

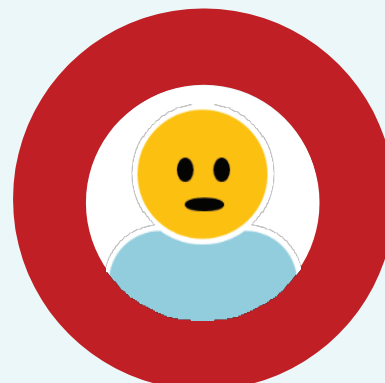
This leaflet was developed by an inter-agency team, supported by the Queen's Nursing Institute Scotland. It was designed in response to carers' feedback as to what would enhance their wellbeing.

We would like to thank all those who gave their valuable time and feedback to help us to produce this leaflet. This includes people living with dementia and their carers, health and social care professionals (NHS Borders, Borders Carers Centre and Community Capacity Building), Queen Margaret University and Outside the Box who contributed editorial, design and content advice.

Finally, we would like to thank QNIS for their funding.

# WHAT ABOUT ME??

A signpost for people caring for loved ones living with dementia





## Background

This leaflet has been developed for carers of people with dementia. A project funded by the Queen's Nursing Institute Scotland brought carers together with practitioners from health and social care.

We listened to service users and carers talk about how they experience wellbeing and the things that help them stay well.

Carers talked of feeling lost at the point of their loved one being diagnosed with dementia. They said they did not know where to turn to or who to contact for support. Feeling well and resilient was dependent on how well their loved one felt.

We held a tea party in Tweeddale for service users and carers of people with dementia and they made suggestions about what might have helped them in these early stages. We explored what helps carers stay well and feel resilient. Together we developed this leaflet that we hope you find useful.

Carers reported that they don't know where to turn when they suspect their family member may have dementia. Receiving this information, they felt, "What now...?"

### **Make an appointment with your Doctor**

If you suspect your loved one may have dementia, go with them to their appointment with the GP so you can both hear any information together.

## RECREATIONAL

### **Community Capacity Building Team**

CommunityCapacity@scotborders.gov.uk, 01835 825 080

### **Dementia Friendly Cafes** – approved by Borders Food Buddies

The Garden Café, Traquair House, Dawyck Garden Café, Eastgate Theatre Café, Kailzie Gardens Café, Whitmuir Café, Lamancha

### **Outside the Box**

Initiatives such as Food Buddies, eating well for people with dementia and in later life and gardening for people with dementia and their carers. ruth.n@otbds.org or see: www.otbds.org

### **Cycling without Age**

Trishaw rides around Peebles CWAPeebles@gmail.com

### **Meet and make**

Free crafting classes for people with dementia and their carers. Monthly every Friday 10.30–11.30am. Peebles Community Hall. Mandy Durkin, Red Button Arts, 07958158181

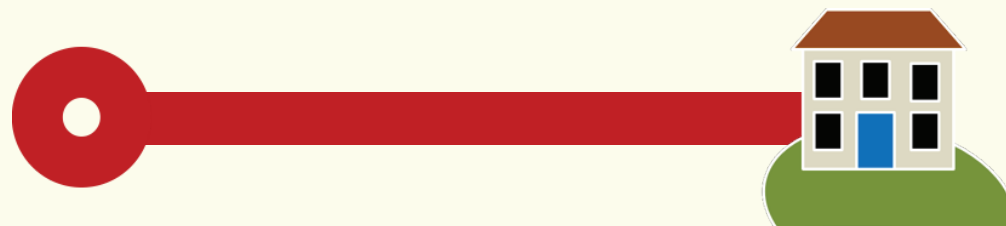
### **Walk it groups**

Dementia Friendly Health Walks in Tweeddale. Contact Denise Carmichael. 01835 826702, 07813535394, denise.carmichael@scotborders.gov.uk

**Alzheimer Scotland Borders.** See above.

## TRANSPORT

**Tweed Wheels** Volunteer Resource Centre, School Brae, Peebles. 01721 723123



**Carers said they felt well if their loved ones felt well. They said it was important to know who to ask and where to go for support.**

## **HEALTH AND SOCIAL CARE**

**Ability Borders** - Information and signposting service for people with a physical disability or long-term conditions

0300 999 2273, enquiries@abilityborders.org.uk

**ALISS** (A Local Information System for Scotland) - Online network aiming to increase the availability of health and wellbeing information for people living with long term conditions, disabled people and unpaid carers, aliss.org

**Alzheimer Scotland Borders** - 19 Bridge Street, Kelso, 01573 400324, also on Facebook, alzscot.org

**24-hour Dementia Helpline** - freephone 0808 808 3000

**Borders Carers Centre** - borderscarerscentre.co.uk, 01896 752 431

**Borders Care Voice** - borderscarevoice.org.uk, 01896 757 290

**Borders Independent Advocacy Service** 01896 752200

**What Matters Hub** 2–4pm every Wednesday, Eastgate Theatre, Peebles, scotborders.gov.uk/whatmattershubs

**Scottish Borders Council Health and Social Care**

0300 100 1800, scotborders.gov.uk/socialwork

**The Red Cross** - 01896 751 888

Befriending Services

Jacqui Rammage Befriending Connexions Borders

BefriendingBorders@Alzscot.org, 01573 400 324

## **FINANCIAL**

**Citizens Advice Bureau, Peebles**

peeblescab.org.uk, (01721) 721722

**Borders Carers Centre**

Free and independent advice and support plan (as above)

Your GP may do various tests – such as a memory test. It may take more than one appointment for a diagnosis.

Your GP can refer you to the **Mental Health Older Adults Service (MHOAS)** for support if this is appropriate. You will be entitled to support from a Post Diagnostic Link Worker for a year after diagnosis. Your doctor can also offer support if you are feeling very stressed, low in mood and are finding it difficult to cope.

## **Support Networks**

**Speak to family, friends and neighbours**

- they may want to help more than you realise.

**Borders Carers Centre** provide free and independent advice to unpaid family carers for people with any disability or illness over the age of 18 years. They offer the carer support plan.

**Health and Social Care** provide professional support and advice on available support and services in your area.

**Community nursing teams** based in your Health Centre.

Provide support for you if your loved one is housebound, attending to their nursing requirements.

**What Matters Hub** weekly in Peebles. Health and Social Care and third sector professionals offer advice and support.

**Alzheimer Scotland** is an organisation that offers advice and support if you suspect your loved one may have dementia. They have a 24-hour helpline.

**Third sector and community groups** - there are many of these in your area to support you and your loved one. See contacts list for more information.

**Befriending groups** trained groups of volunteers to provide you and your loved one with friendship and respite.

**Resources** - ask your Post Diagnostic Support Link Worker for the information booklets regarding all aspects of dementia that you are entitled to at the point of diagnosis.

