fantastic £1,165 for our Lothian Early Onset Support Service (LEOSS) by organising a disco and inviting friends, family and colleagues to attend. He was inspired to raise money for our charity by his work colleague Allanah McIlwaine, whose husband, John, has dementia.



The picture shows Steven and Allanah handing over their cheque to Alan Midwinter, LEOSS Service Manager.

After working closely with Allanah and hearing about the early onset of John's condition, Steven was in no doubt about which charity to raise money for. Steven said: "Allanah has helped me to understand Alzheimer's and the way it has affected her life".

He set to work organising a lively event at Edinburgh's Carrick Knowe Bowling Club, which turned out to be a huge success - attracting more than 100 guests. Ticket sales generated much of the profits but the raffle proved to be the highlight of the night with hotly contested prizes including a meal at Fabio's Italian restaurant, a photography session and two corporate tickets for any game at Hibernian football club at Easter Road Stadium.

The buffet also went down a treat - as did a moving presentation by Rachel Guy, Alzheimer Scotland's Director of Fundraising and Public Relations.

Many thanks to Steven and all those who bought tickets and donated raffle prizes.

A Guid New Year from Sainsbury's

Our Lothian Early Onset Support Service also benefited from another local fundraising effort. At the end of December Sainsbury's store at Meadowbank in Edinburgh organised a charity bag pack where customers certainly must have been full of Christmas spirit, donating £2,000.



LEOSS Service Manager, Alan Midwinter receiving the cheque from Sainsbury's with some of those who helped pack those bags!

Grant Thornton's Charity of the Year

Grant Thornton has nominated Alzheimer Scotland and the Alzheimer's Society to be their Charity of the Year. Their offices across the UK will be fundraising for both charities throughout the year, including their Glasgow office who supplied the photo below. Not sure about the choice of headgear though!



Care for a Curry Comedy Night

After the success of last year's Care for a Curry? campaign, Alzheimer Scotland are hosting another fantastic stand-up comedy night at Glasgow's top comedy club, The Stand. A menu of spicy food and saucy comedy (you have been warned!) will be the order of the night, with a buffet of Indian nibbles accompanying the jokes, as well as some other fundraising fun to get your tastebuds flowing!

The Stand Comedy Club, Monday 15th June 2009 (Doors open at 7.30pm, show starts at 8.30pm). Tickets are £7 per person (£5 concession).

For more information, ticket purchases or donation of raffle prizes, contact event co-ordinator Angi Inch on 0141 418 3934, or email ainch@alzscot.org. Tickets can also be reserved online at www.thestand.co.uk.

Hospital Theatre Staff in Monster Challenge

Four operating theatre staff members from Ninewells Hospital in Dundee took part in the First Monster Challenge on Saturday 13 September and raised £850 for Alzheimer Scotland.

The team had to run and cycle 120k around the beautiful shores of Loch Lomond. Training was difficult as it had to fit in with shifts at work, but they managed it. It was gruelling but they say they had a great time!



Photo shows Moira Lawrance Head of Fundraising Events accepting the cheque from Shaun McLeod, Lesley Kerr and Linda Paton. Missing from the photo was 4th team member Kathy Upton.

Spotlight on Trusts and Foundations

Our Dundee Services provide day care for people with dementia at Whitfield Parish Church three days a week. However, the gents' toilets are unsuitable for people with disabilities and some of the people who use the service need to rely on staff to support and guide them in using the facilities. Fortunately, a local charitable trust has donated funds towards renovating them and making them fully accessible.

Charitable trusts and foundations give over £300,000 to Alzheimer Scotland every year (including nearly £100,000 from the BIG Lottery Fund). Trusts come in all shapes and sizes, from large international foundations to small family trusts, and each trust has its own priorities and preferences when it comes to deciding which causes to fund. Many of Alzheimer Scotland's services and programmes have been funded in part or in whole by charitable trusts.

You may know someone who is a Trustee of a charitable trust. If so, why not tell them why you support Alzheimer Scotland, or show them your copy of *Dementia in Scotland*? If you are the Trustee of a charitable trust, we would be delighted to discuss our programmes and projects with you, as there may well be an element of our work that matches your funding aims.

The support we receive from trusts and foundations makes a real difference to people affected by dementia, like the people who use the Dundee Services. Gabrielle Colston-Taylor, the Service Manager, says 'We are really delighted and grateful for the trust's support. People will now be able to maintain their independence and feel more comfortable at day care.'

For more information on charitable trusts and foundations contact Catherine McGowan, Trusts and Corporate Fundraising Manager, by telephoning 0131 243 1453 or by emailing cmcgowan@alzscot.org.

All change for Rachel



Alzheimer Scotland's Fundraising and Public Relations Director, Rachel Guy retired at the end of March after almost 12 years' service. Colleagues old and new gathered to wish her well in her new life - the next day she moved to the Birmingham area - and to present her with some lovely Ortak jewellery as a reminder of her time in Scotland and vouchers for Tiso for her to spend on equipment for hill walking, something she will be doing a lot more in her retirement.

Scottish Parliament business debate on unpaid carers

The Scottish Parliament has been debating the support for unpaid carers. Issues highlighted in the debate included:

- That an estimated 660,000 unpaid carers in Scotland save the Scottish economy £7.6 billion a year.
- There is a lack of specific support for carers and difficulty in accessing services for the cared for person.
- There is a low number of carer assessments carried out, whilst carers who do have their needs assessed do not have a right to access services.

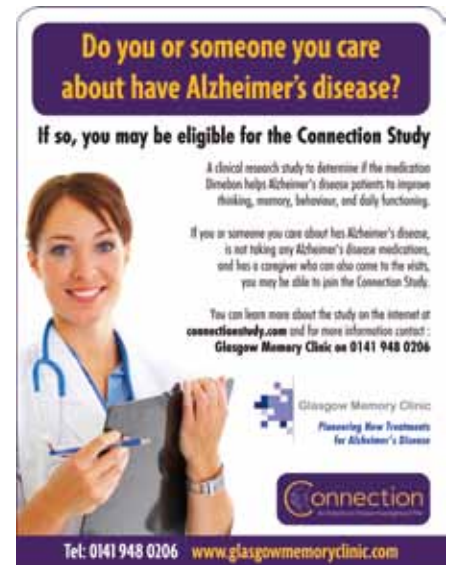
Carers Scotland have moved. Their contact details are now:

Carers Scotland, The Cottage, 21 Pearce Street, Glasgow, G51 3UT.
Tel: 0141 445 3070;
Fax: 0141 445 3096; email info@carerscotland.org

Minister Shona Robison highlighted the Scottish Government's plan to review its national carers' strategy in consultation with COSLA (the Confederation of Scottish Local Authorities) and other stakeholders. The strategy will drive future policy development and will be informed by a review of progress on the recommendations of the Care 21 report.

Dimebon- new drug trial at Glasgow Memory Clinic

An important new drug trial for the treatment of Alzheimer's disease is being conducted at the Glasgow Memory Clinic. The Connection Study is a Phase 3 trial (two earlier phases have taken place) of Dimebon, a drug with a novel mechanism of action. Originally developed in Russia as an antihistamine, Dimebon improves the function of mitochondria, the central energy source of cells. The study is aimed at determining if Dimebon helps people with Alzheimer's disease to improve thinking, memory, behaviour, and daily functioning.



To be eligible to take part an individual must:

- have mild to moderate Alzheimer's disease;
- not be taking any Alzheimer's disease medications; and
- have a carer who can also come to the study visits.

There is a web site providing information about the study, www.connectionstudy.com

The study is currently recruiting subjects - for more information contact Glasgow Memory Clinic on 0141 948 0206.

Please note: Alzheimer Scotland is not involved in this research in any way and cannot answer any specific questions about it. Before agreeing to take part in any research, we would strongly recommend asking as many questions as possible and reading any information supplied. Alzheimer Scotland has an information sheet *Volunteering for research into dementia* which includes a useful checklist of questions. Call the Dementia Helpline on 0800 808 3000 for a copy.

NHS Accident & Emergency - recognising the needs of people with dementia



The Scottish Parliament Cross Party Group on Alzheimer's disease has launched a report on the need for action to support people with dementia in NHS accident and emergency (A&E) departments. The report is based on a survey of Scottish Health Boards conducted by the Cross Party Group.

The report found that there was no standard system for the care of people with dementia attending NHS A&E. This is compounded by a lack of knowledge about the disease which is hampering appropriate treatment being given for the illness or accident that brought the person into A&E.

The report recommends:

- an urgent, physical and psychological assessment for all older people with apparent confusion in A&E to be undertaken in order to assist with diagnosis and where possible identify whether the person may have dementia
- all staff in A&E should be trained in how to care for people with dementia once identified
- a "flag" system to raise awareness of the need for care as the patient moves through the system and meets dozens of new faces
- health and social services to work together to prevent admission in the first place e.g. implementation of measures for fall prevention, and to manage care in the community which should include rapid access to diagnostic testing and consultant services if necessary

- environmental and staff attitude changes to reduce unnecessary medication and interventions for people with dementia in general hospitals. A dementia trained nurse attached to every hospital would facilitate this
- doing everything possible to reduce the multiple moves and interactions with staff that are so distressing and harmful to people with dementia.

The full report can be found on the Alzheimer Scotland website at www.alzscot.org/pages/policy/accidentandemergency.htm

The Scottish Government has accepted all the recommendations of the A&E report and has written to NHS Boards issuing guidance. In the Parliamentary debate on the issue, Chair of the Cross Party Group, Irene Oldfather sought clarification on a couple of points in the guidance in relation to joined up working between health and social care and specialist dementia nurses.

In her response, Shona Robison, Minister for Public Health and Sport said that the Government would look in more detail at specialist dementia nurses. She said they were part of the solution but not the main thrust and it was important all staff had training so that it was not seen as the role and responsibility of one person. There is nothing in the guidance about health and social care agencies working together but the Minister said they would look at joined up working with health and social care.

Money and Legal Matters Information Day

On 16 March, Alzheimer Scotland held an information day at the Scottish Youth Theatre in Glasgow for people with dementia, their carers and families. The aim of the information day was to provide those attending with a chance to hear from experts about a range of issues such as how people with dementia can be involved in planning their own care and support, and how they can make their wishes known when planning for the future. The day also covered the social security benefits and other kinds of financial help available to people with dementia and their carers, paying for care at home or in a care home, rights to community care services, power of attorney, guardianship and intervention orders, adult support and protection and much more. We also provided surgery slots with a solicitor and staff from the Pensions Service where people could talk one-to-one.

More than 100 people attended a morning and afternoon workshop of their choice. Initial feedback was excellent with the main complaint being that people would have liked to attend more than two workshops. A series of similar events is planned for other parts of the country later in the year. Members will receive publicity mailings for any event in their area, which will also be advertised on the website at www.alzscot.org

Taking the tears out of washing hair and bathing

For some people with dementia, being made to have a shower or bath or having someone wash your hair can be a frightening and distressing experience. It can also be very distressing for family members if the person neglects personal hygiene and refuses to bathe or shower. While *Dementia in Scotland* does not advertise or recommend particular products we thought that readers might be interested in some products which might go some way towards easing this difficult problem.

Our Dumfries Services have been trying out new products called 'No Rinse' which include a shampoo cap and a moisturising body wash.

The shampoo cap contains both shampoo and conditioner. The cap is placed on the person's head, the product massaged and worked into



the scalp, then the cap removed and the hair towelled dry. The caps may also be useful where bending causes neck pain or it's difficult to get in or out of the bath. The caps can be put into the microwave to warm them before use - it is obviously important to check the temperature before using. They are not cheap, at £3.91 each (plus postage) but may help solve a problem. If the person with dementia lives in a care home, there are trade discounts available.

Our Practice Development Manager Barbara Sharp tried out the shampoo cap for herself. "It was much easier to

use and had a much better result than the dry shampoo I remember trying out when I was younger".

The No Rinse body wash is a ready to use solution that leaves skin clean, refreshed and odour free with no rinsing required. It is effective, but gentle and does not contain alcohol. It comes in a 59 ml bottle (2 fl. oz) and can be used anywhere on the body, including perineal areas as it is non-irritating and removes odours easily and without rinsing. It costs £1.95 per bottle (plus postage). For further information contact No Rinse on 0844 20 90 888 or see the website at www.norinse.co.uk

TV advert for Alzheimer Scotland

Alzheimer Scotland will be launching its first ever television advertising campaign this summer, which will raise awareness of our 24 hour, freephone Dementia Helpline. The key message is that no-one should feel that they have to go through dementia on their own.

The advert will run on STV from Tuesday 26th May for around four weeks. It will mostly be broadcast during daytime hours; but there was a one-off, primetime showing just before 7pm (prior to *Emmerdale*) on the first evening of the campaign.

This television advert has been made possible by an unexpected one-off grant from the Charities Aid Foundation (as a result of the ITV phone-in voting scandal of 2007) and the generous donation of time, effort and expertise from some of Edinburgh's leading advertising creatives, who also have a personal interest in dementia.

There will also be a shorter version (around 20 seconds long) which will aim to raise funds to support the Dementia Helpline; that will start to be broadcast around two weeks into the campaign.

Events Diary

For more information on our active events contact Moira on 0845 2600 789 or e-mail mlawrance@alzscot.org



Sun 21 June	Men's 10k Glasgow
Sun 21 June	Dundee half marathon
Sun 6 July	London British 10k
Sat 15 Aug	Big Fun Run, Plean Park, Stirling
Sun 16 Aug	Big Fun Run, Camperdown Park, Dundee
Sat 29 Aug	Great Scottish Swim, Strathclyde Country Park, Glasgow
Sun 6 Sept	Great Scottish Run 10k and half marathon, Glasgow
Sat 12 Sept	Dundee Marathon
Sat 12 Sept	First Monster Challenge, Loch Ness
Sun 13 Sept	Pedal for Scotland, Glasgow - Edinburgh cycle
Sun 20 Sept	Bupa Great North Run, Gateshead
Mon 21 Sept	World Alzheimer's Day
Mon 21 Sept	Memory Walks
Sun 27 Sept	Run to the Beat, London
3 & 4 Oct	Big Fun Run, Edinburgh and Glasgow
Sun 4 Oct	Loch Ness marathon, 10k and 5k
Sat 10 Oct	Big Fun Run, Perth and Aberdeen
Sun 11 Oct	Forth Rail Bridge Abseil

