

## Supporting you

If you have dementia, contact the Alzheimer Scotland Dementia Advisor for information on:

- coping with dementia
- planning for your future
- living well and keeping well
- finding support that's right for you
- staying active in your community
- getting in touch with others who have dementia.

## Supporting your family

Our Dementia Advisors work with partners and families too, advising on:

- coping with caring
- supporting the person to stay independent for as long as possible
- making plans together for the future
- finding support and services
- getting in touch with other carers.

## Supporting your community

Our Dementia Advisors aim to make communities more dementia-friendly by:

- talking to community groups and raising awareness of dementia
- offering support and advice to community groups, organisations and public services to help them involve people with dementia and their families
- helping to set up groups and activities for people with dementia and their families.

## What people ask our Dementia Advisors. . .

“How can I keep doing the things I enjoy?”

“I want to keep looking after Dad at home. Where can I get help?”

“I want to have a say in how people with dementia are supported locally - how can I get more involved in my community?”

“I need some advice on putting my legal affairs in order for the future.”

“Our local church wants to be more dementia friendly. How can they do this?”

“Where can I meet and talk to other people living with dementia?”



## Alzheimer Scotland – Action on Dementia

We are Scotland's leading specialist dementia charity and work to improve the lives of everyone affected by dementia. We provide information, support and a network of services and support groups from more than 60 sites around Scotland. We also campaign to improve public policies and services for people with dementia and their partners and families.

## Can you help us?

We need your support to help us to provide our networks of Dementia Advisors and Dementia Nurse Consultants across Scotland, our Dementia Helpline, the Alzheimer Scotland Dementia Research Centre, our Reminiscence Networks, and to campaign for the rights of people with dementia, their partners and families.

You can support our work by:

- Donating regularly with a monthly gift, enabling us to plan ahead with confidence [www.alzscot.org/donate](http://www.alzscot.org/donate)
- Taking part in our fun events held throughout the year in Scotland – or hold your own event – see our Fundraising Toolkit at <http://my.alzscot.org>
- Becoming a member and adding strength to our campaigning voice [www.alzscot.org/membership](http://www.alzscot.org/membership)
- Leaving us a legacy or setting up a tribute fund [www.alzscot.org/fundraising](http://www.alzscot.org/fundraising)
- Becoming a Dementia Friend [www.dementiafriendsscotland.org](http://www.dementiafriendsscotland.org)

## Dementia Advisors

Alzheimer Scotland wants to make sure that nobody faces dementia alone.

Our Dementia Advisors support people with dementia, their families and carers and work with local communities. Your local Dementia Advisor can:

- provide information and advice
- help you find the dementia-specific support that you need
- connect you to local groups and services
- help your local community be more dementia-friendly
- help you influence the policies and services that affect you.



## Where can I find out more?

Your local Dementia Advisor covers

### North Ayrshire

Linda McGuire  
North Ayrshire Services, 38 Parkhouse  
Road, Ardrossan, KA22 8AN

Tel: 01294 608219 Mob: 07879 996367

E-mail: [lmcguire@alzscot.org](mailto:lmcguire@alzscot.org)

**Your Dementia Advisor is there to answer your questions and put you in touch with other people who can help.**

24 HOUR

 **Alzheimer Scotland**  
Action on Dementia

# Dementia Helpline

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)



# Dementia Advisors

Supporting you, your family, your community



Making sure nobody faces dementia alone.