

**Dementia Toolbox - Scottish Borders**

This document contains resources and information available for those living with dementia and their families and carers.

These include Intergenerational Work, Playlist for Life, Place and Space, Guide for a Dementia Friendly GP practice, Place and Space, Reading is Caring, Connecting People Connecting Support, Action on Rights Team, Alzheimer Scotland - Borders, ALISS, Herbert Protocol, Dementia Friendly Tweeddale, Getting to Know Me, Kings Fund Environmental Assessments, Local Digital Dementia Stories.

**Borders Carer Centre**

Carers can independently access support from the Borders Carer Centre and are entitled to develop their own carer support plan. Carers can also self-refer for support by contacting The Borders Carers Centre, Brewerybrig, Low Buckholmside, Galashiels TD1 1RT, 01896 752431 or more information can be found here [https://www.borderscarerscentre.co.uk/](https://www.borderscarerscentre.co.uk)

**Intergenerational Work**

Calling people to come along and join these **free** sessions and find out how getting to know someone from a different generation can benefit your health and the health of your community. It is being hosted with funding from Cheviot Community Welfare Trust Fund. The training sessions will be interactive with resources and ideas for you to discover. Please contact [bella@generationsworkingtogether.org](mailto:bella@generationsworkingtogether.org) if you want to find out more or for training dates.

**Playlist for life - The benefits of a personalised playlist**

Listening to a personalised playlist can improve the lives of those living with dementia. In fact, listening to music that is personally meaningful has many psychological benefits, meaning anyone can benefit from a playlist. Personalised playlists can:

* reduce anxiety
* improve your mood
* make difficult tasks more manageable
* evoke memories that can help families and carers connect.

Playlist for Life harnesses the powerful effects of personal music to help anyone who is affected by dementia, their families and carers. Whether it’s the music from a first dance, lullabies from childhood or a theme tune from a favourite TV show, music has the ability to take us back in time and remind us of our past, giving you that flashback feeling. Sharing your songs and memories can help people living with dementia connect with family, friends and carers.

For more information, resources and links to tools and templates visit [Resources – Playlist for Life](https://www.playlistforlife.org.uk/resources/)

**Place and Space – Kelso**

Place and Space over four days a week 10am - 3pm for anybody in the community with Dementia who will be provided with cognitive stimulation, peer support and lunch clubs. [Click here for more information.](https://www.qmecare.org/community-activities/place-space/)

**A guide to making general practice dementia friendly**

People with dementia can experience difficulties in attending general practice, which can create barriers when even the best care and support is in place. They may experience difficulties with:

* not remembering to attend appointments
* navigating the physical environment of the practice
* not being able to express their concerns in the short time available with the GP and
* not recalling details of discussions regarding their care

Experiencing difficulties when accessing GPs can impact on the quality of life and the health of people with dementia and their carers. It can also impact on the usage of primary care, emergency admissions to hospitals and transitions to residential care.

The guide was produced by Alzheimer Scotland and Healthcare Improvement Scotland’s Improvement Hub, the guide is a self-assessment tool to enable GP practices to become dementia friendly. It was adapted for Scotland from the Alzheimer Society’s guide of the same name with their kind permission and includes a checklist for GP practices to help people with dementia and their carers access high quality care and support.

Link to guidance [gp-df-a4-landscape\_2021.pdf (ihub.scot)](https://ihub.scot/media/8222/gp-df-a4-landscape_2021.pdf)

**What matters Hubs**

Find information on how people living with dementia and their carers can access help and support from a variety of organisations including social work below. <https://www.scotborders.gov.uk/info/20069/what_help_and_support_is_available/839/what_matters_hubs>

**Reading is Caring**

Reading is Caring seeks to support people living with dementia and the people who care about them to maintain their existing personal relationships through shared reading. Below is contact details and more information.

[readingiscaring@scottishbooktrust.com](mailto:readingiscaring@scottishbooktrust.com)

[Reading is Caring FAQ - Scottish Book Trust](https://www.scottishbooktrust.com/reading-and-stories/reading-is-caring/faq)

**Connecting People Connecting Support**

An online resource where you will find 32 topics full of information and resources to explore living well with dementia.

Pets <https://dementiatogether.online/home/pets>

Safety <https://dementiatogether.online/home/safety>

The Planet <https://dementiatogether.online/home/the-planet>

Home Environment <https://dementiatogether.online/home/home-environment>

**Action on Rights team**

Alzheimer Scotland's new Action on Rights team, funded by Scottish Government, has been set up to help carers, families and friends of anyone living in Scotland's care homes.

[Find more information here.](https://www.cvsfalkirk.org.uk/wp-content/uploads/2021/04/Action-on-Rights-leaflet.pdf)

**Alzheimer Scotland – what’s on in the Borders**

This monthly update includes all dementia cafes, memory groups and social events for your diaries and promotion to those you support. Also access to Dementia Friends education sessions for local communities

Contacts for further information on any of our groups please contact us on 01573 400324 [Borders@alzscot.org](mailto:Borders@alzscot.org)

* Lyndsay Hornigold, Dementia Advisor 07827 823809
* Gayle Thomson, Community Activity Organiser 07788 286312

There is also a 24h Freephone Dementia Helpline which is open 365 days a year on 0808 808 3000 or email [helpline@alzscot.org](mailto:helpline@alzscot.org) which provides information, signposting, or simply a listening ear, for people living with dementia or those who know somebody who is.

**ALISS – A Local Information System for Scotland**

What is ALISS?

ALISS is a national digital programme enabling people and professionals to find and share information on resources, services, groups, and support in their local communities and online.

ALISS can help you find information about resources like:

* services that provide support for managing long term conditions
* groups that support social and community connection (e.g., local choirs, book groups, befriending)
* activities that offer opportunities for getting more active and for getting outdoors (e.g., badminton clubs, community gardens)
* practical, legal, and financial support (e.g., money advice, advocacy services)
* digital technology that can support health and social care (e.g., online forums, health related mobile apps).

ALISS’s aim is to ensure that everyone in Scotland has the right information, at the right time, about resources that are available to help them live well and stay connected to their community.

Link to website and search for local information: [A Local Information System for Scotland | ALISS](https://www.aliss.org)

**The Herbert Protocol**

Police Scotland has joined forces with partners in the Lothians and Scottish Borders in a scheme to help trace vulnerable missing people, such as those with dementia.

[Police Scotland News Herbert Protocol introduced in The Lothians and Scottish Borders - Police Scotland](https://www.scotland.police.uk/what-s-happening/news/2021/may/herbert-protocol-introduced-in-the-lothians-and-scottish-borders/)

The Herbert Protocol is a well-established initiative already used elsewhere in Scotland and the wider UK. It originated in Norfolk and takes its name after Normandy landings veteran George Herbert, who lived with dementia and died in 2011, after going missing whilst looking for his childhood home.

It requires a detailed form to be populated with key information such as a recent photograph, contact details, habits and significant locations, which can then be provided to police officers and used to save vital time in a missing person inquiry.

The scheme is available to everyone registered with adult care services in the Lothians and Scottish Borders area including people living with dementia or similar conditions. Families can also fill out the forms for vulnerable relatives living at home who are at risk of going missing.

[Find the form here.](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.scotland.police.uk%2Fspa-media%2Fwyyb2vmf%2F096-012-v5-a1124.docx&wdOrigin=BROWSELINK)

**Dementia Friendly Tweeddale**

In the last year this community led initiative was developed and provides regular support for people living with dementia in the Tweeddale area. They meet regularly at Firholm and details are attached of how to get involved.

**Getting to Know Me**

[This document](https://www.alzscot.org/sites/default/files/2023-11/ASCOT032_Getting%20to%20know%20me%20form.pdf) has been developed by Alzheimer Scotland's Dementia Nurse Consultants and the Scottish Government. It aims to give hospital/residential staff a better understanding of a person with dementia who is admitted either for planned treatment or care, or in an emergency.

The document should be filled in by the person with dementia as much as possible, or by a family carer or relative, with the help of hospital staff if necessary. It is then held with the person's notes so it is readily accessible to all staff working with that individual.

It asks for brief information about the person: their likes and dislikes, their background, what they like to be called, the important people or places in the person's life, what helps them relax, how they take their medication, their normal routines, if they wear glasses or a hearing aid, what they like to do for themselves and what they need help with. There is also space for the carer to add in relevant information they think the staff should know to help them provide the best care possible and to understand any communication issues the person might have. The form is then used to support care and support plans.

**Filling in the Getting to Know Me form -** You can either print off the document to complete by hand or fill it in using this [editable version of the form](https://www.alzscot.org/sites/default/files/2023-11/ASCOT032_Getting%20to%20know%20me%20form.pdf).

**The Kings Fund – Environmental Assessments**

To support clinical and care staff, managers and estates colleagues, The King's Fund has produced a range of resources to enable hospitals, care homes, primary care premises and specialist housing providers to become more dementia friendly.

The EHE assessment tools contain seven overarching criteria and a set of questions to prompt discussions between clinical/care staff, managers, estates and maintenance colleagues, people with dementia, their families and carers.

It is recommended that the environmental assessment should be carried out jointly by a lay person, ideally a carer of a person with dementia, together with clinical/care and estates/maintenance staff. Involving a range of people in the assessment is recommended because the process of undertaking the assessment will enable discussions that are likely to encourage improvements in both the physical environment and the quality of care delivery.

The time required to undertake the assessment will vary according to the size of the area(s) being assessed but should take no longer than an hour to complete. A section has been provided for comments to identify areas of good practice and issues of concern.

Below are the relevant links to the assessment tool and action plan for your area:

[Is your ward dementia friendly? The EHE Environmental Assessment Tool (kingsfund.org.uk)](https://www.kingsfund.org.uk/sites/default/files/EHE-dementia-assessment-tool.pdf)

[Is your care home dementia friendly? EHE Environmental Assessment Tool (kingsfund.org.uk)](https://www.kingsfund.org.uk/sites/default/files/field/field_pdf/is-your-care-home-dementia-friendly-ehe-tool-kingsfund-mar13.pdf)

[Is your housing dementia friendly? The EHE Environmental Assessment Tool (kingsfund.org.uk)](https://www.kingsfund.org.uk/sites/default/files/media/is-your-housing-dementia-friendly-ehe-tool-kingsfund-oct14.pdf)

**Local Digital Dementia Stories**

A series of short films has been created, telling the personal stories of people in the Scottish Borders living with dementia and their carers. The films, commissioned by Borders Care Voice, introduce people from Peebles, Hawick and St Boswells who have dementia. They share their experiences of receiving a diagnosis, the support they received, and how dementia is affecting their lives now.

These can be used in training of staff and for people concerned about or those living with dementia and their carers which include stories about pre diagnosis, after diagnosis, living with dementia, residential care and advancing dementia at home and end of life care.

Here is the direct link to all the stories available: [Dementia Voices on Vimeo](https://vimeo.com/showcase/9884593)