

BOROUGHLOCH MEDICAL PRACTICE

MEDICS ON THE MEADOWS

Social prescribing - linking patients to non-medical support in their community.

DEMENTIA RESOURCES

Alzheimer's Scotland <http://www.alzscot.org> 24 hr dementia helpline 0808 808 3000
Dementia Advisor Edinburgh: Teresa Straczynski TStraczynski@Alzscot.org 07557 944 073 0131
662 1204 - Patients can self refer using these contact details.

Post Diagnostic Support: (Memory clinic makes referral)

The Scottish Government has guaranteed a year's post-diagnostic support for everyone diagnosed with dementia from April 2013. This is designed for patients within a year of diagnoses and last for 12 months.

The 5 Pillars Model provides a framework for people living with dementia, their families and carers with the tools, connections, resources and plans to allow them to live as well as possible with dementia and prepare for the future.

Five Pillar Approach:

1. Understanding the illness and managing the symptoms and learning about self management.
2. Planning their own future, the shape of their future care and developing a personal plan.
3. Peer support from others with dementia and their families e.g. carers enhance wellbeing and resilience.
4. Supporting and linking to community connections, (not just those that are dementia).
5. Planning for future decision making, support to set up Power of Attorney and advance planning.

Care for Carers

www.edinburgh.gov.uk/carersupport

Dedicated carer support team can offer you advice, information and support on

- your rights as a carer
- local services
- medical conditions and medication
- looking after yourself
- becoming more confident as a carer
- setting goals and priorities for your own life.

How to apply; You can refer yourself to the service by contacting 0131 536 3371
GP can refer by using the Edinburgh CHP Carer Support referral form on SCI Gateway (Astley Ainslie Hospital>Social Care>Carer Support Service)

Vocal – www.vocal.org.uk

Practical advice on community care, assessments, financial information and getting support as

a carer. There is also information about the emotional aspects of caring such as changing relationships and dealing with guilt. For support contact: 0131 622 6666 or email centre@vocal.org.uk - Monday - Friday, 9am - 5pm

Other Support

NE LOOP Project www.loopsprojects.org.uk

What is LOOP? LOOP stands for Local Opportunities for Older People. The project aims to help connect older people (65+) with information and opportunities in their local community. North East Edinburgh LOOP project is a **free service** that is based in Pilmeny Development Project. The project covers Leith, Lochend, Restalrig, Trinity, Willowbrae, Piershill and Craigentiny.

NEDC, Seagrove Centre <http://www.nedc.org.uk/>

13 Fleming Place, Edinburgh, United Kingdom. Tel: 0131 553 7147 | Email: enquiries@nedc.org.uk
NEDC Seagrove Centre is a registered charity, which is run by a voluntary Board of Directors. It offers a six day service, Monday to Saturday, with 108 places per week, fifty one weeks of the year. They offer fun and interesting activities based on what members say they want to do. Ongoing support takes in all things about the members health and well-being and their needs and wishes too.

Northfield & Willowbrae Community Services Group

A Community based group offering support services to older people.

❖ Monday 11am-2.45pm – A day of activities for those with a degree of dementia. ❖ Wednesday 2-4pm – A time to meet other in a social setting.

For more information contact: Heather Reynolds, Project Co-ordinator 0131 661 9171
heather@northwillow.plus.com

Dementia Singing Group for People with Dementia and Their Carers

Meets at St. Christopher's Church Hall, 77-79 Craigentiny Road, EH7 6QL. On the 2nd and 4th Monday of the month from from 2-4pm. Please contact Katie Cruimlish - 0131 554 0213 or Beatrice Bath - 0131 467 1969 for more information.

Football Memories Group

Run 1st Monday every month from 11am-12md at Easter Road - Contact John Hislop on 07824612202 or email hislopjohn@gmail.com

Portobello Café

The cafe provides a meeting place in the heart of our community that gives people with dementia and their carers a chance to meet others in a similar situation. There is staff from Alzheimer Scotland on hand if you would like to get information and advice about dementia. Meet every two weeks from 11.00am to 1pm. This is a group for people who are able to attend safely on their own or who are accompanied by someone to support them. For details call Alzheimer Scotland 0131 662 1204

Playlist for Life – <http://www.playlistforlife.org.uk/#2946>

Being able to respond to music – the first sense in the foetus and the last to go at the end of life – is the one thing dementia cannot destroy. If you have dementia, the music that has been meaningful in your life – even TV theme tunes or Christmas carols – can make you feel better. Having access to that music on an iPod means it is available to you at any time of the day or night.

Council tax reduction for mentally impaired -

http://www.edinburgh.gov.uk/info/20111/discounts_and_exemptions/530/reduction_for_severely_mentally_impaired

Blue badge trial scheme for those with cognitive impairment

http://www.edinburgh.gov.uk/info/20085/parking_spaces/1430/blue_badge_pilot