



Local services for people with dementia and their carers in City of Edinburgh

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Introduction

More and more services are being made available for people with dementia and for their carers. However, finding the service that will best meet your needs is seldom easy. Some services are run by the social work department, some by the NHS Board, some by voluntary organisations and some by private companies. This resource guide for Edinburgh aims to simplify the task of identifying appropriate local resources. It is a companion to *Coping with Dementia - a practical*

handbook for carers, which is available from Alzheimer Scotland (free to people with dementia and carers from the 24hr freephone Dementia Helpline: **0808 808 3000**) or from NHS Lothian at:
Library and Resource Centre, Deaconess House, 148 Pleasance, EH8 9RS.
0131 536 9451, 2 or 3.

Support from social work services

Social work services can offer **community care assessments** to identify areas of need where some form of assistance may improve well-being. Both the person with dementia and the carer have a right to request an assessment of their needs. A worker will visit and talk to the person with dementia and to the carer, both of whom should be fully involved in the assessment process and have every chance to say what help they feel is needed.

You can ask for a **carer's assessment** if you are providing care on a 'regular and substantial' basis. Although no clear definition is given in the Community Care and Health (Scotland) Act as to what is meant by this, most carers of people with dementia would meet these conditions. You do not have to be living with the person you care for to qualify for a carer's assessment. More help on how to prepare for a carer's assessment is given in Alzheimer Scotland's information sheet no.15 *Community Care and Assessments*. This is free to people with dementia and their carers in Scotland – contact the 24 hour Dementia Helpline 0808 808 3000 to request a copy.

Assessment by the social work department is free, but you may have to pay something for a service. Personal care is free for people aged 65 and over. People living at home should not be charged for the personal care they are assessed as needing. Those people living in care homes who pay their own care costs are entitled to a payment for their personal and nursing care.

If the assessment shows that you or the person with dementia need services, the social worker will put together a **care plan**, using local services to try to meet these needs. The services may be provided by the social work department or by voluntary or private organisations.

Sometimes there is a waiting list for assessments. If you need help right away, ask the social work department if they can do an emergency assessment.

Because dementia is a progressive condition, the needs of the person with dementia change over time. People with dementia must have regular reviews of their situation. The person carrying out the assessment should give a review date. Carers should ask for their own needs to be reassessed too.

For all first time contact with adult social care services in Edinburgh **contact Social Care Direct:**

500 Gorgie Road, Edinburgh, EH11 3YJ
0131 200 2324.

E-mail: socialcaredirect@edinburgh.gov.uk

Opening hours:

8.30am – 5.00pm Monday to Thursday

8.30am – 3.40pm Friday

Closed on weekends and public holidays

For out of hour social care services contact the **Emergency Social Work Service** on 0800

731 6969. Opening Hours:

Monday-Thursday: 4.45pm - 8.45am next day

Weekends: 3.45pm Friday - 8.45am Monday

Public Holidays 24 hour cover

There are 11 Social Work Centres in Edinburgh, which are open from 8.30am to 4.40pm, Monday to Friday. Contact Social Care Direct to find your nearest centre (0131 200 2324).

Home support services from social work

Home care and support is one of a range of services providing care in the community. Staff from Social Care Direct (0131 200 2324) can provide further information about the Home Care Service.

Home carers' duties can involve:

- preparing meals or snacks
- helping the service user to keep warm and safe at home
- helping with personal care, such as washing and dressing
- doing washing and ironing
- shopping
- collecting pensions and prescriptions.

Help with meals

The social work department can deliver frozen meals to people who have been assessed as requiring this service. Paid carers can also help prepare a cold meal or heat up ready prepared meals. Delivered meals are available through a private company who provide the service on behalf of the Health and Social Care Department.

The Frozen Meals Service:

- provides clients with a selection of meals delivered on a fortnightly basis
- allows clients to choose what they want to eat from an extensive menu
- provides meals that are specifically nutritionally aimed at older people
- can provide meals for special diets as well as ethnic meals.

For further information contact Social Care Direct (0131 200 2324).

Help with laundry

The Community Laundry Service helps people who are incontinent or have other medical conditions that require frequent changes of bed sheets. Following full assessment of the

client and the home environment, the service will discreetly supply and uplift sheets on a regular basis. There is no charge for this service which is run as a joint venture between the City of Edinburgh Council and NHS Lothian. The service only provides single sheets.

Applications for the service must meet the following criteria:

- all possibilities for the treatment and or promotion of continence have been or are being considered
- the person or their carer is having difficulty with washing bed sheets
- the service would help maintain the person at home
- the service would ease the person's discharge from hospital.

The Community Laundry Service is not only for the comfort and hygiene of incontinent people of all ages. It can be offered to other groups who require frequent changes of bed sheets due to their medical condition. For example, pressure sores, skin conditions, night sweats or frequent acute bleeding episodes.

Applicants should contact Social Care Direct (0131 200 2324) or their Community Nurse for a comprehensive assessment of their needs and to advise on their suitability to receive the service.

Occupational therapy

Occupational therapy is about helping people with disabilities of all ages to be as independent as possible in their everyday lives.

If your daily life is affected by disability, Occupational Therapists start by carrying out an assessment of your ability to carry out everyday tasks in your own home. This may include:

- preparing a meal or drink for yourself
- washing
- dressing

- bathing
- getting to the toilet.

At the same time, if you have a carer, they assess their needs and their ability to help you. They then make recommendations, which can include some or all of the following:

- helping you to help yourself
- working with you to find a new way of doing a task
- specialist equipment such as a bath seat
- minor adaptations like grab rails
- help with getting around the house
- major adaptations like ramps or stairlifts to avoid steps.

Occupational therapists can help if you:

- live in Edinburgh
- have a substantial and permanent disability
- disability gives you substantial problems in several areas of your daily life and help will enable you to be more independent.

Contact Social Care Direct (0131 200 2324) to ask for advice or request an assessment.

Equipment and adaptation

The Community Equipment Service offers a range of equipment and adaptations free of charge and without having to be assessed by a health or social work professional. To order any of this equipment and adaptations, choose the item(s) you need from the list and send the completed order form to the Community Equipment Service.

A colour hard copy of the catalogue can be requested from the Community Equipment Service by phoning 0131 313 2435.

Accessible Homes Service

The Accessible Homes Service can offer the following services.

- Help to find a more suitable home.

- Adaptations to your existing or new home such as banisters, ramping, kitchen or bathing facilities.
- Assistive technology to promote independence, comfort and safety, such as monitors for unlit gas, heat, smoke or floods, fall detectors, epilepsy and wander alarms.
- Equipment for people whose hearing is impaired.

For major home improvements such as a stairlift or a shower, a recommendation is necessary from an Occupational Therapist. You will then be able to apply for help with the cost of the necessary work. Anyone with no income other than benefits may have the cost of improvements met in full.

Edinburgh council works closely with a voluntary agency called **Care and Repair**. Care and Repair offers independent advice and assistance to help homeowners repair, improve or adapt their homes so that they can live in comfort and safety at home in their own community. The service is available to owner-occupiers, private tenants and crofters who are aged 60 or over or who have a disability.

You can contact the Service on 0131 529 7099.

Community alarms service

The Community Alarms Service (CAS) provides emergency housing support, via an alarm call system, to over 8000 vulnerable customers across Edinburgh and across all tenures (council, housing association and private sector tenants and owner occupiers). Individuals can be referred from other agencies or can self refer for assessment by the department's Assessment and Advice Service. CAS will then make the appropriate arrangements to install and maintain the alarm and explain the service to the customer. There is a charge for installation of a community alarm.

Assessment and Advice Service
Level C2, Waverly Court, 4 East Market,
Edinburgh. 0131 529 7661.

Community Rehabilitation Service

The Community Rehabilitation Service provides a service for people on discharge from hospital. This is to enable earlier hospital discharge and reduce the need for large care packages, by carrying out rehabilitation in the person's own home for up to five weeks. On discharge the Physiotherapist and Occupational Therapist carry out an assessment. They will help you identify:

- what you can do
- what do you want to do
- what do you need to do.

A programme of activities is then planned, which may include the following:

- washing and dressing
- bathing/showering
- an exercise programme
- walking indoors and outdoors
- negotiating stairs
- planning and preparing meals
- shopping
- using public transport
- participating in social activities.

This service is available seven days per week. Referrals are only accepted from the hospital multidisciplinary team as part of the planned discharge home. For information contact Social Care Direct (0131 200 2324).

Self-directed support (formerly direct payments)

Self-directed support payments are a way of giving people who need community care services more choice and control over their quality of life. Payments can be made to people who need services, instead of the local authority arranging services for them. This means that the person can employ care staff or buy the services they want (from voluntary organisations or private companies).

For more information contact:
Lothian Centre for Integrated Living, Norton

Park Centre, 57 Albion Road, Edinburgh, EH7 5QY. 0131 475 2350 .
Email: lcil@lothiancil.org.uk
Website www.lothiancil.org.uk

Support from health services

Support from the doctor

Your family doctor (GP) will be a source of much information both about the illness and about services that can help person with dementia and their carer. It is important that the person with dementia has a proper diagnosis.

Alzheimer Scotland has a booklet, free to carers, called *Getting Help from your Doctor*. Call the freephone Dementia Helpline on 0808 808 3000, or your Alzheimer Scotland service, for a copy.

Assessment

Your GP should be able to tell you most of what you need to know about dementia. If a specialist is needed, you will probably be referred to a consultant psychiatrist who will ask you to attend an out-patient appointment or arrange to visit you in your own home. You may also be asked to attend a day hospital for a 6 to 8 week assessment period.

Individual consultant psychiatrists assess and start people on memory treatment, such as drug treatment where appropriate, with follow up by the Community Psychiatric Nurses or Dementia Care Co-ordinators for the first 6 months and annual reviews by Community Psychiatric Nurses or psychiatrists. GPs take over memory treatment prescribing after the first 6 months.

Community Psychiatric Nurses (CPNs) give practical help and advice and can help you cope with difficult behaviour. There are 5 CPN teams for old age psychiatry covering the 5 sectors of Edinburgh. Referral to the CPNs is generally through GPs and Consultant Psychiatrists.

South East CPN Team
Marchhall House, 3 Marchhall Crescent,
Edinburgh, EH16 5HP. 0131 668 2688.

South West CPN Team
Springwell House, Ardmillan Terrace,
Edinburgh, EH11 2JL. 0131 537 7535.

South Central CPN Team
Marchhall House, 3 Marchhall Crescent,
Edinburgh, EH16 5HP. 0131 662 0875.

North East CPN Team
Leith Community Treatment Centre, 12
Junction Place, Edinburgh, EH6 5JA. 0131 536 6270.

North West CPN Team
Royal Victoria Hospital, 13 Craighleith Road,
Edinburgh, EH4 2DN. 0131 537 5170.

Dementia Care Coordinators

There are 5 Dementia Care Coordinators (DCCs) in Edinburgh covering the South East, South West, North East, North West and South Central sectors of the city. However, most of the day to day work with people with dementia is integrated into the old age psychiatry CPNs.

Day hospitals – see page 6.

District or community nurses provide some nursing care at home and can help with bathing and continence management.

Health visitors are Registered General Nurses who have specialised in Community Health Care. They work closely with other members of the Primary Health Care Team to promote individual, family and public health. They perform a wide range of nursing and medical procedures including: home visiting, hospital aftercare, continence promotion and dietary advice. They are also trained to help with depression, family stresses, carer support, disability and welfare benefits.

Disabled Living Centre

There are 52 Disabled Living Centres in the UK. Their role is to offer solutions to practical difficulties in daily living to people with disabilities, their carers and people who work with or for them on a professional basis. They provide unbiased, expert advice and information about equipment, how much it costs, and where to get it. They also offer the opportunity to try out a wide range of products. Advice and information about other issues related to daily living can also be given. Opening hours: 8.30am-4.30pm. Telephone for an appointment to ensure time with the Therapist.

Lothian Disabled Living Centre, SMART Centre, Astley Ainsley Hospital, Grange Loan, Edinburgh, EH9 2HL. 0131 537 9190.

Continence Care Service

The Continence Care Service exists to promote continence whenever this is achievable and to provide products in a timely manner, tailored to the individual's needs and enabling the individual to lead as normal a life as possible, where continence is not wholly achievable.

Each client should have a comprehensive continence assessment, treatment options offered and a care plan developed to ensure that the management of incontinence is addressed effectively and efficiently. The initial patient assessment should be the responsibility of the Primary Care Team. Following this, referral to specialist continence services will be accepted.

The Department is based at:
Inchkeith House, 139 Leith Walk, Edinburgh,
EH6 8NP. 0131 537 4572.

The office opening hours are:
Monday to Wednesday: 9am-4pm
Thursday: 11am-4pm
Friday: 9am-3pm (closed between 12 and 1 each day)

Day hospitals

Most day care is in the community; places in day hospitals are usually for short-term assessment or sometimes in the longer term for people with more severe dementia. Ask your GP or hospital specialist if you think the person you care for needs a place in a day hospital.

There are currently 2 day hospitals covering Edinburgh:

Jardine Clinic and Day Hospital, Royal Edinburgh Hospital, Morningside Terrace, Edinburgh, EH10 5HF. 0131 537 6615. (south Edinburgh)

Orchard Day Service, Royal Victoria Hospital, Edinburgh, EH4 2DN. 0131 537 5034. (north Edinburgh)

Scottish Driving Assessment Service

The service offers driving assessment for people who wish to commence, resume or continue driving after illness or injury, as well as advice on vehicle modifications to enable safe driving or passenger travel for those with a disability.

Marlene Mackenzie, Development Manager
Scottish Driving Assessment Service, Astley Ainslie Hospital, 133 Grange Loan, Edinburgh, EH9 2HL. 0131 537 9192.

email:

Marlene.Mackenzie@nhslothian.scot.nhs.uk

There is no charge for these health services.

Sources of information about health services

The **NHS Helpline** can provide information about services in your area. The line is open from 8am to 10pm every day. Freephone 0800 22 44 88. For more information about health services and [NHS Scotland](http://www.nhs.uk), you can visit their website www.show.scot.nhs.uk

NHS 24 operates a 24-hour nurse advice and health information service providing confidential information for the general public, and further details of out-of-hours medical services in your area. The telephone number is *08454 24 24 24*.

Also see the section in this guide headed 'Information, advice and advocacy services'.

Support from Alzheimer Scotland Dementia Helpline

The 24 hour Dementia Helpline, 0808 808 3000 is for:

- people with dementia
- carers
- relatives
- anyone concerned about dementia.

The Dementia Helpline is free and confidential, and you don't even have to give your name if you prefer not to. Call at any time for a free information pack and for help on:

- understanding treatments
- how to get help locally
- maintaining independence
- financial & legal matters
- coping with caring
- community care
- long-stay care
- anything else to do with dementia.

Also see the **Alzheimer Scotland website** at www.alzscot.org

The Scottish Dementia Working Group

(SDWG) is a group run by people with dementia and funded by Comic Relief and Alzheimer Scotland. It operates independently as a national involvement group for people with dementia within Alzheimer Scotland. Membership is open to people with dementia. The purpose of the Working Group is to campaign to improve services for people with dementia and to improve attitudes towards people with dementia. Enquiries are welcome from, or on behalf of, individuals from anywhere in Scotland who are interested.

National Coordinator: Martin Sewell
Scottish Dementia Working Group, 81 Oxford Street, Glasgow, G5 9EP. 0141 418 3939.
Email sdwg@alzscot.org

Edinburgh Branch

The Edinburgh branch of Alzheimer Scotland offers the following services.

- Advice and information
- Strathyre Holidays
- Dementia Café

Alzheimer Scotland
Edinburgh Branch
139 St Leonard's Street
Edinburgh
EH8 9RB
0131 667 6289 (Volunteers available 10 am - 12 noon Monday - Friday).

E-mail: EdinburghBranch@alzscot.org

Lothian Early Onset Support Service

This Service is for individuals who have a diagnosis of dementia up to and including the age of 65. The following services are offered.

- Information and advice
- Family outreach support
- Community and Home support
- Carer support and education
- Day clubs for younger people in the early, moderate and later stages of dementia
- Monthly 'Oasis' dementia café for carers and younger people with dementia
- Holidays for younger people with dementia and their carers
- Clermiston Saturday Break day service for older people
- Befriending service for Polish older people.

Alzheimer Scotland
Lothian Early Onset Support Service, The Prentice Centre, 1 Granton Mains, Edinburgh, EH4 4GA. Phone: 0131 551 9350
E-mail: LEOSSProject@alzscot.org

Alzheimer Scotland Dementia Advisor

Alzheimer Scotland believes no-one should have to go through dementia alone. That's why we use our fundraised money to provide a Dementia Advisor in Edinburgh to help you find the information and help you need.

Contact: Teresa Straczynska

c/o Edinburgh Branch

139 St Leonard's Street

Edinburgh EH8 9RB

Tel: 0131 662 1204

E-mail: tstraczynska@alzscot.org

Benefits information and advice

Both the carer and the person with dementia may be entitled to benefits or other types of financial help. Welfare benefits include social security benefits and other sources of financial help administered by other organisations such as local authorities.

The Department for Work and Pensions

(DWP) has overall responsibility for administering social security benefits. The DWP has several agencies which each deal with a range of benefits for different groups. The main agencies are:

- Jobcentre Plus which deals with benefits for people of working age
- the Pension, Disability and Carers Service which deals with benefits for people over the State Retirement Age for a woman, carers and people with an illness or disability.

The Pension, Disability and Carers Service deals with benefits for people over the State Retirement Age for a woman, or who are caring for someone, or have an illness or disability. It offers home visits to carry out benefit checks and to help complete claim forms for people aged 60 or over. They can also assist people of any age to complete claim forms for Disability Living Allowance (DLA). You can arrange a home visit by contacting the Pension, Disability and Carers Service on 0845 60 60 265.

The DWP has a freephone **Benefit Enquiry Line** for People with Disabilities and Carers. The enquiry line can give confidential advice on all benefits for people with dementia and carers and can complete forms for you over the phone. Call free on **0800 88 22 00** or, for textphone users only, **0800 24 33 55** (8.30am–6.30pm Monday to Friday, 9am-1pm on Saturday).

If you are of working age, you can get most claim forms from your local Jobcentre Plus. If you are over the current State Retirement Age for a woman, you can get claim forms from the Pensions Service on 0845 60 60 265, or from a local advice agency, such as Citizens Advice Bureau (CAB), or by telephoning the Benefit Enquiry Line for People with Disabilities on 0800 88 22 00. You can also access claim forms online on **Directgov** which is a government website that provides information for people with disabilities and carers of all ages in areas such as employment, independent living and rights. See: www.direct.gov.uk

Pension enquiries should be made to:
The Pension Service 0845 60 60 265
Opening hours: Monday to Friday 8.00am to 8.00pm

Claims for income support can be made by calling 0800 055 6688 (8am - 6pm Monday to Friday) or by claiming online at www.direct.gov.uk

Help from the Social Fund can be dealt with by calling Jobcentre Plus on 0800 055 6688 or by visiting your local Jobcentre Plus office (see your phone book).

Local authorities deal with Housing and Council Tax Benefit for help with rent or council tax. They also deal with council tax discounts and exemption schemes. You can get claim forms from your local authority by contacting them by telephone or from their website.

Alzheimer Scotland Welfare Rights Service

Alzheimer Scotland's welfare rights service can offer the following.

- Information about social security benefits and other sources of financial help administered by the Department for Work and Pensions, local authorities and other agencies.
- Information about free personal and nursing care.
- Information about local authority financial assessments and charging policies.
- Information about the Adults with Incapacity (Scotland) Act 2000.
- Talks to groups.
- Training for colleagues and staff of other organisations who work with people who have dementia.

Welfare Rights Service Manager – Jim Pearson

E-mail: jpearson@alzscot.org

Welfare Rights Assistant – Andy Paul

Administrator – Anne Burnside

Alzheimer Scotland, 81 Oxford Street,
Glasgow, G5 9EP. 0141 418 3936

E-mail: Welfare@alzscot.org

To access the Welfare Rights Service, please contact your local Alzheimer Scotland service (see page 8) or the Dementia Helpline on 0808 808 3000.

The Advice Shop offers free, confidential and impartial advice and help with benefits and tax credits, income maximisation and debt.

85-87 South Bridge, Edinburgh, EH1 1HN.
0131 225 1255 .

Opening hours:

Monday - Thursday: 9.30am-4pm

Friday: 9.30am-3.30pm

Telephone calls: Monday to Thursday 8.30am to 5.00pm and Friday 8.30am to 3.40pm.

The Advice Shop opens at 11.00am on the first Tuesday of every month to allow for staff training.

Citizens Advice Bureau (CAB)

Citizens Advice Bureaux provide information, advice, assistance and advocacy on a range of subjects, including benefits, council housing, taxes, employment, immigration, complaints, debt and consumer issues. The service is independent, confidential and free. The CAB offices in Edinburgh are:

Central

58 Dundas Street, Edinburgh, EH3 6QZ

0131 557 1500 (for advice)

0131 558 3681 (to make an appointment)

Gorgie/Dalry

Fountainbridge Library, 137 Dundee Street,
Edinburgh, EH11 1BG.

0131 474 8080 (for advice)

0131 474 8081 (to make an appointment).

Leith

166 Great Junction Street, Edinburgh, EH6 5LJ. 0131 554 8144.

Pilton

661 Ferry Road, Edinburgh, EH4 2TX. 0131 332 9434.

Portobello

8a - 8b Bath Street, Portobello, Edinburgh, EH15 1EY.

0131 669 7138 (for advice)

0131 669 9503 (for appointments)

Scottish Helpline for Older People

This national helpline run by Age Scotland offers confidential and impartial information about community care, taxes, pensions, benefits and other issues. Call on **0845 125 9732**, 10am - 4pm, Monday to Friday. Local call rates apply.

Council tax discount

If the person with dementia is 'severely mentally impaired', he or she may be able to get a **council tax discount**. Carers who are not the person's spouse or partner may also be entitled to a discount.

The City of Edinburgh Council, Revenues and Benefits, Chesser House, 500 Gorgie Road, Edinburgh, EH11 3YJ. 0131 469 5000
Email revenuesbenefits@edinburgh.gov.uk

Information, advice and advocacy

You can get information on all aspects of dementia from Alzheimer Scotland's freephone 24 hour helpline (0808 808 3000).

You can get information about services in your areas from the **NHS Helpline** (see p7). For more information about health services and NHS Scotland, you can visit their website: www.show.scot.nhs.uk

You can get information about community care, taxes, pensions, benefits and other issues from the **Scottish Helpline for Older People** (see p9).

LGBT Age

Social opportunities, information, advocacy and befriending for older lesbian, gay, bisexual and transgender people
Contact Garry McGregor on 0131 652 3282 or garry@lgbthealth.org.uk or see www.lgbthealth.org.uk/content/lgbt-age

Advocacy

Advocacy means supporting a person, taking their side and helping them to get their point across. Whilst it may involve providing information it does not involve offering advice, rather it should represent a person's viewpoint. Advocacy helps vulnerable people to take an active role in making decisions about their lives.

Advocacy can help you to:

- get your voice heard
- gain control over your life and care
- gain access to the information and support you need in expressing your concerns, needs and wishes
- make informed decisions.

Independent advocacy means the advocate is not connected with carers or services that have a strong influence on the life of the person the advocate is supporting. There are different kinds of independent advocacy.

- **Independent professional advocacy** can be provided by paid staff or by volunteers with relevant training and/or experience.
- **Citizen advocacy** encourages ordinary citizens to become more involved with the welfare of those who might need support in their communities. It brings an individual together with an advocate on a long term, personal, one-to-one basis.

The Voice of Carers Across Lothian (VOCAL) supports carers by:

- campaigning to improve carers' rights
- working in partnership with other organisations to develop the services carers need
- running a Princess Royal Trust Carers Centre which provides free information, advice, training, advocacy and counselling services.

VOCAL Carers Centre, 8-13 Johnston Terrace, Edinburgh, EH1 2PW. 0131 622 6666.
Email: centre@vocal.org.uk
Website www.vocal.org.uk

EARS Advocacy Service for Older People

is funded by health and social work to provide free, independent advocacy (on a one-to-one basis) to older people in, or moving into long term care. The office is open Monday-Friday 9am-5pm.

EARS Advocacy Service, Forecourt Bus Centre, Edinburgh, EH6 5PX. 0845 607 0129.

Edinburgh Carers Council provides information and advocacy for carers of people with mental health problems.

Edinburgh Carers Council, The Canon Mill, 1-3
Canon Street, Edinburgh, EH3 5HE. 0131-270
6087/6089.

Minority ethnic services & information

(See also Useful publications section)
Alzheimer Scotland has a leaflet called
"Dementia – what you need to know", which is
available in Bengali, Chinese, Hindi, Italian,
Polish, Ukrainian and Urdu. Contact your local
Alzheimer Scotland office or phone our **24
hour freephone helpline on 0808 808
3000** for copies or download free from our
website:

www.alzscot.org/pages/info/otherlanguages.htm

Alzheimer's Disease International has a
webpage with information relating to dementia
in many different languages:

www.alz.co.uk/alzheimers/languages.html

Alzheimer's Australia has a useful website with
information relating to dementia in different
languages:

www.alzheimers.org.au/content.cfm?categoryid=14

The Interpretation and Translation

Service (ITS) provides interpretation and
translation facilities in approximately 40
community languages as well as Braille, tape,
large print and British Sign Language.

You can access the service through any
Council department, the Health Service or any
voluntary organisation.

ITS, Central Library, George IV Bridge,
Edinburgh, EH1 1EG. 0131 242 8181.

Minority Ethnic Carers of Older People

(MECOPP) provides bilingual advocacy and
personal support to carers of people with
dementia and those they support, primarily
from south Asian and Chinese backgrounds;
also recreational and educational support.
Their resource library is available to anyone in
Scotland.

MECOPP Carers Centre, 23 Leith Walk,
Edinburgh, EH6 8LN.

0131 467 2994

0131 467 2996 - Chinese language line

0131 467 2997 - Asian language line

Email info@mecopp.org.uk

Website: www.mecopp.org.uk

Office hours:

Monday to Thursday - 9.15am to 5pm

Friday - 9.15am to 4pm

Edinburgh Chinese Elderly Support Association

25 Home Street, Edinburgh, EH3 9JR. 0131-
228 5808

MEN in MIND provides support for men
experiencing mental ill health as a result of
stresses caused by caring. It provides a
variety of services including one-to-one
support, a drop in service, educational
programmes and a forum.

Men in Mind, 40 Shandwick Place, Edinburgh,
EH2 4RT. 0131 225 8508

Email mim@health-in-mind.org.uk

MILAN provides services (including day care)
for older Asian people from India, Pakistan,
Bangladesh and Mauritius, living in Edinburgh
and the Lothians. Transport is provided to
those elderly who cannot use public transport
and have a disability

MILAN, Norton Park, 57 Albion Road, EH7
5QY. 0131 475 2307

Office open Monday – Friday 9am-5pm.

MEHIP - Minority Ethnic Health Inclusion Project

MEHIP aims to link people from minority
ethnic communities with primary health care
services and to improve the accessibility and
appropriateness of services across Lothian. It
provides information and advice and a link
worker/advocacy service. It also plans and

supports the delivery of health improvement programmes for minority ethnic communities.

Springwell House, Ardmillan Terrace,
Edinburgh, EH11 2JL. 0131 537 7565
Opening Hours: Monday – Friday 9am-5pm.

Specialist day care

Specialist day care offers enjoyable activities designed for people with dementia to help retain their abilities.

Access to some services specifically for people with dementia is by assessment, usually following referral from doctors, social workers or health visitors. Individual services can advise on the referral process (if any) and availability of places.

Social work day care centres

There are several council run day care centres in Edinburgh. To access day services either call Social Care Direct (0131 200 2324) or contact the service directly. All provide transport and lunch.

Oaklands

Available to people with dementia on Monday – Friday
35-37 Canaan Lane, EH10 4SG.
Contact Rosemary Gunn
0131 447 0770

Portlee Resource Centre

Portlee is a day and resource centre for older adults in the Leith area. The centre also offers an outreach support service for carers out of hours and at weekends. Day care for people with mild to moderate dementia is available on Wednesdays.

Contact Anne Day
0131 652 1859
17 Hawkhill Avenue, Edinburgh, EH7 6BU.

Clermiston

Day care is available to people with dementia on Tuesdays.
Contact The Manager

93 Parkgrove Terrace, EH4 7RD. 0131 336 1181.

Granton

Day care is available to people with dementia on Monday – Friday.
Contact the Manager
15 Wardieburn Street West, EH5 1EQ. 0131 552 8647.

Jewel House

Provides the Lochend Saturday Break and day care Mon-Thurs
Transport and lunch is provided.
Jewel House, 15 Bingham Avenue, Edinburgh, EH15 3JZ. 0131 669 0888.

Silverlea

14 Muirhouse Parkway, Edinburgh EH4
Contact 0131 336 4495.

The Tower

19 Murrayfield Drive, Edinburgh EH12
Contact 0131 337 9344.

Liberton Gardens

Day care is available to people with dementia on Monday – Friday.

Contact Karen Boyle
57 Little Road, EH16 6SH. 0131 664 5828.

Daybreaks

This is a council run small group day service for older people including older people with dementia. Two carers run the Daybreak from the first carer's home, from 10.00 - 3 p.m. Transport is provided by the carers. The service is particularly popular with men, but is also used by older people who do not wish to use, or who find buildings based day service unsuitable.

Contact the Short Breaks Team
Building 4 -7, Regent Road, Edinburgh, EH7 5BL. 0131 525 8040.

Flexible Adult Breaks Service (FABS)

FABS provides a variety of home or community-based breaks ranging from a few hours to a few weeks. This service is for older people, including those with learning disabilities and/or dementia.

FABS Short Breaks carers provide person-centred breaks in their own homes or in the home of the service user. They also support service users to access community activities.

Contact the Short Breaks Team
Building 4 -7, Regent Road, Edinburgh, EH7 5BL. 0131 525 8040.

Non social work day care

Alzheimer Scotland's Lothian Early Onset

Support Service runs the Clermiston Saturday break.
Details from Alan Midwinter, Service Manager, Lothian Early Onset Support Service. 0131 551 9350.

Alzheimer Scotland: Lothian Early Onset Support Service provides day clubs for younger people.

Lothian Early Onset Support Service
The Prentice Centre, 1 Granton Mains, Edinburgh, EH4 4GA.
Phone: 0131 551 9350
E-mail: LEOSSProject@alzscot.org

Corstorphine Dementia Project

Lunch is provided. Transport with an escort to and from the client's home is provided within north west Edinburgh.

c/o Carrick Knowe Church, 118-132 Saughton Road North, Edinburgh, EH12 7DR. 0131 478 7784.
Monday - Friday 9.00am - 5.00pm

Beacon club

Offers day care to people with dementia on Mondays and Thursdays. Provides transport,

breakfast and lunch. The service has a 3 mile catchment area.

Contact The Manager
The Broomhouse Centre, 79/89 Broomhouse Crescent, Edinburgh, EH11 3RH. 0131 455 7731.
Email beaconclub@broomhousecentre.org.uk

North Edinburgh Dementia Care

Provides day care for people with dementia. Accompanied transport from and to the centre is provided.

Seagrove Centre, 5 Seafield Street, Edinburgh, EH6 7LG. 0131 553 7619.
Email office@seagrovecentre.org
Website: www.seagrovecentre.org

Eric Liddell - Dementia Day Care Service

Provides day care to people with dementia, Monday to Friday. ➡

Contact Eleanor Douglas
Eric Liddell Centre, Morningside Road, Edinburgh, EH10 4DP. 0131 447 4520.

Calton Welfare Services Project

Offers day care for people with dementia at Abbeyhill Baptist Church on Thursdays from 9.30am-2pm. Transport and lunch is provided. There is a £2.50 charge.

Caroline McPherson
121 Montgomery Street, Edinburgh, EH7 5EP.
0131 661 0678.

Pleasance Day Centre

Day centre catering for a maximum of 12 older people per day Wed-Fri. Transport is available to and from the centre and users are encouraged to participate in a wide range of social activities.

7 West Adam Street, Edinburgh, EH8 9SX.
0131 558 3728.

Portobello Monday Centre

Day care for people with mild to moderate dementia on Mondays. Transport and lunch is provided. Cost is £3.50 per day.

Contact Nell Graham
14 Stanley Street, Portobello, EH15 1JJ. 0131 669 4351

Queensferry Care

Offers day care to people with dementia on Mondays and Fridays. Transport and lunch is provided. This service is for people from the areas of South Queensferry, Dalmeny, Kirkliston, Newbridge, Ratho and Ratho Station.

Contact The Manager
The Haven, 25b Burgess Road, South Queensferry, EH30 9JA. 0131 331 5570.

LifeCare provides day care for people with dementia in their Cottage Companion Club and St Bernard's Club. Both are open from Monday to Friday. Lunch is provided. This service is available to people all over Edinburgh, however transport is for residents in the catchment area only. There is also an outreach service for people with dementia.

LifeCare, 2 Cheyne Street, Edinburgh, EH4 1JB. 0131 343 0940.
Website www.lifecare-edinburgh.org.uk

Prestonfield Neighbourhood Project

Provides lunch clubs, day activities and outreach services for older people including those with dementia on Mondays and Tuesdays. Lunch is provided. Transport is provided for residents in the catchment area.

63 Prestonfield Avenue, Edinburgh, EH16 5EX. 0131 620 7222.

Northfield & Willowbrae Community Services Group

Group for people with dementia on Mondays. Transport and lunch is provided. Cost is £4 per day.

Contact The Manager
1a Willowbrae Road, Edinburgh, EH8 7EZ. 0131 661 9171.

The Open Door

Offers care for people with memory loss on the first Wednesday of every month. Contact Moira Fenning, Project Co-ordinator on 0131 441 5099

Drylaw Rainbow Club Day Centre

Provides day care on Fridays for people with dementia living within the Greater Pilton area. Transport and lunch is provided. Contact Jackie Brown
Drylaw Church Hall, Groathill Road North, Edinburgh. 0131 343 6643

Libertus

Provides lunch and day activities for older people including those with dementia 4 days per week. Transport and lunch is provided. There is a charge of £5 per day.

26 Gracemount Drive, Edinburgh, EH16 6RN. 0131 664 7424.

The **Murrayfield Club** meets weekly at Murrayfield Parish Church and provides a range of activities for people with dementia. Transport and lunch is provided.

Murrayfield Church Hall, 2b Ormidale Terrace, Edinburgh, EH12 6ED. 0131 337 1091

Services for younger people with dementia

Alzheimer Scotland's Lothian Early Onset Support Service is for individuals who have a diagnosis of dementia up to and including the age of 65. The following services are offered.

- Information and advice.
- Family outreach support.
- Community and Home support.
- Carer support and education.
- Day clubs for younger people in the early, moderate and later stages of dementia.

- Monthly 'Oasis' dementia cafe for carers and younger people with dementia.
- Holidays for younger people with dementia and their carers.

Alzheimer Scotland
Lothian Early Onset Support Service, The
Prentice Centre, 1 Granton Mains, Edinburgh,
EH4 4GA.
Phone: 0131 551 9350
E-mail: LEOSSProject@alzscot.org

Day centres

Some people with dementia enjoy attending the day care centres which run throughout Edinburgh. These day centres are attended by older people but do not specialise in dementia. Day care services are provided both by the Council and independent organisations. If you want to find out more about the social work centres, contact Social Care Direct (0131 200 2324).

Canalside is a seven days a week day care service run by Bield Housing Association on behalf of the City of Edinburgh Council. It provides care for older people and people with dementia who are assessed as needing a service, in the south west of the city.
Canalside, 26 Hailesland Place, Edinburgh,
EH14 2SL. Tel: 0131 458 9860.

Caring in Craigmillar

Day care on Tuesday, Thursday, Friday and Saturday. Transport is provided in the catchment area. Cost is £5 per day.
Ground Floor, 63 Niddrie Mains Terrace,
Edinburgh, EH16 4NX. 0131 659 2920.

Pentland Wednesday Club

c/o Pentland Community Centre, Oxfgangs
Brae, Edinburgh, EH13 9LU.
0131 445 5559 (contact Olga Ferguson,
Project Co-ordinator).

Pentland Lunch Club

Provides day care on Fridays. Suitable for people with mild dementia. Transport and

lunch is provided. Cost is £5. Held at Jewel House day care resource centre.

15 Bingham Avenue, Edinburgh, EH15 3JZ
0131 669 0888.

Currie Kirk day care

Day care for the frail elderly is available on Fridays. It is available to people with mild dementia. Transport and lunch is provided. Referrals must come through the social work department.

Gibson Craig Hall, Lanark Road West, Currie,
Edinburgh, EH14 5EP. 0131 451 5141.

Lunch clubs

Lunch clubs offer an opportunity for people to get together informally for a meal at a local venue. The lunch clubs in Edinburgh are run by voluntary organisations. Contact Social Care Direct (0131 200 2324) for lunch clubs in your part of Edinburgh.

Befriending services

Befriending offers supportive, reliable relationships through volunteer befrienders to people who would otherwise be socially isolated.

Broomhouse Befriending Service provides a one hour visiting service once a week on a regular basis to older people and people with dementia.

Phyllis McFarlane
The Broomhouse Centre, 79/89 Broomhouse
Crescent, Edinburgh, EH11 3RH. 0131-455-
7731.
Email:
elderlybefriending@broomhousecentre.org.uk

Oxfgangs/Pentlands Befriending Service

This service provides respite for carers. This service covers South Central and parts of South West Edinburgh.

35 Oxfgangs Crescent, Edinburgh, EH13 9HJ.
0131 441 5099.

opcp@btconnect.com

Queensferry Care Befriending Service

This service is for older people who are socially isolated due to illness or disability.

The Haven, 25b Burgess Road, South Queensferry, EH30 9JA. 0131 331 5570
Email: mail@qccc.org.uk

Home support services

Home support through social work services

See under heading "Social work services – how they can help".

Home support services from voluntary organisations

Alzheimer Scotland: Lothian Early Onset Support Service

Provides community and home support for younger people with dementia.

Alzheimer Scotland
Lothian Early Onset Support Service, The Prentice Centre, 1 Granton Mains, Edinburgh, EH4 4GA. Phone: 0131 551 9350
E-mail: LEOSSProject@alzscot.org

LifeCare

LifeCare's Outreach Service is available city wide to provide care and support at home for people with dementia and the family and friends who care for them. In addition, the Outreach Service accommodates the needs of the frail elderly. This service is considered to be covered under Free Personal Care and as such no charge is made.

LifeCare, 2 Cheyne Street, Edinburgh, EH4 1JB. 0131 343 0940.

Crossroads

Crossroads is a Scottish Charity employing staff trained to provide care associated with activities of daily living, within the family home, which enables carers to take a short

break. There is a dedicated service for people with dementia.

Springwell House, 1 Gorgie Road, Edinburgh, EH11 2LA. 0131 346 1596.

Oxgangs/Pentlands Sitter Service

This service takes place in the client's home and can include activities and reminiscence work. The service covers south central Edinburgh.

Oxgangs/Pentlands Carers Project, 35 Oxgangs Crescent, Edinburgh, EH13 9HJ. 0131 441 5099.
Email: opcp@btconnect.com

Murrayfield Outreach Worker

Provides home support and respite for people with dementia and their carers.

Contact Murrayfield Church Hall
2b Ormidale Terrace, Edinburgh, EH12 6ED. 0131 337 1091.

Private nursing and home support

See the Yellow Pages or local directories under Care Agencies for other providers. Also, a social worker can help you to decide which company to contact, if you ask for assistance. Call Social Care Direct for more information on 0131 200 2324.

Transport and travel concessions Scotland-wide Free Bus Travel Scheme

Scotland-wide free bus travel allows anyone aged 60 and over, and eligible people with disabilities, to travel free on both local registered services and long-distance bus services within Scotland, without any peak-time restrictions.

You will be able to travel free on most local bus and scheduled long distance coach services anywhere in Scotland throughout the day including during the morning rush hour. Edinburgh residents can also continue to use their card for rail travel between stations in

Edinburgh for a flat fare of 50p per journey. If you are blind or visually impaired, you can also use your card on train journeys throughout Scotland.

You can apply for a card at any library in Edinburgh. You will need to take the following to the library with you:

- a passport style photo of your head and shoulders
- proof of your age
- proof that you live in Edinburgh.

Handicabs runs two services for people with mobility restrictions: Dial-A-Ride and Dial-A-Bus. **Dial-A-Bus** provides transport from home to local shopping centres for people who cannot manage by ordinary bus. It operates at least once a week from most areas in Edinburgh. **Dial-A-Ride** provides door-to-door transport for people with limited mobility who cannot travel by ordinary bus. It operates seven days per week.

Dial-A-Bus: 0131 447 1718

Dial-A-Ride: 0131 447 9949

Lothian Shopmobility enables those with limited mobility to go shopping by supplying, on free loan, electric and manual wheelchairs and scooters.

Gyle shopping centre: 0131 317 1460

Ocean terminal shopping centre: 0131 555 8888

Princes Street: 0131 225 9559 (Tues-Sat)

British Red Cross

The British Red Cross Transport and Escort service provides transport to essential appointments.

West Point House, 69 North Gyle Terrace, Edinburgh, EH12 8JY. 0131 338 5700.

Helpcard

Alzheimer Scotland has a card for people with dementia to help people who serve the public to understand their special needs. You can show this to transport staff as well as in

shops, etc. Call the **24 hour freephone Dementia Helpline 0808 808 3000** to get a free Helpcard.

Disabled Person's Railcard

If you have a disability that makes travelling by train difficult you may qualify for the Disabled Persons Railcard. The Railcard allows you and an adult companion with you to get a 1/3rd off most Standard and First Class fares throughout Great Britain.

A one year card costs £18 and a three year card is also available for £48. You must provide proof that you qualify for a Railcard. You might qualify if you: have a visual impairment or a hearing impairment or have epilepsy or are in receipt of a disability related benefit.

Contact the Disabled Person's Railcard office in Laurencekirk (0845 605 0525) or write to: Rail Travel Made Easy, P.O Box 11631, Laurencekirk, AB30 9AA for a leaflet and application form, or download an application form from: www.disabledpersons-railcard.co.uk/information-downloads

Support for carers

Carer support groups

A carer support group is a small group of carers which meets in a relaxed, informal environment where they can:

- discuss and learn from others who share their situation
- have an opportunity to support each other and reduce feelings of isolation
- receive social, emotional and information support.

Coping with Caring Support Group

This is a support group for people caring for someone who has a memory problem or dementia. It is held on the first Tuesday of every month.

Contact Moira Fenning, 0131 441 5099.

St Hilda's Support Group

This is a support group for people caring for someone who has a memory problem or dementia. It is held on Tuesday afternoons at Oxfords Neighbourhood Centre, 71 Firrhill Drive, Edinburgh, EH13 9EU. Contact Heather Levy, Project Co-ordinator on 0131 441 7558.

Craiglockhart Carers Support Group

This is a support group for people caring for someone who has a memory problem or dementia. It is held on the first Tuesday of every month at Craiglockhart Church, Craiglockhart Drive North, Edinburgh EH14 1HS. Contact Moira Fenning, Project Co-ordinator on 0131 441 5099.

Care for Carers runs a number of support groups as well as one-to-one support for carers living in North East Edinburgh. Contact Ruth MacLennan on **0131 661 2077**.

Portobello Carers Support Group

This group meets in Portobello library on the last Tuesday of every month. Contact Kathleen Murray on **0131 661 2077**.

Jewel House Carers Support Group

Meets in Jewel House Day Centre, where there's a monthly drop-in session for carers. Contact Kathleen Murray on **0131 661 2077**.

Gilmerton Carer Support Group

This carer support group is open to all carers living in South East Edinburgh. It meets the last Tuesday of every month. The group offers mutual support along with occasional talks and information sessions. It meets on the last Tuesday of each month. Contact 0131 672 0987 (Lisa Rice).

Broomhouse Centre

The carer support worker offers support to carers living in the local area through monthly carer support groups.

Contact Donna Clark

The Broomhouse Centre, 79/89 Broomhouse Crescent, Edinburgh, EH11 3RH. 0131-455-7731.

Email adultcarers@broomhousecentre.org.uk

General support for carers

Alzheimer Scotland: Lothian Early Onset Support Service

Provides carer support and education for those caring for younger people with dementia.

Alzheimer Scotland
Lothian Early Onset Support Service, The Prentice Centre, 1 Granton Mains, Edinburgh, EH4 4GA. Phone: 0131 551 9350
E-mail: LEOSSProject@alzscot.org

North West Carers Centre

This centre offers services to benefit carers in the community. Services include a sitter service to provide respite for carers and carer support groups. Training opportunities are being developed. The centre is open from Monday to Friday 9.30am-4.30pm.

34a Muirhouse Crescent, Edinburgh, EH4 4QL.
0131 315 3130.

Queensferry Care – Carer Support & Development Worker

Gillian Smith can offer information, support and learning opportunities to carers living in North West rural Edinburgh. She is available from Tuesday to Thursday 9.30am-4.30pm.

The Haven, 25b Burgess Road, South Queensferry, EH30 9JA. 0131 331 5570.

Carer Support Worker

Lisa Rice offers information and support to carers living in Liberton, Gracemount, Gilmerton, Moredun, the Inch and Southhouse/Burdiehouse Monday-Thursday 9am-5pm. Call 0131 672 0987.

Email: lisa@vocal.carers.net

VOCAL – Voices of Carers Across Lothian

VOCAL is a carer led organisation and manages the Edinburgh Princess Royal Trust Carers Centre. The Centre provides information & advice, advocacy, counselling, group-work and training to carers.

8-13 Johnston Terrace
0131 622 6666
Website www.vocal.org.uk

National Counselling Service: Edinburgh

Offers one-to-one confidential counselling to any individual over age 16. Counsellors offer regular weekly sessions of up to an hour where each individual can express their worries, cares and feelings. Counsellors work with a wide range of issues including stress, anxiety, depression, bereavement, abuse, relationship difficulties, family and spiritual problems. Counsellors will take time to listen and aim to assist each individual towards self-understanding and constructive change in their lives.

They do not charge for their service but ask individuals to consider giving a donation. They operate waiting list due to the demand for their services.

National Counselling Service, Wallace House, 3 Boswall Road, Edinburgh, EH5 3RJ. 0131 552 8901.

Edinburgh Carers Council

Provides information about all aspects of mental health and carers' rights, advocacy and learning opportunities for carers and relatives of people with mental health problems.

Contact Andrea Ridley
The Canon Mill, 1 Canon Street, Edinburgh, EH3 5HE. 0131 270 6087/6089.
Website: www.edinburghcarerscouncil.co.uk

Courses for carers

CA(I)RE Project

The CA(I)RE project at the Eric Liddell centre provides free educational, recreational and

therapeutic courses for carers. There is a drop-in session every Tuesday from 12noon-2pm at the Eric Liddell centre. Contact Sunil Bhatnagar on 0131 446 3321.

VOCAL – Expert Training Programme

VOCAL runs free training courses offering information and support to carers. Courses usually run as a series of weekly sessions with expert speakers and professionals. Assistance can be provided with travel and care costs. Contact: Jane Greenacre
0131 622 6666
jane@carers.net

Caring and Coping with Loss in Dementia

This is an 8 week course looking at the emotions related to loss experienced by carers of people with dementia. There are separate groups for spouses and adult children.

Care for Carers, Lochend House, 35 Lochend Road South, Edinburgh. 0131 661 2077.

Short breaks

Short breaks through the social work department

Edinburgh Council's social work service provides a range of services which support older people and their carers. Residential short breaks (e.g. in care homes) aim to support carers in their role and to enable older people to remain within their own homes wherever possible. Such breaks are available throughout Edinburgh.

The Flexible Adult Breaks Service (FABS)

provides a variety of home or community-based breaks ranging from a few hours to a few weeks. This service is for older people, including those with learning disabilities and/or dementia.

FABS Short Breaks carers provide person-centred breaks in their own homes or in the home of the service user. They also support service users to access community activities.

For more information on short breaks from Edinburgh council, contact the Short Breaks Team:

Building 4, 5-7 Regent Road, Edinburgh, EH7 5BL. 0131 525 8040.

Shared Care Scotland is a national charity which promotes and supports the development of short breaks and respite care throughout Scotland. Their Short Break Information Database offers information on respite breaks available throughout Scotland.

Unit 7, Dunfermline Business Centre, Izatt Avenue, Dunfermline, KY11 3BZ. 01383 622462.

Email osbis@sharedcarescotland.com

Website: www.carebreaksscotland.com

Open Monday – Friday 9.30am-4pm.

Non social work short breaks

Care for Carers - Stepping Out

Care for Carers provides a Short Break Residential Respite Service for carers called Stepping Out. These weekend long breaks are for carers to get away from their caring situation and spend time with other carers in a friendly and social environment. The weekends have organised activities, workshop opportunities, outings and social opportunities. Stepping Out is a free service and these breaks take place at the Low Port Centre in Linlithgow.

Contact Ruth MacLennan

Care for Carers, Lochend House, 35 Lochend Road South, Edinburgh. 0131 661 2077.

Private short breaks

Care homes offering short breaks have to be registered with and inspected by the Care Commission, who will also be able to provide information about local availability.

The Care Commission, Compass House, 11 Riverside Drive, Dundee, DD1 4NY. 0845 600 8331.

Website www.carecommission.com

You can call the **Dementia Helpline**, 0808 808 3000, who can arrange to send you a list of care homes with specialist dementia care in any area of Scotland. There is also a searchable database of care homes, including those which provide short breaks at:

www.bettercaring.co.uk/

Long-stay care

As dementia progresses, there may be a time when you need to consider long-stay care for the person with dementia. This may be in a care home or in a hospital.

There are a number of care homes in Edinburgh. Some homes are run by the City of Edinburgh Council while others are run by voluntary bodies or privately by individual owners or commercial companies.

All care homes are registered with the Scottish Commission for the Regulation of Care. This body regularly inspects the homes and has powers to make sure that care and other conditions reach specified standards. The Care Commission makes its care home inspection reports available to the general public.

The Care Commission, Compass House, 11 Riverside Drive, Dundee, DD1 4NY. 0845 600 8331.

Website: www.carecommission.com

Ask your social worker to assess the person with dementia to see what sort of long-stay care would be appropriate. The social worker should be able to suggest suitable local care homes. Alternatively, contact Social Care Direct on 0131 220 2324.

Call the **Dementia Helpline (0808 808 3000)** to request a detailed list of long-stay care homes from a national database. The information is free and it can include a list of homes in any area of Scotland with specialist dementia care units, as well as any special requirements (e.g. non-smoking, particular languages spoken, accepts pets).

There is also a searchable database of care homes at:

www.bettercaring.co.uk/

Care homes will charge fees, but the Social Work Department may be able to help, depending on the person's capital and income. Personal and nursing care in care homes, for those assessed by social services as needing it, is free for people aged 65 over and nursing care is free to anyone. People living in care homes who pay their own care costs are entitled to a payment for this.

Age Scotland publishes a factsheet (10s) on local authority charging procedures for care homes, available from:

Age Scotland, Causewayside House, 160 Causewayside, Edinburgh, EH9 1PR. 0845 833 0200.

Website:

www.ageconcernandhelptheagedscotland.org.uk/

Or contact the Scottish Helpline for Older People on 0845 125 9732 10am to 4pm, Monday to Friday.

Alzheimer Scotland publishes a booklet, *A Positive Choice: choosing long-stay care for someone with dementia*. The booklet covers choosing a home and financial assessments. It is free to carers. Call the **24 hour freephone Dementia Helpline** on **0808 808 3000** for a copy.

Hospital care

Care for people with dementia in Edinburgh is provided in the following hospitals.

Astley Ainslie Hospital, 133 Grange Loan, Edinburgh, EH9 2HL.
0131 537 9000

Ellen's Glen House, 72 Carnbee Avenue, Edinburgh, EH16 6FF.
0131 664 8542.

Ferryfield House, 100 Pilton Drive, Edinburgh, EH5 2HF.
0131 537 6246.

Findlay House, Seafield Street, Edinburgh, EH6 7LN.
0131 536 7410.

Loanhead Hospital, Hunter Avenue, Edinburgh, EH20 9SW.
0131 440 0174.

Royal Edinburgh Hospital, Morningside Place, Edinburgh, EH10 5HF.
0131 537 6000.

Royal Victoria Hospital, 13 Craigmyle Road, Edinburgh, EH4 2DN.
0131 537 5000.

There is no charge for care provided by the National Health Service.

Care housing

Care housing, also called very sheltered housing, or augmented care housing, provides a high level of support in a homely kind of environment.

Cairn Housing Association

22 York Place, Edinburgh, EH1 3EP.
0131 556 4415.

Bield Housing Association

79 Hopetoun Street, Edinburgh, EH7 4QF.
0131 273 4000.

Further help

We hope that this guide will help you chart a course through the maze of different services. Contact the **freephone 24 hour Dementia Helpline** on **0808 808 3000** if you would like any information or support.

Useful publications

Don't make the journey alone, Alzheimer Scotland, £1.50. Single copies free to carers

and people with dementia from the Dementia Helpline; professionals and organisations are asked to pay.

Some personal thoughts, support and practical advice written by and for people with dementia.

Looking after yourself, Alzheimer Scotland, £1.50. Single copies free to carers and people with dementia from the Dementia Helpline; professionals and organisations are asked to pay.

This booklet is for you if you care for someone with dementia. It has been produced with the help and support of many carers across Scotland. Includes practical advice on the emotional and physical impact of being a carer.

Coping with Dementia: a practical handbook for carers, NHS Health Scotland. Single copies free (to carers only) from the Dementia Helpline. Professionals may order via their local NHS Health Promotion Department.

A very useful guide to ways of dealing with the difficulties dementia can bring.

Coping with Dementia: a practical DVD for carers, NHS Health Scotland. Single copies free (to carers only) from the Dementia Helpline. Professionals may order via their local NHS Health Promotion Department.

This DVD can be viewed in English (with or without subtitles), British Sign Language, Polish, Cantonese, Sylheti or in formal versions of Hindi or Punjabi.

Dementia: Money & Legal Matters - a guide, Volumes 1 & 2, Alzheimer Scotland, £5.00 post free, or £3.75 for 5 or more copies. Single copies free to carers and people with dementia from the Dementia Helpline; professionals and organisations are asked to pay.

Covers dealing with money, personal welfare, benefits, and where to go for advice.

A Positive Choice: choosing long-stay care for a person with dementia, Alzheimer Scotland, £3.00. Single copies free to carers and people with dementia from the Dementia Helpline; professionals and organisations are asked to pay.

How to cope with the difficult decision that it is time for long stay care, how to choose care, and how to pay for it.

Getting Help from Your Doctor, Alzheimer Scotland, £1.50 including p&p. Single copies free to carers and people with dementia from the Dementia Helpline; professionals and organisations are asked to pay.

What the GP can do for the person with dementia and the carer.

Understanding dementia: a guide for young people, NHS Health Scotland. Single copies free (to carers and people with dementia only) from the Dementia Helpline; professionals and organisations may order from local health promotion departments. Colourful booklet aimed at 12 - 18 year olds who know someone with dementia.

Keeping Safe: a guide to safety when someone with dementia lives alone, NHS Health Scotland. Single copies free (to carers and people with dementia only) from the Dementia Helpline; professionals and organisations may order from local health promotion departments.

How to cope when you care for someone but don't live with him or her.

Facing Dementia: how to live well with your diagnosis, NHS Health Scotland. Single copies free (to carers and people with dementia only) from the Dementia Helpline; professionals and organisations may order from local health promotion departments. Aimed at people who have had a diagnosis of dementia. Practical information and help with coping with feelings.

The 36-Hour Day: a family guide to caring at home for people with Alzheimer's

disease and other confusional illnesses, 1992, by Nancy L Mace and Peter V Rabins, MD with Beverley A Castleton, Evelyn McEwen and Barbara Meredith, Hodder and Stoughton, co-published with Age Concern, £9.99. An informative and comprehensive look at caring for someone with dementia. (Out of print but should be available in libraries.)

Understanding Dementia, 3rd edition 2000, by Alan Jacques and Graham A Jackson, Churchill Livingstone, £22.99. ISBN 0443 05512 2.

For those who would like to understand the illness in more depth, this is a very readable book aimed at both professionals and carers.

Useful organisations

Other leaflets, books and videos may be available from the organisations listed below, which will also be happy to send you their publications lists.

Age Scotland offers a range of help for older people, such as advocacy, and the Scottish Helpline for Older People (0845 125 9732 from 10am-4pm Monday- Friday).

Causewayside House, 160 Causewayside, Edinburgh, EH9 1PR. 0845 833 0200.

Email:

enquiries@ageconcernandhelptheagedscotland.org.uk

www.ageconcernandhelptheagedscotland.org.uk

Contact the Elderly groups organise gatherings for frail, elderly people who live alone. People with mild dementia can also access this service. One Sunday afternoon a month, volunteer drivers take elderly people on regular visits to hosts' homes. Groups of between 10 and 16 people visit a different home every month and spend a few hours in the company of friends, old and new. For further details ring Contact the Elderly's national office on 0800 716 543.

Edinburgh Compact

Gives a directory of voluntary organisations in Edinburgh.

The Compact Secretariat, C/O EVOC
14 Ashley Place, Edinburgh, EH6 5PX. 0131 555 9100.

Email info@edinburghcompact.org.uk

Website www.edinburghcompact.org.uk/

Dementia Services Development Centre

The centre does not work directly with carers, but provides advice, training and consultancy to professionals and organisations setting up or improving services.

Iris Murdoch Building, University of Stirling, Stirling, FK9 4LA. 01786 467740.

Website www.dementia.stir.ac.uk

Housing Care is a website for older people, their families, carers and advisors, and all those who work with and for them. The site helps explore options on housing, support and care. It contains detailed information on how to maintain, adapt or improve your home, find care or home help services, find and move to retirement or extra care housing, or choose a care home where you feel at home. The site is run by the charity Elderly Accommodation Counsel (EAC) and is backed up by a Telephone Advice Line on 020 7820 1343.

Website www.housingcare.org

Edinburgh Libraries Access Services

Edinburgh Libraries provide a service to care homes, retirement flats and sheltered housing complexes across the city on a 4 weekly rota. Library staff visit each home on their timetable with a range of materials to provide an individual service to residents.

They also offer a range of reminiscence resources which can be borrowed free of charge by both groups and individuals. In addition they have a collection of materials which can be lent to individuals or groups. Items include giant crosswords, old photographs, children's games and jigsaws. If you have difficulty in getting to your local library because of your age or a disability and

you can't use public transport, **Library Link door to door** may be the answer. A free minibus will bring you to your nearest library to choose books.

Home Delivery ensures that people who can't get to their local library don't miss out on its facilities. A selection of books, audio books, tapes and videotapes can be delivered from your local library to your home. If you are housebound or find it difficult to travel to your local library because of a disability then this service is for you, but there may be a waiting list to join. For more details ask at your local library, or call Access Services on 0131 529 5683.

Access Services, Edinburgh City Libraries and Information Services, 343 Oxbgangs Road North, Edinburgh, EH13 9LY. 0131 529 5683

Alzheimer Scotland is not responsible for the availability or quality of any services mentioned in this publication, other than those services which are directly managed by the organisation.

Please help us to keep the information in this guide up to date by passing any changes to: Information Department, Alzheimer Scotland, 22 Drumsheugh Gardens, Edinburgh, EH3 7RN. 0131 243 1453
Email alzheimer@alzscot.org

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Further copies of this document may be obtained by phoning the freephone Dementia Helpline (see below) or by downloading free from www.alzscot.org/pages/info/localserviceguides.htm

Alzheimer Scotland

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Find us on the internet at **www.alzscot.org**



The logo features a stylized icon of a person's head and shoulders in profile, with a circular arrow around it, symbolizing a cycle or support. To the right of the icon is the text 'Alzheimer Scotland Action on Dementia'. Below this, the word 'Dementia' is written in a large, bold, sans-serif font. Underneath 'Dementia' is the word 'Helpline' in an even larger, bold, sans-serif font. To the right of 'Helpline' is a black square with the number '24' in white, and the word 'HOUR' in white below it. Below the main text, the phone number '0808 808 3000' is written in a large, bold, sans-serif font, and the email address 'Email: helpline@alzscot.org' is written in a smaller, bold, sans-serif font.