

For Carers, by Carers

Further information and resources



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NDCAN

The National Dementia Carers Action Network (NDCAN) is a network of unpaid carers and former carers from across Scotland who all have experience caring for someone with dementia. It is funded by Scottish Government and hosted by Alzheimer Scotland.

NDCAN exists to strengthen the voice of carers of people with dementia and to raise awareness of the issues that impact on them. We have a core belief that carers should be a key part of the design and delivery of policy and practice. We believe services should acknowledge carers' unique understanding of the people they care for as valuable and equal to that of professionals.

You can find NDCAN online at: <https://www.alzscot.org/ndcan> or on Twitter: @NDCAN_Scotland

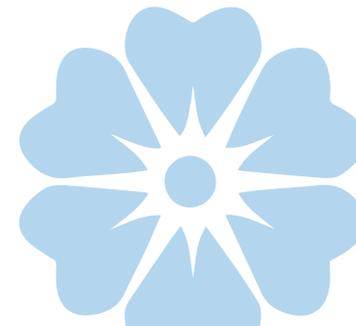
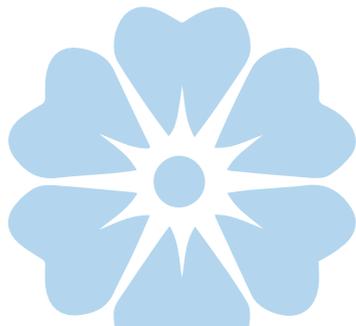
How did these leaflets come about?

In 2016, members of NDCAN took part in a conference on building resilience amongst family carers. We became interested in helping other carers of people with dementia to be more resilient by sharing our knowledge and experiences of what has helped and worked for us.

With 'For Carers, by Carers', we share experiences of what has helped carers in Scotland to get through the day and cope with adversity. We offer words of encouragement, tools and tips. This is not a professional advice guide. This is what has worked for us and the wider carers we heard from.

What helps one person may not be useful to another, so we offer a range of voices and opinions from different carers. Some of the things inside may not be useful to you. Hopefully many will.

These booklets are carers speaking to other carers. From us to you.



We hope you find the hints and tips in these resources useful in helping you to look after yourself, cope with stressful times and make the most of your time with the person you care for. We know it's important to have a range of resources at your fingertips, therefore we have put together an overview of some of the resources that carers have told us have helped them. We hope they help you too. We always recommend that you seek professional advice and support.



Available Online

1. Alzheimer Scotland website: www.alzscot.org
2. NHS Health Scotland dementia resources for professionals and carers: www.healthscotland.com/topics/stages/healthy-ageing/dementia-resources.aspx
3. The Care Inspectorate guide 'Come On In' to help people make the most out of visiting a loved one in a care home: www.careinspectorate.com/images/documents/News/Come_on_in_-_Staying_connected.pdf
4. Playlist for life allows you to create a personalised playlist: www.playlistforlife.org.uk
5. Alzheimer Society's Talking Point forums can be a good place to speak to other carers: forum.alzheimers.org.uk/
6. Facebook has many closed carer's groups you can join

Available in Print

1. Caring for a Loved One with Dementia: A Mindfulness-Based Guide for Reducing Stress and Making the Best of Your Journey Together by Marguerite Manteau-Rao
2. The Selfish Pig's Guide to Caring: How to cope with the emotional and practical aspects of caring for someone by Hugh Marriot

3. Where Memories Go: Why Dementia Changes Everything by Sally Magnuson
4. Contented Dementia: A Revolutionary New Way of Treating Dementia: 24-hour Wraparound Care for Lifelong Well-being by Oliver James
5. The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease, Related Dementias, and Memory Loss by Nancy Mace and Peter Rabins
6. Dementia Positive by John Killick
7. Being Mortal: Illness, Medicine and What Matters in the End by Atul Gawande
8. And Still the Music Plays: Stories of People with Dementia by Graham Stokes
9. Keeping Mum: Caring for Someone with Dementia by Marianne Talbot
10. 10 Helpful Hints for Carers: Practical Solutions for Carers Living with People with Dementia by June Andrews and Allan House
11. Living with dying: finding care and compassion at the end of life by Laura McCartney
12. Dancing with Dementia: My Story of Living Positively with Dementia by Christine Bryden

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