

## “ Don't Make the Journey Alone.”

This is a booklet by and for people with dementia.  
Contact Alzheimer Scotland or Scottish Dementia Working Group if you would like a free copy



### How to contact us:

#### Scottish Dementia Working Group

Alzheimer Scotland, 81 Oxford Street, Glasgow G5 9EP

Telephone: 0141 418 3939 Facsimile: 0141 418 3945

Email: [sdwg@alzscot.org](mailto:sdwg@alzscot.org) Web: [www.alzscot.org](http://www.alzscot.org)

National Co-ordinator: Philip Bryers

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run by people with dementia



The Voice of people with dementia



Grandmother...Grandfather...Sons...Daughters...  
Brothers...Sisters...Mother...Father...Husband...Wife...  
Partner...Aunts...Uncles...Friends...Workmates...  
In-laws...Nephews...Nieces...Grandchildren...

**...anyone can be affected by dementia.**

**The Scottish Dementia Working Group is a unique group run by, and for, people with dementia or a related condition.**

**We meet to support each other and find ways to improve services and attitudes.**

### **Who can join?**

Anyone diagnosed with dementia or a related condition. The only requirement for membership is that you would like to meet other people with dementia to discuss things that really matter to you.

### **Can I bring a supporter?**

Yes. Some people come with a family member or paid carer. You could also bring an advocate or interpreter. If you need support to come but have no-one to ask, we may be able to help out.

### **Do I get help with travel costs?**

You may get help with some costs. We'll explain what happens in your area.

### **Where do we meet?**

There are local groups and a Scottish Group. We can give you details.



## **What our members say**

*" I go to the meeting to meet good friends and to discuss different issues, some of the things we have talked about are our problems, our fears and how we try to manage."*

*" There is a camaraderie in the group, we can be talking about different issues, when I go home I usually say that I've had a great day."*

*" I've made a lot of new friends."*

## **We will have our Say!**

*Diagnosed with dementia  
The shock and the fear  
Of what's going to happen  
To all I hold dear*

*Well here is a suggestion  
That might keep you strong  
I know that it's something  
That helps me along*

*I work with my friends  
Diagnosed one and all  
To make our lives better  
And to stand tall*

*Come join in our group  
Put us all to the test  
Your voice will be heard  
Along with the rest*

*We are working together  
To let everyone see  
That we can make changes  
In the powers that be*

*So why don't you join us  
And be counted as one  
We will have our say  
How our lives should be run*

*Reproduced with permission from Doreen Cairns*

## **Enjoying life to the full...**



## Our aims and objectives

Being the voice of and for people with dementia nationally and locally

Influencing public policies that impact on the lives of people with dementia and their families

Promoting improved provision of services in Scotland

Developing information, education, awareness and training in the field of dementia

Reducing the prejudice and stigma attached to dementia

## What we do

### Our activities include:

Responding to consultations

Being a discussion forum

Supporting local working groups

Sending our views to the Scottish Executive and others

Campaigning for high quality services

Producing publications

Talking to groups

### Local Groups:

Our aim is to encourage local working groups to meet throughout Scotland. We may be able to help you get something going where you live.



## We want to...

be heard

support each other

get better services

change attitudes to dementia

