



**Alzheimer
Scotland**

Action on Dementia

Dementia Advisors

Tel: **0300 373 5774**

Email: **advice@alzscot.org**

Website: **www.alzscot.org/dementia-advisors**

Dementia Advisors

Alzheimer Scotland has a network of skilled Dementia Advisors across Scotland. They can offer you, your family or carer confidential advice and support. They work with local communities to make them more dementia friendly.

Supporting you

Our Dementia Advisors are here for you if you are:

- worried that you or someone close to you may have dementia
- a person with dementia
- caring for someone with dementia
- worried about your brain health or want to know more about reducing your risk of dementia

If you are a person with dementia, they can help you:

- cope with dementia
- connect with others who are living with dementia
- live well and keep well
- find support that's right for you
- stay active in your community

If you are a carer or family member, they can help you:

- cope with caring, and connect you with other carers
- support the person with dementia to live well and stay independent for as long as possible
- find support and services

Our Dementia Advisors run a range of therapeutic groups, as well as offer carer support and education activities in our Brain Health and Dementia Resource Centres, in community locations across Scotland, and online.

Our Dementia Advisors can also help with complex issues such as:

- the rights of people with dementia and carers
- navigating health and social care systems and accessing support
- complaints processes and challenging decisions
- issues arising with hospital admission, visiting and discharge
- issues relating to power of attorney and guardianship and other relevant legal matters
- paying for care
- advocacy to ensure your voice is heard
- benefits and money issues
- human rights and equality issues
- keeping safe in the community
- participating in dementia research

What people ask our Dementia Advisors

“How can I keep doing the things I enjoy?”

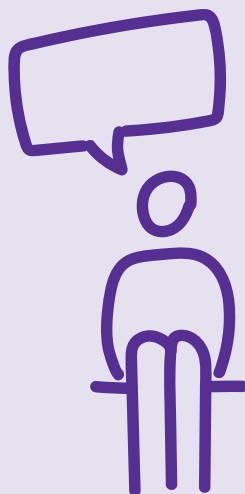
“I want to keep looking after Dad at home. Where can I get help?”

“I want to have a say in how people with dementia are supported locally – how can I get more involved in my community?”

“I need some advice on putting my legal affairs in order for the future.”

“Where can I meet and talk to other people living with dementia?”

“I’m concerned about my future care and how I’m going to pay for it.”





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About Alzheimer Scotland

Alzheimer Scotland is Scotland's national dementia charity. Our aims are Prevent, Care, Cure and our mission is to make sure nobody faces dementia alone. We provide support and information to people with dementia, their carers and families, campaign for their rights and fund vital dementia research. Find out more about our work at **www.alzscot.org**

Get in touch

- Contact our Dementia Advisors:

0300 373 5774

(Charged at a local call rate)

Monday to Friday, 9am – 5pm

Outside these hours you will be given the option to leave your details for a call back on the next working day, or to be connected to our **24 hour Freephone Dementia Helpline (0808 808 3000)**.

- Email us at:

advice@alzscot.org

- Find out more at:

www.alzscot.org/dementia-advisors