



**Alzheimer Scotland**  
*Action on Dementia*

# Facing Dementia Together

Post-Diagnostic Pilot Project in Scotland

# Background to the project

- Two year pilot funded by Scottish Government
- Widespread lack of post-diagnostic support
- Scottish National Guidance on Self Directed Support
- Scottish National Dementia Strategy



# Referral criteria

- Diagnosis of early dementia in last six months
- All ages
- All types of dementia
- Renfrewshire/East Renfrewshire
- PWD wants post-diagnostic support



# Self Directed Support



choice

# Community



# Person Centred Planning



Information



Signposting



Support

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# Intended outcomes

- Better informed
- Skills to manage challenges of living with dementia
- Lead full and active lives
- Legal & financial arrangements in place
- In control of support now and in future
- Increased confidence, self-esteem, reduced feelings of isolation, improved mental well-being
- Independent evaluation

# Workshops



# Peer Support



*“It has changed my outlook. The minute I was told, it was like a death sentence..... coming here I realise it’s not like that at all..... I appreciate coming along and talking to other people and realising there are a lot of people in the same boat..... It has helped me to come to some sort of acceptance. I feel like I’ve now reached the end of a very long tunnel”*

*Peter*

*“Now - I don’t see myself as somebody like I did at the beginning, someone in dire straits. None of it feels like people coming to help me. We do things together...it’s really hard to explain. At the same time I’m trying to do all these things, to re-plan my life, I feel I’m bringing together my own person again. And it feels good!”*

*Sadie*





*“I was terrified when I first heard of mum’s diagnosis but I’m not so scared now”* *Andrea*

*“Being involved with the project has changed my life. You have more time to spend than the doctor does so could help us with benefits and sorting out Power of Attorney. That took away a lot of hassle and grief. Coming to the groups has opened my eyes ... I’ve realised that you (PWD) can still do things yourself and it helps to speak out”*

*John*

*“We would be absolutely lost if it wasn’t for having the project. We wouldn’t know anything and we wouldn’t know what would help or where to go for help”*

*Jess*

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# A personal story - Isabel



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# Person Centred Planning



*“The meeting helped everyone to focus on what mum wanted to do in her life - not what I or anyone else thought she should be doing. It gave mum the opportunity to air her views and her feelings. I think it helped me to realise that although someone has dementia, they are still capable of voicing their opinion and should be listened to when deciding what support is required now and in the future. Before becoming involved with the project, I hadn't even heard about self directed support and knew nothing about individual budgets or what support we were entitled to. Self directed support allowed me to resume my role as daughter rather than sole carer”*

*Zara*



# Painting once more.....





*“.....it gave mum back some of her will to live and let her know she was still capable of achieving things.... It gave me peace of mind to know she was happier within herself “*



# Contact

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