
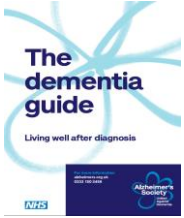
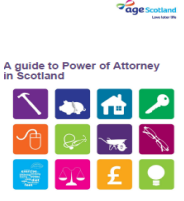








Dementia & Memory Support in General Practice

‘Starter Pack’ of Resources

For Person with Dementia:


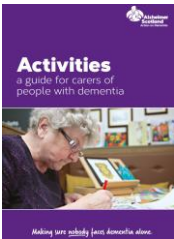


NAME	LOOKS LIKE	PRODUCED BY	DESCRIPTION	HOW TO GET
Making the most of your post-diagnostic support		Alzheimer Scotland & Healthcare Improvement Scotland	Leaflet with information for those newly diagnosed with dementia and those who support them. Explains what to expect from post-diagnostic support.	Available to download https://www.alzscot.org/living-with-dementia/newly-diagnosed then click on download button on right called ‘Making the most of your post-diagnostic support’. Or phone free: 0808 808 3000
Dementia Guide: Living well after diagnosis		Alzheimer’s Society	Comprehensive overview & relevant to people with any type of dementia. Please note, the information on Power of Attorney (POA) applies to England. For information on POA in Scotland, please refer to resource ‘A guide to Power of Attorney in Scotland’ (below).	Available to download https://www.alzheimers.org.uk/sites/default/files/2020-03/the_dementia_guide_872.pdf Or phone 0333 150 3456 Email: info@alzheimers.org.uk . Code 872.
A guide to Power of Attorney in Scotland		Age Scotland	Explains what a Power of Attorney is, why it is important, and how to set one up in Scotland.	Available to download https://www.ageuk.org.uk/documents/en-gb-sc/poa%20info%20pack%20pdf%20version.pdf?dtrk=true Or phone free 0800 12 44 222
Getting to Know Me		Alzheimer Scotland	Useful tool to capture information about yourself that will help any carer looking after you. Helpful should you require a hospital admission or care at home.	Available to download https://www.alzscot.org/our-work/dementia-support/information-sheets/getting-to-know-me Or phone free: 0808 808 3000

Dementia & Memory Support in General Practice

<p>Younger Person with Dementia</p>	 <p>Contents</p> <ul style="list-style-type: none"> Introduction 01 What is dementia? 02 Types of dementia 03 Memory and the brain 04 Home 05 Health 06 Independence 07 Learning and skills 08 Work 09 Money 10 Support 11 Future plans 12 <p>Appendix 1: Types of dementia 13</p> <p>Appendix 2: Caring for someone with a learning disability and dementia 14</p> <p>Appendix 3: Care and support options 15</p> <p>Appendix 4: Dementia: strategies and resources 16</p> <p><small>In the interests of safety and to reduce the risk of harm to individuals, this document is not intended to be used as a substitute for professional medical advice. Please consult your GP or other healthcare professional for advice on any health condition. The Scottish Government is not responsible for any damage or loss of any kind arising from the use of this document. The Scottish Government is not responsible for any damage or loss of any kind arising from the use of this document.</small></p>	<p>Alzheimer Scotland</p>	<p>Guide for people under 65 with dementia; includes DVD.</p>	<p>Available to download https://www.alzscot.org/our-work/dementia-support/information-sheets/younger-people-with-dementia Or phone free: 0808 808 3000</p>
<p>Freephone Dementia Helpline (24hrs)</p>	 <p>Are you worried about dementia? Are you caring for someone with dementia? Do you know someone with dementia?</p> <p>0808 808 3000 Dementia Helpline 24 hours helpline@alzscot.org Making sure nobody faces dementia alone</p>	<p>Alzheimer Scotland</p>	<p>Provides information, signposting and emotional support to people with dementia, their families, friends and professionals. Run by trained volunteers.</p>	<p>Available to download https://www.alzscot.org/living-with-dementia/getting-support/24-hour-freephone-dementia-helpline Or phone free: 0808 808 3000</p>
<p>The Silver Line (24hrs)</p>	 <p>The Silver Line helpline for older people 0800 4 70 80 90</p>	<p>The Silver Line</p>	<p>Helpline for older people. A telephone and letter friendship scheme can be accessed via this number also.</p>	<p>Phone free: 0800 4 708090</p>
<p>Help Card</p>	 <p>Alzheimer Scotland Action on Dementia</p> <p>I have an illness called dementia. I would appreciate your help and understanding.</p> <p>See inside this Helpcard for more information on how my illness can affect me and how you can help.</p>	<p>Alzheimer Scotland</p>	<p>A pocket size card which you can personalise a little. Useful to show to staff and officials when you need help, rather than having to explain things to them.</p>	<p>https://www.alzscot.org/our-work/dementia-support/information-sheets/help-card Or phone free: 0808 808 3000</p>
<p>Benefits for people living with dementia</p>	 <p>March 2019</p> <p>Age Scotland Live Well 90</p> <p>Benefits for people living with dementia</p> <p>EXTRA MONEY TO HELP YOU</p> <p>ADVICE INFORMATION CARES ATTENDANCE POWER OF ATTORNEY</p>	<p>Age Scotland</p>	<p>Useful guide which highlights the range of benefits available and how to access them.</p>	<p>Available to download https://www.ageuk.org.uk/globalassets/age-scotland/documents/ia---factsheets/dementia/dem-7-benefits-for-people-living-with-dementia-mar-19.pdf Or phone free 0800 12 44 222</p>

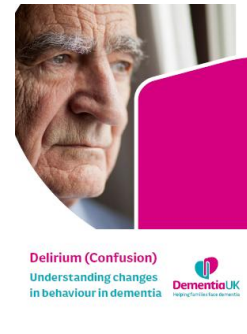
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For Family Carers:

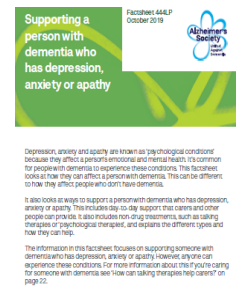
NAME	LOOKS LIKE	PRODUCED BY	DESCRIPTION	HOW TO GET
Herbert Protocol		Edinburgh Health and Social Care, Police Scotland, Scottish Care and Alzheimer Scotland	Information gathering tool to help the police find a person with dementia who has been reported missing as quickly as possible. Print and complete form. Keep safe and update when necessary. Give to police if person with dementia goes missing.	Available to download https://www.scotland.police.uk/assets/pdf/477107/herbert-protocol-form
Activities: a guide for carers		Alzheimer Scotland	Explains the importance of activities / occupation and gives some suggestions about what can be effective.	Available to download https://www.alzscot.org/our-work/dementia-support/information-sheets/activities-a-guide-for-carers-of-people-with-dementia Or phone free: 0808 808 3000
Talking Point		Alzheimer's Society	Online community of support for people with dementia and their carers. Need to register.	https://www.alzheimers.org.uk/ Or phone 0333 150 3456
Carers Card		Alzheimer Scotland	Credit size card to highlight that you are a carer and what to do if you are unable to provide that care.	Available to download https://www.alzscot.org/our-work/dementia-support/information-sheets/carers-card Or phone free: 0808 808 3000

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Delirium:

NAME	LOOKS LIKE	PRODUCED BY	DESCRIPTION	HOW TO GET
Delirium or Confusion		Dementia UK	Leaflet explaining what delirium is, how it differs from dementia and how someone with dementia may be more at risk of it.	<p>Available to download https://www.dementiauk.org/wp-content/uploads/2019/06/delirium-NEW-WEB.pdf</p> <p>Hard copy available from Dementia UK, phone 0800 888 6678 or email info@dementiauk.org</p>

Depression:

NAME	LOOKS LIKE	PRODUCED BY	DESCRIPTION	HOW TO GET
Supporting a person with dementia who has depression, anxiety or apathy		Alzheimer's Society	Factsheet which looks at ways to support a person with dementia who has depression, anxiety or apathy.	<p>Available to download https://www.alzheimers.org.uk/sites/default/files/2020-01/444LP%20-%20supporting%20a%20person%20with%20dementia%20who%20had%20depression%2C%20anxiety%20or%20apathy.pdf</p> <p>Or phone 0333 150 3456</p>

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Further Reading:

- Dementia & Memory Support have also produced a resource called 'Further Resources' to follow on from this 'Starter Pack of Resources'.
- 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>; Alzheimer's Society - please see publications@alzheimers.org.uk
- Edinburgh Health & Social Care Partnership have a webpage on dementia with lots of useful local information [Edinburgh HSCP webpage - Dementia and Covid-19](#)
- How to have a better brain, BBC Radio 4. Sian Williams presents a practical and optimistic guide to boosting brain power. Episodes cover diet, sleep, stimulation, relaxation and exercise, <https://www.bbc.co.uk/programmes/b067gci6/episodes/player>
- Tom Kitwood (Author), Dawn Brooker (Editor) 2019, Dementia Reconsidered, Revisited; the person still comes first
- University of the Third Age, <https://u3a.org.uk/find>

Further Help:

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