

Dementia in Scotland



Winter 2018 - Issue 97



Supporting
you this
winter

PREVENT Dementia

www.preventdementia.co.uk

Working together for a
future without dementia

Come and join us.



**Members'
rate**

Join us for the annual
Alzheimer Scotland

Winter Lecture 2018 Myths & Dreams

Monday 10 December 2018, 5:30pm - 7:00pm
The Old Fruitmarket, City Halls, Glasgow

Everyone is welcome to join us for our annual Winter Lecture to be delivered by **Professor Karen Ritchie**.

Tickets start from £12 and include the opportunity to network and enjoy festive nibbles ahead of the lecture.

Free tickets are available for people living with dementia and their carers. To arrange these tickets, email externalevents@alzscot.org or call 0141 410 0104.

Book online at www.alzscot.org/winterlecture

Alzheimer Tartan

Our range of tartan products make the perfect gift.

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Exclusively from

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Welcome

In this edition of Dementia in Scotland, Alzheimer Scotland is looking ahead to the winter months and to our key activities for early 2019, as well as looking back at what's been happening over the autumn months.

We have continued to campaign to improve standards of dementia care and support in Scotland's communities. Scotland's world-leading policies for dementia – such as the one-year guarantee of Post Diagnostic Support – are still not being fully implemented at a local level. This was our key focus for World Alzheimer's Day (21 September), when we sent letters to newspapers across Scotland, calling on local decisionmakers to hear and recognise the voices of people with dementia, their carers and their families when shaping the provision and delivery of dementia care and support. We are also working to address this gap between policy and practice ourselves, by adapting our activities to help people who are on waiting lists for key forms of dementia support.

Two years ago, we published our report on the Advanced Dementia Practice Model, which offered an integrated model of care for the complex needs associated with advanced dementia and end of life with dementia. A major recommendation of that report was to address the inequalities faced by people with advanced dementia, and their partners and families, in paying for care. In response to this, Alzheimer Scotland will shortly be publishing the Fair Dementia Care report, produced by the Fair Dementia Care Commission. The commission, led by former First Minister, Henry McLeish and including a range of

experts from dementia research, social care and health economics, has explored a range of issues around the delivery of care for people with advanced dementia.

Alzheimer Scotland is committed to shaping the future of dementia care. Nowhere is this more evident than in our support of early-stage researchers and students in the health professions. This edition shares the experiences of two Occupational Therapy interns, who have worked with the Scottish Dementia Working Group, as well as the journey of one researcher from volunteering at our service in Paisley to a PhD at our Dementia Research Centre in Edinburgh.

Winter can be a particularly challenging time for people with dementia, their carers and their families. Alzheimer Scotland provides vital information and support all year round, especially through our 24 hour Freephone Dementia Helpline. Our Dementia Resource Centres and other services will be marking the festive season with people with dementia

and carers in local communities across Scotland. We hope you will join in to support our winter campaign – helping make sure that nobody faces dementia alone.



Henry Simmons

Henry Simmons, Chief Executive

**DIGITAL
PARTICIPATION
SIGNATORY**

Alzheimer Scotland is a proud signatory of the Digital Participation Charter.

This means that we are committed to ensuring that people living with dementia and their families have access to digital support and expertise across Scotland.

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Where your fundraising goes

By Sa Craig, Head of Corporate Fundraising and Events, Alzheimer Scotland

In September 2018 thousands of people joined together across Scotland to take part in one of our Memory Walks. With 14 walks taking place throughout the country we had supporters walking to fundraise for Alzheimer Scotland from the Borders to the Highlands.

It was a great chance for people to come together and spend time with their friends and family whilst remembering a loved one and celebrating their life.

A massive thank you to all that took part and to our wonderful volunteers who gave their time to make the Memory Walks a great success, we couldn't have done it without you.





The funds raised from our supporters go towards a full range of support to make sure nobody faces dementia alone.



Every penny raised from the recent series of Memory Walks brings us closer to achieving our key aim – making sure nobody faces dementia alone.

The funds raised by our supporters go towards our 24 hour Freephone Dementia Helpline, Dementia Resource Centres, Dementia Advisors, Community Activity Organisers, Volunteer Coordinators and much more.

Our path of support (see below) will allow us to continue to deliver our clear vision of support for people living with dementia, being there at every stage of their journey – from the decision to seek a diagnosis, through to advanced dementia and end of life. In addition, Alzheimer Scotland co-funds the network of Dementia Nurse Consultants within NHS Boards, along with funding vital dementia research, to support prevention, better standards of care and ultimately to finding a cure.

We could not do this without your donations or the support of our wonderful volunteers. However, the demand for our support continues to grow. You can

help by taking part in our upcoming winter campaign – ‘What will you support?’.

For more information on our upcoming winter campaign, turn to page 6 to read all about it.



What will you support? Give and help make a difference

By Beccy Jardine, Campaign Marketing and Social Media Manager, Alzheimer Scotland



This winter, we are raising awareness of just how important it is that support for people living with dementia, as well as their family and friends, is delivered in the heart of local communities.

Alzheimer Scotland is committed to making sure nobody faces dementia alone. We believe in the power of local communities and togetherness to change things for the better.

Scotland is made up of diverse and vibrant, close-knit communities. With over 90,000 people living with dementia in Scotland right now, and that number expected to rise, it is rare to find someone who has not experienced the impact of dementia on someone they are close to.

A dementia diagnosis is life changing. That's why we want to make a difference every day. We want to make sure no one who receives a dementia diagnosis feels alone in their journey. The support our 24 hour Freephone Dementia Helpline call handlers and our specialist Dementia Advisors offer is crucial for people navigating their way through an initial dementia diagnosis, as well as providing much needed ongoing support and guidance. Post Diagnostic Support Link Workers also have a key part to play. Having the opportunity to speak to someone about a diagnosis and what it means, or discuss how to plan for future care and decision-making, can be vital to living well day-to-day in your community.

To the people we help and our members, Alzheimer Scotland is not only a charity which provides support to people living with dementia – we also provide a way to stay connected to their local community and to make new connections.

We help to enrich the local communities that our support is a part of through the activities we host every week; not only in our Dementia Resource Centres, but in community settings too such as church halls and leisure centres. Sitting down for a cuppa and a blether with someone going through similar experiences to you at a Dementia Café can make the world of difference, whilst a Musical Memories session brings people together for fun whilst boosting brain activity, wellbeing and your general mood. These are just two examples of the diverse range of events being held by our Community Activity Organisers and the positive impact they have.

It's only with your generous donations that we can continue our work in the heart of local communities across Scotland, and make sure we reach even more people who need our help. By donating to Alzheimer Scotland, you're helping people living with dementia remain recognised, valued and supported in their local communities, and avoid isolation and loneliness. This winter, we're asking for your help so we can continue providing care, information and hope to people living with dementia across Scotland.

How you can help

- Spread the word about local support in your area, so we can reach the people who need our help the most
- Share our social media messages to raise awareness
- Donate: give to help make a difference at www.alzscot.org/donate

To find out more about 'What will you support' visit www.alzscot.org/makeadifference

Music memories

By Dawn Ferguson, Content Manager, Alzheimer Scotland

Have you ever listened to a song and it's instantly taken you back to a certain time, place or memory? Music is known for helping to evoke emotion, and for people with dementia, it reaches part of the damaged brain in ways other forms of communication cannot.

Alzheimer Scotland, a long-term advocate of using music to create positive experiences for people living with dementia, welcomed the introduction of a new online tool, BBC Music Memories, which launched in conjunction with BBC Music Day 2018.

BBC Music Memories is an online tool designed to use music to trigger memories for people with dementia. You can create your own playlist and are

invited to share your top tunes to help others and find the nation's favourite musical memories.

The use of music is regularly incorporated into our own community based activities. The 'Shall We Dance' group uses a combination of a traditional 'tea dance' environment with afternoon tea in china cups, dancing and live music playing a range of songs designed to evoke memories of the past.

Whilst the popular monthly 'Pop Up Parties' organised by our South Aberdeenshire services feature a live band who play music from all eras and encourage audience participation by getting them to accompany with percussion instruments.



Benefits of music:

- An aid to help boost mood and lessen distress
- A tool to connect with other people and express feelings
- Can encourage physical activity, like dancing
- Strengthen relationships and connect families.

"So nice to have a nice place like this to come to and even nicer to be able to sing"

"We love it, keeps your memories young"

"A big part of listening to music is the memories it provokes and it helps me to remember the past better"



Alzheimer Scotland aim to offer people with dementia and their carers an opportunity to take part in activities in a safe environment. If you'd like to know more about what's on in your area, visit www.alzscot.org

Scotland's Dementia Awards

The winners are...

By Kim Kilgour, Conference and Events Manager, Alzheimer Scotland

Scotland's Dementia Awards are a partnership between Alzheimer Scotland, NHS Education for Scotland and the Scottish Social Services Council.

This year's winners showcased the creativity, innovation and dedication that makes a real difference to the daily lives of people living with dementia and their families. The event also celebrated good ideas, meaningful partnership working and practice excellence. We were delighted to have two Alzheimer Scotland projects announced as winners this year – Bridging the Gap and Dementia Dogs. The winning projects are on the opposite page.

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We have been thrilled to celebrate the work of so many innovative and dedicated individuals alongside the hugely impressive positive collaborations that are taking place

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Henry Simmons,
Chief Executive, Alzheimer Scotland



The team also took the time to catch-up with Gillian McAuley, Chief of Nursing Services in NHS Lanarkshire, to find out how they got on with their winning project from 2016, The Meaningful Activity Club (MAC).

"MAC was formed in 2015 to support patients from our elderly care wards with an aim to take stressed patients out of the ward environment and work with them doing meaningful activities. The activities are tailored to individual needs, for example some patients work better in groups and others individually. Winning the award gave our staff some much needed recognition of their hard work and motivated them to continue with their dedication and commitment. From an organisational point of view, the award

also gave us a platform to secure additional funding and since winning we have been able to expand MAC to patients in other wards and outreach. Most recently, in June 2018, we were able to pilot having a registered nurse in MAC to support more complex patients and review patients who can't physically attend the club. I have no doubt that we can contribute some of the success to winning the award and I hope this encourages other people to nominate in the future."



Best Hospital Care Initiative – Theatre Buddy, University Hospital Wishaw



Best Educational Initiative – Enhancing Inpatient Care using the Promoting Excellence Framework, NHS Fife



Best Dementia Friendly Community Initiative – Music, Fun & Laughter, Stonehouse Jubilee Club



Best Community Support Initiative – Bridging the Gap between Acute and Community Care, NHS Ayrshire and Arran



Most Innovative Partnership – Dementia Dog, Dementia Dog Project



Lifetime Achievement Award – Hugh Masters (You can find out more about the work Hugh's involved in on page 10)

Improving hospital care

The work of the Alzheimer Scotland Dementia Nurse Consultants

By Hugh Masters, Policy Consultant, Alzheimer Scotland



Photo © NHS Scotland

Alzheimer Scotland's Dementia Nurse Consultants are working to improve care, enhance practice and transform the experience of people with dementia when they go into hospital. We support an Alzheimer Scotland Dementia Nurse Consultant in every health board in Scotland – 15 in total.

Why is this work so important?

We know that a hospital admission can be a very stressful time. We also know that people with a dementia diagnosis are more likely to be admitted to a general hospital, and stay longer, than someone without a dementia diagnosis. That's why over the past eight years, the Alzheimer Scotland Dementia Nurse Consultants have driven forward a whole range of improvements, such as making sure individual preferences and needs are planned for, making sure families and unpaid carers are involved in care, creating ward environments that are welcoming to people with dementia and ensuring that staff have the right skills and knowledge to offer the highest level of care.

The Alzheimer Scotland Dementia Nurse Consultants also work closely with many other professionals

and services, including almost 1,000 Dementia Champions who are now trained to deliver skilled dementia care. The Dementia Nurse Consultants have a clear vision for the work that they do and regularly meet as a group to drive forward national improvements and policy. An example of this being the widely used 'Getting to Know Me' personal profile document – used to help hospital teams better understand the needs and wishes of a person with dementia – which was developed and promoted by our Dementia Nurse Consultants.

Next year, the Alzheimer Scotland Dementia Nurse Consultants will be bringing their expertise together to produce two key documents: a concise guide for people with dementia and their carers on how to prepare for a hospital admission, and the standards of care you should expect whilst in hospital (and what to do if these standards aren't met). Secondly, the group will be bringing their expertise and experience together to produce a report detailing the improvements that they have made, those that are still needed, and how their work will influence that change.

For a copy of the 'Getting to Know Me' document, visit www.alzscot.org/gettingtoknowme.

Information guides

By Dawn Ferguson, Content Manager,
Alzheimer Scotland

Alzheimer Scotland provides a wealth of comprehensive, informative leaflets to guide you through a diagnosis of dementia.

We have listed three of the key leaflets below. These are available online and in your local Dementia Resource Centre.

What is dementia

Our 'What is Dementia' leaflet explains more about the various types of dementia, symptoms and what to do if you're worried that you, or someone you know, may have the disease.



5 things you should know about dementia



5 things you should know

Dementia is not a normal part of ageing. It is caused by diseases which lead to changes to the structure and chemistry of the brain.

We've put together a leaflet on five things you should know about dementia, which is useful both if you've been diagnosed or if you care for someone with the condition.

Communicating with someone who has dementia - 12 helpful hints

A dementia diagnosis can create many difficulties when communicating, not least for the person who has dementia.

The '12 Helpful Hints' leaflet provides hints and tips on how to communicate with a person who has dementia such as speaking clearly and slowly and allowing plenty of time for the person to take in what you're saying, before expecting them to reply.



For a copy of the leaflets, visit:
www.alzscot.org/information_and_resources

A taste of things to come

Alzheimer Scotland's Dementia Resource Centres are community focussed hubs offering friendly, supportive environments with access to high-quality information and activities. Our Dementia Resource Centres are a great way for our staff to listen to, and explore, innovative ideas to make sure people with dementia and their families are supported in ways that work best for them. In the following four pages, we will showcase some of the newest activities that are taking place in your area.



Supper Club

By Jeni Sinclair, Dementia Advisor,
Alzheimer Scotland

Supper Club was launched at our Dundee Dementia Resource Centre as a solution for people who enjoyed the experience of dining out but were finding this more difficult after a diagnosis of dementia. We explored how to offer a similar quality dining experience in a more comfortable, familiar environment and Supper Club was formed. Our first nine sets of diners took part in August and everyone was asked to choose their three course feast beforehand, so that they could focus on the social element of the evening. Diners commented that it was nice to be amongst likeminded individuals, and it was lovely to see new friendships being struck. Peer support is a key factor and the Supper Club aims to encourage and develop this, along with looking at supporting the development of these new friendships.



Stimulate your senses

By Lorna Hart-Thomson, Dementia Advisor,
Alzheimer Scotland

Our Lanarkshire Dementia Resource Centre recently piloted a new group for people with early onset dementia. 10 people came to the initial group where a six week plan was set out, challenging them to stimulate their senses. There was also the opportunity for carers to meet other carers – who expressed the benefit they felt from sharing personal stories with people who understand the illness.

We looked at a variety of therapeutic activities which allowed people to try and test out all five senses. The six weeks included the use of technology, music, quizzes and games all based around their senses. A lot of the activities we included were new to the participants, including a 'mocktail' tasting class, and we hope that those who attended can incorporate some of these activities into their family and social lives.

The group will meet every two weeks to continue their friendships, build new ones and have the opportunity of ongoing support from Alzheimer Scotland.

“What an interesting morning, after a nervous start people really came together and engaged. Connect Four and Jenga proved fun and brought out a competitive streak in most people, these games also encouraged conversation and helped people relax.”



Around the world

By Karen Ingram, Community Activities Organiser,
Alzheimer Scotland

In conjunction with the opening of the newly refurbished Inverness Dementia Resource Centre, our dementia café took on an intercontinental approach with a theme of 'Around the World.'

Each café will 'travel' around the world, with France being the first stop. Staff dressed in stereotypical French attire with stripy tops and strings of onions around their necks. Everyone enjoyed croissants, pain au chocolat and freshly made crepes whilst listening to French café music. We also produced menus in both English and French which encouraged participants to learn and remember the French words so the café was both sociable and an opportunity to keep our brains active.

We have had excellent feedback from everyone who took part and everyone is looking forward to 'visiting' Italy at the next café.



Chef Graeme Anderson with
his latest tasty creation.

Dining with dementia

By Lorna Hart-Thomson, Dementia Advisor,
Alzheimer Scotland



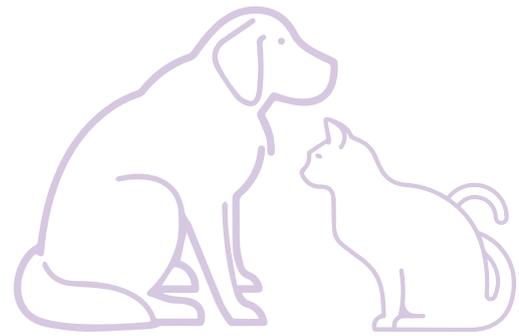
We identified a gap in evening support services, especially for family members of people with dementia who were still working and couldn't attend our dementia cafés. The dining club alleviates this problem and is an informal way for people to feel comfortable whilst dining, allowing them to meet other families in a relaxed atmosphere.

The monthly dining club takes place at Drumpellier Golf Club and has been a great success, with those attending sharing the following benefits:

- Social interaction with people who have a common love of food
- Feeling included
- Stimulating, meaningful conversation
- Meeting new people
- Peer support
- Building confidence before trying other groups
- Increased self-esteem
- Socialising with family
- Linking in with other community support.

Animal magic

Pet therapy is recognised more and more as a way of increasing communication and decreasing stress and anxiety. Our Dementia Resource Centres have been identifying new ways to include pet therapy as part of our community based activities.



P-awesome patrols

By Jim Baird, Locality Resources Coordinator, Alzheimer Scotland

It's universally recognised that dogs are our best friends. Alzheimer Scotland has already successfully collaborated on the Dementia Dog project and we have now expanded into a befriending service using specially trained dogs and volunteers.

The befriending service visits people with dementia on a regular basis and assists them with specific tasks which will help them continue to live well with the illness. The befriending service also helps people with

dementia by encouraging physical activity such as going for walks, or promoting social engagement within the community by accompanying them to the shops or a group/club. The dogs can also retrieve items, either as part of a playtime or to bring required liquids or medication.

This is a befriending project, but with the additional bonus of our four-legged friends to provide extra emotional, physical and social support.



“

When Andy arrives with Skye, Tom immediately relaxes & is eager to go out walking. As a full time carer it gives me spare time, which I never had before. Knowing Tom is safe with Andy, I can relax and use the time to pursue my hobbies, go food shopping or socialise with friends.

”

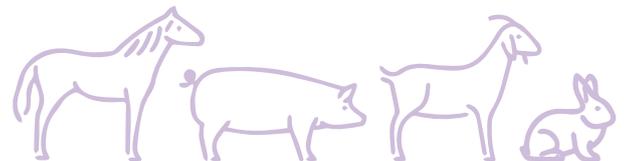




Animal assisted learning

By Mandy Pool, Dementia Advisor, Alzheimer Scotland

Earlier this year I arranged a day out to Mossburn Farm for people with dementia, their carers and families. This trip taught me so much about how people with dementia interact with animals, and how the focus actually becomes less about the person with dementia and more about families enjoying a day out. For example the granddads were just granddads doing things with their grandchildren, as opposed to being the person living with dementia, and the partners spent less time being a carer and more time enjoying the day.



The day was a pilot to see whether this was something that could be introduced longer term. Because of the success of this, and due to four men (Roy Saxby, Ian Garton, Denzil Woodward and Liam Livingston) taking part in the 'Benidorm or Bust' rally and raising £2,250, we are now able to offer this as a longer lasting Animal Assisted Learning programme consisting of two hourly sessions at Mossburn every week for six weeks.

Alzheimer Scotland provide a variety of activities in our Dementia Resource Centres and in the community. To find out what's on in your area, visit www.alzscot.org

24 hour support

Alzheimer Scotland's 24 hour Freephone Dementia Helpline is there to make sure nobody faces dementia alone and this will be no different throughout the upcoming winter period. The 24 hour Dementia Helpline provides information and emotional support for anyone affected by dementia. We are often the first point of contact when individuals have concerns that they, or someone they know, might have dementia. The helpline has been a constant form of support since it first launched in 1989. However, we would not have been able to maintain and develop this level of support if it wasn't for our wonderful group of dedicated and highly skilled volunteers.



24 HOUR



**Alzheimer
Scotland**
Action on Dementia

Dementia Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org

Pam Lye has shared with us why she and her husband Carey volunteer with Alzheimer Scotland's Dementia Helpline.

We had retired to Scotland and although busy in our retirement, Carey saw an advertisement in the local paper asking for volunteers for Alzheimer Scotland's 24 hour Freephone Dementia Helpline.

Having worked with the elderly for many years as a Psychiatric Nurse, Carey thought it was a shame to let his skills go to waste, so he applied. That was 12 years ago, and a year after he started, it inspired me to also apply. My background is in nursing and teaching and I felt that I had a lot to offer the Helpline.

The fact that we can take calls at home is a huge bonus but we really enjoy the team spirit of the Dementia Helpline team. We all work with the same ethos, in that we strongly believe that no-one, be it a person living with dementia, or a carer or a person worried about dementia should ever feel alone.

There is no such thing as a typical shift. Calls vary in content and length. Some callers need a specific phone number or while callers may be worried that they or a loved one has the early signs of a dementia type illness and need help or reassurance. We cannot give advice, but we can signpost to the best way to get help.

There is help out there, but at a time of emotional crisis, you often just do not know where to find it and the Helpline is regularly a first point of contact. While most of the calls come from Scotland, we have had many enquiries from all over the UK and occasionally much further afield. Calls are confidential and anonymous, unless the caller wishes to give a name.

Working as a husband and wife team it means we are able to share a shift, one covering for the other when needed. Carey is an armchair rugby and motor racing enthusiast, so I cover the phone on match and race days and I am a quilting enthusiast so Carey looks after the phone when I'm busy working on a quilting project.

We just work quietly in the background and are proud to give something back to our community. To anyone thinking of volunteering for the Helpline, either as an individual or like us, as a couple, we would really recommend it. We are sure that you too, will find it a rewarding and well-supported experience.

If you would like to volunteer for the 24 hour Freephone Dementia Helpline, contact Jennifer Hall on JHall@alzscot.org. For details of all volunteering opportunities, visit www.alzscot.org

If you, or anyone you know, needs support over the festive period our 24 hour Freephone Dementia Helpline is available by calling 0808 808 3000



Winter with dementia

Five top tips for staying well

By Tilda McCrimmon, Alzheimer Scotland Dementia Nurse Consultant, NHS Greater Glasgow & Clyde

Approaching the winter months can be unsettling for many people. Below are five helpful hints to make sure that you are prepared for the change in seasons:

1. Ask about the flu jab. It's freely available to people over the age of 65, and to many adults with pre-existing health conditions, between October and March
2. If you are able, and the weather allows, get as much fresh air as possible and stay active. If the weather makes it difficult to go out, use your time to revive any indoor hobbies
3. Check your GP's opening hours and make sure that you advance order any medication ahead of the festive period when the surgeries are closed
4. Eat well. Ensure you are eating warm, nutritious meals regularly. You could keep a supply of these in the freezer, ready to quickly heat up
5. Keep warm. Wear extra layers of clothes and have a supply of blankets. Wrap up warm when you're going outdoors with hats, scarves and gloves.

If you need medical advice during times when your GP's surgery is closed, NHS24's freephone helpline is available 24 hours a day. Just call 111.

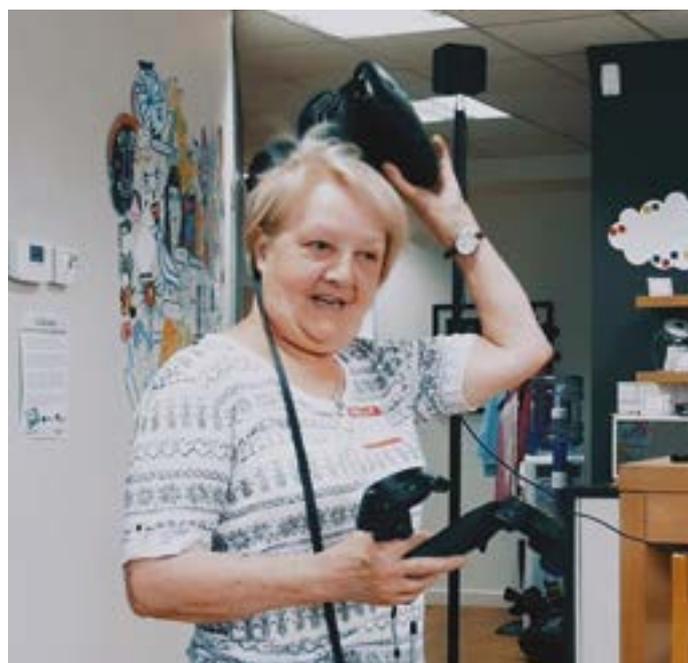
Entering a virtual reality

By Chris Kelly, Community Activities Organiser, Alzheimer Scotland

I had only recently started with Alzheimer Scotland when the opportunity to apply for The Lens came about. I was researching new and innovative ways to help improve the quality of life for people living with dementia through activities and I saw the potential in using virtual reality. I teamed up with my colleague Gillian Anderson in our Digital Leadership team to apply for funding through The Lens for virtual reality headsets.

Having been successful with our Lens application, we purchased two virtual reality kits which we have used to offer several virtual reality sessions for people living with dementia and their carers. People have been able to travel the world using Google Maps, be part of the Apollo 11 moon landing, as well as taking part in art and musical experiences. The virtual reality kit has been shown to evoke positive feelings from users that can remain with them long after the actual experience. It can also be of benefit to carers and, during Carers Week, we used the virtual reality kits for a guided meditation experience.

To offer an even more personalised experience we have purchased two Fusion GoPro cameras where we can film our own content based on personal preferences.



The Lens is a charity which develops and encourages intrapreneurship within existing organisations – supporting innovative and sustainable ideas from frontline staff. The programme culminates in a final where all participants have the opportunity to have their idea funded.

If you would like any further information or would like to experience virtual reality, contact Chris Kelly CKelly@alzscot.org or 07823 534244, or Gillian Anderson on GAnderson@alzscot.org or 07876 790864.

Dementia Circle

Dementia Circle finds, tests and shares products to help people living with dementia stay independent for longer in their own homes.

Products are tested by families with a person with a diagnosis of dementia and feedback is shared through this website so you can make better decisions on what you might find useful.



To find out more information on the products shown, please visit: www.dementiacircle.org

Join the online community



Download Purple Alert at www.dementiacircle.org

Friendship and dementia

By Dawn Ferguson, Content Manager, Alzheimer Scotland

For people living with dementia, maintaining meaningful friendships can be a difficult task. A dementia diagnosis can turn someone's world upside down and it's at this time that friendship is valued the most, not only to offer comfort and support but to help to maintain an essence of normality. Sadly though, many friendships break down after someone has been diagnosed.

One of the key aspects of Alzheimer Scotland's 5 Pillar Model of Post Diagnostic Support is 'Supporting Community Connections'. This involves working closely with people to maintain and build on their existing social networks, to enhance their quality of life and maximise the natural support they receive from those around them, helping to avoid isolation and reducing future reliance on care services.

In a poll of more than 500 participants, our 2017 'Friendship and Dementia' survey highlighted some disheartening statistics:

2/3
Two out of three people living with dementia have lost friendships following their diagnosis.

60%
60% of people living with dementia felt reluctant to attend social situations after their diagnosis.

91%
91% of participants felt that there was not enough public knowledge of dementia and what it's like to live with the illness.

These findings show that more must be done to improve public understanding of attitudes towards dementia, so we are able to help friendships adapt following a diagnosis and throughout the illness.

Alzheimer Scotland's Friendship and Dementia leaflet provides hints and tips on how to provide emotional and practical support to people with dementia, at all stages of the illness. The leaflet provides tips such as:

- Find out more about dementia and how it's likely to affect their everyday life. This will help you to support your friend and make you more prepared for changes in the months and years ahead
- Accept the person your friend is now; try not to draw comparisons with how they were before developing dementia
- Make sure to talk directly to your friend, especially in social situations.



To access the 'Friendship and Dementia' leaflet, visit www.alzscot.org/friendship.

We can all play our part in being a good friend. Why not find out more about becoming a Dementia Friend? It's a free interactive and informative training course that will provide you with an understanding of how to interact with people living with dementia. Find out more at www.dementiafriendsscotland.org Read on to hear about two encounters showing the true value of friendship to people living with dementia and their carers.

Friendship, living and learning with dementia

By Caroline Church, Joint National Co-Ordinator, Scottish Dementia Working Group

The Scottish Dementia Working Group (SDWG) is a national campaigning group. In order to campaign on the issues that are important to people with dementia in Scotland, it is essential that members work together. SDWG meetings and events provide an opportunity for members to get together and share experiences with others while building connections and friendships along the way.

One positive example of the peer support developed through the group is highlighted in the film 'Living and Learning with Dementia', produced in partnership with Untold Motion Picture Company. The film demonstrates the impact of learning new I.T. skills and the friendship between SDWG members Henry Rankin, Geordie Woods and Pat McGonigal is evident throughout. The footage shows Henry, Geordie and Pat speaking openly about their experiences following diagnosis and discussing the impact a diagnosis can have on friendships. The three members stress how important it is to maintain social connections and ensure ongoing communication with friends and family.

'Living and Learning with Dementia' showcases how members learned and develop their I.T. skills together and how technology can provide additional ways of keeping in touch with friends, family and fellow SDWG members. Groups, such as SDWG, have the potential to offer a safe and non-judgemental space to learn new skills and meet other people with dementia.

The film communicates the key message that you can live well with dementia and in the words of Henry, Geordie and Pat: "We're the same as everyone else. We may have dementia but within ourselves we're still the same person."



If you'd like to watch **Living and Learning with Dementia**, please visit the 'videos' section of the SDWG website: www.sdwg.org.uk

Friendship from a carer's perspective

By Alex Milne, Carer

Three years ago, Alex Milne didn't know what lay ahead for himself and his family after his wife was diagnosed with dementia. However the friendship shown from the Superlap Scotland (SLS) community has given Alex the strength he has needed during a really difficult period whilst also raising funds for Alzheimer Scotland.

Alex says:

"Despite the obvious stresses associated with being a carer of someone with dementia I decided to compete in SLS, which is an intense motor racing time trial event. It has been one of my best decisions ever. Not just because I have loved the racing, the competing and the adrenaline rush but more so because I met the SLS family. My experience as a husband and carer of a person living with dementia has been challenging and you need to have a surrounding network of family and friends who will provide that support when you need it. I have been very lucky that I have great family and friends however, competing in motorsport gave me the respite I needed. A bonus appeared in the form of the substantial number of new friendships made in the paddock; the SLS family.

I decided to run the 'Driving Down Dementia' campaign for Alzheimer Scotland after receiving invaluable advice and comfort from their 24 hour Freephone Dementia Helpline, which I found myself phoning twice in the middle of the night. Their strapline is 'making sure nobody faces dementia alone' and I am proof that they really do make sure nobody faces dementia alone.

I was really fortunate that my friends at SLS and Knockhill Racing Circuit automatically supported my fundraising campaign and I found that a lot of my anxiety was channelled into supporting this wonderful charity. In short, my misery was diverted into creativity and weakness into strength. I recruited family, friends and business contacts and created a team in Superlap Scotland. Due to ongoing fundraising from myself, family and friends I have raised £8,500.

I've had my eyes opened in the last few years about the sheer importance of friendship. Friendships always involve the sharing of problems and, for me, that is where the value increases.



“ I've had my eyes opened in the last few years about the sheer importance of friendship. ”



The world's your oyster

Travelling with dementia

By Eric Pomphrey, Carer



When Eric Pomphrey's dad was diagnosed with dementia, the family's focus became enjoying their time staying active and seeking out new and exciting adventures across Scotland and the world. From these adventures, Eric learned lots of 'travelling tips' associated with travelling with someone who has dementia, which he has shared below:

Hi, my name is Eric. My dad is 72 and was diagnosed with Alzheimer's disease over three years ago, but was probably showing signs from as early as 2014. Since his diagnosis I have seen changes in my dad's personality and physical ability but overall, he is doing well. I believe that there are two factors that keep him going. Firstly, the support and interaction from his strong family network and secondly the various clubs that he loves being involved in, such as the Mearns Kirk Lunch & Social Club and the Alzheimer Scotland Musical Minds group. These factors give him a purpose and he is involved in activities he enjoys.

We have travelled around Scotland and to other countries, most recently to Canada. Here are some top tips that I have learned along the way which have helped to make travelling easier for both my dad and my family.

Insurance

Before booking any flights, I wanted to make sure that we would be insured. I ended up shopping around and using a well-known comparison site, which meant I paid around half of what we were originally quoted.

Booking a flight

On a previous trip, we didn't reserve any seats on the flight. This year I upgraded to allow us to choose seats we thought would make for an easier trip. I went for a row of seats next to the toilets and with no-one behind us, which was perfect.

Priority Security

As I was concerned that my father would become flustered going through the security area I highlighted this to the airline staff and they kindly organised priority security for us.

Airport Lounge

If you can book yourself in to the airport lounge, then I would highly recommend it. It enables you to have a quiet space, with food and drink on hand and easily accessible toilets. This kicked off our journey with a nice, minimum stress, relaxing experience.

Flight

Once we had boarded the plane, my father was seated in the middle between my mum and I. This enabled us both to support him throughout the journey with any help he required.



Travel Checklist

6 weeks before you travel:

- Pre order any medication
- Speak to your GP and identify any information you would need to disclose on an application for travel insurance
- Arrange adequate and comprehensive travel insurance
- Order foreign currency or travellers cheques and make sure your credit cards are valid

1 week before you travel:

- Postpone regular deliveries, for example newspapers or groceries
- Pack - check your ticket for the weight restrictions for checked-in luggage and weight and size restrictions for hand luggage
- Attach something bright on your luggage that will enable you to quickly identify it at a distance, for example a ribbon, coloured tape or a large sticker.

For the full checklist and more helpful hints, please visit: www.alzscot.org/travel



The Scottish Dementia Working Group have produced an information guide with more tips on travelling. Find this by visiting: bit.ly/sdwg_travelling

Recognising your voice

By Kirsty Yanik, Communications Manager, Alzheimer Scotland

This year, for World Alzheimer's Day (21 September), Alzheimer Scotland highlighted the gap between Scotland's world-leading dementia policies and the lived experience of dementia in our local communities. Our 'Letter to the Editor', from Chief Executive Henry Simmons, was sent to press across Scotland, calling on local decision makers to hear and recognise the voices of people with dementia and those who care for them, and for people living with dementia to join us in shaping support and care for the better.

We are also working to address those gaps through our own support. Read on to see how our Dementia Link Workers in North Lanarkshire are supporting people with dementia, their partners and families who are on a waiting list to access Post Diagnostic Support.



Dear Editor,

Today is World Alzheimer's Day (21 September 2018); a vital chance to consider what we have achieved for people with dementia and carers, and commit to what we must do now and in the years ahead. There are over 90,000 people with dementia in Scotland. It is our country's most pressing public health issue – one we must address now, collectively, to ensure nobody faces dementia alone.

Scotland has made important progress, with some of the world's most progressive dementia policies. Dementia has been a Scottish Government priority since 2007 and the focus of three national strategies since 2010. These strategies have driven the commitment to providing high quality Post Diagnostic Support, enhancing education and training for health and social care professionals, and improving care in acute hospitals. The strategies were developed in partnership with a wide range of organisations and professionals in health and social care. Crucially, they were also informed through dialogue with people with dementia and carers; supported by Alzheimer Scotland and our two national groups – the Scottish Dementia Working Group (established 2002) and the National Dementia Carers Action Network (2011).

However, there is still an unacceptable gap between Scotland's dementia policy and practice. Scotland wastes already limited resources in a cycle of expensive crisis care; responding only to crises that arise when we should be able to stop them happening in the first place. This disempowers health and social care staff and undermines communities as the mainstay of local support. We also fail to give people with dementia and carers the opportunity to shape their support – a human right enshrined in Scotland's Self-Directed Support Act (2013).

Delivering much of Scotland's strategic commitments to dementia care and support sits with Integrated Joint Boards and Health and Social Care Partnerships. Alzheimer Scotland is committed to ensuring the active voice of people with dementia and carers in local decision-making on health and social care. Over the past year, we have held 60 local engagement events and met over 1,000 people across Scotland, discovering how their experiences reflect Scotland's strategic commitments to dementia at community level. We also support a network of local action groups to engage with decisionmakers – working together to shape high quality dementia care and support.

We cannot and should not wait for national achievements in dementia to shape local change. We must work together to deliver the best possible dementia care and support for everyone living with dementia in Scotland. Join us! To find out more, visit https://www.alzscot.org/get_involved.

Henry Simmons

Chief Executive, Alzheimer Scotland



North Lanarkshire Post Diagnostic Support group

By Lesley Millar, Locality Resources Coordinator, Alzheimer Scotland

Alzheimer Scotland's Dementia Link Workers have been very aware that, due to waiting lists for Post Diagnostic Support in North Lanarkshire, they have not been able to respond on a one-to-one basis as quickly as they would like.

The Post Diagnostic Support group started to provide informal support to people on those waiting lists, so they did not miss out on vital information and support in the first year after diagnosis. The groups do not replace the full and proper delivery of Post Diagnostic Support (as defined in Alzheimer Scotland's 5 Pillar Model of Post Diagnostic Support) but do provide a crucial bridge of support and encourage people living with dementia, their partners and their families to build resilience and self-management, share contacts and create their own support network. This has proven invaluable in helping people living with dementia in North Lanarkshire come to terms with their diagnosis, allowing them to start planning for the future and linking in with other supports at an earlier stage.

So far, our Dementia Link Workers have delivered eight "Living Well with Dementia" groups aimed at individuals and their carer or family who are on the waiting list in the Northern Corridor, Airdrie, Wishaw and Cumbernauld. Each session lasted one and a half hours over a four week period and discussed the key topics from the 5 Pillar Model of Post Diagnostic Support.



For more information on the Living Well with Dementia groups, please contact Lesley Millar on LMillar@alzscot.org

Paying for care

By Jim Pearson, Director of Policy and Research, Alzheimer Scotland

Alzheimer Scotland will shortly be releasing an important report which will explore the concept of Fair Dementia Care for Advanced Dementia and make key recommendations. In 2015, we published a report on our Advanced Dementia Practice Model, which proposed a human rights based, person-centred and fully integrated model of care for people with advanced dementia. Our report also identified a clear inequality in accessing care for people with advanced dementia, compared to the way that care is delivered for other conditions. One of the report's key recommendations was for the Scottish Government to accept and recognise that there is clear evidence that for people with advanced dementia, all their needs are health care needs.

The landscape of dementia care in Scotland is complex and frequently difficult for people with dementia, their carers, partners and families to navigate. Care is delivered through multiple providers: NHS and Local Authorities (now in partnership as Integrated Joint Boards), private companies, voluntary organisations (including Alzheimer Scotland) and unpaid carers. In Scotland, there are two distinct categories of care – health care and social care. Health care is free at the point of delivery. Social care is subject to charges, specifically for residential care (care

delivered in a residential care home or nursing home) and non-residential care (care delivered in the person's own home, or the home of the family member who is their primary carer).

There may be a perception that free personal care (particularly as it will soon be made available to under 65s as well) addresses the issue of people with dementia paying for their care unfairly. However, this is not the case. Due to the nature of the financial assessment process for residential and non-residential care, many people with advanced dementia will still be paying for their care, as they will likely receive non-personal care services as well as those deemed as purely personal.

People with advanced dementia are more likely to have their health care needs classed as social care needs, compared to many other terminal illnesses, even though one of the key challenges arising from advanced dementia is the increasingly physical nature of the condition, as outlined in our Advanced Dementia Practice Model report. They will almost certainly have difficulties in walking unassisted or even making small movements lying or sitting down. People with advanced dementia are also likely to experience urinary and faecal incontinence, constipation, loss of appetite and pain.



We want to hear your experiences of paying for care in advanced dementia.

"

Our report on Fair Dementia Care will spearhead our campaign to fundamentally change the system of care for people with advanced dementia.

"

This arbitrary classification of all too many of the needs of advanced dementia as 'social care' is due to lack of knowledge of the health care needs of the condition, and due to a lack of a clear definition specifying the point at which a person's needs escalate to this stage. This is an extremely unfair and unjustifiable situation that must change, so that people with advanced dementia can be treated with equity and fairness.

Over the past two years the Fair Dementia Care Commission, led by Former First Minister Henry McLeish, and including experts from clinical and practical dementia research, alongside key figures from health economics and social care, has explored the issue of paying for care in advanced dementia. The commission has considered what we mean by 'advanced dementia', who currently pays for care and what that care involves, as well as what it might cost at a national level to ensure that people with advanced dementia do not pay for care.

For many years, Alzheimer Scotland has campaigned vigorously to bring about transformational change in Scotland's dementia care and support; from the point of diagnosis, to helping people to live well with dementia in their local community, through to the best possible care and support for the complex needs

associated with advanced dementia. Alongside this sits our work to improve standards of care in hospitals (including our commitment to have an Alzheimer Scotland Dementia Nurse Consultant in every health board and our recent report for the Scottish Government, Transforming Specialist Dementia Hospital Care, which we featured in our last edition of Dementia in Scotland) and to help make Scotland a dementia friendly community.

Our current focus on ensuring equality and fairness in care for advanced dementia is the culmination of this commitment to change and improve the experience of living with dementia in Scotland. We want to ensure the human rights of people with advanced dementia, and those of their partners and families, are recognised and protected. Our report on Fair Dementia Care will deliver a number of key recommendations to the Scottish Government as to how Scotland can address this profound inequality in the delivery of care. It will also spearhead our campaign to fundamentally change the system of care for people with advanced dementia – a campaign we very much want you to be part of.

The full report will be available to read on our website (www.alzscot.org) from January 2019



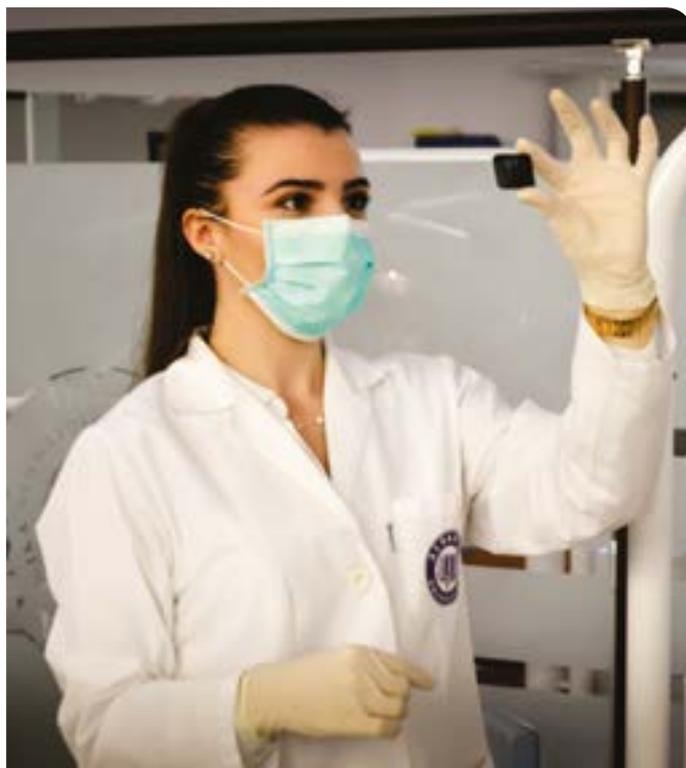
Shaping tomorrow

By Lindsay Kinnaird, Research Manager, Alzheimer Scotland

There is no doubt that dementia is more widely spoken about than ever before. Most of us will have had experience of dementia amongst friends and family and as a society we are learning more about what it is and the steps we can take to reduce our risk of dementia. There is also an increasing focus on the role of prevention within health and social care practice and in dementia research. This shifting emphasis will be of increasing importance to our new generation of health and social care practitioners and researchers. Alzheimer Scotland has been playing its part in this through a range of ways including:

- Funding doctoral training programmes
- Providing internships and studentships for the next generation of practitioners
- Promoting a range of volunteering opportunities
- Providing bursaries for students studying dementia related courses
- Playing a key role in the establishment and development of the Scottish Dementia Research Consortium.

Together, through all of the above opportunities, we are helping to create a workforce which, in turn, helps us with our aim to prevent, care for and cure dementia. Read on to learn how Alzheimer Scotland has supported and facilitated our younger generation to seek out a career in the dementia field.



Katie Gambier-Ross

Alzheimer's Society funded PhD student at ECRD

As someone with a background in neuroscience but who has changed over to social science for my PhD, the Scottish Dementia Research Consortium (SDRC) is the first research network that I've come across that supports such a cross-disciplinary membership. Being a part of this community allows me to be kept in the loop of all aspects of dementia research in Scotland. Last April, I presented at the SDRC annual conference. It was the first presentation I gave since starting my PhD and I was a bag of nerves but unsurprisingly, the SDRC community were extremely supportive and it was clear how determined the network was to support early career researchers to flourish in all aspects of dementia research.

To find out more about the SDRC, visit www.sdrc.scot

Roots to occupation

An Occupational Therapy Internship Project

By Ciara Felle and Sarah MacFarlane, Occupational Therapy Interns, Queen Margaret University

A key aspect of Alzheimer Scotland's commitment to shaping the future is through providing internships to students in the Allied Health Professions (AHPs). AHPs have a vital role to play in the delivery of integrated care, support and treatment for people with dementia, and those who care for them, in Scotland's communities. In particular, AHPs have a unique spectrum of professional skills which are crucial in delivering a range of non-pharmacological therapeutic interventions which tackle the symptoms of dementia, help people cope better and improve their quality of life. Ciara and Sarah, two Occupational Therapy interns explain about their internship project supported by Elaine Hunter, National Allied Health Professions Consultant, who is based at Alzheimer Scotland.

Have you ever taken the time to think about what goes into the occupations and activities that you do within your everyday life?

That was the question we were set as part of an occupational therapy internship project, where we worked in partnership with the Scottish Dementia Working Group (SDWG) to understand and explore examples of how people with dementia sustain participation in occupations and activities that are important to them. We were delighted to do this project, as we understood that sustaining a purpose in life through occupation is recognised to be a fundamental human need that influences the maintenance of positive health and wellbeing, particularly for people with dementia. Increasingly, wider research acknowledges that interventions tailored to meet a person's interests, preferences and abilities are effective in supporting self-esteem, sense of identity and the promotion of physical wellbeing.

To develop our understanding of the relationship between occupation, health and wellbeing with people living with dementia, we developed a project that we called "Roots to Occupation". We presented the outcome of this project as a tree. Through conversations with members of the SDWG, our tree began to take root, grow and flourish. Together, we talked about what occupations and activities were important to them and went on to reflect how members continue to make these happen.

The larger leaves represent occupations and activities all group members take part in, while the smaller leaves represent individual occupations and activities that are distinctive to specific members. However, what our tree also represents are roots that anchor the ability to sustain engagement with occupations and activities.

What was most striking through our conversations was how members of the SDWG enabled themselves to take part in the occupations and activities important to them. This included having a positive attitude and keeping a sense of humour. The key message from the SDWG was to understand and value the voice of the person living with dementia. Perhaps this message was best summed up by one member who, whilst reflecting on the tree, suggested: "what is needed now is for the whole of society to water us, so we can grow."

When it comes to putting our learnings in to practice, we have found real benefit of learning the power of the voice:

- We the experts cannot speak for others, as the group so wonderfully put it this summer "the people with dementia are the experts". Creating spaces where individuals feel confident to use their voices and encouraging environments where those voices will be acknowledged and heard is something we will strive to do in every aspect of our lives from here on out
- Although we had many formal chats with people with dementia, their families and Alzheimer Scotland staff, we realised that the basis of any relationships formed was the more informal 'blether.' Going forward, we realise that taking time to sit and have meaningful conversation is equally as important, if not more so, than the more formal conversations
- We, as Occupational Therapists, do amazing work. What we are not amazing at, however, is sharing that work with the wider world to further prove and encourage the important role occupational therapy can play in dementia care. There shouldn't be any shame in sharing your work - by doing this we can learn from each other, grow and encourage potential new occupational therapists - which is all of benefit to people with dementia.



Future Inspiration

By Jenni Burton, Clinical Lecturer, Glasgow Royal Infirmary



Jenni Burton first came in to contact with Alzheimer Scotland as a young volunteer. Little did she know that this opportunity would help to shape her future career.

"In April 2018 I had the opportunity to talk to the Dementia Advisors about the work of the Alzheimer Scotland Dementia Research Centre (ASDRC) at the University of Edinburgh. In preparing for this I realised how important Alzheimer Scotland has been in shaping my training and inspiring my work.

My story with Alzheimer Scotland started back in the summer of 2002, when I began volunteering at the day and evening care services provided in Riccarton Avenue in Paisley. I'd been drawn to volunteering as I enjoyed spending time with older people. However, my knowledge and experience of dementia was limited. Fortunately, I was supported by two excellent mentors who helped me learn practical strategies to support the people who came to the services, to allay their distress and engage them in meaningful activities. In particular, I came to realise just how much people with dementia can contribute, if only our services and systems were organised to give them the time and support they deserve. I have taken the lessons learned and carried them with me through my training and practice.

I moved to Dundee to start my medical training in 2004 and sought out opportunities to learn more about dementia. I

knew I wanted to pursue a career in geriatric medicine and have worked towards that ever since. After qualifying as a doctor, I worked in Lanarkshire and Glasgow before moving to Leicester to continue my training alongside research about dementia and blood pressure, the role of advance care planning and about delirium. In 2015 I returned to Scotland to start a PhD at the University of Edinburgh, half funded by the Alzheimer Scotland Dementia Research Centre. This provided me with three years to explore a topic I feel passionately about; that of care home admission after acute hospitalisation.

I am forever indebted to Alzheimer Scotland and their supporters. Both in providing frontline support, like that in Riccarton and for funding the research centres. It's safe to say my younger self couldn't have imagined how important that volunteering opportunity would be. They nurtured, guided, supported and even funded my dreams and showed me that a career in dementia was not only possible, but sustainable.



THE UNIVERSITY
of EDINBURGH

To find out more about the work of the research centre, watch our video:
www.alzscot.org/research

Fundraising corner

Alzheimer Scotland could not provide the range and level of support to people living with dementia and their families without the help of fundraised income. Thanks to all of you who have been fundraising in your droves as part of TeamAlzScot. Here's just a snippet of the action.



Dancing in the community

Ann Boon, who was born in Brisbane but has family in Shetland, is a 'Nia' dance teacher. Nia is a sensory based movement practice that is all about connecting to the body and to the joy of moving and when Ann came to visit in August, she held a dance class to raise money for Alzheimer Scotland.

Entry was by donation and included some delicious afternoon tea and home baking. It was a fantastic event, with money raised going towards the Shetland Dementia Resource Centre.



A tee-rrific fundraising day

12 teams of golfers teed off at the annual Alzheimer Scotland Golf Day in September which was held at Turnhouse Golf Course, Edinburgh. A fantastic day of golf was had by all, with some impressive team scores and the day raised over £3,000. The winning team are pictured being presented with the trophy by Kevin Craik, Alzheimer Scotland's Director of Finance and Corporate Resrouces.



Staff support

Flora Robertson, a Dementia Link Worker in Inverness, set herself the mammoth challenge of climbing Ben Nevis to raise money for both Alzheimer Scotland and Maggie's Centres recently. Both Flora and her friend Jacqui got to the top of Britain's largest mountain despite the snow and were delighted to raise over £1,100.

Flora said: "Those that know me know how big a challenge this was, however, my inspiration is, as always, the people that I support - I have met some amazing people and families that go through so many challenges when faced with a dementia diagnosis. Their strength and positivity amazes me and this was the least I could do."



Sink or swim

When Malcolm Burns papa-in-law told him a story he'd read in the newspaper about some men rowing Loch Ness in a bathtub, he used this as inspiration to raise money for Alzheimer Scotland. Sadly, 'Papa' as he was known passed away not long after telling this story and earlier this year Malcolm and his family flew from their home in the USA so he could complete the challenge of rowing Loch Lomond in a bathtub in Papa's memory. The 23 mile challenge was completed over two days, raising over £3,000 in the process!



**Alzheimer
Scotland**
Action on Dementia



For more information or to register for an event, telephone 0131 243 1453 or email events@alzscot.org

#teamalzscot

From our brilliant conferences & events, to the most exciting fundraising challenges.

Here are our **Dates for your Diary.**

December 2018

10 Alzheimer Scotland Winter Lecture Glasgow

March 2019

10 Inverness Half Marathon Inverness

16 Rat Race Mighty Deerstalker Borders

April 2019

7 Kilomathon Scotland Edinburgh

15 SDRC Conference Glasgow

27/28 Run Balmoral Balmoral

28 Great Stirling Run Stirling

28 London Marathon London

28 Glasgow Kiltwalk Glasgow

May 2019

25/26 Edinburgh Marathon Festival Edinburgh

June 2019

2 Aberdeen Kiltwalk Aberdeen

3 Alzheimer Scotland Annual Conference Edinburgh

15/16 Tough Mudder Thornhill

August 2019

18 Dundee Kiltwalk Dundee

September 2019

15 Edinburgh Kiltwalk Edinburgh

Making sure nobody faces dementia alone.