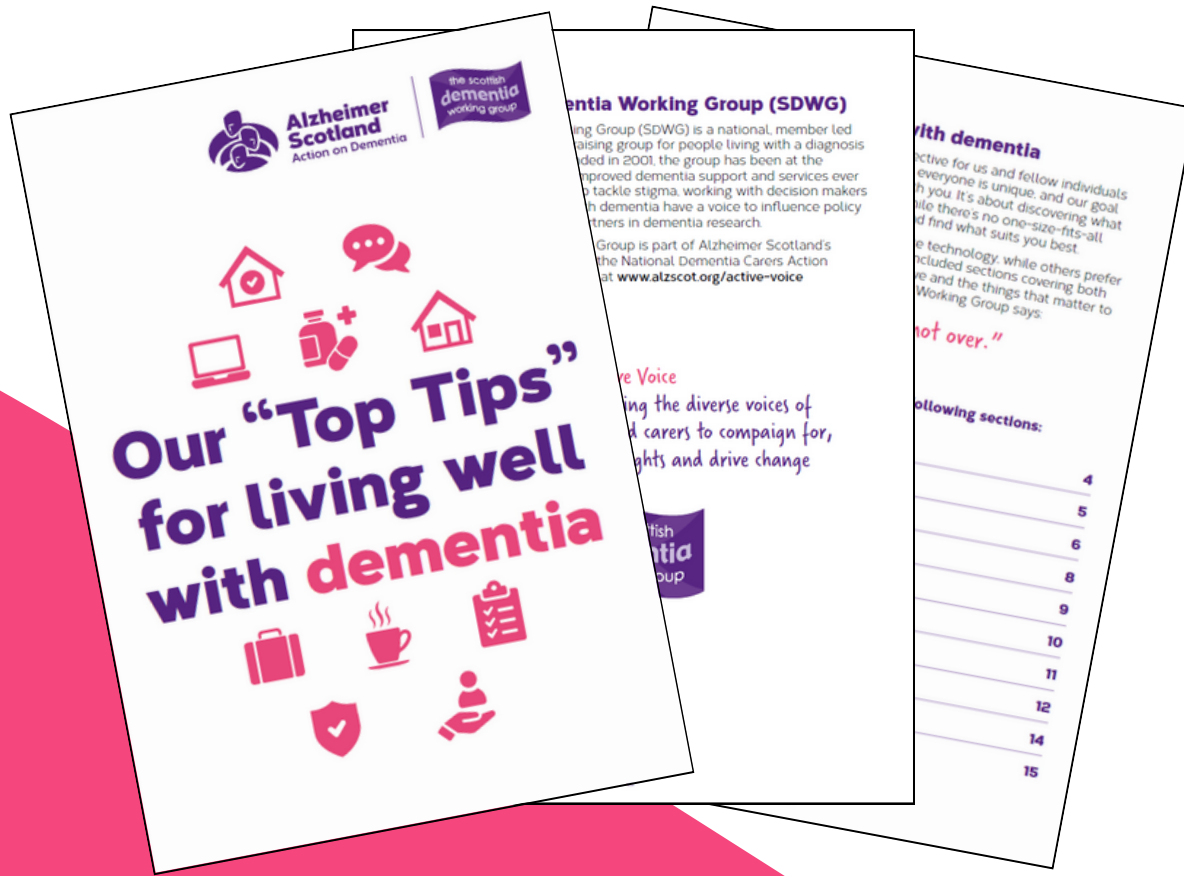


## Scottish Dementia Working Group (SDWG) Members and the Top Tips Booklet

This booklet was originally compiled in 2015 by members of the Scottish Dementia Working Group (SDWG). Nine years later, it was felt essential to refresh the content to reflect advancements in technology and everyday living tools. This ensures it remains relevant and practical, whilst also recognising that everyone's needs are unique and finding what works best. The aim is to help establish the best approach that fits the individual's specific situation. These advancements are immensely valuable, offering vital support to individuals living with dementia and their caregivers while promoting greater independence. The starting point for the new edition was a message from the Scottish Dementia Working Group members:



"We're sharing tips that have proven effective for us and fellow individuals living with dementia. We recognise that everyone is unique, and our goal is to provide strategies that resonate with you. It's about discovering what works best for your specific situation. While there's no one-size-fits-all solution, we encourage you to explore and find what suits you best."

## What we did

Members of SDWG set up a short life working group, with a clear plan over 4 online meetings to review and refresh the Top Tips booklet, along with our AHP colleagues and editors Fran Hamilton and Elaine Hunter. Members of the group leading this work were:

- Keith Guy
- Rynagh Flynn
- Kenny Moffat
- Margaret McCallion
- Stuart Dougall

This resource demonstrates the power of peer support, offering hope and practical strategies to individuals diagnosed with dementia. By improving day-to-day wellbeing, it highlights the importance of peer-to-peer initiatives. Members personal experiences have produced these hints and tips, and you can't top that.

## The booklet is organised into sections for ease of use providing practical tips covering the following:

- Around the home
- At home in the kitchen
- Reminders around the home
- Making changes to your home
- Home safety and security
- Technology
- Managing medication
- Travel Tips
- Engaging with companies and service providers
- Where to get support when you need it

Members understand that some people embrace technology, while others prefer alternative approaches. That's why we've included sections covering both perspectives.

**"Top Tips for living well with dementia booklet. It's full of practical tried and tested tips to help everyone make simple changes to help with everyday living." – Fran Hamilton, O/T and Co – Editor**

Now the booklet is completed, designed and printed, Active Voice are keen to share this with colleagues, partners and most of all people diagnosed with dementia and their families. Members have recorded a short film promoting the booklet and as we hit conference season, we will be hoping the booklets fly off the tables and are shared with people in our communities.

As part of our own evaluation we have linked with Alzheimer Scotland PDS Leads Janice Stewart and Julia McKenzie, they will both consult with people recently diagnosed with dementia at the Pre and Post Diagnostic Support groups that they currently run and will give feedback on the booklet from attendees. This has been a great process that has been member led, there was a clear plan, a purpose and outcome. We now have the bug and have just started to review another SDWG resource 'Travelling safely with dementia' supported by two Occupational Therapy Students who are on placement with Active Voice – watch this space!!

*"Keep doing the things you love and the things that matter to you." – Rynagh Flynn, SDWG member*

*"A change in the previous design was to highlight the me in dementia. This is because personhood and identity are so important, we need to see the Me in dementia." – Stuart Dougall, SDWG Member*

*"Being involved in this review of the Top Tips has given me an opportunity to share what works for me and hopefully help other people" – Margaret McCallion, SDWG Member*