

Dementia in Scotland



Summer 2018 – Issue 96

Innovation
in
dementia
support





**Members'
rate**

Join us for the annual
Alzheimer Scotland

Christmas Lecture 2018

**Monday 10 December 2018,
5:30pm - 7:00pm**

**The Old Fruitmarket, City Halls,
Glasgow**

Everyone is welcome to join us for our annual Christmas 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 tickers are available for people living with dementia and their carers.

Book online at www.alzscot.org/conferences

If you have any queries email externalevents@alzscot.org or call 0141 410 0104.

Annual General Meeting

**Monday 19 November 2018,
Radisson Blu Hotel, Glasgow**

**Members'
only**

09:30am	Tea & coffee
10:00am	AGM starts
11:15am	Staff, Members' & Volunteers' Conference begins with refreshments and networking

We look forward to welcoming members to this year's Annual General Meeting (AGM). As a member, your voice is really important to us and the AGM gives you a real opportunity to find out more about our progress and to ask questions.

After the AGM, all members are invited to join Staff and Volunteers for the remainder of the day.

For full programming details and to register, visit www.alzscot.org/conferences or view the enclosed documents with this magazine.

If you have any queries email agm@alzscot.org or call 0141 410 0104



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Welcome to this edition of Dementia in Scotland, looking back at a very eventful summer for Alzheimer Scotland. We've had our busiest Dementia Awareness Week to date, with hundreds of events across the country – from 'Tea & Blether' fundraisers in people's own homes to our Annual Conference at the Edinburgh International Conference Centre.

We're always looking for innovative approaches to support for people living with dementia and those who care for them. We're refurbishing a number of our Dementia Resource Centres, to ensure we provide the best environment we can to support people with dementia and carers in local communities. Going a step further, our Dementia Resource Centre in Kilmarnock has also become our first Digital Dementia Resource Centre, showcasing a range of items that can help people to live well with dementia in their own home – work that has been driven by our Digital Leadership Team.

Innovation doesn't just mean technology – it can also be a new way of thinking about what we mean by dementia support. This edition explores the recent work of some of our other projects, including Dementia Dog and Beer with Buddies. We've also had some wonderful opportunities to develop our intergenerational activities and we'll be telling you about our inspiring work with young people from tots to teens.

Much of the work we do would not be possible without our wonderful volunteers. Over 1,000 people volunteer for Alzheimer Scotland and they make an incredible difference to people with dementia, their carers and families all over the country. We have a great range of volunteering opportunities available – from taking part in a bucket collection to befriending people with dementia in your local community – and you can

find out more through our website or at your local Alzheimer Scotland Dementia Resource Centre

Dementia is a global issue. We're delighted to include an article from Barbara Sharp, our Policy and Research Advisor, who was asked to deliver a presentation to the Congress of Chinese Geriatrics and Technical Innovation in Taiyuan, Shanxi province, China, earlier this year.

Here in Scotland, Alzheimer Scotland has been working on the Transforming Specialist Dementia Hospital Care report. We're very much aware of the challenges in delivering specialist care for people with dementia and see this as an area that requires exceptionally skilled staff with true dedication and commitment. Yet many of these staff work in problematic environments, where multidisciplinary staffing levels are not fit for purpose. This report introduces a vision of what a good specialist dementia unit should be, based on the evidence and work of many committed practitioners and the views of people with dementia and carers.

Finally, it is inspirational to see so many people supporting us through fundraising. We rely on fundraised income to provide our 24 hour, freephone Dementia Helpline, our network of Dementia Advisors, our Dementia Resource Centres and our range of community activities across Scotland.

Together, with your help, we can make sure that nobody faces dementia alone.



Henry Simmons

Henry Simmons, Chief Executive

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Dementia Awareness Week 2018 hailed huge success

By Becca Jardine, Campaigns and Social Media Manager, Alzheimer Scotland

A flurry of exciting, diverse and informative events and activities took place across the country during the seven days of Scotland's Dementia Awareness Week in June. Thanks to our amazing supporters, we've reached more people than ever before, spreading information and awareness of dementia.

It was fantastic to see how you used your awareness week packs to create stalls everywhere from local cafés to hospitals. With your help, we took dementia awareness raising to the heart of local communities. Through these events we not only helped more people than ever know that it's possible to live well with dementia with the right care and support, but also at times brought joy to the masses. We heard from many of you that your highlight of the week came from the moving and uplifting songs performed by the Singing Memories Choir at Intu Braehead Shopping Centre and Every Voice Community Choir at Loch Lomond Shores.

We also marked Scotland's Dementia Awareness Week by celebrating a major new milestone, with over 60,000 people joining the Dementia Friends social action initiative to change perceptions of dementia. Find out about becoming a Dementia Friend at www.dementiafriendsscotland.org.

Social media was a flurry with activity throughout the week, a big thank you to everyone who shared our infographics depicting key dementia information and statistics, as well as their own personal experiences of living with dementia. You can catch up on the conversation by searching for #DementiaAwareness on Facebook, Twitter and LinkedIn.



|| over 60,000
people joining ...
Dementia Friends ||

While Scotland's Dementia Awareness Week may be over for another year, there are still lots of ways you can help spread the word about dementia and help to support our week. Head to www.alzscot.org/daw for more ways to get involved.



That's a wrap!

Annual conference 2018

By Kim Kilgour, Conference and Events Manager, Alzheimer Scotland



On Friday 8 June, Alzheimer Scotland's annual conference brought together 600 delegates and 50 exhibitors. The event took place at the Edinburgh International Conference Centre with an engaging programme featuring key local and national speakers, including the personal stories of people living with dementia.

The key theme of the conference was 'Making sure nobody faces dementia alone', underpinned by Chief Executive, Henry Simmons' exploration of how Scotland can close the gap between policy aspiration and lived experience. Our Chief Executive's plenary presentation considered several aspects of how national policy is delivered at local level, including a focus on post diagnostic support, work to improve standards of care in acute and specialist health settings, and our own pledge to ensure the voices of people with dementia and carers are heard and recognised by local decisionmakers. The presentation concluded with a call to each Integrated Joint Board to implement a local action plan to ensure that dementia

care and support for Scotland's communities reflected the commitments of the National Dementia Strategy. Delegates attended their choice of breakout sessions exploring topics from the benefits of evidence-based therapeutic activities to current research developments including what can be done before symptoms emerge, all the way through to care in the advanced stages, before concluding the day with an audience vote for the winner of the 'Next Big Innovation' - Pooja Jain, co-founder of CogniCare (to find out more go to www.cognihealth.uk).

The Alzheimer Scotland conference also saw the launch of the newly-created Scottish Brain Health Register. The register is led by the Scottish Dementia Informatics Platform (part of the Scottish Dementia Research Consortium) and supported by Alzheimer Scotland. For more information visit www.sdrc.scot/news

To make sure you don't miss out on next year's conference, register your interest by emailing externalevents@alzscot.org



As a newcomer to the world of Alzheimer's, as a carer for my wife, I wanted to get an overview of goals and ambitions and a sense of the professional skills and commitments devoted to making a difference. My objectives were fully realised by what I saw and heard and I came away impressed.

Carer



The conference has given me the confidence to carry on and focus on the positives and see the needs and capabilities of the person rather than just the diagnosis of dementia in front of me.

Front line support worker



It was a positive day for myself as a person with Alzheimer's and my carer (daughter). I felt that I was not alone on this journey and others have my best interest at the highest priority. I loved hearing about groups out there and loved the videos and my daughter will now be looking at groups to help me.

Person living with dementia

Join Dementia Research

Over 10,000 people take part in vital dementia research

By Lindsay Kinnaird, Research Manager, Alzheimer Scotland

July 2018 saw the milestone of over 10,000 people taking part in dementia research through Join Dementia Research (JDR). JDR was launched in February 2015 and aims to make it easy for members of the public to find out about studies they may be able to take part in and helping researchers find the people they need for their studies.

Martin Rossor, NIHR National Director for Dementia Research, commented, "I'm delighted that over 10,000 people are now involved in vital research studies through Join Dementia Research. With 850,000 people in the UK living with dementia, research offers the best chance of understanding what causes the disease, developing effective treatments, improving care and hopefully one day finding a cure."

Join Dementia Research was developed by the National Institute for Health Research (NIHR) in partnership with Alzheimer Scotland, Alzheimer's Research UK and Alzheimer's Society.

Alzheimer Scotland is committed to supporting research across Scotland to improve the lives of people with dementia, both now and in the future. Our JDR partnership is a key activity in supporting participation in dementia research.

To find out about the ways in which you can get involved in dementia research, visit www.alzscot.org/information_and_resources/dementia_research/volunteering_for_research

**Join
dementia
research**



International Research Publications

Alzheimer Disease International released a report on global estimates of the contribution of informal caring for people with dementia. The report calculates that an average six hours per day is contributed by unpaid carers in supporting people with dementia who are living at home. The report also highlights that women contribute 71% of these hours globally. To access the report, visit: www.alz.co.uk/adi/pdf/global-estimates-of-informal-care.pdf

Alzheimer Europe launched a report on carers experiences of diagnosis and post-diagnostic support in five European countries: the Czech Republic, Finland, Italy, Netherlands and Scotland. A total of 1,409 carers participated in the study, with just over 200 from Scotland. Carers across Europe reported that diagnosis took an average of 2.1 years from the time of problems being first noticed. To access the report, visit: www.alzheimer-europe.org/Publications/Alzheimer-Europe-Reports



Chinese connections

By Dr Barbara Sharp, Policy and Practice Advisor, Alzheimer Scotland

“ I was advised that much I had described was new to the Geriatricians ”



At the invitation of the Chinese Geriatric Society (CGS), I attended the 2018 Congress of Chinese Geriatrics and Technical Innovation, held in Taiyuan, Shanxi province, China. As in other parts of the world, China is concerned about providing optimal care to its increasing older population but it has some very specific challenges. It is the world's most populous country with a major pension shortfall and the number of citizens over 60 years expected to peak at 487 million (nearly 35% of population) around 2050. The most rapid increase is in number of people over 80 years. Although the country's one child policy ended in 2016, the birth rate has dropped and families remain the main source of support for older people experiencing long term conditions. Care generally is medically oriented with little in the way of a trained or qualified workforce beyond doctors and nurses.

My hosts were the Palliative Care Chapter of the CGS and it was on the topic of palliative care in dementia that I was invited to address the Congress. There is growing appreciation of the value of a palliative care approach at an early stage on being diagnosed with a life limiting illness and in conditions other than cancer. I was totally reliant on my interpreter, a 23 year old oncology nurse called Huiya, as very few delegates or local inhabitants spoke English. There were no simultaneous translation facilities so I sent my script to Huiya well ahead of the Congress to give her time

to work on it and we polished it together on my arrival in China. I focused on our policies and practice in Scotland and the thinking behind them, and feedback from the presentation was very positive. I was advised that much I had described was new to the Geriatricians and they seemed keen to maintain contact and nurture further knowledge exchange opportunities.

Across the course of my six-day visit, my interpreter Huiya ushered me to a series of meetings with medical teams – most associated with eating! Her guidance was invaluable – especially (being vegetarian) about what I could eat! As the focus of the Congress was not specifically on dementia I was immensely grateful to her for the opportunity to discuss support for people with dementia in China from a family perspective (her grandmother has dementia).

I was incredibly well looked after by the host team and the CGS presented me with an award, alongside the small number of other speakers from outside China. This reinforced the desire to maintain connections and involved attending a very grand ceremony to receive a certificate electing me as an 'International Academic Consultant' – rather a grand title but the sentiment was much appreciated. CGS also sent me home with £500 donation to the work of Alzheimer Scotland.

I'd be happy to discuss more details of my trip and perspectives gained. You can contact me at bsharp@alzscot.org



Alzheimer Scotland welcomes the hosting of international visits for knowledge exchange and shared practices. For all enquires and further information, contact Susan Rendell, Learning Agent, on 0141 4101178 or email srendell@Alzscot.org

Dementia Resource Centres

By Kirsty Yanik, Communications Manager, Alzheimer Scotland

“ The resource centre has been very useful to me in helping me to get out and about, linking me in with interest and support groups including the Green Hands project with local school children, as well as giving me the chance to meet lots of new people. ”

Alzheimer Scotland’s Dementia Resource Centres offer friendly, accessible support, information and activities. You can drop in to pick up information or make an appointment to see a local Dementia Advisor. Our Centres are community-focused hubs and one of the key points of contact for people with dementia and carers in their journey with Alzheimer Scotland.

Since 2010, and thanks to the continued generosity of our supporters, we have been able to open 19 Dementia Resource Centres across Scotland – from Stornoway to Stranraer. This year, one of our key priorities has been the refurbishment of some of our older premises to reflect the latest best practice in dementia-friendly design and to ensure our Centres

offer the best possible environment for delivering support in Scotland’s communities.

Our Lanarkshire Dementia Resource Centre, based in Motherwell, was originally opened in early 2013 and was primarily an office space, reflecting the nature of support we provided in Lanarkshire at that time. Fast-forward five years and our newly-refurbished Lanarkshire Dementia Resource Centre was officially re-opened during Dementia Awareness Week by Provost Jean Jones from North Lanarkshire Council, accompanied by our Convener, David Clements; our Chief Executive, Henry Simmons; and two regular visitors to the Centre – Pat Wilson and Harry Tyrie.



“I’d encourage anyone to come along to the new Dementia Resource Centre, not only does it look great but there’s going to be something which will interest you.”

The Centre is now a much more open-plan environment, with spaces to accommodate groups and activities, alongside a small café area for informal socialising. It is a friendly, welcoming space for people with dementia and carers to drop in and find out more about the support we offer across North and South Lanarkshire, as well as other forms of assistance we can provide (such as advice on accessing welfare benefits).

Our Lanarkshire Centre isn't the only one to get a facelift. Our Highland Dementia Resource Centre in Strothers Lane, Inverness, was originally opened in summer 2012. The Centre has recently finished refurbishment and will be officially re-opened in autumn. As with Lanarkshire, the biggest change has been a move from the Centre being a primarily office-based environment, to a focus on open spaces better suited to hosting activities and events.

In addition, our Dementia Resource Centres in both East and West Dunbartonshire have been brought bang up to date and will be officially re-opened later in the year.



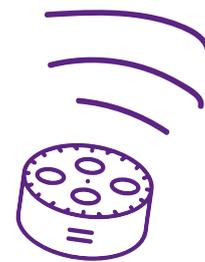
Our refurbished Inverness Dementia Resource Centre



If you would like to access support or volunteer at one of our Centres visit www.alzscot.org for more details.



Innovative approaches to care and support



The most essential element of support for people with dementia, and those who care for them, is human interaction. Being able to talk to someone face to face or over the phone, is crucial in getting the information and advice you need to live well with the illness. Alzheimer Scotland is committed – through our Dementia Resource Centres, Dementia Advisors, community activities and 24 hour Freephone Dementia Helpline – to making sure that nobody feels they have to face dementia alone.

At Alzheimer Scotland, we're also committed to exploring innovative ideas and approaches, to make sure that people with dementia and their carers

are supported in ways that work best for them as individuals, couples and families.

Over the next few pages, we'll be looking at a range of new ways that we're delivering care and support for people with dementia.



New support available online

By Gillian Anderson, Senior Technology Coordinator, Alzheimer Scotland

We have recently launched two new Alzheimer Scotland online surgeries.

Each month, two online surgeries will be available; one with our network of Dementia Advisors and one with our Self-Directed Support Manager. These online sessions are private, between you and the host, and are another way in which you can ask whatever questions or queries you might have with regards to dementia support and advice in your area.

All you need is access to a computer, smart phone or tablet; this must have internet access and have the

Google Chrome browser installed. You don't need to make an appointment, just log into the online surgery at the time when it is running. For a list of when these sessions will be hosted and the link to access the surgery, visit https://www.alzscot.org/training_and_conferences/conferences

If you would like to share your experience of the online surgeries with us, or to suggest other forms of support you would like to be able to access through the internet, please email digital@alzscot.org

Peer review

Stellar transparent kettle

By Charlotte Swarbrick, Senior Technology Coordinator, Alzheimer Scotland

Helpful design features:

- Its transparent body lets you see how much water is inside
- It lights up when it's on, so you're more aware if it's on or off
- Its large comfortable handle gives you a good grip
- The button to open the lid is black on a white handle, which makes it stand out.

Helps to prevent:

- Switching on an empty kettle, which can cause it to burn out.

Available for purchase at: Amazon.

Overall user experience rating:

80% positive.

For more dementia friendly product reviews, tested by people with dementia, visit www.dementiacircle.org/products



Digital Dementia Resource Centre

By Nicola Cooper, Senior Technology Coordinator, Alzheimer Scotland

When we talk about using technology to help you live well with dementia, you might think that means specialist equipment, or a futuristic machine straight out of Tomorrow’s World. Thankfully, there are everyday pieces of technology that can be used to make everyday life easier for people with dementia and their carers. Indeed, you might already have this technology at your fingertips – such as your smartphone.

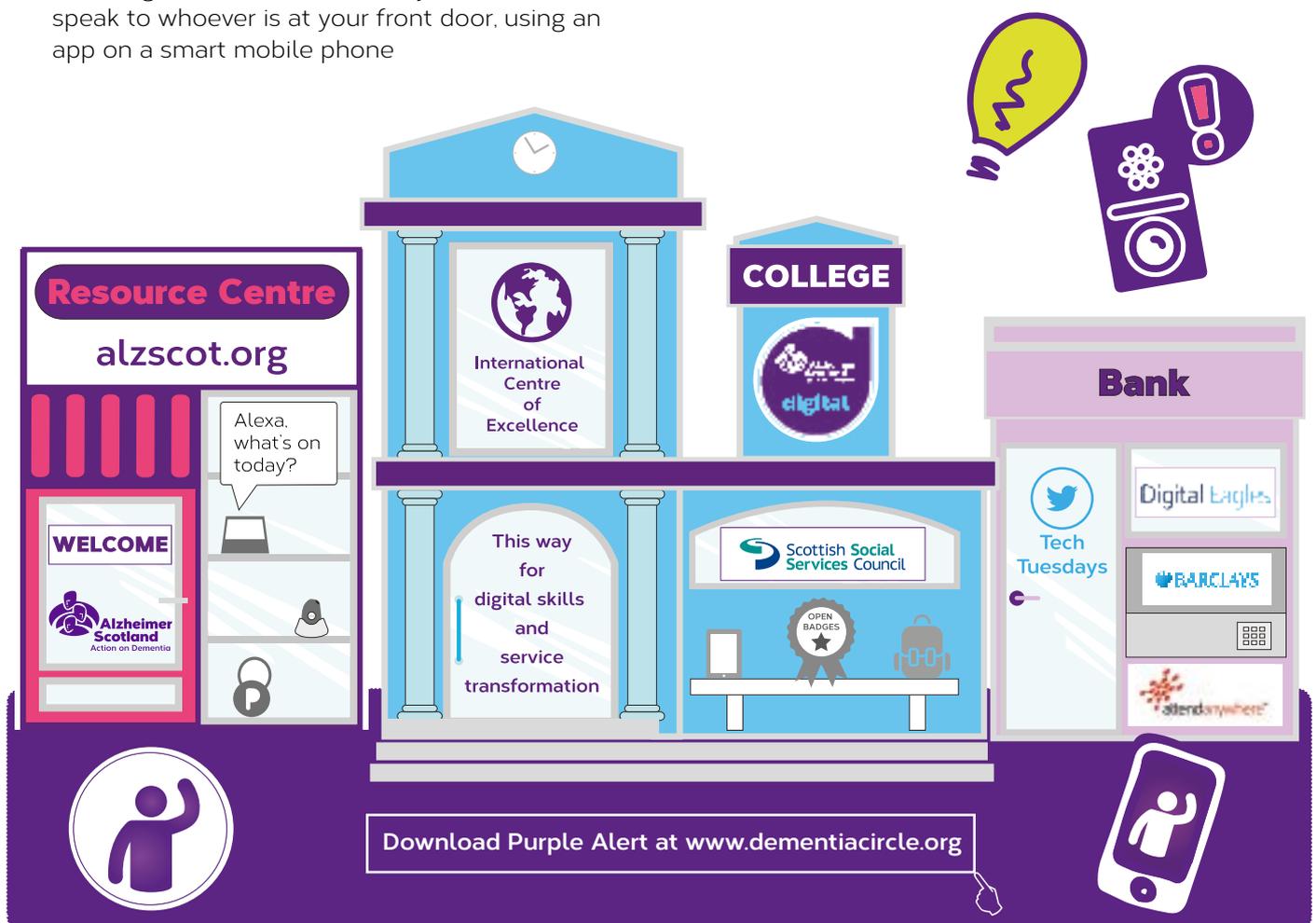
The best way to understand how this technology could impact on everyday living is to see, touch, feel and experience it in action. That’s why, as well as refurbishing some of our Dementia Resource Centres (see p.8), we’re turning them into Digital Dementia Resource Centres, to give you the opportunity to try out products that could help you day to day.

Our East Ayrshire Dementia Resource Centre, in Kilmarnock, has recently become our first Digital Dementia Resource Centre. We’ve installed a variety of useful technology products in the Centre, which have been trialled and tested by people living with dementia and their families. These include:

- Phillips Hue light bulbs, installed above the kitchen area. These are both motion and voice controlled
- The Ring doorbell. This allows you to see and speak to whoever is at your front door, using an app on a smart mobile phone

- Two types of Amazon Echo – a Show, which has a useful screen and a smaller Dot. The Amazon Echo range works from voice commands – once it is set up, it doesn’t rely on pressing any buttons, finding remotes or using an onscreen menu. You can ask it the time, date or weather. You can set reminders, such as “Alexa, remind me to take my medication at 2pm today” as well as connecting smart plugs for turning things on and off around your home, and playing Audible and Spotify accounts
- Finally, we have an option to automatically download Alzheimer Scotland’s app – Purple Alert – which helps to find people with dementia if they lose their way.

We will be expanding our Digital Dementia Resource Centres over the next few years as part of the ‘Digital High Street’ that was launched by Alzheimer Scotland’s Digital Leadership Team at our recent annual conference. If you would like further details about how to access the Centres, along with how the Digital Leadership Team can support you or your organisation to use technology, get in touch with the team at digital@alzscot.org or visit <https://www.alzscot.org/training1/digitalcourse>



Beer with Buddies

By Iain Houston, Dementia Advisor, Alzheimer Scotland

The 'Beer with Buddies' project came out of Alzheimer Scotland's partnership with the Lens; a charity that develops intrapreneurship within existing organisations – supporting innovative and sustainable ideas from frontline staff. The project was the brainchild of Deborah Edgar (Community Activity Organiser) and myself, developing it from concept to launch night (which took place during Dementia Awareness Week) and we hope to help other staff roll out the idea across the country.

Beer with Buddies is underpinned by the desire to make our support spaces welcoming, relaxed and reflective of the interests of the people using them. A room in our Renfrewshire premises has been transformed in an alcohol-free pub, complete with bar, beer pumps and tasty snacks. The space has been kitted out with typical pub-style tables and chairs. It's been a real team effort, with both our families helping out (including my dad building the bar itself)

"Wouldn't it be great if we could create a pub. . .?"

and support not only from local Alzheimer Scotland staff, but from other organisations and businesses as well. Nearby pubs have been keen to get behind the project, donating furniture, coasters and glassware, and even offering to help out behind the bar from time to time. International drinks firm, Molson Coors, donated large quantities of alcohol-free beer.

An offshoot of the project has been the development of a new therapy room within the centre, where carers can enjoy a range of complimentary therapies while their husbands benefit from the camaraderie of this very unique pub. Beer with Buddies has helped to bring back the simple but important pleasures of enjoying a drink and a chat with friends and loved ones in a friendly setting.

To find out what activities are offered in your local area, visit www.alzscot.org or contact your local office.

Four-legged therapists

By Shona Sneddon, Dementia Advisor, Alzheimer Scotland

Mack and Finn are two special little dogs. The seven and three-year-old canines are Therapets and they're working to help put a smile on the face of the people attending our day care in Stranraer and Newton Stewart.

Therapets and their owners regularly visit hospitals, day centres and nursing homes, as well as special needs schools. They provide a little four-legged therapy and companionship to animal lovers who aren't able to care for a pet full-time.

Pet therapy is increasingly recognised as a way of increasing communication and decreasing stress, anxiety, blood pressure and blood glucose levels. It can also be used in rehabilitation of people who have had strokes and head injuries.

I was keen to do a pilot project to see what benefits pet therapy had for those living with dementia. To date, the boys have done two successful visits. The dogs have helped the people we support to be more alert and happier to take part in the conversation going on around them. They really brought a lot of happiness to everyone they met.

The working Cocker Spaniels are the only registered Therapets in Wigtownshire.

If you are interested in having the dogs visit, either to a facility or at home, contact Shona on ssneddon@alzscot.org or call 01776 745123.

Anyone interested in becoming a Therapet volunteer should contact info@caninescovern-scotland.or.uk





Can you give a Dementia Dog a home?



By Fiona Corner, Project Manager, Dementia Dog

We all need a helping hand in our lives at times – what if that was a helping paw instead?

The Dementia Dog Project is a collaboration between Alzheimer Scotland and Dogs for Good, which explores how trained dogs can help people to live well with dementia, bringing together leading dementia support services with the provision of specially trained assistance dogs.

Lenny and Hope – two very talented, hard-working and friendly Labradors – will soon be ready to place and are now looking for their ‘fur’ever homes! Each assistance dog undergoes two years of dedicated training, learning skills to help reinforce routines at home, being a social connector out in the community and an emotional anchor for someone living with dementia and their carer.

They have learned to carry out an array of vital tasks for people living with dementia, from retrieving medication to helping wake someone up and get dressed. They can open and close doors and can prompt to alert and remind. Both

are trained to walk gently on a harnessed dual lead, encouraging exercise and getting people out in their community.

Their training is completed with the help of inmates at the project’s operational base at HMP Castle Huntly open prison near Dundee, enabling men in custody to develop employability skills and build a non-criminal identity. This helps to reducing risks of future re-offending, while also making a significant contribution back into society through the provision of trained dementia assistance dogs.

If you:

- are a person either recently diagnosed with (or in the early stages of) dementia
- are living with your full-time carer in Scotland
- have an enclosed garden
- and love dogs.

We would love to hear from you!

Contact the Dementia Dog Project team at bark@dementiadog.org to request an Enquiry Form.



Intergenerational projects

// We had both been inspired by recent TV programmes showing the benefits of intergenerational working and we both said let's make it happen! //



Intergenerational projects play an absolutely vital role in helping to raise awareness and improve understanding of dementia. They allow children and teenagers to develop more informed and wide-ranging perspectives of what it is like to live with dementia, particularly around everyday activities. Such projects also support people with dementia to be active participants in their local communities, and to pass on useful knowledge and skills to future generations.

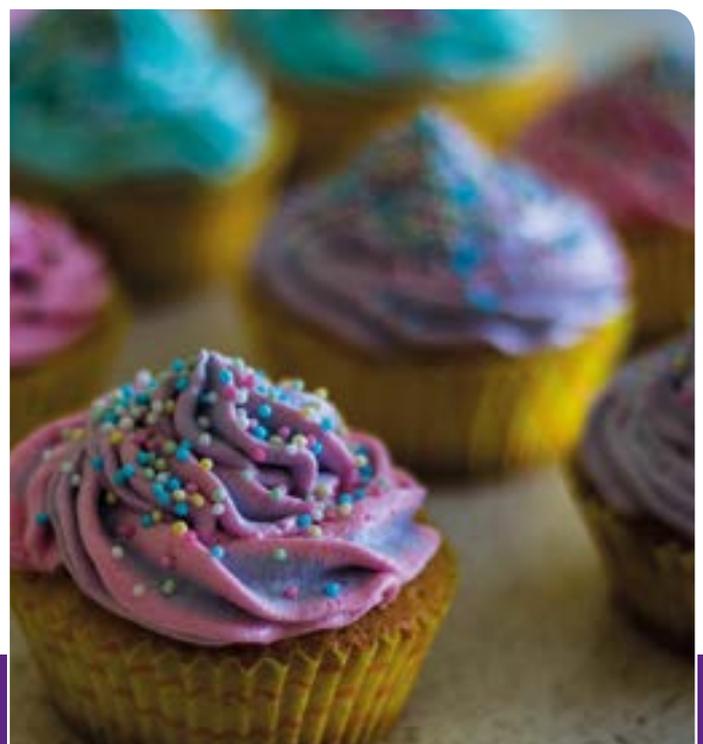
Alzheimer Scotland is committed to supporting intergenerational work involving children, young people and people with dementia across the country. Read on to find out about how these are happening in three very different locations across Scotland.

In Stranraer

By Clare Stroyan, Service Manager,
Alzheimer Scotland

In 2017, the Community Activity Organiser for Stranraer reached out to our local primary school, having heard about the benefits of delivering intergenerational projects. Primary 5, from Park Primary School, and those who engage in day opportunities at the Stranraer Centre quickly developed a mutually beneficial relationship of learning from one another and it was clear that everyone had fun taking part.

Whilst these sessions concluded with a musical performance and a final tea party, it became apparent throughout the delivering of the sessions that some of the visiting pupils were autistic and would perhaps have benefitted from quieter, more personalised visits. This led to a further project being developed to specifically support these pupils and those who attend the day care service in the Centre. The resulting partnership has blossomed into a regular monthly session.



In Stornoway

By Marion MacInnes, Service Manager,
Alzheimer Scotland

In Stornoway, our Solas day centre and local An Cotan nursery have been working together to run joint day sessions for people living with dementia and children aged 3-5 years old. So far there has been a 'Getting to know you' session; a Christmas party; a games session; an Easter tea party and a picnic. Sessions last for two hours and include sharing a snack together.

An Cotan kickstarted this project by fundraising £1,500 from a Mini-Toddle sponsored walk. When I went to collect the cheque from the nursery, it became

apparent that we had both been inspired by recent TV programmes showing the benefits of intergenerational working and we both said "let's make it happen!"

Erica Gearty, Manager at An Cotan, spoke of the positive impact on the children including increased confidence, demonstrating empathy and improved communication skills. This was replicated in the evaluation and feedback of experiences from people living with dementia and their carers.



In Wishaw

By Lesley Millar, Locality Resource
Coordinator, Alzheimer Scotland

The 'Green Hands Together' project, established in 2017, is funded via Tesco Groundworks and is a partnership between St Aidan's Primary School in Wishaw, St Aidan's Parent Council and Alzheimer Scotland staff in our Lanarkshire locality. Pupils and people with dementia have co-designed a Sensory Garden and are working together to learn about (and grow) organic produce, from soil to plate, within a large polytunnel. Sensory Gardens are a very useful way of helping people with dementia stimulate memories and reflect on past events and experiences and we can use this type of experience to help people reconnect to their sense of self.

The project recently held a 'Teddy & a Trowel' event, which was a huge success, with over 50 people coming along – from a three week old baby to a 93 year old lady. 'Green Hands Together' is now planning to make this an annual event.



To find out what support and opportunities Alzheimer Scotland offers in your local community, visit www.alzscot.org/services_and_support, or call our 24 hour, freephone Dementia Helpline on 0808 808 3000.



Transforming Specialist Dementia Hospital Care

By Maureen Taggart, National Dementia Nurse Consultant, Alzheimer Scotland



For the past two years, Alzheimer Scotland has worked on producing the Transforming Specialist Dementia Hospital Care report. This report, commissioned by the Scottish Government, is a detailed review of the nature and challenges of specialist dementia care across Scotland.

The report introduces a vision of what a good specialist dementia unit should be, based on the evidence and work of many committed practitioners who helped us develop the report and the views of people with dementia and carers. It explores the nature of the teams, the quality of care, the size of specialist dementia units and crucially highlights that, in many areas, current units are not fit for purpose and must be rebuilt.

Alzheimer Scotland has been very much aware of the challenges in delivering specialist care for people with dementia and recognise this as an area of practice that requires exceptionally skilled staff with true dedication and commitment. Yet the evidence is very much that many of these staff work in units and environments that are not purpose-built and where multidisciplinary staffing levels are not fit for purpose.



The report introduces a vision of what a good specialist dementia unit should be, based on the evidence and work of many committed practitioners who helped us develop the report and the views of people with dementia and carers.



The Mental Welfare Commission's Dignity and Respect report (2014) outlined the key problems in this field. In the past decade, we have seen a significant overhaul in how we deliver care and support to people with dementia living at home within our communities. Only

a small proportion of people living with dementia will need to spend time in a Specialist Dementia Unit, but that is still a significant number of people and we want to work with our partners to ensure their care and support is of the highest quality.

In our winter 2017 edition of Dementia in Scotland, we spoke to some of the highly-skilled staff teams delivering specialist dementia care at Balmore Ward in Leverdale Hospital in the south

west of Glasgow. However, this standard of specialist dementia care is not consistent across Scotland. The Transforming Specialist Dementia NHS Care report clearly articulates what has been widely known and accepted for some time; many people with dementia in specialist care units derive no benefit from being in those environments and could be better supported through the provision of high-quality care in their local community.

“ This is a long-term transformation; each step must be carefully planned and Alzheimer Scotland will work with partners at national and local level. ”



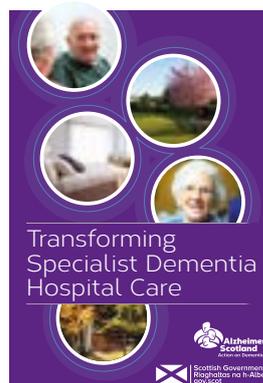
The report makes the case that these individuals should be supported and funded to make a safe transition to a more suitable form of care provision. In areas where a more suitable form of care provision does not exist, the local Integrated Joint Board should consider commissioning such a service. The report’s recommendations, which have been fully accepted by the Scottish Government, state that this transition must not, in any way, result in the individual with dementia, their partner or family having to pay for any aspect of care under the new arrangements. NHS Boards and Integrated Joint Boards must work closely alongside local people with dementia, carers, partners and family members to get this right.

Given the small number of people who need this type of care, the report recommends that Scotland should embark on an ambitious plan to decommission the antiquated specialist dementia care units currently in use and instead build better, smaller, purpose-built facilities. Alongside the right level of capital investment, current funding could be used to deliver both the new, high-quality, specialist dementia units and, at the same time, significantly invest in better community supports for each person who should not be in a hospital setting.

Alzheimer Scotland recognises that this will take time and will involve some significant changes, particularly

for people with dementia currently receiving specialist care that is not suitable for their needs. However, we believe that it is wrong to continue supporting people in a hospital setting when there is no identified clinical need to do so, particularly when inappropriate environments and the lack of a multidisciplinary approach to staffing prevent the delivery of what Alzheimer Scotland and many other professionals believe is good quality care.

This is a long-term transformation; each step must be carefully planned and Alzheimer Scotland will work with partners at national and local level to ensure any transitions resulting from the Transforming Specialist Dementia Hospital Care report are done with the right intent, fully following the report’s recommendations.



To read the full report, visit www.alzscot.org/news_and_community/news/4166_transforming_specialist_dementia_hospital_care



Alzheimer Scotland's Dementia Helpline is open 24 hours a day, 365 days a year.

If you need information or emotional support call 0808 808 3000 or email helpline@alzscot.org at any time, day or night.

Thanks to the Dementia Helpline team, nobody has to face dementia alone.



24 HOUR
Dementia
Helpline
Alzheimer Scotland
Action on Dementia

Freephone 0808 808 3000
Email helpline@alzscot.org

Making sure nobody faces dementia alone.

‘For Carers, By Carers’ the NDCAN resilience project

By David Beyt and Jane Hasler, NDCAN Coordinators, Alzheimer Scotland



Resilience is something of a buzzword these days. It can mean different things to different people. To members of the National Dementia Carers Action Network (NDCAN), it simply means what helps a person to get through the day, cope with challenging times and stay positive.

Back in 2016, members of NDCAN went to a conference on building resilience amongst family carers. All of NDCAN's members are themselves carers or former carers of someone with dementia. When they attended the conference, they recognised the role resilience played in their own caring lives. The members decided they wanted to help other unpaid carers in Scotland to build and have resilience as they did.

With funding from the Life Changes Trust, NDCAN began a year-long project to share with other carers what has helped them to stay positive and to cope with life's challenges. This project was about carers talking to other carers, so NDCAN's own members designed and delivered all the work. They did background research, sent out questionnaires and conducted workshops. It was challenging work but very rewarding.

Bernard O'Hagan, NDCAN member said, "The project gave me a chance to reflect on my own caring experience, appreciating the things that helped me in my caring role, such as having a sense of humour and being positive, and also being aware of things that perhaps would have helped at particular times, such as having more respite or accepting more help to enable me to have some 'me time'."

“
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”

What helps one person to be resilient may not be useful to another, so the project team reached out to other NDCAN members and other carers throughout Scotland. They gathered together people's experiences, thoughts, insights and pearls of wisdom into a series of booklets entitled For Carers, By Carers.

Lorna Walker, NDCAN member said, "For Carers, By Carers embraces the fact that we as carers support and acknowledge the unique worth of fellow carers with a deep-seated understanding of resilience in all its forms."

The For Carers, By Carers project is not about providing expert advice. Rather, it is about carers talking to carers, sharing what has worked for them and offering support. It is about helping all carers to understand they are not alone and that other people have had similar experiences.

Janette Kean, NDCAN Member, said, "[Working on this project] confirmed the sense of empowerment carers of people with dementia receive from hearing and sharing their stories, words of advice and solutions with fellow carers and the reassurance that they are not alone."

The eight For Carers, By Carers booklets were launched at NDCAN's Annual Members Meeting on 7 April. Printed copies are available at your local Dementia Resource Centre, and you can find all the booklets online at NDCAN's website: www.alzscot.org/ndcan along with further information about NDCAN.



Dieticians: Food, drink and dementia

By Gillian McMillan, Specialist Dietician, Mental Health, NHS Lanarkshire

There's a lot of information on television, the internet and in newspapers about what we should and shouldn't eat. It can be difficult to know what to believe. Dietitians aim to ensure people are given simple, correct information about diet and nutrition.

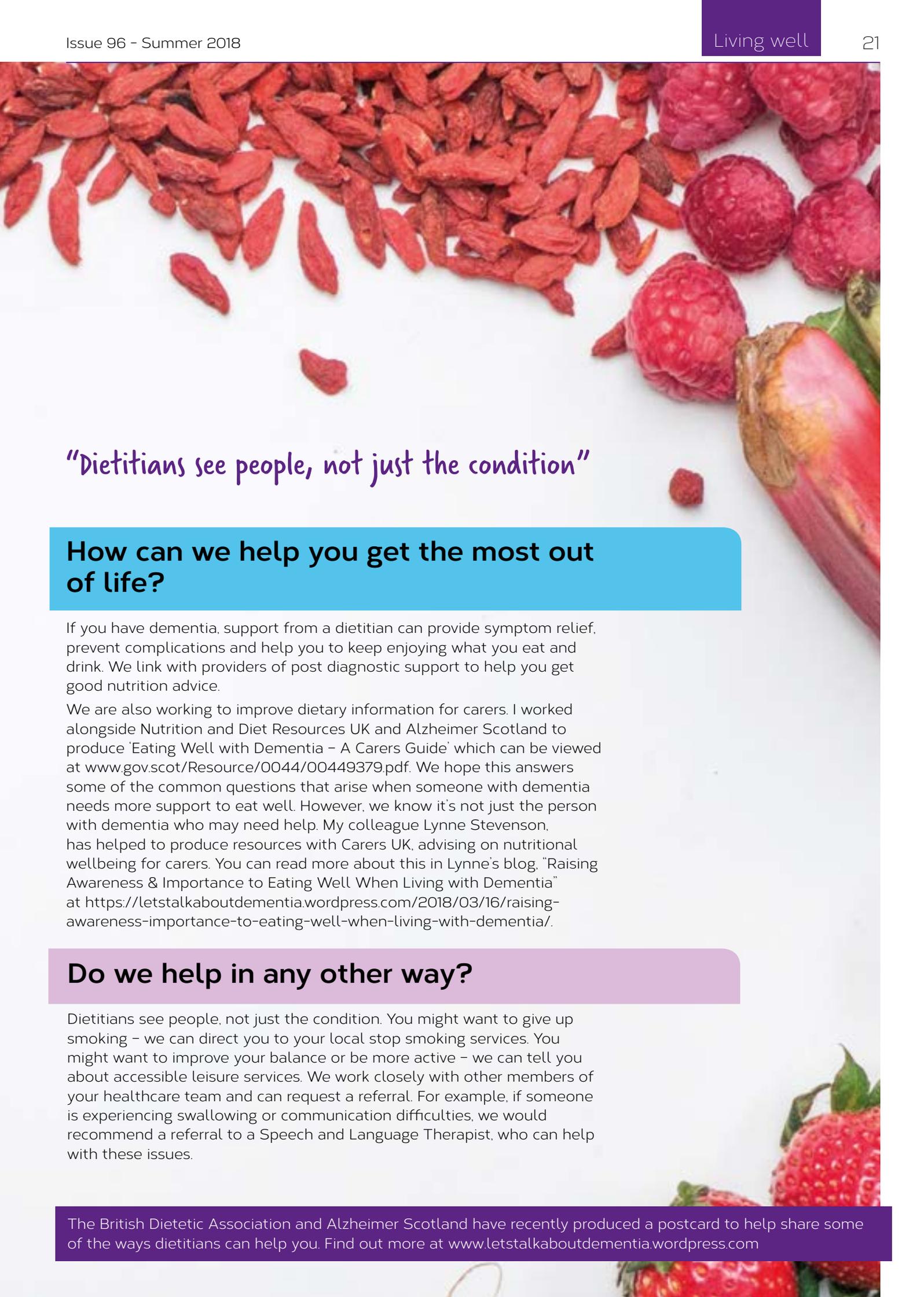
How can dieticians help your mental health?

What you eat and drink plays a big part in managing your mental health. You need to eat well and drink enough fluids for your brain to work as it should. If your brain doesn't get the nutrients it needs, it can increase problems with memory and handling information. It can also make you feel more tired and contribute to low mood. Dietitians can help by providing information on how to get the right nutrients from what you eat and drink. It can be more challenging to eat and drink well when you have dementia. Simple things, like having a jug of water or juice in a clear container can help remind you to drink more. Using foods that need less preparation – such as frozen, tinned or chilled foods – can make mealtimes easier. In Lanarkshire, dietitians have produced a hints and tips leaflet on nutrition and dementia. It is part of a wider range of hints and tips leaflets produced by allied health professionals across Scotland for people with dementia.

How can we support you to manage your own health?

A dietitian can help you to manage symptoms from a health condition, reduce risk of further illness and prevent admission to hospital.

You may have a health issue which is not related to your dementia, but still affects how you feel. This could include recovering from an operation, or managing a condition like diabetes, anaemia or constipation. Depending on what the issue is, you may need to speak to a dietitian directly. The dietitian will then carry out an individual assessment and advise on your specific needs. You should speak to your GP or Practice Nurse to see if a referral would be beneficial for you. However, if your needs are more straightforward, information leaflets can be helpful. The British Dietetic Association (the professional body of dietitians in the UK) has a range of useful (and free) leaflets called Food Factsheets on their website: <https://www.bda.uk.com/foodfacts/home>



“Dietitians see people, not just the condition”

How can we help you get the most out of life?

If you have dementia, support from a dietitian can provide symptom relief, prevent complications and help you to keep enjoying what you eat and drink. We link with providers of post diagnostic support to help you get good nutrition advice.

We are also working to improve dietary information for carers. I worked alongside Nutrition and Diet Resources UK and Alzheimer Scotland to produce 'Eating Well with Dementia – A Carers Guide' which can be viewed at www.gov.scot/Resource/0044/00449379.pdf. We hope this answers some of the common questions that arise when someone with dementia needs more support to eat well. However, we know it's not just the person with dementia who may need help. My colleague Lynne Stevenson, has helped to produce resources with Carers UK, advising on nutritional wellbeing for carers. You can read more about this in Lynne's blog, "Raising Awareness & Importance to Eating Well When Living with Dementia" at <https://letstalkaboutdementia.wordpress.com/2018/03/16/raising-awareness-importance-to-eating-well-when-living-with-dementia/>.

Do we help in any other way?

Dietitians see people, not just the condition. You might want to give up smoking – we can direct you to your local stop smoking services. You might want to improve your balance or be more active – we can tell you about accessible leisure services. We work closely with other members of your healthcare team and can request a referral. For example, if someone is experiencing swallowing or communication difficulties, we would recommend a referral to a Speech and Language Therapist, who can help with these issues.

The British Dietetic Association and Alzheimer Scotland have recently produced a postcard to help share some of the ways dietitians can help you. Find out more at www.letstalkaboutdementia.wordpress.com

Hope after diagnosis

By Carol Hargreaves, Vice Chair, Scottish Dementia Working Group

Carol Hargreaves is one of the Vice Chairs of the Scottish Dementia Working Group (SDWG). About ten years ago, while she was managing a chain of bookmakers, she noticed changes and went to her GP. She had a difficult time getting her diagnosis, this was made harder because she was under 65.

Carol and the other members of SDWG campaign to make sure no one goes through dementia alone, especially those at risk of being missed by services due to their age, disability, gender, race or sexual orientation. Carol often shares her experience of getting a diagnosis to show others that there is hope and to advise professionals that not everyone fits the stereotype.



"I was in my work and I started giving the cashiers jobs that I should've been doing. Somehow I knew I couldn't cope with all this money and all the lines. Then the mini strokes started, but I didn't realise they were happening. Other people would notice a slight change in my face and my speech and tell me. Now if I'm tired or stressed my speech will still go funny, it's a reminder and it hits me, because I feel so well.

My GP wasn't great, but they referred me to my psychologist, but at the time she was off sick. Other doctors put it down to bipolar. They wanted me to go into hospital of my own accord, but I knew my body and I knew it wasn't the bipolar. So I was sectioned.

I was in hospital for about three months. My psychologist found out, she was still off sick, but she got involved. That's when they started sending me for scans and things. In between this I was taking mini strokes like taking coughs, I was always in an ambulance. It was a really dark time. I was always put in a ward of four patients, with much older women who had suffered strokes too. I had to go to court; what a carry on; it was a panel, my psychologist put a letter in saying how well she knew me, and that she knew it wasn't the bipolar. Then the scans showed it was dementia. This psychologist that I'd never meet before was called in and she said "I'm sorry to tell you



“

Since I've been with the working group it's changed for the better. My family were all surprised I was good at public speaking. I don't know where that came from. I can't say I'm not nervous but I don't find it hard speaking.

”

the scan has shown vascular dementia: we'll get you information but you've probably got a good six months so get your affairs in order". Nobody should be told they've got a serious illness alone.

Then came the big book of information, I still don't know where it is now, I've never read it. No one ever explained or told my family; my mum still doesn't believe it. That was when Susan (my Alzheimer Scotland outreach worker) came into my life. I had just turned 50. My psychologist got her up to talk to me and she asked me if I would take counselling. Me being me, I said no. My family were told to watch me like a hawk, they wrapped me up in cotton wool. I would say I lost three years of my life. Whenever I turned around someone was there. Then I got involved with the counsellor; I found out it wasn't about them it was about me not accepting. I can't change other people.

I started volunteering with Susan and the group; we all started together. That was until people I knew started to deteriorate, I told Susan I couldn't cope with that. So she suggested SDWG. I took the bull by the horns and went in by myself. At the next meeting Anne Macdonald (who is currently the other Vice Chair) was there for the first time, and we've been together from the beginning.

Once I get comfortable with people I'm fine. I love working in groups, I get a real buzz out of working with others. Back in those dark days, if I went anywhere they were looking for me. Since I've been with the SDWG it's changed for the better. My family were all surprised to find out I was good at public speaking. I don't know where that came from! I can't say I'm not nervous, but I don't find it hard speaking in public. I only speak about me; it's nothing I don't know. That's all I can talk about is my life, my experience. A lot of laughter. I love it when we get together, and we are sad when someone is ill; you don't get that elsewhere. All I can say is I thought I'd be dead by now, but life is so full. My whole life changed, from me having my son and step daughters, to moving into a flat on my own. There has been lot going on with family in the last few years and I was able to be there for them. Me and my sister have a fantastic relationship and we look after my mum together. It is good knowing the new people who are joining the group and hearing that things are changing and getting better".

To find out more about the SDWG, along with how you can get involved, visit https://www.alzscot.org/campaigning/scottish_dementia_working_group

Self-Directed Support

what does it mean for me?

What is Self-Directed Support?

Self-Directed Support (SDS) means that people can make informed choices about their support and control over the type of support they receive and who provides that support. SDS is also about offering people flexibility, so they can use their support in the ways and, at the times, that suit them best.

In the past, if someone needed support, they had to have a social work assessment. They were then offered what their local authority had available at the time, such as specified hours of home care or a place within a day care service. People had very little say in the support they received, or how and when it was provided.

On 1 April 2014, a law was passed to ensure people had access to SDS. In accordance with this law, local authorities have a duty to:

- provide good information to people about SDS
- assist people to make informed decisions about the support they want
- ensure people's needs and wishes are recognised during their care assessment and while making a plan for their support
- offer people the 'four options' of SDS, so they can choose how much control they want to have.

The Four Options

The Council must offer the four options to everyone they are going to provide support to. This includes people living with dementia. The four options are:

1. **The Council gives you funds to organise and pay for the support of your choice. This is called a Direct Payment.**
2. **The Council or a service provider handles the money but you decide what it is used for.**
3. **You allow the Council to arrange your support.**
4. **Any combination of options 1, 2, or 3.**



What are the benefits of SDS for people living with dementia and carers?

People living with dementia and carers can choose the option that suits their life and needs best. You can choose the option that gives you the level of control and responsibility that you are happy with. Every person living with dementia is an individual; what they want in their lives and the type of support they require is unique too. SDS gives people living with dementia and carers the chance to have more of a say and work with professionals to plan the right support for them. You can use SDS to manage how you receive paid-for dementia support from any provider, including Alzheimer Scotland.

How do I access Self-Directed Support?

If you are interested in SDS, you can get in touch with the social work department of your local authority. If you already receive support, you can ask your Social Worker about Self-Directed Support.

To find out more about SDS, visit our website at www.alzscot.org or call our 24 hour, freephone Dementia Helpline on 0808 808 3000.

Citizenship – be heard!



Scotland's third National Dementia Strategy was launched in June 2017. We want to ensure that the key commitments of the three strategies are embodied in access to, and delivery of, dementia care and support. There are 21 commitments in the most recent National Dementia Strategy (2017-2020). The majority of these fall into one or more of the following areas:

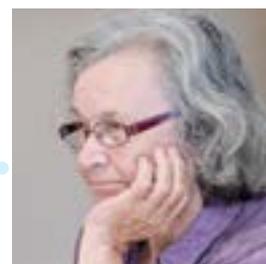
- Getting a diagnosis
- Post-diagnostic support
- Coordinating the care and support you need to live well in your community
- Improving the delivery of care for people with dementia in hospitals
- Developing better ways to coordinate care for people with advanced dementia, and dementia at the end of life.

In autumn 2017, we launched our national drive to support people with dementia and carers to be heard and recognised by local decision-makers across the country. Since then, we have been hosting local engagement events across Scotland, to find out more about the experiences of people with dementia and carers when seeking, and using, dementia care and support. Our key focus has been the areas outlined above. We've held over 50 events, with more still to come, and over 1,000 people have taken the time to talk to us. Thank you to everyone who has come along to, or otherwise participated in, our local engagement so far.

It's become clear that, while Scotland has seen some great developments in dementia policy in recent years, there is a very real gap between the information, care and support that should be accessible and people's day to day experience of living with dementia. As Scotland's leading dementia organisation, we have a duty to better understand that gap, as well as helping to bridge it.

However, we don't just want to gather experiences – although that's vital part of the process. We want to support people with dementia and carers to have a strong, collective voice in their local communities – a voice that encompasses many experiences and perspectives. A voice that is heard by local decision-makers and influences decisions made about statutory services and other forms of support in that area. So far, we have over 20 local action groups (supported by their local Alzheimer Scotland Dementia Advisor or another member of our locality team), made up of people with dementia and carers, informing this campaigning and driving it forward.

Scotland's 31 Health and Social Care partnerships, each overseen by an Integrated Joint Board, are responsible for delivering most of this new national strategy and the commitments therein. They are significantly constrained by extremely tight budgets and rising demands across all of health and social care. We want to work with them to improve their understanding of dementia and recognise the ways in which longer-term, and better targeted, forms of support can help people to live better for longer.



We want you to be heard in your local community. We want you to be able to influence decisions about the services and support that affect you. To find out more, and to get involved, visit www.alzscot.org/getinvolved/campaigning or call our Dementia Helpline on 0808 808 3000.



Volunteering

Giving something back – our Befriending Connexions projects in Borders and Fife

By Kirsty Yanik, Communications Manager, Alzheimer Scotland

Alzheimer Scotland has a number of befriending projects across Scotland, including the Knowing Me-Knowing You project in North and South Lanarkshire, our Connect2 project in Edinburgh and the Lothians, and our longstanding Forget-Me-Not project (which supports people with dementia in care homes and hospitals) in Glasgow and East Dunbartonshire. Our newest befriending project is called Befriending Connexions and is based in both Fife and Scottish Borders. The project is funded by the People's Postcode Trust (supported by players of People's Postcode Lottery).

The need is clear. There are over 6,500 people with dementia in Fife and almost 2,500 in the Borders. Each year, over 1,300 people are diagnosed with dementia in Fife and over 500 in Borders. Both localities cover large and varied geographic areas, much of which is rural; traditional support services for people with dementia can be thin on the ground and difficult to reach, particularly with limited public transport and where the person with dementia has no access to a car.

Unfortunately, it's all too common for people with dementia and their carers to become isolated. Befriending Connexions wants people with dementia to be able to keep doing the things they love, get out and about, and enjoy being part of

their local community. Befriending supports and encourages the person with dementia to feel more confident in taking part in social and community-based activities, lessens their isolation and helps to keep them connected for as long as possible.

Befriending volunteers come from all walks of life. Many are retired, looking to 'give something back' to their local community with the free time they now have available. Some are between jobs, looking to befriending to help bolster their CV and improve their experience around supporting people living with dementia. Our befriending volunteers receive extensive training in a range of topics, including an introduction to dementia, understanding delirium, and moving and handling. In Fife, a group of older pupils at Waid Academy are looking to set up a befriending café in their school and have received £3,000 in funding from the Youth Philanthropy Initiative to support this.

Befriending Connexions in Fife recently held its first Befriending Café at our Kirkcaldy Dementia Resource Centre, to thank its current volunteers and reach out to new ones. The event was a great success, with around 30 people coming along on the day, many of whom were new to the project (and to Alzheimer Scotland) and keen to find out more.



Volunteer retires after 8 years managing charity shop in Forres

By Geraldine Ditta, Head of Locality, Alzheimer Scotland

A well-known charity volunteer has stepped down from her role and retired after eight years of managing the Alzheimer Scotland's charity shop in Forres.

Inspirational Barbara Vesco, known to everyone as 'Babs', has been a dedicated member of the volunteer team supporting the leadership of the shop on the High Street for the past several years, helping to build a strong customer base.

Barbara celebrated her retirement with colleagues in-store and was presented with flowers and a beautiful Alzheimer Scotland tartan shawl, in recognition of her many years of hard work and dedication to supporting people living with dementia locally.

Megan Robertson, Community Fundraiser for Moray and the Highlands, said: "Babs has been a valued volunteer and friend to Alzheimer Scotland in Forres for the past eight years and we thank her for all that she has supported and achieved.

"Babs chose to support Alzheimer Scotland because she wanted to give something back to her community and was really impressed by the amount of funds which were invested back into Alzheimer Scotland locally to help support people living with dementia and their families from the shop. Babs is a true inspiration to us all and we are truly grateful for her hard work over the years. Happy retirement from everyone from Alzheimer Scotland!"



Every little counts. Help us with our newest corporate partnership, Argos



Can you give us just two hours of your time? We're working in partnership with national retailer Argos, alongside our sister charities Alzheimer Society and the Alzheimer's Society of Ireland, to raise vital funds for our community-based support and activities. It's a fantastic way to try out volunteering, as well as a great chance to meet new people and make a real difference for people living with dementia here in Scotland

Becoming a volunteer for Alzheimer Scotland can help support people living with dementia their families and carers in many positive ways. From volunteer roles in one of our offices to supporting our work in the community, there are lots of different opportunities to utilise your existing skills and to

learn and develop new ones. If you are keen to hear more about any of the above volunteering opportunities or to learn about other volunteering opportunities that are local to you, please contact Julie Penn, Volunteer Manager, Tel: 0131 551 9356 or visit www.alzscot.org/volunteering/why_volunteer

Fundraising corner



Staff getting involved

Christine Macleod, who works as a Daycare Organiser at the Alzheimer Scotland Solas Day Centre in Stornoway, climbed the Clisham (799 metre peak) with her close friends for support, as part of her ongoing fundraising for Alzheimer Scotland Lewis and Harris. The climb followed an earlier 'soup and pudding' fundraiser which raised £1,200.

Marion MacInnes, Service Manager for Alzheimer Scotland Lewis and Harris, said that Christine was a great example of the dedicated staff and volunteer team that support the local service, commenting "We rely heavily on local fundraised income to make sure we can continue to support as many people living with dementia and their families as possible. Contributions such as this are an amazing help and we're all very proud of Christine's achievement."



Skies the limit when it comes to fundraising challenges

Elizabeth Davidson, decided to celebrate her 70th birthday by undertaking a Zip Slide over the River Clyde, whilst raising funds for Alzheimer Scotland. Elizabeth had walked the West Highland Way with a group of family and friends for her 60th birthday and wanted to mark her 70th with another unusual experience. Elizabeth commented "As our ageing population grows, I realise how important it is to fund research but also to care for those who already have a diagnosis and the families who care for them." Elizabeth urges everyone to get involved and not be too shy to ask for help.



Son heads across Canada and back, to pay tribute to his parents

Graham Chappell begins an epic 10,000-mile road trip as he takes on the Trans-Canada highway in memory of his late parents, who met in Montreal more than 60 years ago. Graham, a Graphic Designer, had hoped to do the journey, one of the longest road trips in the world, with his dad Peter. However, Peter was diagnosed with dementia and sadly passed away last April, just a year after Graham's mum, Jean, who also died from a dementia-related illness. Graham plans to produce a picture book detailing his trip, with a portion of the profits going to Alzheimer Scotland. "I feel I need to say goodbye to Dad and do it properly" said Graham. "My dad was always keen to support Alzheimer Scotland, so £3 from each book sale will go to them."



Amazing Audrey and the Global Odyssey Challenge

Ultra-marathon runner Audrey McIntosh has raised over £34,000 for Alzheimer Scotland in recent years by setting herself extreme challenges as part of her Global Odyssey Challenge to run 100k in every continent.

The 54-year-old mother of two took up running in her 30s when her husband was unwell, starting with 5k and 10ks and then caught the running bug. Before long Audrey was running all over the country and in 2013 made running history when she became the first Scotswoman to complete 100k in Antarctica.

"It gives me greater motivation if I'm raising money for a charity which I have a connection with and dementia is a cause which is close to my heart as it has affected my family and my husband's family."



Why not join #TeamAlzScot and challenge yourself to take part in a fundraising event in 2018. Whether you're taking part in your very first bake-off or are running your 50th marathon, we'll be there to support you.

Visit the Alzheimer Scotland fundraising events page here www.alzscot.org/fundraising/events/sponsored_events or if you have any questions about sponsored events, call the events team today on 0131 243 1453 or email events@alzscot.org



Photo by Laura Fuhrman

Leave a gift in your will

Help us make sure the next generation
don't face dementia alone.

For more information about making
a donation in your will, contact the
fundraising team on 0131 243 1453 or
email them at fundraising@alzscot.org

Making sure nobody faces dementia alone.

Dates for your diary



September 2018

1	Angus Memory Walk	Angus
1	East Dunbartonshire Memory Walk	East Dunbartonshire
2	Highland & Morag Memory Walk	Highland
8	Borders Memory Walk	Borders
9	Ayrshire Memory Walk	Ayrshire
9	Dundee Memory Walk	Dundee
9	Great North Run	Newcastle
9	Pedal for Scotland	Scotland
15/16	Spartan Race	Scotland
16	Perth Memory Walk	Perth
16	Fife Memory Walk	Fife
16	Forth Valley Memory Walk	Forth Valley
16	Edinburgh Kiltwalk	Edinburgh
20	Scotland's Dementia Awards	Glasgow
22	Lanarkshire Memory Walk	Lanarkshire
23	Inverclyde Memory Walk	Inverclyde
23	Dumfries Memory Walk	Dumfries
23	Midlothian Memory Walk	Midlothian
23	Scottish Half Marathon + 10k	Musselburgh
23	Loch Ness Marathon	Loch Ness
27	Alzheimer Scotland Golf Day	Edinburgh
29/30	Great Scottish Run	Glasgow
30	Aberdeen Memory Walk	Aberdeen
30	Glasgow Memory Walk	Glasgow

October 2018

21	Forth Road Bridge Abseil	Forth Rail Bridge
26	The Forget-Me-Not Ball	Glasgow
27	Frank's Law - Sporting Dinner	Dundee

November 2018

9/10/11	Supernova Kelpies 5k	Falkirk
12	Staff, Volunteers & Membership Conference,	Glasgow
27	The Crystal Ball	Edinburgh

December 2018

10	Alzheimer Scotland Christmas Lecture	Glasgow
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**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.

Make your mark

raise money for people living with dementia



**Alzheimer
Scotland**
Action on Dementia



Last
chance to
sign up!

Make your mark this year and sign up for a Memory Walk.

With walks taking place across the country you are sure to find one near you.

www.memorywalksscotland.org

or call 0131 243 1453

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