

Speaking out

Alzheimer Scotland represents people with dementia and their carers at every level. We campaign for:

- increased and more flexible services
- higher standards of care
- improved protection for the legal and human rights of people with dementia
- greater financial help.

We lobby to influence local and national government policies and constantly monitor their impact. We also support the campaigning and awareness-raising activities of the National Dementia Carers Action Network (whose members all have experience of caring for someone with dementia) and the Scottish Dementia Working Group (whose members all have a diagnosis of dementia).

How you can help

We need £10,000 every day to provide our networks of Dementia Advisors and Dementia Nurses across Scotland, our 24-hour Dementia Helpline, the Alzheimer Scotland Dementia Research Centre, and our Reminiscence Networks. You can support our work by:

- donating regularly with a monthly gift, enabling us to plan ahead with confidence
- taking part in our fun events – or hold your own event, with the help of our Fundraising Toolkit at <http://my.alzscot.org/>
- becoming a member of Alzheimer Scotland
- leaving us a legacy or setting up a tribute fund
- becoming a Dementia Friend
www.dementiafriendsscotland.org.

Information and support

Our confidential Dementia Helpline, on Freephone 0808 808 3000 offers 24 hour information and emotional support. Call anytime to talk things over, find out about local services or for our free information pack.



www.alzscot.org

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Link with us on Facebook through our national page or one of our regional pages



Join the dementia debate and keep up to date with the latest news via our Twitter feed



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We care about dementia



Making sure nobody faces dementia alone

We care about dementia



Alzheimer Scotland – Action on Dementia is Scotland's leading specialist dementia charity, working to improve the lives and opportunities of everyone affected by dementia. We aim to be Scotland's foremost provider of dementia support services and information and to be a leading force for change.

Who are we?

Our 7,000 members are people with dementia, current and former carers, health and social care workers, plus community groups and organisations interested in dementia. They share our aims:

- to be the national voice of and for people with dementia and their carers
- to improve public policies for people with dementia and their carers
- to provide and secure the provision of high quality services both for people with dementia and for their carers.

Our work and campaigning activity is informed by our members and delivered by over 1,100 dedicated staff and 700 committed volunteers.

What do we do?

We provide direct care services, therapeutic activities and support to people with dementia and their families and carers from more than 60 sites around Scotland. We also campaign to improve public policies and services for people with dementia and their partners, families and carers.

Our specialist dementia services provide personalised support designed around each individual's abilities and interests:

- our **day care** and **day opportunities** services give people with dementia a stimulating and sociable environment with a high ratio of staff and volunteers to people with dementia. In some areas, these services are open at weekends and evenings as well as during the day, to allow carers maximum flexibility and time off from caring.
- in many areas we provide a 1:1 home support service, providing the person with dementia with care and stimulation while the carer is free to go out. We can also provide flexible care for special occasions and emergencies.

In many parts of Scotland, people recently diagnosed with dementia can benefit from a minimum of one year's support after their diagnosis from one of our **Dementia Link Workers**. The Link Worker helps people to understand the illness and manage their symptoms; provides support to keep up community connections and make new ones; helps people to meet other people with dementia and their partners and families; and helps to plan for future decision-making and support.

Our network of **Dementia Advisors** provides a local point of contact for people with dementia

and their families at all stages of their journey, from diagnosis through to end-of-life. Advisors support people with dementia and carers on an individual basis, and also support communities to become more dementia-friendly.

We offer a wide range of **community activities** across Scotland, such as dementia cafes, singing groups, sporting reminiscence groups, walking groups, cinema groups, and much more. These activities are a great way to meet other people, benefit from mutual support and talk to staff about any issues relating to dementia.

We support carers and people with dementia with information, support groups, and carer education, as well as our 24 hour Freephone Dementia Helpline.

Join Us

Our members come from all walks of life and add strength to our campaigns, petitions and initiatives. Together we can help make life better for those living with dementia.

As an Alzheimer Scotland member you will receive a copy of our quarterly magazine Dementia in Scotland, our Annual Review and regular local newsletters, as well as priority invitations for national, regional and local events, including our Members' Advisory Forums, and member discount for our annual Dementia Awareness Week conference. For more information visit www.alzscot.org/membership.