

## What is dementia?

Dementia is 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 Highland, Western Isles and Orkney in 1994 there were an estimated 3,022 people with moderate to severe dementia and numerous others with mild dementia or not yet having a diagnosis. By 2006 this number may be more than 3,600.

## About Alzheimer Scotland

Alzheimer Scotland is Scotland's leading dementia charity. We provide services to help people with dementia, their carers and families and campaign actively to improve public policies. Our members include carers, relatives, people with dementia, professionals, groups and organisations.

## Skye & Lochalsh Services

Alzheimer Scotland Skye & Lochalsh Services provides support to people with dementia living in the community. Our care at home/housing support service is delivered by our team of highly trained and experienced Staff.

In addition to an ongoing programme of dementia specific training and continued professional development, prior to delivering our care at home/housing support service, staff gain experience of working in Alzheimer Scotland Day Care (or Day Opportunities if appropriate).

With the full involvement of the Service User and Carer where appropriate we put together a personal support plan reflecting the individual needs, preferences and abilities of the person. Focusing on maximising strengths, maintaining social links and social skills and continued enjoyment of activities and pursuits.

This could include encouragement/assistance with personal care, prompting & encouragement to self medicate safely, support to do everyday tasks



Our care at home/housing support service is delivered in the individual's own home or in the community. Examples of how the service has benefited people with dementia in Skye & Lochalsh include:

- Encouragement and assistance with personal care.
- Assistance and support to go shopping and attend hairdressing appointments.
- To accompany service users to GP appointments.
- Encouragement and prompting to safely self medicate.
- Support to continue to attend clubs/social events/places of worship.

## Other Services we provide

- Carer support groups
- Advice & information
- Day Care & Day Opportunities
- Equipment Loan

Please contact us for further information

## 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. Our care at home/housing support service is registered and regulated by the Care Commission.

## 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. All funds raised in Skye & Lochalsh stay in Skye & Lochalsh to benefit people with dementia and their Carers living in the area.

## Contacting us

For further information on any of our services, please contact:

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**Alzheimer Scotland**  
*Action on Dementia*

## Skye & Lochalsh Services

### Care at home/housing support Service



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