
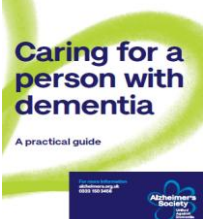



Dementia & Memory Support in General Practice

Further Resources


– Sequel to the ‘Starter Pack’ resources

Care:

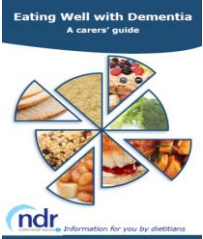

| NAME | LOOKS LIKE | PRODUCED BY | DESCRIPTION | HOW TO GET |
|--|---|---------------------|--|--|
| Self-Directed Support and Dementia |  | Alzheimer Scotland | Leaflet explaining how people can have more of a say about the help they receive, to ensure they get what’s right for them. | Available to download https://www.alzscot.org/our-work/dementia-support/information-sheets/self-directed-support-and-dementia-sds |
| Caring for a person with dementia |  | Alzheimer’s Society | Booklet which describes the different types of dementia, how dementia progresses, the caring role and where to seek support. | Available to download https://www.alzheimers.org.uk/sites/default/files/2020-03/caring_for_a_person_with_dementia_600.pdf |
| Free personal care and nursing care – a brief guide |  | Alzheimer Scotland | Informative factsheet about free care and who benefits; also explains when charges may be introduced. | Available to download file:///C:/Users/becki.ballard/Downloads/Free%20personal%20and%20nursing%20care_Aug%20202019.pdf |

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Occupation / Activity:

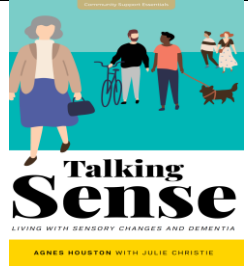

| NAME | LOOKS LIKE | PRODUCED BY | DESCRIPTION | HOW TO GET |
|------------------------------|---|---|---|--|
| Occupation / activity |  | Connecting people, connecting support: occupation matters | An interactive website where different subjects can be explored using a variety of medium. Topics include music, photos, art. Useful for cognitive stimulation and an activity that someone with dementia can enjoy doing with a friend or family member. | Website address https://dementiatogether.online/ |

Diet and Oral Health:


| NAME | LOOKS LIKE | PRODUCED BY | DESCRIPTION | HOW TO GET |
|--|---|-------------------------------|---|---|
| Eating Well with Dementia – a carers’ guide |  | Nutrition & Diet Resources UK | Provides practical advice on eating and drinking for someone caring for a relative or friend with dementia. Written by a registered dietician. | Available as a PDF from Joan at the Dementia & Memory Service, 07811 470 060. Hard copies available to bulk buy from https://www.ndr-uk.org/item/19/Dementia/Eating-Well-with-Dementia.html |
| Oral Health and dementia |  | Alzheimer Scotland | Factsheet containing practical advice about how to cope with a dry mouth, any swallowing difficulties and what to consider when going to the dentist. | Available to download https://www.alzscot.org/sites/default/files/2020-02/Oral%20health%20and%20dementia%20-%20April%202018.pdf |

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Sensory Changes:




| NAME | LOOKS LIKE | PRODUCED BY | DESCRIPTION | HOW TO GET |
|---|---|---|---|---|
| Living with Sensory Changes and dementia |  | Written by Agnes Houston with Julie Christie; published by Hammond Care | Comprehensive handbook about the sensory issues which can affect someone with dementia, from the perspective of someone living with dementia. Can be dipped into as well as read in its entirety. | https://www.hammond.com.au/images/Talking-sense.pdf |
| Ten tips to promote eye health for people with dementia |  | RNIB and Alzheimer Scotland | Simple leaflet outlining some practical tips on how to promote good eye care when you have dementia. | Available to download https://www.alzscot.org/sites/default/files/documents/0003/3284/Ten tips to promote eye health for people with dementia.pdf |

Continance:

| NAME | LOOKS LIKE | PRODUCED BY | DESCRIPTION | HOW TO GET |
|---------------------------------|---|---------------------|---|---|
| Continance and using the toilet |  | Alzheimer's Society | Factsheet which looks at the difficulties someone with dementia may experience when going to the toilet. Gives practical advice on how to both prevent and manage any incontinence, as well as providing information on the professional support available. | Available to download https://www.alzheimers.org.uk/sites/default/files/2018-10/factsheet continance and using the toilet.pdf |

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Technology and the Environment:

| NAME | LOOKS LIKE | PRODUCED BY | DESCRIPTION | HOW TO GET |
|--|---|--|---|--|
| <p>The Smart House - technology</p> | <p>Why should you visit our smart house?</p> <p>To see how you or someone you know could benefit from technology to:</p> <ul style="list-style-type: none"> • Keep you safe • Keep you connected • Keep you participating in- and outdoors • Keep you well • Keep you informed <hr/> <p>Who would benefit from visiting?</p> <ul style="list-style-type: none"> • Adults living with a disability within Edinburgh • Professionals • Families and carers  | <p>Edinburgh Community Rehabilitation and Support Services</p> | <p>The Smart House at Longstone is set up to show how technology can help in all kinds of ways and in different areas of your home. Useful resource when thinking about what tech to invest in.</p> | <p>Contact: Annie Seath, TEC Development Worker on 07892 766 465 Email: Anne-Marie.Seath@edinburgh.gov.uk</p> <p>She will advise about how they can best support during Covid-19/Coronavirus.</p> <p>The Smart House is based at 62 Longstone Street, Edinburgh, EH14 2DA.</p> |
| <p>Making your home dementia friendly</p> |  <p>Making your home dementia friendly</p>  | <p>Alzheimer's Society</p> | <p>Booklet describing how to create a home environment that will help to support someone living with dementia.</p> | <p>Available to download https://www.alzheimers.org.uk/sites/default/files/migrate/downloads/making_your_home_dementia_friendly.pdf</p> <p>Order free by post - Alzheimer's Society, 43-44 Crutched Friars, London, EC3N2AE Email: info@alzheimers.org.uk. Code 819</p> |

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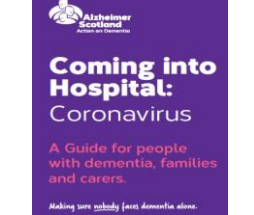

Restlessness and Needing to Walk:

| NAME | LOOKS LIKE | PRODUCED BY | DESCRIPTION | HOW TO GET |
|---|--|--------------------|---|--|
| Dealing with restlessness |  | Dementia UK | Booklet explaining why someone with dementia may become restless, and the practical steps that might help. | Available to download https://www.dementiauk.org/wp-content/uploads/2019/07/DWR-new-WEB.pdf |
| When people with dementia walk – guidance for carers |  | Alzheimer Scotland | Information sheet for carers, explaining why a person with dementia may want to walk, and what might help. | Available to download https://www.alzscot.org/our-work/dementia-support/information-sheets/when-people-with-dementia-walk |
| Sundowning (changes in behaviour at dusk) |  | Dementia UK | Booklet that describes the changes in behaviour that can occur in the early evening, for someone with dementia, a phenomenon known as 'sundowning'. | Available to download https://www.dementiauk.org/wp-content/uploads/2019/05/Sundowning-new-template-WEB.pdf |

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Covid-19 / Coronavirus:

| NAME | LOOKS LIKE | PRODUCED BY | DESCRIPTION | HOW TO GET |
|--|---|--------------------|--|--|
| Coming into Hospital: Coronavirus |  | Alzheimer Scotland | Leaflet explaining what someone might experience if they require a hospital admission during the Covid-19 pandemic. | Available to download https://www.alzscot.org/sites/default/files/2020-04/Coronavirus%20-%20Coming%20Into%20Hospital.pdf |
| Information during the coronavirus pandemic |  | Alzheimer Scotland | Up-to-date information on a range of subjects relating to Covid-19 is available on the Alzheimer Scotland website. This includes some short films. | Website address https://www.alzscot.org/information-during-coronavirus |

Further Reading:

- Dementia & Memory Support have also produced a resource called ‘Starter Pack of Resources’ which is more relevant for people who have been recently diagnosed, and ideally should be read prior to this resource.
- Edinburgh Health & Social Care Partnership have a webpage on dementia with lots of useful local information [Edinburgh HSCP webpage - Dementia and Covid-19](#)
- Factsheets - Both Alzheimer Scotland and Alzheimer’s Society produce a range of useful fact sheets which include information on the different types of dementia. Alzheimer Scotland - [https://www.alzscot.org/our-work/dementia-support/information-sheets](https://www.alzscot.org/our-work/dementia-support/information-sheets;);
Alzheimer’s Society - please see publications@alzheimers.org.uk

Further Help:

| | |
|--|---|
| Joan Hogg, Dementia Support Facilitator - Tel: 0781 147 0060 Dementia and Memory Support Service in General Practice, East Edinburgh Cluster | Becki Ballard, Project Manager - Tel: 0781 476 4268 Dementia and Memory Support in General Practice, East Edinburgh Cluster |
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BB/07/2020