

Living well with early stage dementia

it's never too late to start looking after your health
take regular exercise
one in 2 women over 50 will break a bone due to bone density
eat the right amount & variety of food
get some sun - stop smoking - eat calcium-rich foods

feet sleep hearing
wellbeing diet
advice information smoking
advice rights
bones **community**
wellbeing drinking
information
community depression
rights sight
exercise

Who we are

Age Scotland is the national charity for older people. We work to improve the lives of everyone over the age of 50 and promote their rights and interests.

Our vision is a Scotland which is the best place in the world to grow older.

Our mission is to inspire, involve and empower older people in Scotland, and influence others, so that people enjoy better later lives.

We have three strategic aims:



We help older people to be as well as they can be



We promote a positive view of ageing and later life



We tackle loneliness and isolation

How we can help

We know that growing older doesn't come with a manual. Later life can bring changes and opportunities to your life and you may need to know about rights, organisations and services which are unfamiliar to you.

That's why we provide free information and advice to help you on a range of topics including benefits and entitlements, social care, legal issues such as Power of Attorney, housing and much more. All of our guides are available to download for free from our website, or you can contact our helpline team to have copies posted to you for free.

Our **helpline** is a free, confidential phone service for older people, their carers and families in Scotland looking for information and advice.

Later life can bring times when you just need someone to talk to. Our **friendship line** is part of our wider helpline and older people can call us for a chat. We're here to listen, provide friendship and offer support.



Call us free on: 0800 12 44 222
(Monday – Friday, 9am – 5pm)



Visit [agescotland.org.uk](https://www.agescotland.org.uk)
to find out more.

Introduction

This guide is for anyone living with early stage dementia. It provides information about services that can support you and things you can do to help yourself. It also talks about the practical things you may want to think about, to help you now and in the future.

Everyone experiences dementia differently, but having support and a plan in place can help you live well for as long as possible. Family members, friends and carers of people living with dementia may also find this information useful.



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Please note that the inclusion of named agencies, websites, companies, products, services or publications in this information guide does not constitute a recommendation or endorsement by Age Scotland or any of its subsidiary companies or charities.

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Where do I get support?

Who's who?

After a dementia diagnosis you are likely to meet a lot of different professionals. This can feel overwhelming and it might be difficult to understand who does what. The guide below explains who you might meet and how each person can help.

Community Psychiatric Nurses are mental health nurses who visit people in their homes. They provide practical advice and support for people living with dementia. They can also administer medicines and keep an eye on any side effects.

Dementia Advisors are a local point of contact for people living with dementia, their families and carers. They can help you keep active in the community, put you in touch with other people living with dementia and provide information and advice.

Dementia Link Workers offer one-to-one support for people living with dementia, their families and carers. They can provide information and advice and help you plan for the future.

Dietitians can diagnose and treat diet and nutrition difficulties. They give information and advice on food choices.

District Nurses visit people in their homes and provide practical help with a range of health issues including wound care and supporting someone to manage problems with continence.

GPs look after people's general physical and mental health needs. They can prescribe medicines and make referrals for specialist support if you need it.

Occupational Therapists support people to live independently and to continue doing activities that are important to them. They can give advice on changes to your home and equipment that can help with daily life. This might include memory aids.

Physiotherapists can help people who have difficulty walking or are at risk of falls. They can prescribe exercises to improve strength and balance, and equipment to help with walking and moving around.

Podiatrists treat problems and conditions affecting the feet. They give advice on how to look after feet and what types of shoes to wear.

Social Workers assess the care and support needs of people who have physical and mental health difficulties, people with disabilities and carers.

Speech and Language Therapists support people who have difficulty with communication. They also help people who have difficulties with eating, drinking and swallowing.



Post diagnostic support

People diagnosed with dementia in Scotland should receive at least 12 months of support on the things that matter to them most following their diagnosis.

For example, you may want help with:

- Understanding dementia and its symptoms
- Staying connected to your community
- Managing your health, wellbeing and personal routines
- Planning for your future, including the care you want to receive

Starting in April 2024, people diagnosed with dementia have a choice of how and when to receive this support. The options available will depend on where you live. It may be offered by Alzheimer Scotland, an NHS professional, through peer support, or at a Meeting Centre. See page 6 for more information about Meeting Centres.

You can ask your doctor for a referral for post diagnostic support or contact Alzheimer Scotland for more information.



Alzheimer Scotland

0808 808 3000 (24 hour helpline)

www.alzscot.org/findsupport

Care needs assessment

Most people living with dementia will at some point need support to live safely and comfortably. For example, you might need help with washing and dressing, taking medicines, or remembering to switch off the oven.

If you are noticing you need help, you can ask for a care needs assessment from your Council's social work department, or in some areas your local health board. There is likely to be a waiting list, so it is a good idea to ask for help as soon as possible.

A social worker, occupational therapist or other health professional will visit you to find out what help you need. They will want to speak to you and anyone who already helps you. They will then write a care plan listing the support they recommend for you. Any personal or nursing care will be free, but there may be charges for other types of support.

Your care needs will be reviewed every 6 months, but you can ask for this to happen sooner if you know your needs have changed.

The rules of Self-Directed Support mean you can choose how care is arranged. You may want all of your care to be arranged for you, or you may want to arrange some or all of your care yourself.

Self Directed Support Scotland can provide advice and put you in touch with local services if you would like to arrange support yourself. See their website www.sdsscotland.org.uk or call **0131 475 2623**.

Age Scotland's guides **Care and Support at Home: Assessment and Funding** and **Care and Support at Home: Practical Help** explain more about the help available.

A friend, family member or partner who is providing you with help is entitled to get support too. Call the **Age Scotland helpline** on **0800 12 44 222** for more information.

Care Information Scotland also provides information on care services for older people in Scotland, their carers and families.



Care Information Scotland
0800 011 3200
www.careinfoscotland.scot



Talk to others

It can be useful to talk things through with friends and family and explain how dementia is affecting you. Many people worry they will be treated differently if they tell people about their diagnosis, but knowing your diagnosis can help people understand what you are going through. It also gives them the opportunity to offer their support if you need it.

Peer support

You may like to speak to other people with a dementia diagnosis. Dementia groups are a good way to meet people in your situation and to share experiences. No matter what you are going through there is probably someone who has been through the same thing and understands how you feel.

There are many ways to connect with others living with dementia:



You can call the **Age Scotland helpline** on **0800 12 44 222** for help finding groups and activities near you.



Alzheimer Scotland
Freephone Dementia Helpline: **0808 808 3000**
www.alzscot.org/findsupport

Meeting Centres provide a social space where people with dementia and their loved ones can meet others in the same situation and enjoy activities. Peer support might be offered at some Meeting Centres. This could be provided as part of your post diagnostic support.



To find out if there is a Meeting Centre near you, call the **Age Scotland helpline** on **0800 12 44 222** or search **Meeting Centres** at **www.agescotland.org.uk**.



Alzheimer's Society hosts an online forum accessible worldwide, for people living with dementia, their carers and families.

<https://forum.alzheimers.org.uk>

Support from health services

It is important to look after your physical and mental health. If you are finding things difficult or feeling stressed, anxious, tired or depressed you should speak to your GP. Let them know how dementia is affecting you and tell them how you are feeling. There is a lot of support available so don't be afraid to ask for help.

Counselling

Counselling gives you the chance to talk to someone with the training to support you. A counsellor will listen to you without judgment. Your GP should be able to give you information about counselling services and may refer you for free support. The British Association for Counselling and Psychotherapy can also help you find qualified Counsellors in your area and information about what they charge.



**British Association for
Counselling and Psychotherapy**

01455 88 33 00

www.bacp.co.uk/search/therapists

Looking after yourself



Diet

Eating a varied, balanced diet is one of the best ways to look after yourself. Being healthier generally makes it easier to cope with life's challenges. A healthy diet includes lots of fruits and vegetables, starchy foods such as bread and pasta, and moderate amounts of meat and fish.

Eating a healthy diet is not always easy. Some people living with dementia find they have less appetite. It might also be difficult to remember to eat and drink or concentrate on finishing a meal. Background noise can distract some people from eating. Others find playing soft music can help them relax and concentrate on their meal.

You might find you don't enjoy the same foods you used to. Some also people find they have a smaller appetite. You could try exploring different flavours or eating smaller portions and regular snacks. Foods with stronger flavours can sometimes be more appealing.

Make sure you also drink plenty of fluids. Not having enough to drink can make dementia symptoms worse. Aim for 6-8 cups of liquid a day. Water is a healthy choice but any liquids count. This includes tea, coffee, diluted fruit juice and even soup.

Age Scotland's guides **Eat Well** and **Hydration matters** provide more information. You can order copies by calling the **Age Scotland helpline** on **0800 12 44 222**.



Being active

Regular physical activity can help to ease stress and improve wellbeing, as well as being good for overall health. It may also help you to feel more positive and could improve your concentration.

Adults who can do so safely should aim to be active for 30 minutes a day, but even 10 minutes helps. You are more likely to stick to an activity you enjoy. You could try swimming, football or a fitness class. You could ask friends or family to come with you if you need support.

Age Scotland's **Community Connecting Service** can help you find groups and activities in your area, including groups that are dementia friendly. Call the **Age Scotland helpline** on **0800 12 44 222** for more information.

You do not have to go out of your way to be active. Stretching, gardening or even doing housework all count. Small changes to your routine can also make a big difference. You could get off the bus a couple of stops early or stay standing up whilst talking on the phone.

Walking is a great activity for people of all ages and fitness levels. **Paths for All** is a charity that supports a network of community health walks throughout Scotland: free group walks which are led by trained volunteers and are accessible to people of all abilities. They offer dementia friendly walking groups with volunteers who understand the needs of people living with dementia.



Paths for All
01786 641 851
www.pathsforall.org.uk



Social connection

Social connection has been shown to be good for physical as well as mental health. A Dementia Advisor can help you find activities you might enjoy.

The Age Scotland **Community Connecting Service** can also help you find social groups in your area. Our **Friendship Service** also means you can talk to someone without leaving the house.



Contact the **Age Scotland helpline** on **0800 12 44 222** for more information about these services.



Alzheimer Scotland has a wide range of dementia friendly community activities, such as singing groups, sporting memories groups, walking groups, cinema groups and much more. Visit **www.alzscot.org** or call **0808 808 3000**.



Keeping warm

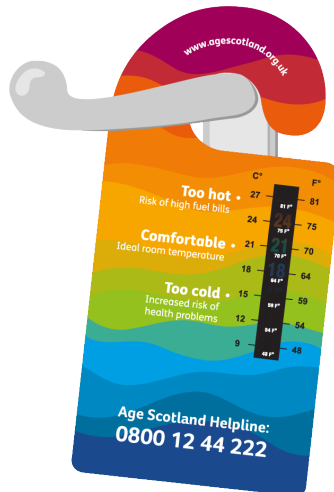
Over the winter it is important to keep warm in your home. Being cold for any length of time can put us at risk of colds, flu and hypothermia. It can also increase the risk of heart attacks and strokes in older people.

Try to make sure that the rooms you use during the day are kept warm to at least 23°C (65°F). Keep your bedroom window closed at night so you do not breathe in cold air as this can increase the risk of chest infections. Layer your clothing to maintain body heat and try to avoid sitting down for long periods of time. Get up, move around and have hot meals and drinks.

There are benefits, grants and schemes for making homes more energy efficient that may help you save money on fuel bills.



Call the **Age Scotland helpline** on **0800 12 44 222** and ask to speak to our specialist Energy Adviser.



Smoking

It is common knowledge that smoking is bad for our health, but if you have memory difficulties it could also increase the risk of a fire. Your GP or pharmacist can help if you want to stop or cut down on smoking or you could contact Quit Your Way.

Quit Your Way advisers give free information and advice about how to stop smoking. They can help you to come up with a plan that's right for you, and tell you what support is available locally.



Quit Your Way

0800 84 84 84

Search **Quit Your Way** at **www.nhsinform.scot**

If you do continue smoking try to make it as safe as possible. For example, use disposable lighters instead of matches.

The Scottish Fire and Rescue Service can make sure your home is as safe as it can be. You can contact them for a free Home Fire Safety Visit.



The Scottish Fire and Rescue Service

0800 0731 999

or text **FIRE** to **80800**

www.firescotland.gov.uk

Alcohol

Many of us enjoy an alcoholic drink now and then, and alcohol can be an important part of socialising and celebrating. However, regularly drinking more than the recommended daily limits can seriously harm your health.

Some people living with dementia find that drinking alcohol increases confusion or memory problems. It can also stop medicines working as well as they should. If you are unsure about the effects of alcohol on medication ask your GP or pharmacist.

If you want to drink less and would like support, talk to your GP or contact one of the specialist services that can help:

With You provides free, confidential support with alcohol or drugs through a local service or online.



Find a service near you by visiting www.wearewithyou.org.uk or call the **Age Scotland helpline** on **0800 12 44 222** for help finding the right number.

Alcoholics Anonymous provides free self-help groups across Scotland. Its 12-step programme involves getting sober with the help of regular support groups.



Alcoholics Anonymous
0800 9177 650
www.alcoholics-anonymous.org.uk



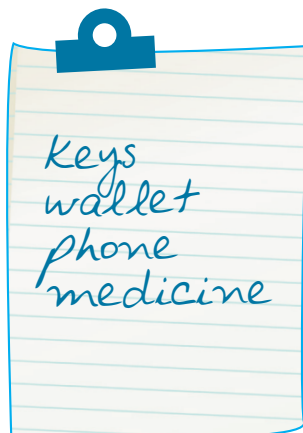
For more information on staying well see our guide **Health and wellbeing in later life**.

Managing day to day

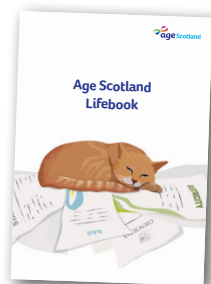
Dementia affects everyone differently and no two people will have symptoms that develop in exactly the same way. Ideas that work for some, may not work for others. You will figure out what works best for you, but the suggestions below may help:

Checklists and reminders

- Short checklists can help with everyday tasks. For example, instructions on how to make a cup of tea, or what to take with you when you leave the house.
- Many people pin up reminder notes about things like locking doors at night, taking medicines and switching the oven off. It is best to place these somewhere you will see them at the time you need to remember.
- A daily to-do list can help you remember appointments and medicines to take. Some people keep a list on the fridge so they see it during the day.



The Age Scotland **Lifebook** provides a place to write down important information and contact details. This may help you keep things organised. You can order a copy by calling the **Age Scotland helpline** on **0800 12 44 222**.

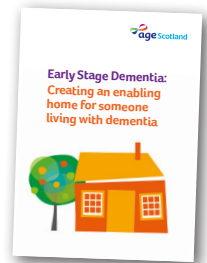


Getting into a routine

Having a routine can make it easier to keep track of the tasks you need to do each day. It can help to get up at a similar time every morning and have a timetable of things you need to do, such as taking medicines and preparing meals. Simple gadgets such as pill boxes with different compartments, reminders on your phone or a clock that shows the day of the week can help you stick to your routine.

Adapting your home

Age Scotland's guide to **Creating an enabling home for someone living with dementia** looks at small changes that could make your home environment support you to live with dementia.



Disability Information Scotland provides information, support and advice to people living with long-term conditions and their families.



Disability Information Scotland

0300 323 9961

www.disabilityscot.org.uk

Care and Repair services offer advice and assistance to older people and disabled homeowners to repair, improve or adapt their homes so they can live safely and comfortably. Visit their website to find your local service or call the **Age Scotland helpline** on **0800 12 44 222** for help finding the right number.



Care and Repair Scotland

www.careandrepairsotland.co.uk

Technology

Some people with dementia find technology can support them to live well. Products vary in price and some may be provided free by the Council following a care needs assessment.

Assistive technology can help with daily tasks that you are starting to find more difficult. For example, item locators can help to find commonly misplaced items, such as keys. Reminder aids can play messages at a certain time, such as telling you to lock the door at night.

Telecare supports people to remain safe in their home. For example, a personal alarm can allow you to call for help if you have fallen or are unwell. Gas, smoke and flood detectors automatically alert staff at a response centre or a family member if there is a problem. Some gas detectors can switch off the gas supply when they detect a problem.

Whilst not for everyone, some people living with dementia find **digital technology** useful. Alzheimer Scotland has an online catalogue of technology that has been tested out by people living with dementia.



Alzheimer Scotland
www.alzscot.org/adam

Living Made Easy also provides information and advice on equipment and technology for daily living.



Living Made Easy
www.livingmadeeasy.org.uk

Shopping

Some people living with dementia find shopping difficult. Shops can be crowded and noisy which can be overwhelming. You may struggle to find the items you want or to read and understand the labels.

Talk with family members, friends or a carer and let them know you are finding shopping difficult. You could ask someone to go shopping with you to give you a hand. If you are shopping by yourself, you could ask a member of staff for assistance.

If crowds are a problem you could try shopping during weekdays when it is usually quieter. Most supermarkets offer an online shopping and delivery service so you could try ordering your shopping online. Ask a friend, family member or carer for help if you are unsure how to do this.

Travel

Some people living with dementia feel anxious or confused about travelling. Support is often available to help you get out and about.

Train: most train companies have assisted travel where a member of staff supports a disabled traveller. Assistance should be booked before travel so arrangements can be put in place.

Plane: plan to arrive at the airport with plenty of time to check in. You can ask your airline or tour operator for assisted travel in airports. Make sure you give at least 48 hours' notice.

Bus: bus drivers can let you know when they reach your stop. You could also ask your local Council whether they run a Dial-a-Bus scheme. These buses pick you up from home and take you to local places, such as shopping centres.

You might like to carry some cash and the number for a taxi you can call in case you need help getting home.

For more advice about travelling contact **Alzheimer Scotland**.

Help cards

It may help to carry a card explaining the help you need. These can be shown to travel operators, shop workers and police.



The **Alzheimer Scotland** free **Helpcard** explains that you have dementia, what help you might need, and has space for emergency contact details.

0808 808 3000 / www.alzscot.org



Thistle Assistance provides a free card and app to communicate travel needs due to a condition or disability. These are recognised by many public transport operators across Scotland.

0131 524 5153 / www.thistleassistance.com

Communication



Some people living with dementia find their ability to communicate is affected, especially as their condition progresses. Here are a few things it may be helpful for you and those around you to know.

- Background noise can make it harder to focus. Try turning off the TV or radio before having a conversation.
- It can be helpful if people use simple everyday language and avoid jargon. Speaking clearly, calmly and not too fast is also important.
- Non-verbal communication can be just as important as the words people use. Eye contact, smiling, nodding and gestures, can all help make meaning clearer.
- You may need extra time to respond to questions. It may also be easier to answer questions that only need a yes or no answer.
- Asking people to use other ways to explain things can be helpful if words are becoming difficult. For example, a sketched map could help you understand the way to the bus stop.
- Some people with dementia find their reading and writing is affected. You may need to ask someone you trust to explain letters to you or give you help to fill out forms.

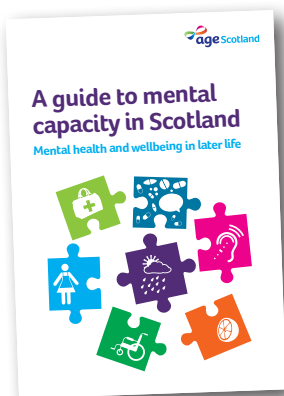
There are resources and support available for friends and family to help them learn about dementia and communication. Call **Alzheimer Scotland** on **0808 808 3000** or visit **www.alzscot.org**.

Age Scotland runs free dementia awareness workshops that include information about communication. Visit **www.age.scot/dementia** or call the **Age Scotland helpline** on **0800 12 44 222**.



Practical things to think about

While the period after a diagnosis can be emotional, it can also be a good time to think about legal, financial and healthcare matters for the future. Making decisions for the future while you still have capacity can help you feel reassured that your views and wishes will be followed if you lose the mental capacity to make decisions for yourself.



Mental capacity is explained in Age Scotland's **A guide to mental capacity in Scotland**.

Power of Attorney

Family members, friends, carers and relatives do not have the automatic right to make decisions on your behalf. A Power of Attorney is a legal document that can give someone the right to make certain decisions if you are no longer able, and to help you with your finances.

There are two main types of Power of Attorney in Scotland.

- **Continuing Power of Attorney** allows you to appoint a specific person (or people) to look after your property and financial affairs. With your permission, this could include powers to manage your bank accounts, benefits and bills, even if you could still do this yourself.
- **Welfare Power of Attorney** allows you to appoint a specific person (or people) to make decisions about your health and welfare if you become unable to make these decisions yourself.

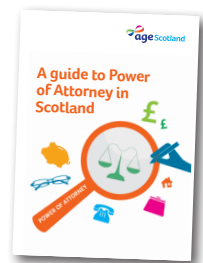
It is a good idea to ask a solicitor to draw up your Power of Attorney. They can make sure there are no mistakes and that it is properly registered with the Office of the Public Guardian in Scotland. Without a Power of Attorney in place, in most cases someone would have to go to court to be allowed to act on your behalf if you did lose mental capacity. This can be a very expensive process and may take some time.

See Age Scotland's publication **A guide to Power of Attorney in Scotland** for more information, or contact The Office of the Public Guardian (Scotland).



**The Office of the Public
Guardian (Scotland)**

01324 678 300 and select **option 1**
www.publicguardian-scotland.gov.uk



Wills

It is important that everyone, whatever their age, thinks about arranging a Will. A Will allows you to decide what happens to your money and belongings when you die and can give you peace of mind. It is best to have a Will either written or checked over by a solicitor as small mistakes can make the Will invalid. Wills can be changed at any time, as long as you still have the mental capacity to understand and make this decision. Changes should also be checked with a solicitor.

See our publication **Making your Will** for more information.



Advance Directives

An Advance Directive is a document that allows you to set out decisions about your future medical care. It lets medical staff and family know your wishes about receiving certain treatments or care. They can then follow your wishes should there come a time when you cannot make decisions for yourself.

See our **Planning for your future healthcare** guide for information.



Insurance

Most insurance policies will not be valid if the policyholder does not declare that they, or anyone else covered by the insurance, have a diagnosis of dementia. Examples of people to tell may include life, car, travel, or house insurance providers.

Driving

Many people living with dementia are able to continue driving for a while. However, you must by law tell the Driver and Vehicle Licensing Agency (DVLA) and your insurance company about your diagnosis. If someone living with dementia has not disclosed their diagnosis to the DVLA and is involved in an accident, they can be prosecuted.

Age Scotland's **Older drivers' guide** includes information about your rights and responsibilities. Call the **Age Scotland helpline** on **0800 12 44 222** to order a copy.

If you do have to stop driving it can be very difficult to accept, but it does not mean you will lose your independence. By planning ahead it is still possible to travel and get around while living with dementia. Page 18 provides information about help available to support you.

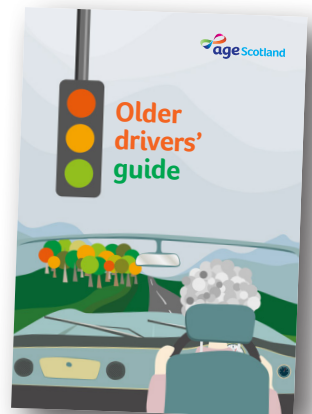
Traveline Scotland provides timetables and a journey planner for all bus, rail, coach, air and ferry services in Scotland.



Traveline Scotland

0871 200 22 33

www.travelinescotland.com



Bus passes and carer's discounts

In Scotland, people over the age of 60 are entitled to a bus pass called a **National Entitlement Card**. This allows free travel on buses and coaches. People living with dementia under the age of 60 may also be entitled.

If you need help when travelling by bus you can get a **companion logo** on your National Entitlement Card. This will allow a carer, friend or family member to travel with you for free.

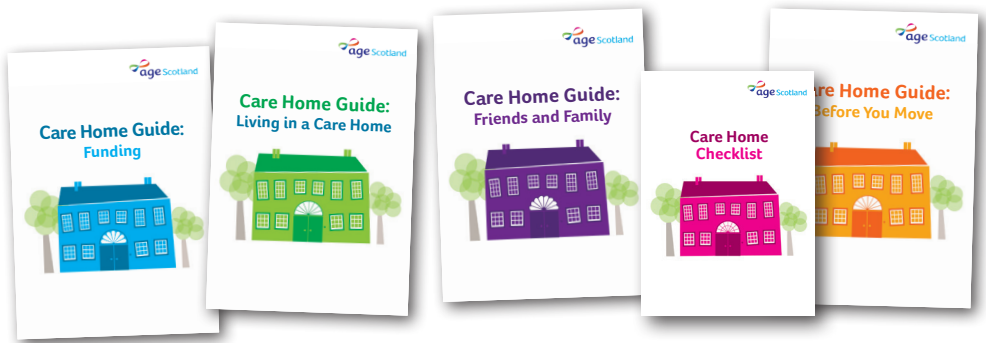
You can find information about bus passes, who is eligible for them and how to apply at **www.transport.gov.scot**.

Many local services will offer entry for carers either at a discount or for free. This can help people living with dementia access leisure centres, cinemas, museums, etc. if they need support from a carer to attend.

Care homes

Some people living with dementia may never need to live in a care home. However, there may come a time when a care home is the best option for staying safe and getting the support you need. If you are not managing at home, you should contact your Council's social work department and ask them to assess or reassess your needs.

Age Scotland has a range of publications about care that explain how care home funding works and how to choose a good care home. To find out more phone the **Age Scotland helpline** on **0800 12 44 222**.



Life Story Book

A Life Story Book records memories about your life such as where you grew up, names and photographs of close friends and family members, and important life events. Many people living with dementia like to share their Life Story Book with people who care for them, to communicate what is important to them.



More information and a template life story is available on the **Dementia UK** website at **www.dementiauk.org**.

Money matters

Dealing with money

Managing money can become difficult for some people living with dementia. You might find it hard to count change or recognise different notes and coins.

Contactless bank cards can be used to pay up to £100 by just swiping your card. However, you will still need to use a PIN code at times. If remembering a PIN is difficult, you could apply for a chip and sign card instead. You will be asked to sign the receipt and your signature will be checked against the one on your card.

You may wish to set up direct debits for regular bills such as gas, electric, TV licence and Council Tax. This will mean you don't have to remember to pay them each month.

Whatever else you do, it is important to keep an eye on your bank statements regularly. You could ask a trusted family member or friend to help you with this.

If you want to feel more confident managing money, call the **Age Scotland helpline** on **0800 12 44 222** for information and advice and see Age Scotland's **Money Matters** guide.



Benefits and social security system

You may be entitled to financial support from the benefits and social security system.

Attendance Allowance is the benefit for people over State Pension age who need help looking after themselves due to a health condition or disability. You can claim it regardless of your income and savings. Most people living with dementia are likely to become entitled at some point.

Adult Disability Payment is the new working age disability benefit for people in Scotland. This is also available regardless of income and savings.

Pension Credit gives you extra money if you are on low income and have reached State Pension age.

Carer's Allowance is a benefit for some people who spend at least 35 hours a week caring for someone who has a disability. The person they care for must be getting a benefit such as Attendance Allowance because of their disability.

Did you know? Some older people do not claim the benefits they are entitled to. This can be because no-one tells them about their rights or because they think the process of claiming will be difficult.

For detailed information about entitlements and a benefits check call the **Age Scotland helpline** on **0800 12 44 222**.

We have guides on each of these benefits, and our **Benefits Maze** guide provides information on the full range of benefits available.



Your rights and dementia

Discrimination and dementia

Unfortunately some people living with dementia find that others treat them unfairly because of the condition. You should not be discriminated against because you are living with dementia.

The **Charter of rights for people with dementia and their carers in Scotland** sets out your rights. This includes the right to be able to participate in community life, to be involved in making decisions that affect you, and to be treated with dignity and respect. You can get a copy of the charter of rights from the Health and Social Care Alliance Scotland (The ALLIANCE).



The ALLIANCE

0141 404 0231

www.alliance-scotland.org.uk

If you think you have been discriminated against or treated unfairly, you may want to seek advice. Phone the **Age Scotland helpline** on **0800 12 44 222**.

Campaigning

If you would like to get involved with supporting the rights of people living with dementia and their families there are many ways to do so.

Age Scotland is proud to host **About Dementia** – Scotland’s forum for improving lives for people affected by dementia. We work alongside people with lived experience of dementia to shape the policy and practice that matters to them. Through regular group meetings, we connect with our members to hear their views.



About Dementia

0333 323 2400

www.age.scot/aboutdementia

Age Scotland also coordinates the **Dementia Friendly Communities (DFC) Network**. The DFC Network brings together people and communities in Scotland committed to helping people living with dementia to feel included and enabled.

Anyone interested in supporting dementia friendly communities in Scotland is welcome to join. Visit **www.age.scot/dfcn** for more information or contact Age Scotland’s Community Development Officer Colm McBriarty at **colm.mcbriarty@agescotland.org.uk** or by calling **0333 323 2400**.

DEEP, also known as **The UK Network of Dementia Voices**, connects groups of people living with dementia across the UK. It supports these groups to change services and policies affecting the lives of people with dementia.



DEEP

01392 420076

www.dementiavoices.org.uk

Employment and dementia

As State Pension age increases, more people are being diagnosed with dementia while they are still working. In general, employees do not have to tell their employer. For some people it may be stated in their contract, for example if they are in the armed forces, or work on a plane or a ship. It is also important if there are safety issues involved, for example if you work on a building site or operate machinery.

Some people are reluctant to tell their employer about their dementia diagnosis if they do not have to. However, employers have a duty to make reasonable adjustments to help an employee with dementia overcome disadvantage in the workplace. You may therefore want to tell your employer so you can get the support you need. This might include noise reduction, an environment that is better lit and time off for check-ups and appointments.

What is considered a reasonable adjustment will depend on the size and resources of the employer and how effective the adjustments will be. You can contact your local Citizens Advice Bureau or the Equality Advisory Support Service (EASS) for advice.



Citizens Advice Bureau
0800 028 1456
www.cas.org.uk/bureaux



Equality Advisory Support Service (EASS)
0808 800 0082
www.equalityadvisoryservice.com/app/ask

You can also call the **Age Scotland helpline** for information and advice on **0800 12 44 222**.

Advocacy

Sometimes people living with dementia find it difficult to have their views and wishes heard, particularly if they are living alone or do not have a lot of friends and family around. This can be really worrying, especially if you are having to communicate with many different services and professionals.

An advocate can help to make sure that your views are taken into account when decisions are being made about your life. The Scottish Independent Advocacy Alliance can help you to find advocates in your area.



Scottish Independent Advocacy Alliance

0131 510 9410

www.siaa.org.uk

Useful contacts

Age Scotland helpline 0800 12 44 222

The Age Scotland helpline provides information, friendship and advice to older people, their relatives and carers.

If you need an interpreter call **0800 12 44 222** and state the language you need e.g. Polish or Urdu. Stay on the line for a few minutes and the Age Scotland helpline will do the rest.

You can call us on **0800 12 44 222** for a copy of our publications list or download copies of our publications from our website at **www.agescotland.org.uk**.

About Dementia

Age Scotland is proud to host About Dementia – Scotland’s forum for improving lives for people affected by dementia. We work alongside people with lived experience of dementia to shape the policy and practice that matters to them. Through regular group meetings, we connect with our members to hear their views.

Tel: **0333 323 2400**

www.age.scot/aboutdementia

Alzheimer Scotland

Provides services and support for people with dementia and their families and campaigns for their rights. The Alzheimer Scotland Digital Team has also developed ADAM, an online tool providing information about useful technology that can help make daily living easier.

Freephone 24 Hour Dementia Helpline: **0808 808 3000**

www.alzscot.org / **www.meetadam.co.uk**

Care Information Scotland

Provides information on care services in Scotland.

Tel: **0800 011 3200**

www.careinfoscotland.scot

Citizens Advice Bureau

You can call Scotland's Citizens Advice Helpline on **0800 028 1456** for advice or for details of your local bureau or see their website

www.cas.org.uk.

Disability Information Scotland

Disability Information Scotland provide information, support and advice to people living with long-term conditions and their families.

Tel: **0300 323 9961**

www.disabilityscot.org.uk

How you can help

Our vision is a Scotland which is the best place in the world to grow older.

All the information we provide is free and impartial. It helps older people access their rights and entitlements and can be life changing.

We are also a lifeline for older people who are feeling lonely and isolated. You can help us to support older people who need us most.

Together, we can make a difference.



Make a donation

No matter how small or large, donations make a massive difference and help us continue our important work.

- Call **03330 15 14 60**
- Visit **age.scot/donate**
- Text **AGESCOTGIVE** to **70085** to donate £5*
- Complete the **donation form** and return by Freepost



Fundraise

Whether it's having a bake sale or running a marathon, there are so many ways to raise vital funds to support our work. To find out more, call **0333 323 2400** or visit **age.scot/fundraise**.



Leave us a gift in your Will

By choosing to leave us a gift in your Will, you can help us to continue being there for older people in the years to come. To find out more, call **0333 323 2400** or visit **age.scot/legacy**.

*Texts cost £5 plus one standard rate message

Please donate today



Complete the form and return to RSBS-KEHC-GBBC, Age Scotland, Edinburgh, EH9 1PR

Your details

Title:	Forename:	Surname:
Address:		
	City:	
Postcode:	Date of birth:	

By providing us with your telephone number and email address you are consenting to us contacting you via phone, text and email.

Email:

Home tel: Mobile tel:

I WOULD LIKE TO DONATE

£75 £50 £25 Other (£)

I wish to pay by (please tick):

MasterCard Visa CAF

CharityCard Cheque (payable to Age Scotland)

Signature

Name on Card

Card No.

Expiry date Security code

Date

I prefer not to receive a thank you acknowledgement for this donation

I would like information about leaving a gift in my Will

I WOULD LIKE TO MAKE MY DONATION WORTH 25% MORE

I want Age Scotland** and its partner charities to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations.

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I am a UK tax payer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Yes, I want Age Scotland** to claim Gift Aid on my donations

I do not wish you to claim Gift Aid on my donations

Date

Keeping in touch

We will stay in contact by post unless you ask us not to. We will never sell your data and we promise to keep your details safe and secure. You can change your mind at any time by emailing us on contact@agescotland.org.uk or calling us on 0333 323 2400.

You can read Age Scotland's privacy policy at [agescot/privacypolicy](https://www.agescot.org.uk/agescot/privacypolicy).

**Age Scotland, part of the Age Network, is an independent charity dedicated to improving the later lives of everyone on the ageing journey, within a charitable company limited by guarantee and registered in Scotland.
Registration Number: 153343. Charity Number: SC010100. Registered Office: Causewayside House, 160 Causewayside, Edinburgh EH9 1PR.

Age Scotland is the national charity for older people. We work to improve the lives of everyone over the age of 50 so that they can love later life.

Our vision is a Scotland which is the best place in the world to grow older.

Let's keep in touch

Contact us:

Head office

0333 323 2400

Age Scotland helpline

0800 12 44 222

Email

info@agescotland.org.uk

Visit our website

www.agescotland.org.uk



Sign up to our newsletter

Our regular newsletters by email contain details of our campaigns, services and how you can support our work.

Sign up today at [agescot/roundup](https://www.agescotland.org.uk/agescot/roundup)



Follow us on social media

Our social media channels are a great way to keep up to date with our work and issues that affect older people.



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