

Living with Dementia



Resilience is core to living well with dementia – the ability to have confidence that one bad day is just one bad day, and that tomorrow, is full of promise.

It takes enormous personal courage to remain positive even when your world appears to become more closed and less familiar. And it goes without saying that carers need resilience in spades.

Somehow, we're often programmed to remember negative things.

Learning resilience is perhaps a way to go beyond survival to be able to practice joy – and happiness is the best decelerator for dementia that there is.

Our thanks to Team 2022 without whose contributions, this Directory of hints, tips and suggestions would not have been written.

January 2023

Week 1	Introductions: What is Post Diagnostic Support? Understanding your diagnosis
	Welcome to your group! Our first week is about introductions: meeting the team and getting to know you. We'll briefly explain what Post Diagnostic Support is and outline the role of the Carers' Centre. Then a member of the Community Mental Health Team will talk about dementia and the ways in which it can affect the brain. We'll chat about getting a diagnosis. How did you feel? Relieved, scared, a bit of both? You're not alone.
Summary	<p>Occupational Therapist and Community Psychiatric Nurse Ruth Gardner began her session with a Q & A asking whether people agreed that age was the primary factor which determined whether people get dementia or not. RG explained that cats, dogs even elephants get dementia.</p> <p><u>Ruth then went on to talk about:</u></p> <ol style="list-style-type: none"> The different types of dementia relevant to the group. eg. Alzheimer's Dementia, Vascular Dementia, Mixed Dementia and Frontotemporal Dementia; how they manifest and progress The different parts of the brain which might be affected How that expresses itself in terms of language, memory, orientation, vision, emotional lability Medication – why that's appropriate for some but not for others
Discussion	<ul style="list-style-type: none"> ➤ The group expressed a keen Interest in pharmacological interventions and trials. ➤ There was a general feeling that the process of diagnosis is too clinical, too medically oriented and fails to consider the shock or impact that a diagnosis might have ➤ How the diagnosis is delivered is critical to mental wellbeing. Some consultants are better than others! ➤ Some prognoses are inaccurate and can be devastating (i.e. one member of our group was told that the average life span after diagnosis was 8 years or; <i>"you're young so the disease will advance pretty quickly"</i>) ➤ The Post Diagnostic Support Group feels like a safe place to be. Talking to others in the same position really helps. ➤ Whether the diagnosis was communicated sympathetically or not, everyone agreed that it takes time to adjust to such a life changing diagnosis. What carers see as 'denial', might simply be time that is a self-protective mechanism allowing people to adjust to the diagnosis in their own time frame. The important thing is that there is progression in acceptance no matter how slowly.

Your voice	<p><i>"I wasn't clear about my diagnosis or what that meant for my future. I was given a stack of leaflets and told to get on with it"</i></p> <p><i>"Getting my diagnosis was like a shovel in the face"</i></p> <p><i>"I felt as if I was on a conveyor belt"</i></p> <p><i>"I feel as if PDs Link Workers are better informed about the impact that dementia can have on your life and their lives of people around you. It's an approach based on experience and practice."</i></p> <p><i>"I was reeling from the shock of the diagnosis, then faced with information overload"</i></p> <p><i>"I found out quite by accident. I participated in a trial where they took bloods and did a brain scan. So it was a random discovery."</i></p> <p>We talked about pharmacology and medications for dementia. The group was interested in developments in this area, and we discussed how medication is prescribed according to types of dementia and how this impacts different areas of the brain. Medication isn't suitable for everyone.</p> <p><i>"Donepezil is a big relief. It's my magic pill and makes a big difference."</i></p> <p>We also talked about disclosure. Do you tell family and friends? Do you tell everyone? Or no-one at all? It's a very personal choice and no-one should impose that decision on you.</p> <p><i>"I told my family and friends. I felt quite OK with that."</i></p> <p><i>I didn't want to tell my family or friends. I feel it affects the way that they behave toward you. They react to you differently</i></p> <p>Those who had looked after a family relative prior to getting their own diagnosis, felt better informed to deal with their own diagnosis but it was still a shock, and it was still scary when it happened to them.</p>

	<p>And we talked about people's hopes and expectations from attending the course. Most seemed to have embraced the idea of peer: peer support and were happy to contribute and listen to others who were in the same position.</p> <p><i>"I came to the course to learn from other people's experiences"</i></p> <p><i>"I'm not sure what I'll get out of the course to be honest."</i></p> <p><i>"I want to find out about how the disease will progress, what I can expect"</i></p> <p><i>"I want to try to keep my independence. Losing my licence has been really depressing"</i></p> <p><i>"I think sharing your experiences can help us help each other"</i></p> <p><i>"I have a completely open mind – nothing to lose".</i></p>
<p>Links Ctrl + Click to follow the links</p>	<p>https://www.alzscot.org/news/new-progress-in-aducanumab-drug News about drug research in dementia</p> <p>https://www.alzscot.org/our-work/research/participating-in-dementia-research - how to get involved in dementia research</p> <p>https://www.joindementiaresearch.nihr.ac.uk/</p>
<p>Handouts</p>	<p>Post Diagnostic Support leaflet</p> <p>The 5 Pillars post card with names of Link Workers</p> <p>Diagram of the brain & common medications</p> <p>Laura's Essentials Check List (entitlements & benefits check)</p>

Week 2	Living with dementia, symptoms and challenges – what are they and how can we manage them?
Summary & your views	<p>We began this session by identifying some of the challenges to living with dementia and looking at ways in which those challenges might be addressed or reduced.</p> <p>If you have a diagnosis of dementia, you (and your family or friends) need to do a bit of detective work. What triggers your frustration? Is it a thing, is it a time, is it a set of circumstances? Are there small adaptations that you can all make to offset the challenge and set up for success?</p> <ul style="list-style-type: none"> • Orientation day/time: a day clock with a clear display to keep track of days/time can be helpful. Getting a newspaper each day also helps to keep track of days and current events. Routine is your best friend. If you can establish a routine which works for you, it will work like muscle memory. And remember to include time out and rest in your routine too. • Break down tasks into single focus activities. Avoid the frustration of trying to multi-task and losing the plot! • Remembering appointments and important dates: most of the team used a printed calendar to remember appointments. Some also used a whiteboard. The team used Alexa to listen to music but Alexa's more extensive features were not explored. What can you use Alexa for? Shopping lists (sent to your mobile phone); reminders for medication & appointments; listening to stories; dop in calls from family (with the Echo Show). • Safety: Ring doorbell linked to your phone or the phone of a family member. Ring allows you to see who is outside before you open the door Truecall call blocker: stop scam calls. BT & Virgin offer call blocker services or you can ask your Link Worker or Dementia Advisor for a referral to Truecall, installed by Trading Standards. Call blockers are available for landline phones and mobiles. • Being risk adverse was something the group felt strongly about as there was a common thread among the team that loved ones can occasionally 'mollycoddle' and 'de-skill'. Everyone understood that this was coming from a position of love and care but many of you would prefer a little more autonomy. Can the use of digital aids help you reach a compromise? If you are a keen walker and enjoy walking alone, would a mobile with GPS tracker or SOS call button bolster your independence and give family peace of mind?

- **Sensory challenges & changes:** senses often change in dementia. You might find that **noises** are particularly loud; or that you have developed a **sweet tooth**; or you find it **more difficult to see the edge or depth** of steps.

Regular eye, hearing, dental checks and visits to the chiropodist are good investments. Taking care of your physical wellbeing is important in dementia. **Medication reviews** once a year with your GP are a good idea too.

Hearing: You might find that using **'white noise'** to block sounds which grate on your ears, helps. That means using earphones like ear defenders or playing music or nature sounds which will effectively block the sound that is bothering you. Some find that wearing simple earplugs at night can help with traffic noise.

Setting up for success when you go out is important too. If the **'surround sound'** of a restaurant or café distracts and bothers you, book ahead if you can and ask for a quieter table in the corner. Go at a time when it is less busy. Go at a time that is better for you, whether that's morning or afternoon, so that you come away feeling energised and not tired. **Find out whether your preferred supermarket has protected shopping times** when there are fewer announcements, and the *muzak* is turned off. Supermarkets can also tell you the quieter days to shop.

- **Environment** is important for all of us but especially so in dementia, whether it's at home or out and about. And it's not just about noise. Is the room too dark? Are the lights too bright? Is it warm or do you feel cold? Are there trip hazards (eg. Trailing wires, rugs, piles of books) on the floor? Use these rules to request times for important appointments (eg. at the GP or bank) so that you can operate at your best.
- **Diet & Dementia** None of the team had any real issues with changing tastes. However, we all agreed that getting a balanced diet was important and using natural sweeteners such as apple or banana was more beneficial than over-indulgence in cake! The same rules apply for all of us: limit salt intake, limit sugar and carbohydrates, focus on good proteins and fresh vegetables and fruit. If you can abide by those rules, it's OK to have the odd drink and snack now and again. Oral health is important too. If you wear dentures and have lost weight, you might need a re-fit.
- **Exercise:** What a good team you are! Each of you took regular exercise whether it was walking the dog, walking alone, swimming, attending yoga and exercise classes, playing golf, using a computer, doing crosswords, word search, Sudoku, quizzes, playing a musical instrument and singing – you were all out and about, getting exercise, taking time out and meeting up with friends. **Please remember that all exercise, mental and physical, should be pleasurable and not just because 'it's good for you'.**

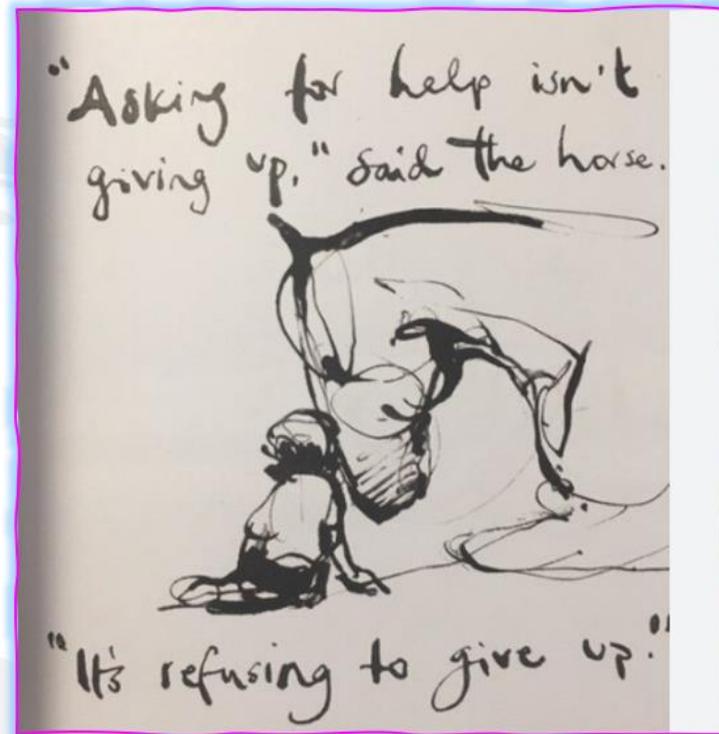
	<ul style="list-style-type: none"> • Driving: when you get a diagnosis of dementia, you are obligated to inform the DVLA or face a large fine. Some people in our group were able to drive with a short-term licence and within a limited area: others had opted to relinquish their driving licence altogether. It is a bit of a lottery. Some medical professionals will ask a series of detailed questions or give you an assessment testing reaction times and responses: others simply advise that you can no longer drive. Losing your licence is hard to accept for most people and can be emotionally devastating. The team discussed practical options to offset the loss. How can we improve accessibility to the community? Taxi/Rail cards and 'Plus One' companion concession cards are options worth exploring. • Rest: most of the group slept well but one or two found that their sleep was disrupted. We know that rest – physical and mental is fundamental so try to explore options and ask for a referral to a sleep clinic to see if that might help you. Today, formal support is less accessible than before bringing with it, its own frustrations. So think laterally. Can you take a proper rest during the day for an hour or two? Would taking up Mindfulness (living in the moment) help your mind to switch off? <p>'Sundowning' is a common term in dementia, used to denote agitation or restlessness which often occurs in the late afternoon or early evening – but not necessarily. If you experience sundowning (not everyone does), try raising the lighting in the room where you sit and pulling the curtain, before the light fades outside. Choose something quiet and pleasurable to do – reading, doing a jigsaw, stopping for a cup of tea and a cake and listening to your favourite tracks...</p>
Your voice	<p><i>"My son treats me normally. He's the only who does. If I do something silly, he'll ask: 'Why did you do that? Did you mean to do that?' I'm OK with that. I don't like being mollycoddled."</i> See me, not my dementia.</p> <p><i>"Will I be able to use my computer? Will I still have the skills?"</i> There are no givens because everyone is different. But practising what you enjoy certainly helps to retain your skills.</p> <p><i>"My children use Alexa - but I don't like to order a woman about!"</i> We loved that answer!</p> <p><i>"Giving up driving and losing your licence is devastating. How does the GP know that you can't drive anymore? He doesn't come with you. I feel that I'm still safe to drive around local places, but I don't have my licence"</i>. Widespread agreement in the team that the system is arbitrary. Some have their licence on an annual renewal; others lost it immediately without any discussion with their GP. Some didn't even know that there was a test centre or ways in which an assessment could be carried out.</p>

	<p><i>“I want to be the one to decide. I have my licence, but I think I’ll give up next year. I’d rather do it, than have my licence withdrawn.”</i></p> <p>Self-determination is the lesser of two evils. Better to decide for yourself than have others who might not know you, decide for you.</p> <p>The group took on board the suggestion that it was better to be pro-active and to look for workarounds and positive alternatives. i.e., more walking is great exercise and keeps you fit. You can use Google Maps to orient yourself, both for walking, cycling and catching the bus. Using a Taxicard to catch taxis might be cheaper than keeping a car on the road.</p> <p><i>“If we’re using a tandem, I’ll be on the back!”</i> We liked this comment too! Are trikes a safe cycling alternative to your old bike?</p> <p><i>“Singing is like mindfulness. Being present in every note and phrase that you sing...”</i></p> <p><i>‘I like crosswords but after 10-15 minutes, I can’t concentrate, and I just put it down until later (or Google the answers!)’</i></p>
<p>Links</p> <p>Ctrl +</p> <p>Click to</p> <p>follow</p> <p>the links</p>	<p>Agnes Houston, Living with Sensory Changes and Dementia. Agnes has dementia too.</p> <p>https://www.dementivoices.org.uk/talking-sense-online-course-is-now-live/</p> <p>Buddi trackers or GPS trackers:</p> <p>https://www.life360.com/intl/</p> <p>https://www.techsilver.co.uk/product/waterproof-dementia-tracker/?attribute_free-attachment=Keyring+%2F+Bag+Clip</p> <p>https://www.techsilver.co.uk/product/dementia-mobile-phone/</p> <p>https://mindme.care/about.html</p> <p>https://otiom.com/</p>

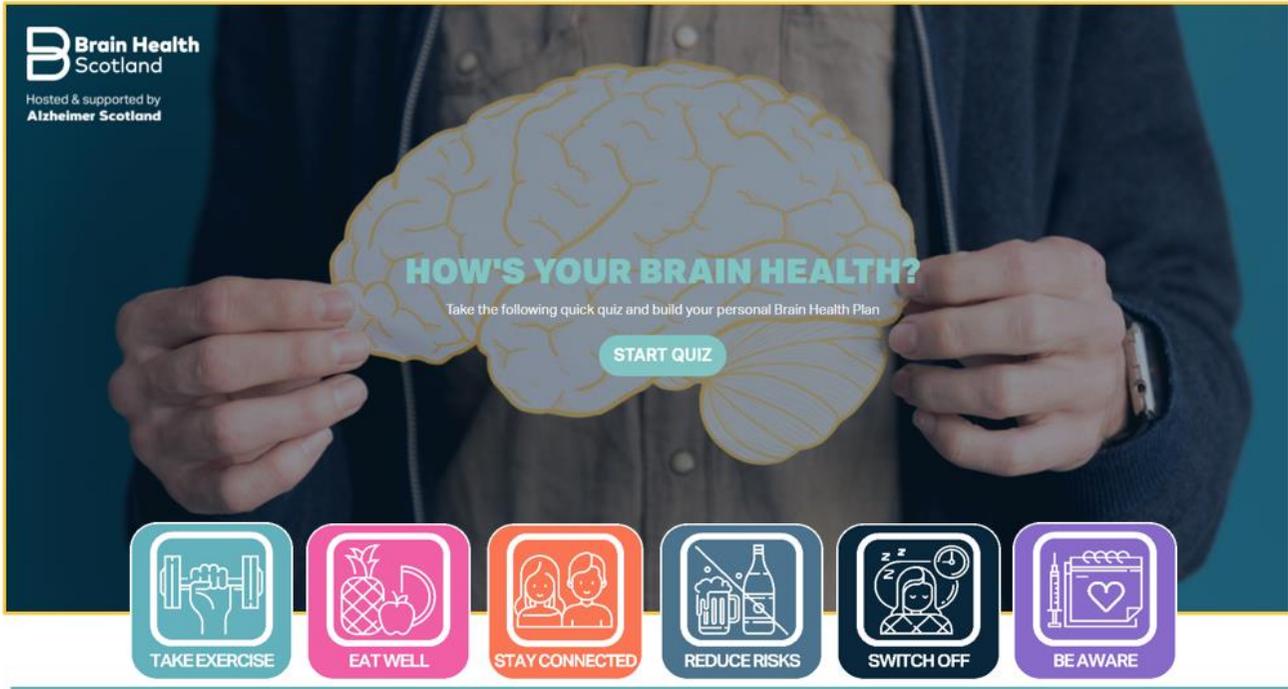
Week 3	'This is Me': Dementia doesn't define anyone: you are far more than a diagnosis.
Summary	<p>We invited you to share something about you – what you enjoy, your career, your family.</p> <p>Week 3 is about communication. How dementia can affect it, and tips and strategies for better communication and understanding.</p>
'This is Me'	<div data-bbox="591 472 1865 1150" data-label="Image"> </div> <p>Week 3 is one of our favourite sessions where the team gets to know each other by sharing cherished memories – objects that remind us of who we are, and what is important to us. Objects that remind us that we are unique, with lives that are rich in personal achievement, relationships forged with love, lives that have their ups and downs, filled with happy and funny and sometimes, poignant memories.</p>

	<p>We are not patients, nor clients, nor service-users – we are ourselves with our past, present and future. And in this group, we support each other. We are Team 2022.</p> <p>We're not mentioning names because you know who you are! And what a rich seam of memories you brought to share with us – thank you.</p> <p>Photographs of family, especially much-loved parents with their siblings and double cousins, were especially important as constant reminders of a happy childhood and close-knit family relationships. A photograph depicting the special bond with a beautiful grandchild, one of many precious grandchildren.</p> <p>A TV remote, symbolising how even when life (gadgets and gizmos!) can be confusing and frustrating – there is always someone who loves you and who will help you. A prestigious award for high achievement in field service and training and a reminder of world travel, shared with a devoted wife and children. A dousing crystal from a homeland far away, revealing answers to its owner - a photometrist, pioneer software designer and pilot. And a book of the Bard, a lifetime love of someone who is talented in so many ways and for whom music and singing bring great joy.</p> <p>A memory of a childhood in Western Ireland, of cherry cheeks, the wind that blows and never a care, and the Hazel tree and its magical properties in water divining. A lemon cake to spoil us all, redolent of a life spent on the south coast and on a beautiful and remote estate in Scotland, shared with a husband who was a chef. A diminutive Nessie, recalling the sparkling loch, and dreaming of a future life footloose and fancy free! A cosy blanket to wrap around on cold days, imprinted with faces that are most dear and family idioms. A sketch of lifetime friends, and two grubby little boots worn by two grubby little boys - a reminder of infinite love.</p>
Discussion	<p>Setting yourself up for success</p> <ul style="list-style-type: none"> • If you have an important appointment, try to ask for the time of day that works best for you. If there is music in the GP's surgery, ask if it can be turned off. Ask if you can record the conversation or have someone with you who can take notes. • Make points before meetings e.g., GP consultations • Encourage good habits among your own circle of family and friends. Ask them to use shorter sentences; to speak more slowly; to repeat the question. Ask them not to ask several questions all at once. Asking questions one at a time is easier to follow. • Notepad & pen by the phone – few people did this, but communicated the message to their partners and/or put immediately on the calendar

	<ul style="list-style-type: none"> • Carry a notepad with you to remind you of points that you wish to remember • Consider using a mobile which is easier to use and pre-programmed with your most used numbers. • Casual Conversation: give yourself time to speak. Tell family/friends which prompts are helpful and accept their help without feeling too self-conscious or frustrated. If you have disclosed your diagnosis, ask close friends/family to prompt names; and tell your family that if they all speak at once it's difficult to follow! • Practise self-acceptance. These are coping strategies, no more, no less. • Ask for help when you need it and before anxiety spirals. That way, you can enlist help in the way that is most acceptable to you – and those around you will feel more confident that they are contributing to your wellbeing in the best way possible.
Handouts	<p>Audiology clinics FVRH and Community Hospital Top Toes clinics Hints and Tips communication</p>
Links Ctrl + Click to follow the links	<p>https://www.playlistforlife.org.uk/ Music that is special to you</p> <p>Photo albums & scrapbooks: create your own album scrapbook of memories; what about a video memory being interviewed by younger members of the family? https://www.youtube.com/watch?v=zZhaue8UFkI – want to tell your own story? Here are a few ideas about documenting your family's folklore!</p>



The Boy, The Fox, The Mole and The Horse

Week 4	Brain Health & hints and tips for help in hospital. Brain Health Scotland is an Alzheimer Scotland and Scottish Government joint venture.
Summary	<p>We can all improve 40% of our brain health <u>even</u> post diagnosis! Neil Fullerton, Brain Health Scotland, explains how. We'll chat about keeping your brain active and about contingency planning should the person who support you need hospital treatment.</p> <p>Looking after your brain and mental wellbeing is as important as physical care: There are six key elements identified by Brain Health Scotland:</p> <div data-bbox="607 523 1895 1212"><p>The graphic features the Brain Health Scotland logo (a stylized 'B' with 'Brain Health Scotland' text) and 'Hosted & supported by Alzheimer Scotland'. A central image shows a person holding a brain-shaped cutout with the text 'HOW'S YOUR BRAIN HEALTH?' and 'Take the following quick quiz and build your personal Brain Health Plan'. A 'START QUIZ' button is overlaid on the brain cutout. Below the cutout are six icons in colored boxes: 1. A person lifting weights (teal) labeled 'TAKE EXERCISE'. 2. A pineapple and apple (pink) labeled 'EAT WELL'. 3. Two people talking (orange) labeled 'STAY CONNECTED'. 4. A bottle and glass with a slash (blue) labeled 'REDUCE RISKS'. 5. A person sleeping (dark blue) labeled 'SWITCH OFF'. 6. A calendar with a heart (purple) labeled 'BE AWARE'.</p></div> <p>brainhealth.scot/brainhealthplan</p>

Your views

The group was very interested in Brain Health Scotland, particularly in knowing more about **Brain Health, Orcha, research and the chance to participate. (Links are at the end of this section).** Team 22 wishes to be **pro-active about dementia.**

We talked about the six elements identified in Brain Health:

Take Exercise: the group recognised the importance of exercise – mental and physical – as discussed in Week 2. Karen pointed out that often **it was a question of learning how to adapt to carry on doing what you loved.** You might not be able to play football but perhaps you could still enjoy another sport, like golf?

We all agreed that it was important that **whatever exercise you do, it should be pleasurable.**

Switch Off: could be interpreted to mean not just sleep but also a peaceful state of mind. **Most of the group would be interested in a mindfulness session.** Your wish is our command! For our Reconnector, we invited **Teresa Johnston, Sunrise Holistic** to introduce Mindfulness to the group.

“Singing is like mindfulness. Being present in every note and phrase that you sing...”

Stay Connected: the team agreed that attending the group gave everyone the opportunity to socialise. Everyone felt well supported. Most members of the group commented that they enjoy a good social life revolving around friends and family and their own individual interests. e.g., singing, yoga, walking.

We talked about taking up or a new interest or cultivating an old one. Neil made the comment that **if you embark on something new, do it with a friend, so that you are exercising and being social!**

We all agreed that dogs were great companions, encouraging us to walk and to go with a responsive sentient being. The dog loves you anyway!

The group was interested in finding out more about **activities in Falkirk. A range of activities were showcased in the following sessions and handouts given for each.**

Most people felt that Falkirk was a good place to be. Support is available if you know where to look for it. Printed information is helpful. Doing everything online can often be confusing and frustrating. Apps, in particular, were not found to be helpful.

	<p>Reduce Risks: You are all very good at avoiding risk! None of you smokes; and while you're happy to have a drink now and again, it's all in moderation! Neil commented on the body's ability to recuperate quickly if you can manage to bring bad habits under control.</p> <p>Be Aware: we summarised the discussion that was had previously around checking sight, hearing, feet, and dental and oral care. Keen walkers need to keep their feet ship shape. (Is that a mixed metaphor?!) Top Toes clinics and at home chiropody are available; ask your Link Worker for a leaflet or for contact details. A regular review of medication is important too so do ask your GP.</p> <p>Diet: you were all on very sensible, balanced diets with regular mealtimes. Investigate Foodtrain for shopping services and organising home-cooked meals once a week.</p>
Your voice	<p><i>"I like yoga. I've tried mindfulness but in the beginning, it was very difficult to let my mind go and concentrate just on the breathing. Breathing is important..."</i></p> <p>We agreed that by controlling the breathing you can stop some of the panic or anxiety which can crowd in on you at night. (sundowning)</p> <p><i>"I have to exercise good breath control otherwise you run out of breath at the wrong moment. And yes, it does help..."</i></p> <p><i>"I'm very glad that drink can help!! How much exactly,,,?!"</i> (After Neil explained that those who drink a little probably do better than those who drink nothing at all. Red wine has antioxidants and is one of the 'better' drinks)</p> <p><i>"I enjoy swimming – it makes you feel really relaxed and in a good mood when you come out."</i></p> <p>We spoke about mental exercise, bearing in mind the levels of concentration needed just to manage an ordinary day, when you have a diagnosis, Whatever you do, must be fun and not done out of a sense of 'got to do this'</p> <p><i>"I also do crosswords and Brain Gym – I find those pretty good."</i></p> <p><i>"I was in The Royal Marines Reserve Corps and that made me really fit and I just kept it up..."</i>(responding to Neil's comments about developing good habits when you're young)</p> <p><i>"I was fit too. I loved all sport – football, cricket, golf, athletics..."</i></p> <p><i>"We go caravanning to relax now..."</i></p>

	<p><i>"I like playing with my grand-daughter...."</i></p> <p><i>"I like being with my grand-daughter and great-granddaughters"</i> on the acceptance of children and younger members of the family....and how that can make you relax and feel less tense. Different from parents and children.</p> <p>Does anyone dance? <i>"Only when I've had a drink!"</i></p> <p>What gives you pleasure? How do you relax? <i>"Coming to this group...."</i></p>
<p>Links</p> <p>Ctrl + Click to follow the links</p>	<p>www.borrowmydoggy.com: Don't have a dog but like the idea of walking a dog and helping a friend? Check out Borrow My Doggy.</p> <p>www.brainhealth.scot & Brain.health.scot/brainhealthplan Check out how well you are doing and get some ideas by taking a quiz.</p> <p>alzscot.orchd.co.uk: brain health apps online</p> <p>https://dementiatogether.online/</p> <p>www.aliss.org: for researching social groups and activities in your area</p> <p>brainhealth.scot/mooc: online courses to help you understand brain health & dementia</p> <p>brainhealth.scot/sportscourse: online course about sport & exercise for brain health</p> <p>brainhealth.scot/myamazingbrain: STARS – the school health project by Brain Health Scotland</p> <p>https://www.thefoodtrain.co.uk/ for a range of serves including shopping and home cooked meals via MealMakers</p> <p>https://blueberryhillmeals.co.uk/ Feeling rough, got Covid/flu and want foods delivered to the door by a team of home chefs? Try Blueberryhill Meals based in Stirling.</p> <p>https://www.facebook.com/SunriseHolistic for information and contact details, Teresa Johnston</p> <p>https://www.tenforzen.co.uk/ Martin Stepek, a pioneer in Mindfulness. Led guided sessions in mindfulness at COP summit.</p>
<p>Handouts</p>	<p>Brain Health Cards with the six Brain Health reminders.</p> <p>My Contingency Plan: a default plan if your primary supporter is in hospital or unavailable. Prompts to remind you of the essentials</p> <p>Getting to Know Me: a card about you, your likes, and dislikes to ensure best care in the event of a hospital admission</p>

Route to Research & Trials

How can I get involved in dementia research and drugs trials?

Here's how:

WHAT CAN TAKING PART IN A STUDY INVOLVE

- COGNITIVE TESTS
- DRUG TRIALS
- SCANS & IMAGING
- QUESTIONNAIRES
- ONLINE ACTIVITIES
- GENETIC TESTS
- LIFESTYLE CHANGES
- PHYSICAL TESTS
- TALKING THERAPIES

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NHS

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www.joindementiaresearch.nihr.ac.uk

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<p>Summary</p>	<p>The Neuroprogressive and Dementia Network (NDN) is funded by the Chief Scientist Office to promote a culture of clinical research in dementia across Scotland and improve recruitment to high-quality studies from both urban and rural areas.</p> <p>The Network has grown from four centres in Grampian, Greater Glasgow & Clyde, Lothian, and Tayside to now cover the whole of mainland Scotland.</p> <p>The NDN are driven to engage, involve and support people with lived experience of neuro-progressive conditions such as dementia, and to offer the opportunity to participate in research.</p> <p>Recently, staff from the NDN have been working with many of the Alzheimer Scotland staff telling them about how people can become involved in research and giving the staff confidence in talking about research to their clients.</p>
<p>What are the options?</p>	<p>There are several ways you can take part in research:</p> <p>https://www.nhsresearchscotland.org.uk/research-areas/dementia-and-neurodegenerative-disease/get-involved</p> <ul style="list-style-type: none"> ➤ Contact Join Dementia Research and sign up online either for yourself or on behalf of someone else at www.joindementiaresearch.nihr or Phone the Alzheimer Scotland helpline on 0808 808 3000, who will help you to sign up over the phone. ➤ Contact the NDN through our friendly administrator Neil Wright at Tay.NDNTayside@nhs.scot or by phone Tel. 01382 423086 ext. 55996 and fill in our 'Permission to Contact' form. We can then get in touch locally if there are any studies you might be suitable for. ➤ Would you like to be a 'Partner in Research'? You can become engaged whether you are a person with dementia, a carer or someone with an interest in the disease. You can help shape future research, give comments on leaflets or academic papers, even talk at a conference, or help man a stand.

Please follow the link to find out more information about being part of 'Partners in Research'

<https://youtu.be/aNAClbDrjZc> or additionally contact Tay.ppipartners@nhs.scot or phone Neil Wright on 01382 423086 ext. 55996.

- **Would you want to donate your brain tissue after death?** This helps researchers understand dementia at a cellular level. You can do this by phoning the Alzheimer Scotland number Tel. 0808 808 3000 or contact us at Tay.NDNTayside@nhs.scot.
- **Do you have a loved one in a care home, a contact within or work in a care home?** The researchers at ENRICH (enabling research in care homes) would love to hear from the care home to tell them how they can become involved in research. Contact Tay.enrichscotland@nhs.scot.

Week 5	Planning: Power of Attorney, What if...? and care plans
Summary	Most of us like our own way and we know what we want! This session is about safeguarding your choices by finding out what Power of Attorney can do for you. Facing the time ahead can be difficult for some; but in this session we hope to show you some of simple steps you can take to ensure that that your voice is heard loud and clear. And if you want to talk about additional care at home options, we can do that too.
Your views	<p>Due to last minute change of presenter Martin Donnelly joined from Solicitors for Older People Scotland. Martin is based in Caesar Howie's Lothian office.</p> <p>We began the discussion around Power of Attorney and moved through to wills and Advanced Directives. Every couple present had addressed Power of Attorney & Wills but finding individuals who have actioned an Advanced Directive is still relatively rare.</p> <p>In Post Diagnostic Support, we also introduce the idea of an Anticipatory Care Plan which sets out in some detail your lifestyle preferences and care preferences for the later stages of any illness. Strathcarron Hospice Compassionate Communities has a publication 'All About Me' which is a fully comprehensive booklet where you can record all the important information about your life including your final wishes.</p> <p>Planning for the future in such detail is not for everyone. It is best undertaken together with your nearest and dearest but don't worry if this is not for you. That's fine.</p>
Your voice	<i>"My Mum ended up in a care home and it caused turmoil in the family when we had no POA"</i>
Links Ctrl + Click to follow the links	<p>https://www.nhsinform.scot/care-support-and-rights/decisions-about-care/talking-about-your-care/ to read about Anticipatory Care Planning</p> <p>https://www.strathcarronhospice.net/compassionate-communities-facebook-page for 'All About Me'</p> <p>https://www.publicguardian-scotland.gov.uk/</p> <p>http://www.solicitorsforolderpeoplescotland.co.uk/</p> <p>Sarah Patrick, Partner, Caesar Howie Tel: 0800 005 1755 Fax: 01324 632621 Web:www.caesar-howie.co.uk</p>

Handouts

Packs from Solicitors for Older People. Their local representative in Falkirk is Caesar Howie.



Power of Attorney

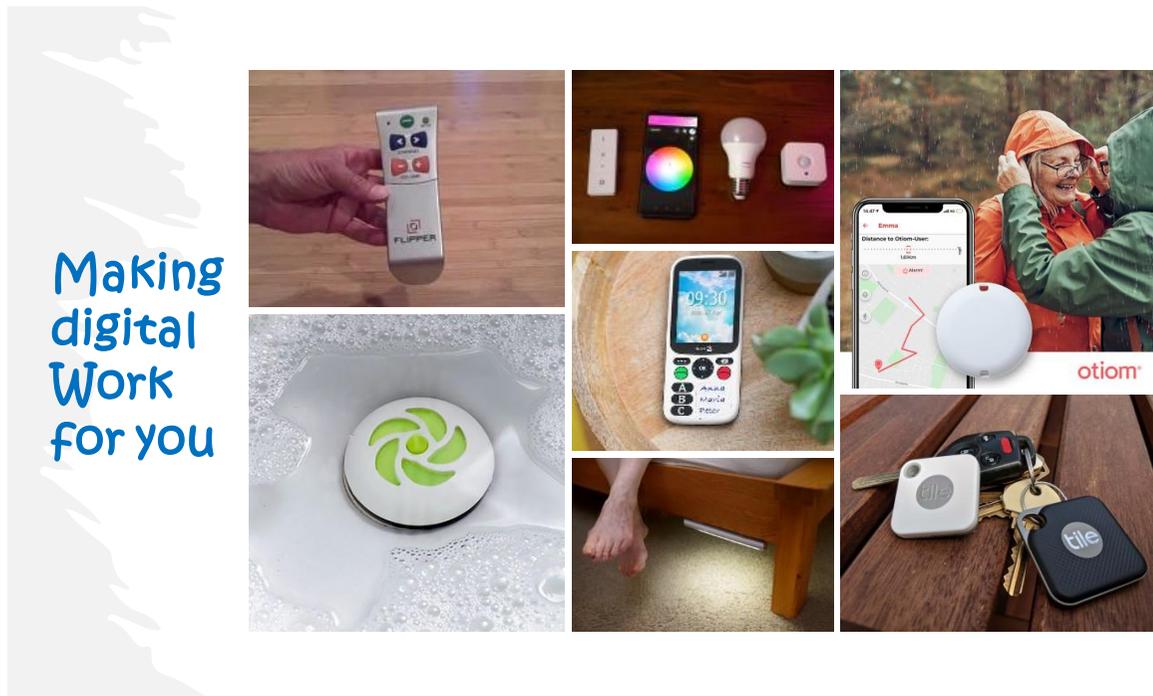
Your brain

Your ideas

Your say

Week 6	Can technology help me? Alzheimer Scotland's digital guru Kathy Wiles showed how simple technology can work for you and demonstrated some of the products that can help.
Summary	<p>Kathy began by introducing Alzheimer Scotland's Dementia Circle and ADAM (About Digital and Me). Dementia Circle is a group of volunteers who either have dementia or who are caring for someone who has a diagnosis and who trial and test products and provide independent feedback on whether the products are useful or not. The products are then listed on ADAM to assist those who are looking for aids and equipment that will help them manage their dementia better.</p> <p>If you are interested in joining the Dementia Circle, please ask your Link Worker, the Dementia Advisor or Janice McGhie, Digital Lead, Innovations & Development:</p> <div data-bbox="430 580 929 884" style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Janice McGhie Alzheimer Scotland Digital Lead Innovations & Development 0141 410 0107 Work 07825 283299 Mobile JMcGhie@Alzscot.org</p> </div> <p>Some of the products which were showcased by Kathy included:</p> <p>Staying safe: My 360 available on Android and iPhone. Mindmate, a GPS tracker to support independent walkers out and about and to give family peace of mind. Doro Phones setting Doro phone or a smartphone up with a 'whitelist' to reduce the risk of scam calls.</p> <p>Easy to use remotes: Finding your favourite programmes becomes increasingly more difficult with so many options now available. If you have dementia, it can be really confusing and frustrating. Doro simplified remote, the Flipper (obsolete in a few years) help you to find your favourite TV channels more easily by re-programming a few buttons. Kathy advises that you keep your old remote in case you need to re-programme. There is also a Broad link universal remote, which means that you can ask for help from a family relative or friend. Using the universal remote, it is possible for them to operate your TV from a distance via a mobile phone.</p> <p>Smart Speakers: Alexa, Google, Echo Show, My Home Helper all these can help to set reminders, play music, store shopping lists, your bin calendar and call stored contacts.</p>

Smart things for around the home: Magiplug, Smart Bulbs, Sensor Lights, Timer Plug, Tile, Air Tag, Key Finder, tap sensor and lastly Korky the Cat!



Your views

The group enjoyed this fast-paced and fun session and found it very informative. However, many of you were suffering from information overload by the end!

Please don't worry - all you need to remember is that this information is available to you and where to look to find out more or to look for a product which might help.

	<p>The best bit was that we all got to cuddle the cat!</p> 
<p>Your voice</p>	<p><i>"It was a lot to take in.... but very interesting. I had no idea there was such a range of products available"</i></p>
<p>Links Ctrl + Click to follow the links</p>	<p>https://www.alzscot.org/adam ADAM (About Digital and Me) Your starting point to look for products and information. Click on Go to Adam, then the search function (a magnifying glass, top right) and you will come to the page below. Next, select a theme which most closely matches your enquiry:</p> <p>Discover what's out there</p> <hr/> <p>Select a tag</p> <ul style="list-style-type: none"> <li style="margin-right: 10px; margin-bottom: 10px;">Having a purpose in your day <li style="margin-right: 10px; margin-bottom: 10px;">Having a safe and happy home <li style="margin-right: 10px; margin-bottom: 10px;">Staying connected and in touch <li style="margin-right: 10px; margin-bottom: 10px;">Feeling on top of being a carer <li style="margin-right: 10px; margin-bottom: 10px;">Getting out and about confidently <li style="margin-right: 10px; margin-bottom: 10px;">Looking after yourself and feeling resilient <li style="margin-right: 10px; margin-bottom: 10px;">Having fun and filling the day

www.healthcarepro.co.uk for aids and equipment unavailable on the NHS

alzproducts.co.uk for clocks, calendars, specialist dementia aids and equipment

<p>Week 7</p>	<p>Staying Social: peer support, community groups</p>
<p>Summary</p>	<p>What's out there for me? Time to talk about the fun stuff! About peer support groups, the online and community groups available throughout Falkirk. And it's not all about dementia. This week's session started with a presentation giving:</p> <ul style="list-style-type: none"> • an overview of Alzheimer Scotland nationally • a 'who's who' in Alzheimer Scotland Forth Valley (the team who are there to support you) • What's On in the community, groups and activities hosted by Alzheimer Scotland, including our weekly Cafes in Falkirk and Bo'ness (peer: peer support). Your 'community' is how <u>you</u> define it. • What's On Online • Popular community groups and activities in Falkirk which are hosted by others e.g., Woodlanders, Cycling without Age Scotland • Feedback from others living with dementia and living well • How to have your say – getting involved with research and dementia social strategy <p>The team then went onto to discuss Mick's Top Tips. How did attending a Post Diagnostic Support Group change Mick's approach to his diagnosis and what are his tips for living well?</p>
<p>Discussion</p>	<p>The real question in dementia is not: What if...? but Why not..?</p> <p>Living well...</p> <p>The time seems to have whizzed by since we got back from Oman!..</p> <p>love from Sorlie</p> <p>We went to Hamilton races on 18th March..... we know nothing about race horses - but it is a great day out, and Hamilton is a nice course with good facilities. We only back horses with names we like (though Heather always backs greys!). She had our only winner of the day, so we just about broke even! I would recommend it as an outing....</p> <p>The ride on the trishaw was super.... We both had such a lovely time and would love to go again.</p> <p>The lady who runs the business stated that the alpacas are good natured We would definitely recommend this venue. Mark and I will definitely be visiting this venue again!!</p> <p>We took advantage of the complimentary tickets (courtesy of Louise at the Carers Centre) to watch Falkirk FC beat Clyde on 1st Oct. David really enjoyed it and we were well sheltered from the wind and rain (and the free pie was good!).</p> <p>Postcard from Kos</p>

<p>Your views</p>	<p>The group agreed that it was important to keep practising life skills to keep them honed. Finding workarounds and accepting that there are some things with which you need help, or which are no longer possible to do, is important too. Don't beat yourself up.</p> <p>Everyone has bad days. We talked about depression and lack of motivation in dementia; and that depression can be independent of dementia and not necessarily, a part of dementia. If low mood persists, always seek help from the GP.</p> <p>Packs were handed out to show just a sample of what is available in the local community, whether dementia specific or not. This is what Link Workers mean by 'Community Connections' in Post Diagnostic Support. But it is your definition of community which counts. If you are happy as you are, why change?</p> <p>Can you still go on holiday if you have dementia? Absolutely! If you're planning a trip abroad, plan and make travel easy. Think about the time that you travel if possible and think about sensory overload. Can you pay for a fast-track through security or a passport to a quieter lounge? Would head-phones help to block out the sound? A buddi-tracker device in case you take a left instead of a right coming out of the loos?</p>
<p>Your voice</p>	<p><i>"I try to work at remaining positive, getting out and about and enjoying my family time is key"</i></p> <p><i>"After I take my pill, I am ready to face the day"</i></p> <p><i>"If you don't use it, you lose it"</i> (on getting out and about)</p> <p><i>"I was feeling very low but I made myself go to The Café. And it did help. It made me feel a little bit better."</i></p> <p><i>"I went into the bank and made a right mess. But the girl was very nice and sorted it all out. It was OK. I realised - if I make a mistake, never mind – it happens. Get over it."</i> (growing confidence, seeking support where appropriate)</p> <p><i>"I just take every day as it comes. The car's gone wrong? Never mind, so-and-so will fix it."</i> Have you always been so philosophical?</p> <p><i>"No, I don't think so. It's just developed. I try not to get stressed out"</i> (acceptance)</p> <p><i>"I'm coming around to your way of thinking. I started not wanting to disclose it to anyone. Now, it doesn't matter so much..."</i></p> <p><i>"just tell anyone. I don't care. Sometimes people are kinder if they know"</i></p>

	<i>"He didn't have a clue what I was saying. I didn't know what he was saying. But he wanted £83 to say it!"</i> dealing with professionals can be trying when you have a diagnosis.
Links Ctrl + Click to follow the links	https://www.mygov.scot/disabled-bus-pass/travelling-with-a-companion - companion bus passes are available for free https://www.edinburghairport.com/inside-edi/for-passengers/guide-to-special-assistance-service-at-edinburgh-airport-and-how-you-can https://www.glasgowairport.com/special-assistance/ https://www.alzscot.org/our-work/campaigning-for-change/have-your-say/scottish-dementia-working-group
Handouts	<p>What's On (AlzScot)</p> <p>Brain Gym leaflet</p> <p>Cycling Without Age Scotland leaflet</p> <p>Woodland Group leaflet</p> <p>Men and Hens' Shed</p> <p>Online – e.g., Cherie Raby – you can join any group online offered by AlzScot anywhere in Scotland</p> <p>Ania Hindmarsh's cafes and activity groups including art classes and creative writing</p> <p>Falkirk Café's own 'Away Days' suggestions</p> <p>Live Active – exercise programme, Otago etc</p> <p>Carronkith monthly movie group at Thornhill Court, Kennard Street.</p> <p>Travelling safely with dementia</p>

Who **listens** to **me**?



GET YOUR VOICE HEARD

- ▶ National Dementia Carers Action Network (NDCAN)
- ▶ Scottish Dementia Working Group
- ▶ Dementia Circle (product testing)
- ▶ Brain Health Scotland
- ▶ Join Dementia Research
- ▶ NHS NDN Network & Partners in Research
- ▶ Cross Party Working Group

National Dementia Carers Action Network



The Scottish Parliament
Pàrlamaid na h-Alba



Your brain is amazing. Let's keep it that way.

Mick's Top Tips

1. Laughter is the best medicine
2. Never refuse an invitation to have a go
3. Be positive
4. Be organised – work as a partnership if you can
5. Always have something to look forward to
6. Keep track of appointments – calendars and whiteboards
7. Develop and practise routines
8. Be flexible
9. Always carry a phone
10. Help others when you can – it restores self-esteem

Week 8	<p>Congratulations! You've done it! Quiz, cakes & what's next?</p> <p>We like to have a bit of fun on the last week, so brush off your party hats! It's a light-hearted quiz, nibbles and cake, any last questions and we'll chat about what next. How did we do?</p>
Summary	<p>On the last week, we were joined by Donna Paterson, Dementia Advisor, and Honey the Dog.</p> <p>Dementia Advisors are active in the community, setting up groups, organising activities and offering support when Post Diagnostic Support ends. Donna talked about her role and invited members of the team to the Dementia Resource Centre and Brain Health Hub in Alloa for more information and to try out some of the products shown by Kathy Wiles in her talk on technology.</p> <p>After observing the two-minute silence for Remembrance Day, Cath Brunton treated us all to a short quiz to tickle the brain cells – and then it was on to our passing out parade, bacon butties and the party spread!</p>
Your views	<p>You felt that:</p> <ul style="list-style-type: none"> • Empathy is very important to bring the team together and to put everyone at their ease • Peer: peer support is invaluable for everyone who attends the Post Diagnostic Support group • Tackling issues together, developing a sense of a team spirit works well when inviting suggestions for hints and tips • The course opens doors and minds, and builds confidence: <i>“you have no idea what's out there until you come to something like this”</i> • By attending the course, you felt less isolated and dementia slightly less of a stigma • Our efforts each week in a pleasant venue had made Team 22 feel special. That this was something worth coming to. • Handouts are helpful (Activity Pack) – it's hard to remember information given verbally and two hours is a long time to concentrate

	<ul style="list-style-type: none"> • The course delivered more than people expected • It was important to reassure everyone that you only need remember “<i>you said something about...</i>” and to know whom to ask <p>There was information overload! – but you were happy to digest at your leisure. 😊</p>
Your voice	<p><i>“It has been great to be involved and meet others like myself”</i></p> <p><i>“I have gained emotional support and confidence to help me deal with my diagnosis”</i></p> <p><i>“I’ve made friends, and I now know I’m not alone, I am looking on the positive side and learning how to cope”</i></p> <p><i>“I feel much more positive after the course”</i></p> <p><i>“I gained a lot, made friends and met some lovely people”</i></p> <p><i>“I feel more accepting of the diagnosis and I’m even thinking of going to Central Perk”</i></p> <p><i>“I now have a better understanding of what’s available to assist me”</i></p> <p><i>“It helped me to join the dots, great handouts, and lots of info, addressing the fear and busting the myths”</i></p> <p><i>“I can’t believe it’s ended! I shall miss everyone”</i></p> <p><i>“It’s been great. I’ve really loved coming here on Friday mornings”</i></p> <p><i>“I don’t know what I shall do now, without Friday mornings”</i></p> <p><i>“I’ve really enjoyed it. I wasn’t sure at first but I’m glad that I came”</i></p> <p><i>“It’s been fun. (I think!)”</i></p> <p><i>“It’s been really useful. And really helpful to hear what everyone else had to say”</i></p> <p><i>“I’ve felt listened to. It’s very emotional getting a diagnosis. I’ve still not come to terms with it.”</i></p> <p><i>“I’ve thoroughly enjoyed it. I wasn’t sure what it was going to be at first!”</i></p>

	<p><i>“The course makes you realise that there is so much out there that you never knew about. We’re so lucky in Falkirk”</i></p> <p><i>“It’s been fantastic. So much more than we thought”</i></p> <p><i>“My sister was curious to see what the course was about. She was really impressed with the quality of information, how the programme is run and with the team. She thought you were great! They have nothing like this down there (England)”</i> visiting MH OT</p> <p><i>“You get the feeling that you all genuinely care about us”</i></p> <p><i>“I like the sound of the musical groups. My husband was a singer”</i></p> <p><i>“I feel that I’ve made friends”</i></p> <p><i>“I’m less bothered now about telling people. Not 100% convinced but it makes me less anxious”</i></p>
<p>Links</p>	<p>kskinner@Azscot.org rbrown@Alzscot.org kbarnett@Alzscot.org dpaterson@Alzscot.org catherinebrunton@centralcarers.co.uk</p>



Laura's Checklist of Essentials

Laura's Checklist is a short summary of things that you might need to know if you have just been diagnosed with dementia. You might not need them now: you might never need them. Everyone is different. But knowledge is power!

Use the boxes to the left of the items to check things off as you complete them.

MONEY ESSENTIALS — KNOW YOUR ENTITLEMENTS!

- ATTENDANCE ALLOWANCE:** If you don't already receive PIP or DLA, you have a diagnosis and need some support, and you're over 65. ask about Attendance Allowance. (DLW /Carers' Centre/Citizens Advice Bureau)
- CARERS' ALLOWANCE:** if you receive PIP or DLA or Attendance Allowance and someone helps to support you, they might be entitled to Carers' Allowance. Check at the Carers' Centre T. 01324 65110
- COUNCIL TAX REBATE:** if you have a diagnosis of dementia, and you live alone or with one other person and you receive a benefit, you will be entitled to either 100% or 25% rebate on Council Tax.
- PENSION CREDIT:** if your income is low, you might be entitled to Pension Credit.
- ENERGY TARIFF:** you can register for Priority Services in case of a power cut; and for tariff checks to ensure that you have the best rate. T. 0330 1010 167

LEGAL ESSENTIALS — STAY IN CONTROL

- POWER OF ATTORNEY** ensures that your wishes are respected in financial and welfare matters all your life. It is different from a will but like a will should be completed long before you need it. Legal aid is more available than you think.
- GUARDIANSHIP** if you don't have Power of Attorney—(but it's much more expensive)

DVLA: everyone who has a diagnosis of dementia must inform the DVLA if they are still driving. You might be able to carry on driving for a while under an annual ~~licence~~ licence. If you continue to drive and don't tell DVLA, you could face a £ 1000 fine.

ADVANCE PLANNING BOOKLET: take time to write down the people and things that are most important to you so that you have a formal record

WILL: if you haven't already done so, wills can be done at the same time as Power of Attorney. You cannot make a will if you lack capacity, and an Attorney cannot make a will for you. Don't leave money to the state unintentionally.

GETTING OUT AND ABOUT

BUS PASS: free for 60s+ - and you might be entitled to a free companion pass

TAXICARD: now available to people who have a diagnosis of dementia with a referral from Alzheimer Scotland. Have you recently given up driving? This might be helpful to keep you connected to the groups that you enjoy.

BUDDI TRACKER: for those who enjoy getting about on their own but take the wrong turn occasionally.

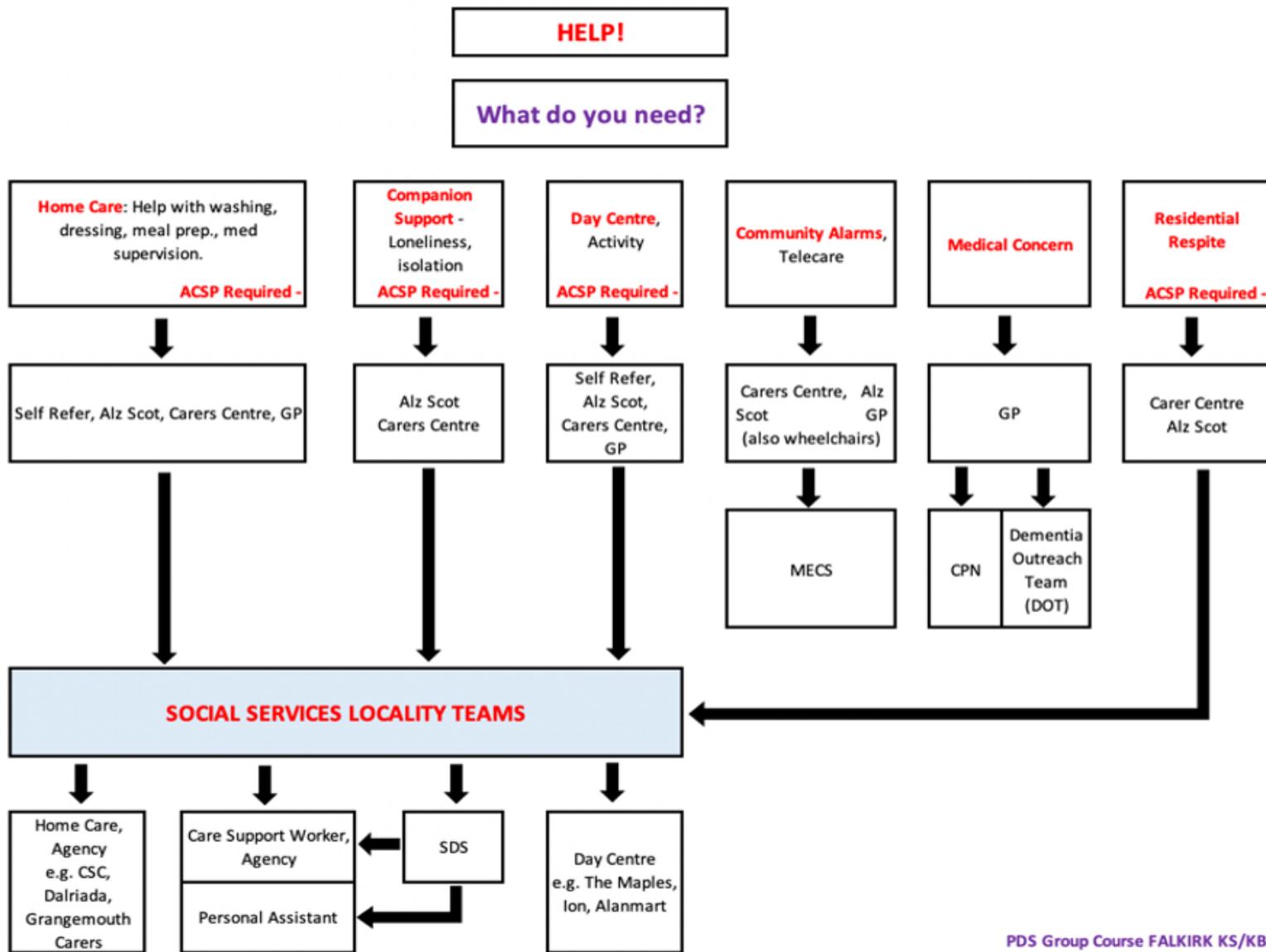
DORO Secure Phones: phone with GPS locator and Alert Button

COMMUNITY CONNECTIONS & PEER SUPPORT

HOW DO I FIND OUT WHAT'S ON? Take a look at the Alzheimer Scotland website <https://www.alzscot.org/> or call 01324 559480

COMMUNITY CONNECTIONS: Family, friends, theatre, golf, walking, lunch clubs—it's good to stay active. Can we put you in touch with a group that you might enjoy?

PEER:PEER SUPPORT: Alzheimer Scotland Falkirk hosts two weekly cafes in Falkirk and Bo'ness. It also offers a guided weekly walking group, a 'Try Something New' group and Brain Gym. Some are online; some are in the community. Ask your Link Worker or



NAME	CONTACT	FOR
<u>GP</u>		
<p>NHS Inform For all conditions and general health information</p> <p>Covid 19: symptoms, information, what to do</p>	<p>https://www.nhsinform.scot/illnesses-and-conditions/brain-nerve-and-spinal-cord/dementia</p> <p>https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-general-advice</p>	<p>General information about dementia</p> <p>Information about Covid-19</p>
<u>Dentist</u>		
<u>Pharmacist</u>		
<u>Taxi company</u>		
<u>Care Agency</u>		
<u>Companionship support</u>		
<p><u>Social Work Department</u> Duty Worker</p> <p>Emergency Duty Team (out of hours and weekends)</p>	<p>01324 506070 (Falkirk)</p> <p>01259 727010 (Clackmannanshire)</p> <p>01786 404040 (Stirling)</p> <p>01786 470500</p>	<p>For: Home care support, companionship support, referral to Day Centres, Self Directed Support assessment, care home transition, at home equipment such as grab rails</p>

<p><u>Alzheimer Scotland (Falkirk HQ)</u> Donna Paterson (Dementia Advisor) National 24 Hour Helpline (free)</p>	<p>01324 559480 01786 831171 / 07733 302772 0808 808 3000</p>	<p>For: Post Diagnostic Support (PDS); advice re living with dementia; access to community/activity groups online and local post Covid; referral to Day Care post Covid;; Blue Badge, EIO card, fire safety check & SP Energy referrals, Council Tax rebate SMI etc</p>
<p><u>Carers Centre, Falkirk & Clackmannanshire</u> Local news and support for carers Carers Centre Falkirk HQ Catherine Brunton, Training Co-ordinator PDS Group Co-host Lyn MacKay, Benefits Advisor, CAB Katie Baker, Hospital Liaison worker</p>	<p>https://www.facebook.com/fccentralcarers 01324 611510 M: 07857 671347 Catherinebrunton@centralcarers.co.uk Lyn@centralcarers.co.uk Katiebaker@centralcarers.co.uk</p>	<p>For: Adult Care Support Plans (ACSP) Young Carers' Statement Care Support Groups, 1:1 care support & care with Confidence Training sessions Carers' Card ID (concessions) Creative Break funding, advice on Carers Rights Assistance with benefits and entitlement applications Support re discharge, complaints FVRH & other local</p>
<p><u>Department of Works and Pensions</u></p>	<p>0800 731 0122</p>	<p>For: advice on Attendance Allowance, Carers Allowance</p>
<p><u>Community Mental Health Team for Older Adults</u> Falkirk Community Hospital <u>Dementia Outreach Team</u></p>	<p>01324 673808</p>	<p>For: Referral to CPNs (Community Psychiatric Nurses) regarding concerns about decline in cognition or wellbeing and request for assessment of presentation.</p>

(Referral via GP)		For: sudden changes in baseline behaviour not explained by urinary infections, general infections or delirium
<u>MECS</u> (Mobile Emergency Care Service)	01324 506520	For: Falls and safety alarms if required, referral via AlzScot, Carers Centre, Social Services, Occupational Therapists
<u>Office of the Public Guardian</u> Hadrian House, Callendar Business Park, FK1 1XR	01324 678300	For: advice and support relating to role of Attorney
<u>Advocacy</u> 1 The Bungalows, Larbert FK5 4SZ	01324 557070	For: An independent Advocacy service, protecting your rights and getting your voice heard
<u>Home Energy Scotland</u>	https://www.homeenergyscotland.org	For: A one stop shop for energy advice, grants for new boiler schemes. Please speak to your Link Worker for referral
<u>Alzheimer Scotland Counselling Service</u>		For: 6 counselling sessions with trained counsellors to support people with dementia or carers. Please speak with your Link Worker to discuss the referral process. Counselling, if appropriate, provides additional support and can relate to any issue. An entirely confidential service.

<p><u>Exercise, balance classes and so much more...</u></p>	<p>https://www.falkirkcommunitytrust.org/whats-on/strength-and-balance/</p>	<p>For: always good to look around and see what's available locally. This is a good place to check out exercise classes, arts and drama.</p>
<p><u>Seated exercises, NHS approved, demonstrated by young Heather Bryson</u></p>	<p>https://www.youtube.com/channel/UCUKFEBgehYIY6qo7qvS-Wyg</p>	<p>For: a series of chair exercises which can be done in the comfort of your own home. NHS approved and led by cheery 8-year-old!</p>
<p><u>Brain Health Scotland</u></p>	<p>https://alzscot.orcha.co.uk/about</p>	<p>For: a health app library</p>
<p><u>YOUR NOTES</u></p>		

🎵 Team 2022 Playlist 🎵

Always look on the Bright Side of Life

California Blue

Spirit in the Sky

Will you Still Love Me Tomorrow

If I had a Hammer

Perfect

Moonshadow

Always on my Mind

Hit Me with your Rhythm Stick

Slip Slidin' Away

I've Got you Under my Skin

Hungry Heart

Here Comes the Sun

The Hungry Years

Il Mondo

Truly, Madly, Deeply

The Gambler

Lara's Theme

Danny Boy

Then I Kissed Her

He Ain't Heavy, He's my Brother

America

Wichita Lineman

Molitva Za Magdalenu