

Annual Conference programme

This year the conference theme is 'Celebrating 40 years of action on dementia', which commemorates our 40th anniversary. The programme will explore a range of topics; from Brain Health to the future of dementia hearing from expert panellists from across the dementia community. The conference will also look at some of the innovative support and projects that are taking place in Scotland today, to help people living with dementia, their families and carers.

Item	Time	Presenter(s)
<p>Doors open</p> <p><i>Registration, tea & coffee and an opportunity to browse the exhibition stands, posters & clinics</i></p>	9:00 – 10:00	
<p>Welcome</p>	10:00 – 10:20	<p>Margaret McCallion, Member Scottish Dementia Working Group</p> <p>Henry Simmons, Chief Executive, Alzheimer Scotland</p>
<p>Ministerial address</p>	10:20 – 10:35	
<p>Introducing Brain Health Scotland</p> <p><i>Opportunity to learn more about the aims, objectives and implementation of Brain Health Scotland</i></p>	10:35 – 10:55	<p>Professor Craig Ritchie, Director, Brain Health Scotland</p> <p>Director of the Centre for Dementia Prevention and Professor of Psychiatry of Ageing, University of Edinburgh</p>
<p>Looking forward</p>	10:55 – 11:15	<p>Henry Simmons, Chief Executive, Alzheimer Scotland</p>

<i>Hear more on Alzheimer Scotland's future hopes and aspirations</i>		
Tea & coffee break <i>Opportunity to browse the exhibition stands and posters</i>	11:15 – 11:35	
Breakout presentations & practical workshops* <i>Choose to attend either a breakout presentation or the practical workshops. The practical workshops are specifically tailored with the interests of people with dementia and carers in mind</i>	11:35 – 12:35 (*practical workshops will finish early to benefit people who may need a longer lunch break)	Further information below
Lunch <i>Opportunity to browse the exhibition stands and posters</i>	12:35 – 13:30	
Breakout presentations & practical workshops* <i>Choose to attend either a breakout presentation or the practical workshops. The practical workshops are specifically tailored with the interests of people with dementia and carers in mind</i>	13:30 – 14:30 (*practical workshops will finish early to benefit people who may need a longer coffee break)	Further information below
Tea & coffee break <i>Opportunity to browse the exhibition stands and posters</i>	14:30 – 14:50	
Question Time: Looking to the future; what's next for dementia? <i>This session will comprise of Scottish Government representatives and expert panellists from across the dementia community answering a mixture of questions sent in from delegates, as well as some live questions on the day</i>	14:50 – 15:55	Chaired by Mike Edwards, Author and former TV news journalist Jan Beattie, Executive Lead for People Development Alzheimer Scotland Mike Perry, Member

		Scottish Dementia Working Group Plus others to be confirmed
Close <i>Reflections on the day and moving forward together</i>	15:55 – 16:00	Henry Simmons Chief Executive, Alzheimer Scotland

Breakout presentations & practical workshops

- Breakout presentations and practical workshops will run at the same time; however some practical workshops will finish earlier to allow delegates the opportunity to take a longer break at both lunch and in the afternoon
- **Practical workshops** will run in both the morning and afternoon and delegates can visit more than one practical workshop during each session

Breakout presentations <i>Short presentations followed by audience question & answers.</i>		
Session focus	Description	Chair & speakers
Culture, music and arts	This session will look at a selection of cultural and creative projects and partnerships that have taken place across Scotland	Chaired by Dr Margaret Brown Depute Director, Alzheimer Scotland Centre for Policy and Practice, University of the West of Scotland
Practice innovations	This session includes a collection of presentations which will look at various innovative practices taking place across Scotland	Chaired by Barbara Sharp, Policy & Practice Consultant, Alzheimer Scotland

Intergenerational work	This session will comprise of a series of presentations, showcasing some of the special intergenerational innovations taking place in local Scottish communities	Chaired by Geraldine Ditta, Executive Lead for Localities, Alzheimer Scotland
Dementia: attachment matters	We hear a lot about the importance of attachment in early life. We're learning now that connecting to an attachment figure is important in later life too, particularly when people's vulnerability increases. For people living with dementia, attachment can become a significant source of comfort, security and safety. This session will explore what this means for someone living with dementia, for families and for support services	Jan Beattie, Executive Lead for People Development Alzheimer Scotland

<p>Practical workshops <i>Practical and interactive sessions specifically tailored for people living with dementia, their partners, families and carers.</i></p>		
Session focus	Description	Chair & facilitators
Ask an Allied Health Professional	Are you worried about falls, good footcare, eating well and keeping physically active? Perhaps you have questions about communication or looking for tips on how to adapt your everyday environment? Our Allied Health Professionals can help to answer your questions. Choose to speak with a: <ul style="list-style-type: none"> - Dietitian - Occupational Therapist - Physiotherapist - Podiatrist or - Speech and Language Therapist 	

How to look after yourself	Come along to our practical sessions which aim to help carers and people living with dementia to take time to be good to themselves	
Money, Legal Matters and Self-directed Support	Discuss a topic important to you, including: <ul style="list-style-type: none"> - Paying for care - Power of attorney - Guardianship - Social assistance/benefits - How self-directed support works - Contracting with an agency or voluntary organisation - Employing your own personal assistant - Managing your own support and funding 	
Products and technology workshop	This is your opportunity to ask about a wide range of different products and technology which are specifically designed to support the independence of people with dementia. These include products to aid safety around the home	

Lunchtime clinic:

Ask a Dementia Advisor or Helpline Volunteer	Our Dementia Advisors and Helpline Volunteers will be on hand at the conference to speak with you. They can provide information and emotional support, connect you to local groups and services, help your local community to become more dementia friendly and help you to have your voice heard with local policy.
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