

Alzheimer Scotland Fife Services Newsletter July 2020

Thank you to everyone who took part in our Dementia Awareness Week, literally hundreds of people flocked online for the live quiz, baking and singing. Grateful thanks also to everyone who donated. We like many charities are struggling at this time and every penny counts, so a big thank you.

Online Community Groups

We now have 30 online groups. Everything from exercise to reminiscence, bingo to book clubs, singing to armchair travels. People tell us they really value these opportunities to meet other people and be part of a community again.

The full list is on the website at <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/fife-dementia-resource-centre>

Phone 01592 204541 to join the groups or to receive a paper copy.

Volunteer Telephone Befrienders.

If groups are not for you and you would like a regular call, we do our best to match you with someone who shares your interests, to talk with you about things you remember and enjoy. To join call 01592 204541 or the Helpline 0800 808 3000

Dementia Advisors

Are here to support people living with dementia, their families and carers, They can help apply for benefits, make an emergency plan, find out about local supports, offer a listening ear, anything to do with dementia at all, give them a call:

01592 204541

fifeservices@alzscot.org

New : Online Carers Get Together

Join us on the 2nd Thursday of the month from 2pm. All welcome call 01592 204541 to join.

Dementia Dogs Project

Fun online canine activities for animal lovers.

- Doggie bingo: the dog picks the bingo balls
- scavenger hunt: the dog picks a colour for you to match
- virtual dog walk
- one to one call with dog and handler

For more details or to join call Nadia Sutherland, the Dementia Dog Project on 07771 358843 or email nsutherland@alzscot.org

Free GPS for those at risk

We have secured a small amount of funding for GPS's, if you or someone you support is at risk of becoming lost, get in touch 01592 204541

Fair Care Campaign

Earlier this year we asked people living with dementia and their carers for their experiences of being in hospital. The summary has now been sent to our Head of Policy to take forward and to our NHS Fife Dementia Nurse Consultant. If you would like a copy of this report, please get in touch.

Many people highlighted the need for greater communication and connection between hospitals and care homes. I am sure we are all saddened by the terrible losses in Care Homes recently, the isolation and the distress. We think this highlights the injustice and lack of health equality faced by many people living with dementia. We would like to call upon anyone who has yet to sign up to the Fair Care Campaign to do so, Details are here:

<https://www.alzscot.org/our-work/campaigning-for-change/current-campaigns/fair-dementia-care>

or call 01592 204541

Making sure nobody faces dementia alone.

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Connecting Scotland

The Scottish Government are giving away computers / tablets and internet packages along with 6 months of tuition/mentoring to help get started, to people who don't yet have one and want to get better connected.

<https://connecting.scot/for-individuals>

The eligibility criteria is:

- a low income and
- clinically at risk including over 70's and people living with dementia

Apply as soon as possible by calling:

Fife Council Covid Helpline 0800 952 0330

AbilityNet

If you are having difficulties connecting to different platforms or just need a bit of tech advice, AbilityNet have a free helpline. They specialise in supporting people who have additional needs and can help with issues like reduced sight or hearing. They can help you to use the platforms we use for our groups and if you want, have a practice run through with you.

Ability Net Helpline: 0800 048 7642
<https://abilitynet.org.uk/>

Keeping safe

Infection is often spread by our hands. We should try to keep our hands and especially our fingertips clean as we use our fingertips when eating. Try to avoid your fingertips making contact with surfaces outside our home if you can. Try opening doors with your palms or elbows, press doorbells with a knuckle, and don't share things like mobile phones. It is amazing how often we do this, but try to avoid touching your face, rubbing your eyes, itching your nose as these are all routes for infections getting into the body. When you use hand sanitiser it is important to follow the same guidelines as you would to thoroughly wash your hands with soap and water. Rub sanitiser over

both hands, including between your fingers, around your thumb and under and around fingernails until they are dry. Sanitisers only work on clean, not sweaty, hands

Information for people living with dementia and their carers during the outbreak can be found here:

<https://www.alzscot.org/information-during-coronavirus>

Practical support during lockdown

If you need help with shopping, collecting medicines, walking the dog due to self-isolating, call the Fife Council dedicated covid phone line:

0800 952 0330 Monday-Friday 9-5
covid.communityhelpline@fife.gov.

Fife Fire Service

Are continuing to provide their free home safety assessment during the lockdown. They will also install a fire alarm if you need one for free too. To arrange a safety visit, call the Dementia Advisors on 01592 204541

Fife Council Social Work

Meals on wheels requests are continuing to be arranged within 24 hours, and anyone requesting a main meal can also request a teatime sandwich, cake, piece of fruit.

Community alarms are still being arranged, these are a simple and effective way to call for help.

People who meet the Councils eligibility criteria of 'critical' are getting assessed for support. Critical means a person is at serious risk: constant falls, serious neglect, life threatening patterns, or because the help they get from family/carers will collapse without further support.

Social Work Contact Centre 03451 551 503

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