



Local services for people with dementia and their carers in Fife

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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 Fife 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 Fife at:

Information & Resources Centre, Haig House, Cameron Hospital, Fife, KY8 5RA. Tel: 01592 226494.

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.

To arrange for an assessment or other social work services, call the **Social Work contact centre 01383 441177**, open from 9am – 5pm, Monday to Friday. An **emergency service** operates during non-office hours, weekends and holidays **08451 550099**.

Home support services from social work

The Home Care Service provides a range of flexible care and support to people and carers in their own home. Following an assessment of need and risk, services are tailored to suit each individual. Support can include:

- Assistance with basic domestic tasks in the home
- Assistance with personal care tasks
- Nightlink teams – who provide personal care assistance and a safety check overnight
- Community alarm - the installation of a telephone/alarm system to enable help to

be summoned in an emergency 24 hours a day

- Shopping delivery and pension collection - a weekly service for people who are unable to shop for themselves
- Meals on Wheels
- Smart technology to support people with dementia safely at home
- Home based respite care – to enable a carer to have a short break.

Home care is also purchased from independent providers.

Disabled Living Centre - for people who need help with everyday activities like getting out of the bath, doing the housework or climbing the stairs there is a wide range of products and gadgets available to help with getting around the house and outdoors, in the kitchen, with household chores, and in the bathroom. A Disabled Living Centre will give advice about where the local shops are and how much you should expect to pay. Products can be tried out and free impartial advice and information given. This free service is also available to senior citizens, their friends and families, or anyone who needs some help to stay active and care for themselves. The Occupational Therapist is able to advise you and demonstrate the products on display. The range of equipment includes scooters, wheelchairs, riser reclining chairs, static chairs, bathing equipment, stairlifts, hoists and more.

The Centre also provides instruction courses in hoisting, manual and powered wheelchairs and bathing equipment. The nearest centres are :

- **Dundas Resource Centre**, Oxbang Road, Grangemouth, FK3 9EF. 01324 504311.
- **Dundee Independent Living Centre & Community Equipment Centre**, Unit T Charles Bowman Avenue, Dundee DD4 9UB. 01382 307635.

Community occupational therapists

Occupational Therapy services provide information, specialist equipment, adaptations, advice and treatment to help individuals with a

disability to live as independently as possible. After assessment the services provided are geared to the individual and their carer, and the home environment.

EAST- North East Fife Assessment and Support Team /CAST- Central Fife Assessment and Support Team

These short term intervention schemes offer support to people and their carers in the community which aims to prevent inappropriate admissions to hospital or residential care. EAST/CAST teams consist of trained, experienced home care staff who are mobile and available 24 hours per day.

EAST/CAST is a time limited scheme which lasts for a time agreed at the start, to allow a comprehensive assessment of the situation to take place and where appropriate, for support services to be identified and organised.

EAST/CAST does **not** replace a person's existing services, such as home care or community nursing service but may add to these in times of crisis. EAST/CAST does **not** substitute the need for hospital admission or treatment.

For further information about any of these services contact "Social work services".

Social work services

For all social work enquiries call the **Social Work Contact Centre on 01383 441177**, open 9am-5pm, Monday-Friday. An **emergency service** operates during non-office hours, weekends and holidays **08451 550099**.

You can visit the local offices below but for referrals to services they will ask you to call the main contact number above.

12 Station Road, **Leven**, KY8 4QU.

New City House, 1 Edgar Street,
Dunfermline, KY12 7EP.

70 Stenhouse Street, **Cowdenbeath**, KY4 9DD.

Park Road, **Rosyth**, KY11 2JL.

Castlehill, **Cupar**, KY15 4HA.

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 you and the person with dementia. 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 **24 hour freephone Dementia Helpline on 0808 808 3000**, or your local 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, old age psychiatrist or geriatrician, 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.

Fife Memory Clinic

The Memory Clinic is for people who may have early dementia or are worried by a decline in memory and who may benefit from reassurance or treatment.

This service has been developed in recognition of the importance of diagnosis at an early stage. Until the last few years when new treatments became available, patients with dementia tended to be diagnosed and referred to services when the illness was in the mid to late stages. There has, however, been a growing recognition of the potential benefits of early diagnosis in terms of planning for the

future, acceptance of services and self determination. The clinics involve assessment by a Clinical Psychologist and from a Psychiatrist, the aim being to provide an accurate diagnosis and measurement of dementia.

A key part of the service is advice and support before and after diagnosis in keeping with the recommendations of the Dementia Care Pathway. The service also has a Link Worker employed by Alzheimer Scotland who will liaise with other support agencies when other care needs are identified.

In areas where there is a Memory Clinic – Dunfermline and Levenmouth - referrals to this clinic are made through psychiatry. Your GP will refer you to the local psychiatrist.

Many of the people diagnosed with an early dementia and their carers have expressed a wish to meet with others in similar circumstances. **Information Cafés** have been opened across Fife to provide support and information for people with dementia and their carers in an informal setting.

The cafés are held on:

- the third Friday of each month, between 12.30 and 2 pm in the St Andrews Erskine Church, Robertson Street, Dunfermline
- the first Friday of each month between 12.30 and 2pm in Rothes Halls, Kingdom Centre, Glenrothes

There is also a Drop In service held on the first Monday or Tuesday of each month between 1.30 and 3pm at the Fife Carers Centre, Commercial Street, Kirkcaldy. Please call to confirm dates.

Alzheimer Scotland also takes part in an Information Café run by volunteers from the Parish Church of Cupar Old and St Michael of Tarvit. The café takes place on the 3rd Wednesday of the month from 1-3pm at the Old Parish Centre, Short Lane, Cupar.

For further information about the Information Cafés, Memory Clinic or Drop In, please

contact: Faye Smart, Alzheimer Scotland, 152 High Street, Kirkcaldy, KY1 1NQ. 01592 204541.

Other health services

Additional services which may be provided by NHS Fife include:

- **Community Psychiatric Nurses (CPNs)** who provide support and after-care to those with mental health problems. In Fife the Elderly/Dementia Services are based at: CPN Office, Queen Margaret Hospital, Whitefield Road, Dunfermline, KY12 0SU. 01383 623623; and CPN office, Rowan House, Whytemans Brae Hospital, Kirkcaldy, KY1 2LF. 01592 643355. Teams of CPNs for both under 65's and over 65's are based at: Memorial Hospital, St Andrews, KY16 9LB. 01334 478323.
- **Day hospitals** – see under specialist day care.
- **District or community nurses** provide some nursing care at home and can help with bathing and continence management. They can also provide advice and monitor the support required by the patient and the carer.
- **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.
- A **continence clinic** can be contacted by appointment through a GP, or contact: **Continence Advisory Service for Fife**, Rosewell Clinic, 2 Balingry Road, Lochore, KY5 8ET. 01592 869924.

There is no charge for these health services.

Sources of information about health services

NHS Inform : 0800 22 44 88 (8am to 10pm, every day). Information about health services and the NHS in Scotland, financial help, carers' groups and phone numbers for social services and local carers' organisations. Calls are free and confidential. For more information about health services and NHS Scotland, you can visit www.nhsinform.co.uk

NHS 24 Helpline

NHS 24 operates a 24-hour nurse advice and health information service providing confidential information. If you are feeling ill you should normally contact your GP. If you're ill when your doctor's surgery is closed and you feel it can't wait until it re-opens, call NHS 24 on 08454 24 24 24. Calls are charged at local rate.

Support from Alzheimer Scotland

Dementia Helpline

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

- people with dementia
- carers
- relatives
- and 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 the illness
- treatments
- how to get help locally
- maintaining independence
- financial and legal matters
- rights and entitlements
- coping with caring
- community care
- long-stay care
- anything else to do with dementia.

Local Alzheimer Scotland service

Fife Service

- Information and support
- Home and community support
- Weekend day care
- Carer education & carer support
- Drop in/Information Cafés
- Fife Memory Clinic/Early Stage Service
- Interest groups
- Younger Persons day opportunities (West Fife) and family outreach support.

Alzheimer Scotland, 152 High Street, Kirkcaldy, KY1 1NQ.

Tel: 01592 204541, fax: 01592 201673.

E-mail: fiferegion@alzscot.org

Also see entries under day care, home support, and carer support.

Alzheimer Scotland Dementia Advisor

Alzheimer Scotland believes no-one should have to go through dementia on their own. That's why we use our fundraised money to provide a Dementia Advisor for North East Fife to help you find the information and help you need.

Contact: Ann Little, Dementia Advisor
Alzheimer Scotland, 152 High Street,
Kirkcaldy, KY1 1NQ

Tel: 01592 204541

E-mail: alittle@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.

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:

Direct Payments Support Service,
Fife Council, Talbot Cottage, Station Road,
Leven, KY8 4QU.
Tel: 08451 55 55 55 Ext 460707.

Benefits help

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. Tel: 0141 418 3936

E-mail: Welfare@alzscot.org

To access the Welfare Rights Service, please contact your local Alzheimer Scotland service (see page 5) or the Dementia Helpline on 0808 808 3000.

You can call the Dementia Helpline free on **0808 808 3000** for information on the council tax or on benefits.

Citizens Advice Bureaux

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 contact number for all the CAB offices in Fife is **0845 1400 095**.

Cowdenbeath: 322 High Street, KY4 9NT

Cupar: 11 St Catherine Street, KY15 4LS.

Dunfermline: 4 Abbey Park Place, KY12 7PD.

Kirkcaldy: 15 Wemyssfield, KY1 1XN.

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. Contact **Fife Council, Benefits and Council Tax Team**, Fife House, North Street, Glenrothes, KY7 5LT. 08451 55 11 44.

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 page 5).

For more information about health services and NHS Scotland, you can visit their website:

www.show.scot.nhs.uk

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.

Circles Network Fife

Circles Network are funded by Fife Council to provide a range of advocacy support throughout Fife. For more information contact 6 Pentland House, Saltire Centre, Glenrothes, KY6 2AH. Tel: 01592 772 220 or Email: fife@circlesnetwork.org.uk; website: www.circlesnetwork.org.uk

Fife Elderly Forum Executive, Office 2, Fraser Buildings, Millie Street, Kirkcaldy, KY1 2NL. Phone: 01592 643743
e-mail: info@fife-elderly.org.uk
Website: www.fife-elderly.org.uk/

Provides information and advice on older people's issues. They also provide individual and peer group advocacy. They are the umbrella organisation for all of Fife's local elderly forums which are based in Benarty, Cardenden & Kinglassie, Cupar, Dunfermline & District, Glenrothes, Kirkcaldy & District, Levenmouth and Markinch. The local forums meet on a monthly basis.

Local involvement

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; Website: www.sdwg.org.uk

Minority ethnic services & information

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

Fife Community Interpreting Service, 9 Esplanade, Kirkcaldy, KY1 1HR. Tel: 01592 261900. E-mail: info@fcis.org.uk, website www.fcis.org.uk

Fife Community Interpreting Service aims to increase equality of opportunity for ethnic minority people through improved access to services. Currently offers a translation and/or interpretation service in any of the following languages:

Albanian, Arabic, Bengali, Bulgarian, Cantonese, Czech, Dutch, Farsi, French, German, Greek, Hakka, Hindi, Italian, Japanese, Lingala, Korean, Macedonian, Mandarin, Moldovan, Polish, Portuguese, Punjabi, Pushto, Romanian, Russian, Rwandan, Serbo-Croat, Spanish, Somali, Swahili, Tagalog, Thai, Turkish, Urdu, Vietnamese.

As there may be a charge for this service, please check in advance.

FRAE Fife (Fairness, Race Awareness and Equality), 1 Victoria Road, Kirkcaldy, KY1 1DT. 01592 204005.

Website: www.fraefife.co.uk

FRAE Fife aims to:

- raise awareness amongst the public, private and voluntary sector of ethnic minority issues.
- build the capacity of ethnic minority community groups.
- scrutinise, monitor and advise community planning partners on the delivery of their race equality schemes and similar initiatives.
- promote equality of opportunity and access to information and services.

Health Promotion Fife, Information and Resources Centre, Fife Primary Care NHS Trust, Haig House, Cameron Hospital, Windygates, KY8 5RA. 01592 226491/226494. Stocks a number of resources in ethnic minority languages.

Kingdom Housing Association Ltd, Projects Manager, Kingdom Housing Association Ltd, Support and Care Team 2 Natal Place, Cowdenbeath, KY4 8HX. Tel: 01383 515388.

Kingdom Housing Association has 23 flats at Saunders Court, Kirkcaldy providing housing and support to older Chinese people. The project aims to address the social exclusion of the older Chinese community living in Fife, who have been unable to access social housing, health services, social work and other services because of language difficulties.

Specialist day care & day hospitals

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.

Alzheimer Scotland Fife Service Weekend day care

Westfield, Whyteman's Brae Hospital, Kirkcaldy

This club runs from 10am till 3pm and provide a chance for people with dementia to meet, socialise and participate in stimulating group or individual activities. Transport can be arranged. For more information contact: Alzheimer Scotland, 152 High Street, Kirkcaldy, KY1 1NQ.

Tel: 01592 204541, fax: 01592 201673.

E-mail: fiferegion@alzscot.org

Abbeyview Day Centre, Duncan Crescent, Dunfermline, KY11 4BZ. 01383 621738. Provides day care for housebound elderly people, including those with dementia. Drop-In Lunch Club in Abbeyview area.

Arden House Projects, Arden House, Commercial Road, Leven, KY8 4QX. 01333 303210.

Provides specialist day care for people with dementia in its 'Gowans Groups'. The Gowans groups are held at Arden House, Leven on Wednesdays, Fridays and Saturdays; in Upper Largo on Mondays; in Buckhaven on Tuesdays; and Methil on Thursday.

Bield Flexicare

Aims to enable older people who have dementia to remain at home by offering flexible support. The person determines how

Flexicare works. This means that as people change so does the care response. Support is there, where and when needed, whether that be at home or mixing with others, during the day or in the evening, even occasional overnights.

Flexicare operates seven days a week in Leven, Dunfermline and Glenrothes. Support can be anything from 30 minutes a week to daily assistance. For more information, contact Bield Housing Association, 1 Bonnethill Gardens, Dundee, DD3 7HB. Tel: 01382 228911.

Leng Resource Centre, 59 Kirk Road, Newport on Tay, DD6 8JB. Contact the Unit Manager on 01382 543135.

Provides specialist day care for people with dementia 7 days a week. This service can be accessed via the social work department.

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.

Forthview Day Hospital, Queen Margaret Day Hospital, Whitefield Road, Dunfermline. KY12 OSU. 01383 623623.

Mondays and Fridays for people with dementia. Initial referral may be for one or two days each week for a six to seven week assessment period. After this time the need for attendance is reassessed by a multidisciplinary group.

Townhill Day Hospital, Muir Road, Townhill, Dunfermline. 01383 722966. Specifically for patients over 65 with severe dementia and behavioural problems. It runs every weekday and patients may attend each day if their need is great.

Westfield Day Hospital, Whytemans Brae, Kirkcaldy, KY1 2ND, 01592 643355. Runs each weekday with three days (Monday & Friday) dedicated to people with dementia.

Cairnie House Day Hospital, Stratheden Hospital, Cupar, KY15 5RR. 01334 652611. Specifically for people with dementia.

Services for younger people with dementia

Younger Onset of Dementia Service

For people who are diagnosed with dementia and are aged under 65 at the time of diagnosis. This service aims to:

- provide a person centred service which is responsive to individual need and interest
- build on confidence and self-esteem
- maintain an individual in their own community for as long as possible
- maximise the use of community facilities
- develop a good relationship with the individual to understand their needs and wants
- retain skills and abilities for as long as possible.

This service covers the Kirkcaldy and Glenrothes areas but is based at the Forward Centre, Glenrothes. It is open from 9.30 am to 4.30pm and provides day care on Monday, Tuesday and Thursday. On Wednesdays an outreach services provides individual support wherever it is most needed e.g. with appointments, life story work or emotional support. Free transport is provided but a charge is made for meals. The project also provides practical support and information. For more information contact: **Younger Onset of Dementia Service**, The Forward Centre, Beaufort Drive, Glenrothes, KY6 2SR. 01592 418350. To contact the manager, phone 08451 55 55 55 Extension 44 48 80.

West Fife Younger People's Project – Day Opportunities Programme: community based day service for people who have been diagnosed with dementia prior to their 65th birthday. The group meets on Tuesdays and

Thursdays for local community based activities. The project serves the West Fife area and offers two days of community based activities for up to six people each day. Ongoing support and information for the person who has dementia and their family is provided by an outreach worker, as are monthly carer support sessions.

For more information contact the Family Outreach Worker at Alzheimer Scotland, 152 High Street, Kirkcaldy, KY1 1NQ.

Tel: 01592 204541.

E-mail: fiferegion@alzscot.org

Day centres

Day centres for older people

Some people with dementia enjoy attending the day care centres which run throughout Fife. 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 you can contact any Social Work Office (see section **Find your local social work service**).

Local authority-run day care

Alan McLure House, 10 Balbirnie Road, Glenrothes, KY7 5EB. 01592 583323.

Day care service 7 days a week.

Appin House, 27 Appin Crescent, Kirkcaldy, KY2 6EJ. 01592 583324. Day care service Monday to Friday.

Jenny Gray House, 1 Melville Street, Lochgelly, KY5 9JD. 01592 583325.

Day care service Monday to Friday.

Rosyth Resource Centre, Granville Way Rosyth, KY11 2HP. Contact the Unit Manager on 08451 55 55 55 Extension 49 28 47.

Day care centre for older people with physical and mental health needs, open 5 days a week and a drop in centre Wednesdays and Fridays. An occupational therapist and physiotherapist are also available to assist the centre clients.

The Jean Mackie Centre, 1 Kilmartin Way, Dunfermline, KY12 OBO. 01383 602357. Has similar range of services as the Rosyth Resource Centre and in addition has 10 respite care beds. It also has 20 - 35 day care places weekly.

Matthew Fyfe Home, Broomhead Drive, Dunfermline, KY12 9AQ. 01383 602333.

Provides a day care service for older people Monday to Friday.

North Eden House, 57 Eden Park, Cupar, KY15 4HT. 01334 659321.

Provides a day care service for older people 7 days a week.

Valley House, 44 Hill Street, Cowdenbeath, KY4 9DE. 01383 602334.

Provides a day care service for older people Monday to Friday.

Raith Gates Home, Raith Drive, Kirkcaldy, KY2 5NW. 01592 583327.

Provides a day care service for older people Monday to Friday.

Methilhaven Home, Methilhaven Road, Methil, Leven, KY8 3HS. 01592 583326.

Provides a day care service for older people Monday to Friday.

Ladywalk House, Ladywalk Home, 5 Ladywalk, Anstruther, KY10 3EX. 01334 659335.

Provides a day care service for older people Monday to Friday.

St Davids Day Care Centre, Albany Park, St Andrews, KY16 8BP. Contact the Unit Manager on 08451 55 55 55 Extension 65 93 60.

Provides a day care service for older people Monday to Friday.

South Parks House, Napier Road, Glenrothes, KY6 1AX. 01592 583328.

Provides a day care service for older people Monday to Friday.

Day care provided by independent organisations

Arden House Projects, Arden House, Commercial Road, Leven, KY8 4QX. 01333 303210.

Arden House currently operate 12 day centres over six days in five separate locations throughout Levenmouth. These groups provide an opportunity for older people who are at risk of social isolation due to complex health issues to get out the house and enjoy social activities and a warm meal in a relaxed and friendly environment. Half of these day centres cater specifically for frail older people these groups are known as Spinks. The other half are specialist dementia day centres, these groups are known as Gowans. The Gowans groups are held at Arden House, Leven on Wednesdays, Fridays and Saturdays; in Upper Largo on Mondays; in Buckhaven on Tuesdays; and Methil on Thursday.

Dalgety Bay Day Care

Day care for people who are frail and elderly, including people who have had a stroke and people in earlier stages of dementia. Based at Pentland Rise, Dalgety Bay, KY11 9LY. Weds & Fridays from 10am – 3pm.

For more information contact: June Wallace, Co-ordinator, Dalgety Bay Day Care, 5 The Wynd, Dalgety Bay, KY11 9SH. 01383 822905.

Dalgety Bay Senior Citizens Club, c/o 10 Morlich Park, Dalgety Bay, KY11 9XW. 01383 823167.

The club meets at 1.30 p.m. on Thursdays at Dalgety Bay Community Centre, Moray Way, Dalgety Bay. A varied programme of musical entertainment, slide shows, games and outings, etc is organised.

Day Centre Services Ltd, 38a Hunter Street, Kirkcaldy, KY1 1ED. 01592 642875.

Provide day centres for older people in the Kirkcaldy, Kinghorn and Burntisland areas. Provides day care services for the elderly and people with disabilities. 10 groups are held per

week at various venues and include meals, activities and transport.

Contact: Anne Smith, Manager.

Inverkeithing Concern for the Aged,

Day Centre Co-ordinator, Tel: 01383 417053. The aim is to provide a day care centre for the frail older person to improve the quality of life for members. The activities (transport provided) are social contact, lunch, bingo, outings, entertainment, craft work, reminiscence group, information and advice. Based at Day Care Centre, 10 Queen Street, Inverkeithing, KY11 1LS. Mon-Thurs 10am to 3pm.

Lunch clubs

There are lunch clubs at locations throughout Fife. Contact your local social work office for details – see section headed “find your local social work service”.

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. If you are blind or visually impaired, you can also use your card on train journeys throughout Scotland.

In Fife, people over 60 should have, or be registered to have, a **myfife** card. This card is personalised to your needs and carries a computer chip which **securely** holds the information that is required for you to access a range of services, including

- free bus travel
- discounted rail travel

- dial-a-ride, ring & ride, taxicard and companion pass (eligibility criteria apply)
- library services; free borrowing and internet access; and
- Fife's 'Carers Go Free' scheme (eligibility criteria apply). This scheme allows people who require assistance to travel, or who are registered blind/partially sighted to be accompanied - with no extra charge for their companion – for travel on buses; travel on trains (as specified by their myfife entitlements), and entry to museums, theatres, leisure centres, library events. If you have a myfife card with a C+1 logo, you can show this on transport or at the venues listed above so that your companion can go free. A myfife card **without** the C+1 logo does not entitle you to take anyone with you for free.

For more information contact: **myfife enquiries**, Fife Council, Fife House, North Street, Glenrothes, KY7 5LT. 08451 550066.

Blue Badge Scheme

The Blue Badge Scheme provides parking concessions for people with a permanent and substantial disability, whether that person is the driver or a passenger. The holder of a Blue Badge is permitted to park in areas normally subject to restrictions. Phone 08451 550066 to have a form sent out to you or to ask for help or advice when you are completing the form. A large print version of the application form is also available.

Dial-A-Ride is a free shopping service for people who have difficulty using conventional public transport. Trained staff pick up passengers from their doors then drive them to one of a choice of Town Centre destinations. A friend can travel with you as a companion and they too will travel free. For more information contact: Fife Council, Fife Fire & Rescue Hq, Strathore Road, Thornton,

Kirkcaldy, KY1 4DF. Tel: 08451 551188 (see also information on **myfife** card above).

Ring & Ride: for people who find it difficult or impossible to use ordinary buses due to permanent or temporary, physical or sensory impairment, including older people who feel they cannot safely use ordinary buses in bad weather. Ring & Ride offers a door to door bus service and will take you anywhere within the local operating area.

Ring & Ride currently operates within the following areas:

- Kirkcaldy
- Levenmouth (Leven/Buckhaven/Methil/Methilhill)
- Dunfermline
- Glenrothes.

You cannot use Ring & Ride to travel between different operating areas, for example you cannot travel from Kirkcaldy to Dunfermline. You can bring a friend if you feel their support will help and they will only have to pay half fare. Bus pass holders can travel FREE. This service runs from 8am to 10pm every day (8.40 start time in Kirkcaldy and Levenmouth).

To use this service you need to register before you can book a journey. Registration is quick and simple, all you need to do is telephone the **Ring & Ride office on 08451 55 11 88**, Monday to Friday, 9.30pm to 2.30pm (see also information on **myfife** card above).

To use the service you must phone to say when and where you want to go using the following timetable.

To travel on:	Book your trip on:
Sunday	Friday
Monday	Friday
Tuesday	Monday
Wednesday	Tuesday
Thursday	Wednesday
Friday	Thursday
Saturday	Thursday

For more information contact 08451 55 11 88 or write to: Fife Council, Rothesay House, Rothesay Place, Glenrothes, KY7 5PQ.

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

Shopmobility is a scheme to lend, free of charge, manual and powered wheelchairs and scooters. A companion service for people who might need help while shopping is also available. This helps people who have limited mobility or visual impairment to shop and use other town centre facilities. A limited number of manual wheelchairs are available for long-term hire. Shopmobility is open to anyone who feels that getting around the Kirkcaldy and Glenrothes shopping centres is difficult and users do not have to be registered as having a

disability to use the service. To use Shopmobility contact:
Kirkcaldy - 01592 583248
Glenrothes - 01592 583195

British Red Cross, 4 Pilmuir Street, Dunfermline, KY12 7AJ 01383 724816.

The British Red Cross Transport and Escort service offers freedom and independence for people who cannot get about easily or use ordinary transport. By providing drivers with suitable vehicles - and escorts where needed- it becomes possible to make essential journeys and other trips that make life more pleasurable. The transport is provided through volunteers using their own cars throughout Fife and beyond to attend essential appointments.

WRVS Fife Good Neighbours, Link Housing, West Bridge Mill, Bridge Street, Kirkcaldy, KY1 1TE. 01592 269654.

E-mail FifeGNHS@wrvs.org.uk
Fife Good Neighbours helps to promote and encourage independence by providing volunteer transport and/or support to people who are having difficulty accessing services. Volunteers may provide transport to doctors, clinics, hospital and other appointments, visit a friend or relative, attend social activities and accompany/assist clients with shopping, visiting banks/building societies and occasionally provide help with small DIY tasks and light gardening. WRVS Fife Good Neighbours also have non-drivers who can help project users remain independent by assisting them with walking, shopping, prescription collection and companionship with an aim to building confidence and promoting independence. Wherever possible our volunteers provide project users with the kind of informal and occasional help a relative or friend might offer. Project users will be charged at a basic rate of 40 pence per mile to cover the total cost of transport.

See also section on "Home support services from voluntary organisations".

Continuing Care Service,

Co-ordinator, Middle Cottage, Boarhills, St Andrews, KY16 8PP. 01334 880743.

The Continuing Care Service is a local charity which supports and befriends people of all ages, disabled, elderly, and house-bound in North East Fife. They provide transport to hospitals, clinics and day centres. Their volunteers help to maintain the quality of life and encourage social contact, according to the client's wishes and needs.

Donations are required to meet the increasing demands of the Service. Transport is costed on a mileage basis. Referrals can be made through doctors, nurses, social work, home helps, neighbours or direct to your local co-ordinator, who will then pay a visit and arrange help if and where appropriate.

See also section on "Home support services from voluntary organisations".

Home support services

Home support through social work services

See under heading "Support from social work services".

Home support through the health services

See under heading "Support from health services".

Home support services from voluntary organisations

Alzheimer Scotland, 152 High Street, Kirkcaldy, KY1 1NQ.

Tel: 01592 204541, fax: 01592 201673.

E-mail: fiferegion@alzscot.org

- Home support is available throughout Fife for people of all ages who have dementia whether living alone or with a carer. This regular one-to-one support aims to help the individual to maintain skills and to develop confidence whilst meeting their needs at all stages of the illness.

Bield Flexicare aims to enable older people who have dementia to remain at home by offering flexible support. The person determines how Flexi Care works. This means that as people change so does the care response. Support is there, where and when needed, whether that be at home or mixing with others, during the day or in the evening, even occasional overnights. For more information, contact Bield Housing Association, 1 Bonnethill Gardens, Dundee, DD3 7HB. Tel: 01382 228911.

WRVS Good Neighbours Home Support, Link Housing, West Bridge Mill, Bridge Street, Kirkcaldy, KY1 1TE. 01592 269654.
E-mail FifeGNHS@wrvs.org.uk

This is a **Fife-wide** service which can be used by people who are housebound:

- because of illness, age or disability
- because they have young children who may have extra support needs
- because they are caring for someone else.

Occasionally can provide:

- help with light gardening
- help with small DIY tasks or decorating.

WRVS Volunteers can also:

- provide informal support when you come out of hospital
- take you to the library or collect your books
- collect your prescription / shopping when you are unable to do so.

See also section on "Transport and travel concessions".

Fife Care and Repair offers independent advice and assistance to help home owners repair or improve their home so that they can remain comfortably at home in their own community. This service is available to owner-occupiers and private tenants aged over 60 (or over 50 with a disability). The Care and Repair officer works with the clients to assist them with the following: -

- arranging for an appropriately qualified person to provide an assessment of the repairs or improvements required for their homes
- discuss, where possible, the approximate cost of the work and how it may be financed.
- arrange for an appropriately qualified person to draw up or prepare a specification of work and drawings, to allow competitive tenders to be obtained.

While the Care and Repair service itself is free it cannot pay for any work carried out. What Care and Repair can do is help to arrange the finance required by:

- assisting the client to apply for grant assistance from Fife Council
- applying for assistance from charities where appropriate
- checking the client is receiving all the benefits they are entitled to.

There is also a **Small Repairs Service** with labour provided free of charge and the clients paying a small charge towards the cost of the repairs. The type of repairs includes replacement locks for windows and doors, safety chains, spy-holes, leaking taps and ill-fitting doors. For more information contact: The Care & Repair Manager, Kingdom Housing Association, Saltire Centre, Pentland Court, Glenrothes, KY6 2DA. Tel: 01592 631661.

Private nursing and home support

See Yellow Pages or local directories under Care Agencies for providers. Also, a social worker can help you to decide which company to contact, if you ask for assistance.

Carer support services

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.

Alzheimer Scotland, 152 High Street, Kirkcaldy, KY1 1NQ. Tel: 01592 204541, fax: 01592 201673.

E-mail: fiferegion@alzscot.org

- Information and support
- Carer education & carer support. Groups in Kirkcaldy, Glenrothes, Leven and Dunfermline
- Drop in/Information Cafés: the third Friday of each month, between 12.30 and 2 pm in the St Andrews Erskine Church, Robertson Street, Dunfermline
- the first Friday of each month between 12.30 and 2pm in Rothes Halls, Kingdom Centre, Glenrothes
- Drop In service held on Monday or Tuesday the first week of each month (please call for dates) between 1.30 and 3pm at the Fife Carers Centre, Commercial Street, Kirkcaldy.
- Young People's Carer Support Groups, second Thursday of the month from 7–9pm in the Viewfield Centre, Viewfield Terrace, Dunfermline. For carers of people who have developed dementia under 65 years of age
- Alzheimer Scotland also takes part in an Information Café run by volunteers from the Parish Church of Cupar Old and St Michael of Tarvit. The café takes place on the 3rd Wednesday of the month from 1-3pm at the Old Parish Centre, Short Lane, Cupar.

Princess Royal Trust Fife Carers Centre, 157 Commercial Street, Kirkcaldy, KY1 2NS
Tel: 01592 642999.

E-mail: centre@fifecarers.co.uk

Website www.fifecarerscentre.org.uk/

Aims to be a One Stop Shop for Carers, to provide support, advice and information for those who are caring and for former carers whose caring role has ended but who often need support to adjust.

Crossroads supports carers by offering them short periods of respite at regular intervals at a time that suits them. After assessment, trained Care Attendants work in the client's home and take over the caring responsibility for an agreed period of time. Staff usually cover a period of a few hours. The service is free and open to carers of people of all ages and disabilities. There is an open referral system. There may be a waiting list.

Crossroads Fife offices:

Janet Goodsir, Unit 10, Dunfermline Business Centre, Izatt Avenue, Dunfermline KY11 3BZ. 01383 621774.

Fiona Smith, Crossroads Fife Central, 3 Scott Road, Glenrothes, KY6 1AB. 01592 610540.

Carers go free in Fife: see section "Transport and travel concessions".

National Counselling Service: Fife,

24 Canmore Street, Dunfermline, KY12 7NT. 01383 626064.

E-mail: enquiries@ncsfife.org.uk

Website www.ncsfife.org.uk

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, anger management, relationship difficulties, family and spiritual problems. They do not charge for their service but ask individuals to consider giving a donation. They operate a waiting list due to the demand for their services.

Housebound Library Service

The Housebound Service is for residents of Fife who experience significant difficulty in visiting their local library. The service is free and you can borrow books in standard or large print and well as talking books on cassette or CD.

Library staff or volunteers will visit you on a regular basis at the same time of day to make deliveries. There is sometimes a waiting list for the Housebound Service.

To find out if you are eligible for this service please contact your nearest main library, call 01592 583204 or email fife.libraries@fife.gov.uk

A member of library staff will arrange to visit you to assess your application and discuss your requirements.

Drop-in for Carers

This group is aimed at providing a social meeting place for those who care for people with dementia. Meets on the last Friday of each month at St John's Church, Bonnygate, Cupar. Contact: Miss Muriel Dymock, 01334 653164.

Short breaks

Respite/Short breaks through the Social Work Department

Fife Council's social work service provides a range of services which support older people and their carers. Residential Respite Care aims to support carers in their role and to enable older people to remain within their own homes wherever possible. Respite care is provided in care homes across Fife; some homes are run by Fife Council, others by voluntary organisations or privately owned companies. For more information contact: Louise Bell, Service Manager Tel: 08451 55 55 55 Extension 443879.

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.

Tel: 01383 622462
Email osbis@sharedcarescotland.com
Website: www.carebreaksscotland.com
Open Monday – Friday 9.30am-4pm.

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. Contact: **The Care Commission**, South Suite, Ground Floor, Largo House, Carnegie Avenue, Dunfermline, KY11 8PE. Tel: 01383 841100. Website: www.carecommission.com

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 Fife. Some homes are run by Fife 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 headquarters is at: Compass House, 11 Riverside Drive, Dundee, DD1 4NY. Tel: 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.

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 are ten local authority run care homes within Fife. These care homes aim to offer care within a person's local community and the care provided is based on the principles of choice, privacy, dignity and respect. For more information contact: Louise Bell, Service Manager Tel: 08451 555555 Ext 443879 Fife Council, South Parks House, Napier Road, Glenrothes, KY6 1AX. There is a directory of all care homes in Fife, available from the Social Work Service at Fife House (contact Pauline Doherty - 08451 555555 Ext 441107).

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 on local authority charging procedures for care homes, available from the Scottish Helpline for Older People on 0845 125 9732 10am to 4pm, Monday to Friday.

Website: www.ageconcernandhelptheagedscotland.org.uk/

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** or call your local Alzheimer Scotland office on 01592 204541 for a copy.

Care housing

Care housing, also called very sheltered housing, augmented care housing, or extra care housing, provides a high level of support in a homely kind of environment. There is a charge for rent and for the support service. How much a tenant pays depends on the type of house, the type of service received and the tenant's financial circumstances.

Fife Council has 48 Sheltered Housing Developments across Fife, providing over 1000 safe and secure tenancies. There are two levels of support offered:

- "Sheltered Housing" is intended for people who can live independently with some help and support. Each development has a Sheltered Housing Officer who regularly checks how the tenant is either in person or through the intercom system. The Officer is on duty from 9 am to 3 pm Monday to Friday. A dedicated response service provides back-up the rest of the time.
- "Very Sheltered Housing" is for people who need more supported living. These developments have two Sheltered Housing Officers who contact the tenant daily either by personal visit or through the intercom system. Very Sheltered Housing also provides an optional meals service.

The Dedicated Response Service provides practical assistance in an emergency when the Sheltered Housing Officer is off duty. The Response Team aim to attend to calls in their area within 20 minutes. They will also co-ordinate with other services if appropriate. For more information, contact the Housing Officers for Sheltered Housing on 01592 583395. They should also be able to tell you about very sheltered and extra care housing provided by other organisations, like housing associations.

Further help

We hope that this guide will help you chart a course through the maze of different services. Contact Alzheimer Scotland locally or the

freephone 24 hour Dementia Helpline

0808 808 3000 if you would like any help or advice.

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

Blether Together

Blether Together provides regular, reliable calls to people who would like to hear a friendly voice on the end of the phone.

Alison Mackay, 69, Volunteer House,
Crossgate, Cupar, KY15 5AS. Tel: 01334
412395.

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.

Councils for Voluntary Service can provide information on local voluntary organisations and services in your area. For more information contact:

CVS Fife, 23-27 Randolph Street, Buckhaven
KY8 1AT. Tel: 01592 567001.

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. Tel: 01786 467740.*

Website www.dementia.stir.ac.uk

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
alzheimerscot.org*

This edition was updated in November 2011

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

22 Drumsheugh Gardens, Edinburgh EH3 7RN

Telephone: 0131 243 1453

Fax: 0131 243 1450

Email: alzheimerscot.org

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Find us on the internet at
www.alzscot.org



The logo features a circular icon with three stylized figures. Below it, the text reads 'Dementia Alzheimer Scotland Action on Dementia'. The word 'Helpline' is in a large, bold font, followed by '24 HOUR' in a black box. At the bottom, it provides the freephone number '0808 808 3000' and the email address 'helpline@alzscot.org'.