

Dementia

This suite of leaflets has been put together in response to concerns expressed by GPs that there was a lack of brief information readily available to them to pass on to people with dementia (or, if more appropriate, someone who is caring for a person with dementia).

The leaflets have been prepared by colleagues at Alzheimer Scotland, in conjunction with the Scottish Dementia Working Group. The final versions of the leaflets reflect the comments of GPs and a group of people who each care for a person with dementia. In some cases we have had to try to strike a balance in responding to contradictory views – for example, about the way that the progression of the illness is described.

The aim of the leaflets is to provide people with dementia, and / or a person who cares for them, with useful information on a range of topics that can be provided at an appropriate time for the person. Most are addressed to people with dementia, though they will all be of relevance to carers, too.

We provide below an outline of content of the leaflets – and you will know your patients and what will be most helpful to them at any given time.

About Dementia

This describes dementia, with information about symptoms; Alzheimer's disease; what someone should do if they are worried about their symptoms; and information about treatment and research

About Young Onset Dementia

This leaflet provides information about the types of dementia that people under 65 might have, and information about living with the condition that is relevant for younger people who are more likely still to be in work. It describes some of the supports that are available. There are some services that are specific to people living in the city of Glasgow. However, advice and guidance on all aspects of dementia is available to anyone through Alzheimer Scotland's 24 hour Freephone Dementia Helpline on 0808 808 3000 and from local Alzheimer Scotland services.

Getting Help with Caring for Someone with Dementia – Information for Carers

This leaflet is aimed at carers and encourages them to seek help with that role. It explains the sources and types of help available, including the new link worker posts

Healthy Living with Dementia

Gives advice about diet, exercise, social activity and maintaining contacts, and the importance of looking after other aspects of one's health

Driving and Dementia

This leaflet provides information about legal requirements for driving and the actions someone who drives should take if they are diagnosed with dementia; introduces the Driving Assessment Service; and gives guidance for someone who is worried about another person's driving

Managing Money

This leaflet introduces the concept of the Power of Attorney and describes other ways that someone with dementia can be helped to manage their finances

Planning for the Future – Financial Legal and Care Issues

This leaflet discusses Anticipatory Care Plans; introduces the concept of Power of Attorney; outlines the importance of making a will and the status of any property someone has should they need to go into a care home

Powers of Attorney – Financial and Welfare

This provides detailed information about Powers of Attorney – what they cover, how they are created, who can be an attorney and what to do with the Power of Attorney document

Adults with Incapacity Act

This describes the rights of a person with dementia; the aims and principles of the act; the meaning of "incapacity" and ways to safeguard a person's welfare.

Each of the leaflets also explains where to find further information and guidance.

We would like to acknowledge the hard work and effort contributed by staff at Alzheimer Scotland, and the patients, carers and GPs who have reviewed and commented on the leaflets.

This leaflet has been prepared to provide information for people with dementia, and for their carers.