

Fife Newsletter

Alzheimer Scotland App

We have launched a mobile phone app, full of useful information that you may want to keep to hand. It is simple to use, 8 main information headings plus news and updates.

<https://www.alzscot.org/alzscotapp>

Virtual Dementia Resource Centre

Having something to do and meeting other people can be difficult for all of us during the crisis, but for some people, whether it is because of language differences, reduced mobility, living in an isolated area or even the times of day they want to be active it can be a permanent challenge.

This is why we're creating the UK's first Virtual Resource Centre. There will be access to our groups and activities 24/7 so people who are up and ready to go to a group in the early hours, will be able to join. People can join as often as they wish whenever they wish. There will be a mix of recorded and live sessions across the day, including favourites like musical memories. The virtual centre is hosted by an avatar who can speak over 20 different languages and will guide you through the different zones, these include an information point with our most popular leaflets available, a zone specifically for carers and a zone to speak to healthcare specialists.

To help us build the Virtual Resource Centre, we are asking people to donate:

£10 to buy a virtual brick,

£25 to buy a virtual brick with your name/a loved one's name on it

£50 to buy a virtual brick with a photograph/message on it.

More details and virtual brick appeal page can be found here:

<https://www.alzscot.org/virtualbrick>

Alzheimer Scotland Charity Christmas cards

will be available this year on our website:

<https://www.alzscotshop.com/collections/christmas-cards>

We really value your support, proceeds help us to fund the 24-hour helpline, social groups and Dementia Advisors as well as funding vital research.

Power of Attorney

Presently there are huge numbers of people who don't have a power of attorney and are now needing to move into care homes. Unfortunately, without the legal powers granted through a Power of Attorney document, these people have become stuck and unable to move into the supported living they need until a Guardianship order has been granted by the court. This is an expensive and lengthy process, taking many months and adds a strain on families at a time of crisis.

Much cheaper, quicker and simpler are powers of attorneys. These can only be made while we have capacity, that is, we understand what a Power of Attorney is, and can make consistent decisions. A power of attorney allows another named person/persons (usually but not exclusively family members) to legally make decisions for us when we lose capacity- moving into a care home, going in to respite, speaking to doctors about our care and treatment, paying our bills, applying for benefits, and lots of essential everyday tasks. Information about Scottish law and capacity can be found here:

<https://www.alzscot.org/our-work/dementia-support/information-sheets/dementia-and-the-law>

Legal aid may be available even if you have a small private pension.

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We would urge everyone to arrange their power of attorney, illness or injury can affect each and every one of us.

To find out more, call Janine or Faye, Dementia Advisors on 01592 204541 or join one of our November webinars with Brodies Solicitors

Scam phone calls, emails and doorstep traders

Age UK have a guide for carers of people living with dementia to help them avoid and deal with scams. It includes lots of useful information and contact numbers for phone and post preference services and groups to contact if you are worried.

<https://www.ageuk.org.uk/globalassets/age-scotland/documents/ia---factsheets/dementia/dem-14-scams-carers-of-someone-living-with-dementia-aug-19.pdf>

There are a huge number of scams presently, general advice is to trust no one. Scammers are getting access to previous security breaches and can often give information including your own security answers to sound confident and credible. Hang up all calls suggesting they are from a bank and a call the number on the back of your card from a different phone line. Having a power of attorney can help enormously as can letting their bank know a relative has dementia to register them with their specialist support teams.

Dementia during Covid 19

Alzheimer Scotland meet regularly with the Scottish Parliament to raise awareness of the impact of the Covid restrictions for those living with and caring for those living with dementia. They have campaigned from the early days of lockdown to enable carers to go out more than once if staying in caused difficulties, challenged the supermarket one household member only for those who couldn't leave a loved one alone, and they are continuing to campaign for support for

carers, and to allow carers to visit loved ones living in care homes in a meaningful way. To campaign effectively they reference real situations, situations people feedback to them through campaigning groups.

The campaign group for carers is called the National Dementia Carers Network (NDCAN)

<https://www.alzscot.org/our-work/campaigning-for-change/have-your-say/national-dementia-carers-action-network>

and for people living with dementia it is the Scottish Dementia Working Group (SDWG)

<https://www.alzscot.org/our-work/campaigning-for-change/have-your-say/scottish-dementia-working-group/about-the-sdwg>

A Good Life with Dementia

A new 6-week peer led course developed and facilitated by people living with dementia in Fife.

If you've recently been diagnosed and would like to talk to other people about how they have managed and what they have learnt, then take a look at this course.

10-45-11.45 am each Friday on Zoom starting on the 6th November.

For more information or to enrol, contact Damian

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