

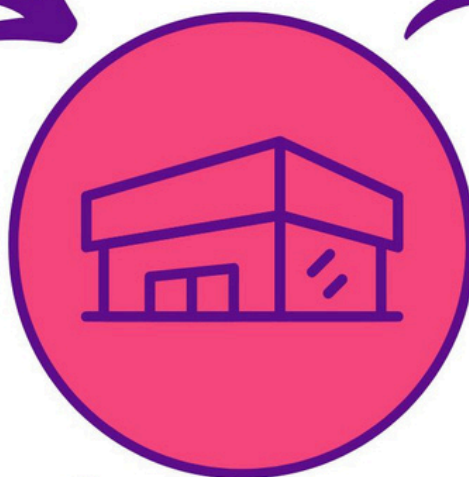
Active Voice Toolkit

Capturing everyday conversations...

Active Voice

our Centres

Have your say



Active Voice Toolkit

About this Toolkit

Welcome to the Active Voice Toolkit. This resource is designed specifically for those who are dedicated to supporting people affected by dementia.

Every day at Alzheimer Scotland, we hear from the individuals and families we support about their thoughts, concerns, priorities, successes, and challenges. This Toolkit has been developed by the Active Voice Team to provide tools that will help you gather this valuable information. We hope that by using this resource, you will gain a better understanding of the importance of the Active Voice ethos and feel empowered to effectively promote it in your work.

What is Active Voice?

At the heart of Alzheimer Scotland's work is the collective voice of those with lived experiences - whether as people living with dementia or as their carers. In essence, Active Voice is the name given to Alzheimer Scotland's collective work which is aimed at providing anyone affected by dementia the opportunity to 'Have their Say'.

Active Voice - Enabling and promoting the diverse voices of people with dementia and carers to campaign for, promote and uphold rights and drive change.

Our Active Voice network consist of three key components:

- The Scottish Dementia Working Group (SDWG)
- The National Dementia Carers Action Network (NDCAN)
- Local engagement initiatives

Our two national Active Voice groups, SDWG and NDCAN, are made up of people with a diagnosis of dementia and carers or former carers of people with dementia, and they strive to be a strong collective voice of people with lived experience across Scotland. The groups campaign for the rights of people with dementia and carers, influence policy and practice at all levels, support research, and raise awareness to challenge stigma and change the image of dementia.

Both SDWG and NDCAN welcome new members, however they also recognise that joining a national campaigning group isn't for everyone. This is why an overarching focus of the group members is to hear from the hidden and quieter voices across Scotland. Indeed, hearing from people in our localities is becoming a significant priority considering that evidence now suggests there is an alarming 'postcode lottery' in terms of the quality and quantity of dementia support and services.

Our local engagement initiatives aim to connect with individuals living with dementia, their families, and carers, enabling us to understand what matters to them as people affected by dementia.

Active Voice Toolkit

The Active Voice Team

The Active Voice Team is committed to facilitating this work and has developed this Toolkit to assist you in capturing the everyday conversations that take place with the people you support in your locality. As part of the Communications and Campaigns Team at Alzheimer Scotland, the Active Voice Team supports SDWG and the NDCAN in all their work. Additionally, they collaborate with colleagues across the organisation to help ensure that everyone affected by dementia has the opportunity to share their real-life experiences. This collective voice is crucial in determining our campaigning priorities, focus areas, and strategies.

If you have any questions, suggestions or want to find out more about facilitating local engagement, please get in touch with us at: activevoice@alzscot.org



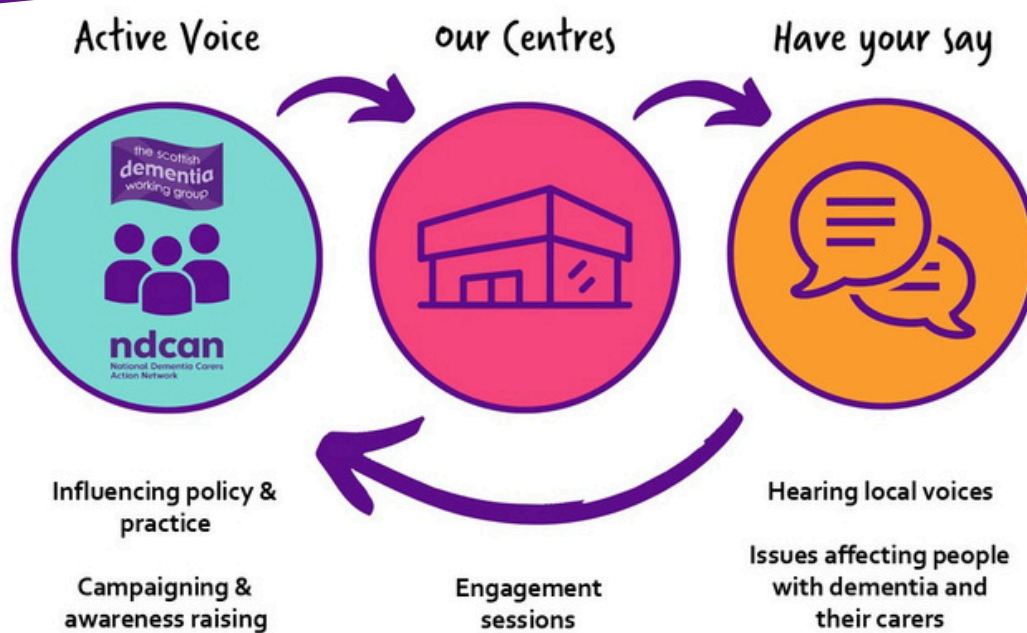
Active Voice Local Engagement Subgroup

So, at the heart of our Active Voice groups is a commitment to reaching out to the quieter voices within Scotland. Therefore, to enhance our efforts, we have established the Active Voice Local Engagement Subgroup who have a specific remit to promote and support meaningful engagement with a wide range of people living with dementia and their carers across all localities. This initiative seeks to include people from diverse values, beliefs, communities, and traditions.

'Have Your Say' sessions

One focus of the Active Voice Local Engagement subgroup is to assist Alzheimer Scotland colleagues in facilitating 'Have Your Say' discussions within established groups at Alzheimer Scotland Brain Health & Dementia Resource Centres throughout Scotland. The 'Have Your Say' engagement sessions aim to provide a platform for people affected by dementia in every locality to raise any issues, concerns and share good practice.

Active Voice Toolkit



The objectives of the 'Have Your Say' sessions are:

- Representation: The meetings will consist of people living with dementia as well as current and former carers of people with dementia, ensuring diverse representation from each locality. Whenever possible, representatives from the Active Voice Local Engagement Subgroup will attend to help facilitate discussion.
- Focus: Each meeting will be dedicated to a specific theme to encourage meaningful exchanges among participants.
- Facilitation of dialogue: A document containing 'conversation starters' will be produced prior to each meeting to guide discussions, encouraging participants to share valuable insights, experiences, and opinions.

Why is it important for people to 'have their say'?

You may be thinking, 'so what - what's the big deal about Active Voice?'

Well, providing people living with dementia and their carers opportunities to voice their experiences and perspectives is important for several reasons. First and foremost, it validates and acknowledges their personal experiences. Also, listening to people helps to identify gaps in current service delivery and areas of need, ensuring that care and support improvements are truly person-centred. And so, by providing opportunities for people to have their say, we empower them to advocate for their own rights and contribute to help shape policies that directly affect their lives.

Finally, fostering a more inclusive Active Voice framework plays a vital role in shaping Alzheimer Scotland's and SDWG and NDCAN's campaigning priorities, focus areas, and strategies. Only by enabling and promoting the diverse voices of people with dementia and carers can we ensure that the campaigning and awareness raising work of the Active Voice is driving the change in policy and practice that people affected by dementia need.

Active Voice Toolkit

Additional Active Voice resources

The Active Voice Team has developed additional resources to empower people affected by dementia to express their views. The 'Share your story' postcards provide a convenient and accessible way for people to quickly write down their key concerns. The 'Today I'm thinking about' resource allows you to capture more of what the person is thinking and feeling. Once completed, the resources can then be posted or digitally scanned and emailed to the Active Voice Team.

Templates for both resources are included in this Toolkit for you to download and print, alternatively, the 'Share your story' postcards are available to order through our staff shop.

'Share your story' postcard


People living with dementia, their families and carers tell us valuable things all the time. Use this to capture a quote or some details of an issue the person has spoken about. Ask if they are happy for their story to be shared – this can be done either anonymously or with their name and contact details to allow us to follow up with them if appropriate.

Share your story. . . Living with dementia

What helps?	What makes things difficult?
-------------	------------------------------

Name: _____
Area: _____


Return to the Active Voice Team at Alzheimer Scotland, 81 Oxford Street, Glasgow.
G5 9EP or email activevoice@alzscot.org



'Today I'm thinking about'

Some people might want to go into a bit more detail and this allows you to capture more of what the person is thinking and feeling. Alternatively, the person might want to complete this tool for themselves. It provides some prompts to encourage the person to consider what's on their mind, how it is making them feel, and what they'd like to change. Once again, this can be shared anonymously or with their name and contact details.

Today I'm thinking about



Name: _____
Area: _____

Today I am thinking about...

It is making me feel...

I want decision makers to know...

Return to the Active Voice Team at Alzheimer Scotland, 81 Oxford Street,
Glasgow, G5 9EP or email activevoice@alzscot.org

Share your story. . . Living with dementia

What helps?

What makes things difficult?

Name: _____

Area: _____

Return to the Active Voice Team at Alzheimer Scotland, 81 Oxford Street, Glasgow,
G5 9EP or email activevoice@alzscot.org



**Alzheimer
Scotland**
Action on Dementia

Today I'm thinking about



**Alzheimer
Scotland**
Action on Dementia

Name: _____

Area: _____

Today I am thinking about...

It is making me feel...

I want decision makers to know...

Return to the Active Voice Team at Alzheimer Scotland, 81 Oxford Street,
Glasgow, G5 9EP or email activevoice@alzscot.org