

**Contact us**  
Alzheimer Scotland  
Fife Dementia Resource Centre  
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[www.alzscot.org](http://www.alzscot.org)

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Making sure nobody faces dementia alone.

# Supporting you in Fife





## What Alzheimer Scotland can do for you

Welcome to Alzheimer Scotland's support in Fife. We want to make sure nobody faces dementia alone, through every stage of the condition. From the concerns you may have prior to diagnosis through to the advanced stages of dementia, we're here to support you, or the person you care for, to live well with dementia.

This leaflet gives a flavour of what we provide in Fife and we would welcome the opportunity to speak with you to provide you with more detailed information on how we can support you. Please contact us using the details on the back of this leaflet.

Or, if you need to talk to someone outside office hours, our 24 hour Freephone Dementia Helpline is always there – call 0808 808 3000. Please note: if you have chosen to hide your caller ID (so that your number will not show up on the display of any telephone that you call), please dial 1470 before calling the Dementia Helpline. Otherwise we will be unable to receive your call.

Our dedicated, experienced and highly-trained team can give you the information, advice and support you need to live well with dementia, to make important decisions about what matters to you and to plan for your future.

We look forward to meeting you.

**Caroline Mitchell-Wemyss**

**Localities Leader, Alzheimer Scotland, Fife**



## About

Alzheimer Scotland believes nobody should face dementia alone. We champion the rights of people with dementia and carers. We fund and carry out vital dementia research towards prevention, better standards of care and ultimately to finding a cure, whilst delivering high-quality, dementia-specific information, activities, care and support across the country. This includes our network of Dementia Advisors, a 24 hour Freephone Dementia Helpline and over 19 Dementia Resource Centres. All of this vital work relies on your fundraising and donations – thank you.

## Get involved

You can support Alzheimer Scotland in a variety of ways:

- Volunteer with us
- Fundraise for us
- Become a Dementia Friend
- Get involved in our local campaigning
- Take part in dementia research
- Become a member.

To find out more, visit [www.alzscot.org](http://www.alzscot.org) or get in touch via the contact details on the back page.



## Our activities in Fife

We have a range of community groups throughout Fife offering a variety of meaningful activities for people living with dementia, their families and carers. Some examples of our groups are:

- Musical Memories
- Gardening
- Pet Therapy
- Crafts
- Strength & Balance
- Walking
- Football Memories
- Baking
- Golfing Memories
- Social
- Health & Wellbeing
- Info Cafés

All of our activity groups are accessible on a drop in basis. People requiring support and assistance with personal care, mobility or personal safety can still attend with a companion or carer. Details of what's on can be found in our programme of activities, on the Alzheimer Scotland website or on our Facebook page: Alzheimer Scotland – Fife. Please get in touch if you need further details. Referrals are required for our Day Care Service and Outreach Service. Self-referrals are also welcome.



"It's great to talk to people in the same situation as you and share the load. I can't imagine doing this alone."

Nancy, whose husband has dementia



## How our support and services are funded

Many of the services we offer are funded through our local fundraised income including our Dementia Advisors. These services are free for everyone although we do welcome any donations in order to sustain this level of local support.

The Link Worker services are commissioned and funded by the local Health and Social Care Partnership, whilst our Day Service can be funded directly through the use of Self-Directed Support (SDS) and personal contributions. For more information on SDS and to discuss this option, please contact your local team.



*"With the right support, it's possible for people with dementia to keep doing the things they enjoy, or even discover new interests, to get the best out of life."*

Anne, who lives with dementia

## Our Dementia Resource Centre

We have a Dementia Resource Centre based in Kirkcaldy at Hill Street, KY1 1AH (accessed behind stance 7 of the bus station) where people can drop in to get advice and information or participate in one of our many activities.

## Dementia Advisors

The Dementia Advisors for this locality can be found on our website or by calling the centre on 01592 204541. Our Dementia Advisors offer confidential advice and support to people with dementia, their families and friends, as well as being involved in dementia-friendly activities in the local community. Our Dementia Advisors can also signpost you to other services in your area.

## Day Care Service

Our Day Care Service is based in our Dementia Resource Centre in Kirkcaldy, where we offer a wide range of activities for people living with dementia within a welcoming and safe environment.

## Outreach

Throughout Fife we offer an Outreach Service that supports people living with dementia to work towards short-term goals, as well as building confidence and skills to enable them to participate independently in activities that they have always enjoyed. Our Outreach Service can support people living with dementia in many ways, including:

- Support to travel independently
- Reintegration into your community
- Help taking up new activities
- Support to meet other people
- Guidance on using new technology
- Establishing ways to cope with symptoms.