

East Lothian Services, Supports, and Resources for People Living with Dementia and their Care Partners

This document has been compiled by the **East Lothian Dementia Special Interest Group**, which is composed of staff from East Lothian Health & Social Care Partnership and Third Sector Organisations (Alzheimer Scotland, Carers of East Lothian and Dementia Friendly East Lothian).

As with any document attempting to capture information that is liable to change, we can only promise that the details contained within are accurate at the time of recording. Also, while we have attempted to gather as much relevant information as possible – to provide a “one-stop” resource for people living with dementia and their care partners – we are mindful that there will be some things we do not know about.

If you are reading this document and find there is information missing or out-of-date, please contact: 0131 654 114 (Michael Huddleston, Alzheimer Scotland Dementia Advisor)

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DEMENTIA ADVICE & INFORMATION	REFERRAL/ACCESS
<p>Alzheimer Scotland's National Dementia Advisor Service provides a responsive, high-quality information, telephone advice and advocacy service relating to all aspects of brain health and dementia, including:</p> <ul style="list-style-type: none"> • understanding dementia • caring for someone with dementia • the rights of people with dementia and carers • support available in your area • navigating health and social care systems and accessing support • complaints processes and challenging decisions • issues arising with hospital admission, visiting and discharge • issues relating to Power of Attorney and Guardianship and other relevant legal matters • paying for care • benefits and money issues • human rights and equality issues • information about brain health and risk reduction • keeping safe in the community • participating in dementia research 	<p>Monday-Friday, 9am-5pm 0300 373 5774 ndas@alzscot.org</p>
<p>Alzheimer Scotland's East Lothian Dementia Advisor is a point of contact for people with dementia and their families at any time that you have a question or concern and require information and advice about any aspect of living – or caring for someone – with the condition. Support can be provided by phone, email, or in person.</p>	<p>0131 654 1114 / 07831859490 (Michael Huddleston) mhuddleston@alzscot.org</p>
<p>Alzheimer Scotland's Dementia Helpline is a free, 24-hour, 365-days a year service that offers information, support, and signposting to people with dementia, their families, and friends.</p>	<p>0808 808 3000 helpline@alzscot.org</p>
<p>Alzheimer Scotland's Post Diagnostic Support (PDS) Link Workers are part of the East Lothian Community Mental Health team based at East Lothian Community Hospital.</p> <p>The Scottish Government has guaranteed that every person newly diagnosed with dementia will be offered a minimum of a year's support from a named and trained person*.</p> <p>PDS Link Workers can: help you understand the illness and manage your symptoms; support you to keep up your community connections and make new ones; identify opportunities for you to meet other people with dementia</p>	<p>*Referrals for this service must be made by a Health or Social Care professional: https://www.alzscot.org/living-with-dementia/newly-diagnosed/accessing-post-diagnostic-support</p>

and their partners and families; help you plan for future legal and financial decisions; and help you plan for your future support and care needs.	
East Lothian Community Mental Health Team (Older Adults) For dementia-related clinic appointments, or if you have questions about your diagnosis or medication	01620 642 741 or 01629 642 742 (Medical secretaries) To be referred to the Community Mental Health Team with concerns about dementia symptoms, you must contact your GP.

ACTIVITIES FOR PEOPLE LIVING WITH DEMENTIA & CARE PARTNERS	REFERRAL/ACCESS
<p>Alzheimer Scotland Dementia Cafés are for people living with dementia and their families. They are an opportunity to meet others in a similar situation, to make connections and develop friendships, and to support and learn from one another as well as Alzheimer Scotland staff and volunteers. The first half hour is spent together, as a whole group, taking refreshments, and getting to know each other before splitting into an activities group and facilitated carer support group for the remaining hour.</p> <p>Dunbar (The Dunbar Town House, 1st Monday of the month, 2.00-3.30pm)</p> <p>Musselburgh (St Andrews High Church, 1st Wednesday of the month, 10.30-12.00pm)</p> <p>Tranent (The Fraser Centre, 2nd Wednesday of the month, 2.00-3.30pm)</p> <p>Prestonpans (Prestonpans Community Centre, 4th Thursday of the month, 2.00-3.30pm)</p>	<p>0131 654 1114 / 07831 859 490 (Michael Huddleston) mhuddleston@alzscot.org</p>
<p>Alzheimer Scotland Morning Meet Ups are for people living with dementia. Family and carers are welcome to join or to take the opportunity for a break. They are an informal, relaxed opportunity to meet and socialise with others in a similar situation.</p> <p>1650 Coffee Shop, Dunbar (Mondays, weekly, 10.30-12.00): enjoy good conversation, refreshments, and word games and reminiscence! (Family and carers meet next door at The Bear & Bull).</p>	<p>0131 654 1114 / 07831 859 490 (Michael Huddleston) mhuddleston@alzscot.org</p>

<p>Archerfield Walled Garden, Dirleton (Thursdays, fortnightly, 10.30-12.00): enjoy a 45–50-minute walk followed by good conversation and refreshments back at the café.</p>	
<p>Friendship Groups help people who live with dementia, unpaid carers and supporters to stay connected to people, places and activities.</p> <p>Dementia Friendly East Lothian: Musselburgh Friendship Group Meets every Thursday morning from 10.30am-12pm at the Old Course Golf Club, 10 Balcarres Street, Musselburgh EH21 7SD</p> <p>East Linton Friendship Group Meets every Wednesday, 10-11.30am at Lynton Day Centre</p> <p>Dementia Friendly Tranent Coffee and Chat Club Meets every Tuesday 11am-12pm, at The Fraser Centre, 3A Winton Place, Tranent, EH33 1AF</p> <p>To find out more or if you would like to set up a friendship group where you live, please contact Sue Northrop 07727883881 or sue@dfel.org.uk</p>	<p>07882573392 (Dominika Gadomski) dominika@dfel.org.uk</p> <p>01620 861 807 (Doreen Logan)</p> <p>dementiafriendlytranent@outlook.com (Rosanne Wood)</p>
<p>Dementia Friendly East Lothian (DFEL): Musselburgh Meeting Centre is a weekly social club where people living with dementia, care-partners and family are welcomed as active members. It's a time to be with people "in the same boat", get involved in different activities, and access expert friendly support.</p> <p>The Meeting Centre Approach Meeting Centres are a resource to help people living with dementia and carers adjust to the practical, social and psychological changes dementia brings. Evidence from people who go and research shows the Meeting Centre approach works for people living with dementia and care-partners.</p> <p>DFEL is working with communities across East Lothian who are interested in developing the Meeting Centre approach in their area as part of the East Lothian Dementia Strategy.</p>	<p>Joining the Musselburgh Meeting Centre is by invitation only.</p> <p>07541 501492 (April Govan) april@dfel.org.uk</p> <p>Facebook: @MusselburghMeetingCentre</p> <p>To find out more about the Meeting Centre approach and how it can work in your community, please contact Sue on sue@dfel.org.uk 07727883881</p>
<p>East Lothian Day Centres: there are nine day centres for older people across East Lothian. Centres offer support to older people who are socially isolated or have more complex needs. Many also offer Outreach services in your own home or to do something in your local community.</p>	<p>https://www.eastlothian.gov.uk/directory/10060/day_centres_and_lunch_clubs</p>

<p>These services are registered and inspected by the Care Inspectorate and can provide personal care if required.</p> <p>Centres operate in Port Seton, Tranent, Prestonpans, Ormiston (Primrose), Haddington, Gullane, Dunbar, East Linton (Lynton) and North Berwick.</p>	
<p>The Ageing Well project aims to maintain and promote the physical and mental health, wellbeing and quality of life for people over 50 in East Lothian through a range of activities.</p> <p>Some ways Ageing Well can help are:</p> <ul style="list-style-type: none"> • set up new activities where there is a demand or a gap • help sign post you to activities in your area • help you stay healthy and active for longer • work with people who have physical disabilities, mental health needs or dementia and possibly "buddy" people to appropriate health-related services • provide advice and training on physical activity-related topics to organisations and groups working with older people. 	<p>07718 117585 ageingwell@eastlothian.gov.uk</p> <p>List of activities: https://www.activeeastlothian.co.uk/physical-activity/ageing-well-37</p>

USEFUL RESOURCES FOR PEOPLE LIVING WITH DEMENTIA	REFERRAL/ACCESS
<p>Herbert Protocol (Police Scotland) is a form recording information on a person who is at risk of going missing and it's referred to by the Police when there is a missing occurrence for that person. Having the Herbert Protocol to hand when your loved one is missing could speed up the search and mean you don't have to struggle recalling information when you are stressed. You could share a copy of the Herbert Protocol with others in the family and care team.</p>	<p>https://www.scotland.police.uk/what-s-happening/missing-persons/the-herbert-protocol/</p>
<p>Playlist for Life is a music and dementia charity. Their vision is simple: for everyone with dementia to have a unique, personalised playlist and everyone who loves or cares for them to know how to use it.</p> <p>Alzheimer Scotland Mid and East Lothian is a Playlist for Life "Help Point". They can support you to develop a playlist of personalised, meaningful music that can reduce anxiety, improve your mood, make difficult tasks more manageable, and evoke memories that can help families and carers connect.</p>	<p>For more information and resources: https://www.playlistforlife.org.uk/</p> <p>For local support 0131 654 1114 / 07831859490 (Michael Huddleston, Alzheimer Scotland) mhuddleston@alzscot.org</p>
<p>The Scottish Book Trust are a national charity that believes books, reading and writing have the power to change lives. Their free "Reading is Caring" workshops</p>	<p>For more information and resources: https://www.scottishbooktrust.co</p>

<p>provide the knowledge and tools needed to share reading with someone living with dementia.</p> <p>Reading is Caring has been proven to provide a consistent, connective activity for family, friends, and professional carers to use at every stage of the dementia journey.</p> <p>In one-on-one and small group workshops, the Reading is Caring team explores the experiences and interests of you and the person you care for to tailor sessions and build your confidence. Together, you'll develop storytelling skills and gather specific reading materials, pictures, objects, and other sensory items to use in your shared reading.</p>	<p>m/reading-and-stories/reading-is-caring</p>
<p>Capital Theatres offer a wide range of dementia friendly activities in Edinburgh that are open to people from across the Lothians. They also publish a quarterly magazine, DementiArts, packed with interesting stories and a calendar of upcoming opportunities.</p>	<p>https://www.capitaltheatres.com/take-part/dementia-friendly-work</p>

CARER SUPPORT SERVICES	REFERRAL/ACCESS
<p>Carers of East Lothian supports all adults in a caring situation in East Lothian to get information and services to help their individual caring role, enhance their own wellbeing, and strengthen their collective voice to improve services.</p> <ul style="list-style-type: none"> • Provide advice around welfare benefits, either for yourself or the person that you look after • Provide information and advice around health and social care services • Provide you with information around housing concerns and adaptations • Support you through specialist services, including counselling and legal advice clinics • Support you to apply for relevant grants, including Time for Me (Breaks from Caring) Grant • Help you meet other people in a similar situation through social events or support groups • Listen to your concerns in confidence • Advocate on your behalf 	<p>0131 665 0135 centre@coel.org.uk https://coel.org.uk/</p>
<p>Adult Carer Support Plan (ACSP) is an opportunity to express your feelings and needs as a carer and talk about how caring affects you. The aim is to find out what impact your caring responsibilities have on your life and look at ways to support you in your caring role. Support plans allow carers to consider how caring is affecting each of the following areas of their life:</p> <ul style="list-style-type: none"> • health and wellbeing 	<p>0131 665 0135 centre@coel.org.uk https://coel.org.uk/</p>

- relationships
- life balance
- breaks from caring
- living environment
- employment and training
- finance
- future planning

By completing an ACSP you should be supported to identify your personal outcomes (the things that matter to you), what you want to happen, and what kind of support will be best to make this happen. For example, the outcomes might be to remain in employment, be able to keep up with a specific hobby or interest, to gain more confidence, or to have a regular break from caring.

Carers of East Lothian Carer Support Groups run numerous monthly support groups across the county. They are a great opportunity to meet other people in the same situation, to share experiences and receive support from Carer Support Workers.

Groups are informal and everyone is welcome

Dunbar Support Group

2nd Wednesday of each month at 10:30am to 12:00pm @ The Stables, Belhaven Church, Dunbar

Musselburgh Support Group

Last Wednesday of each month at 10:30am to 12:00pm @ Musselburgh East Community Learning Centre, Haddington Road, Musselburgh

North Berwick Support Group

2nd Tuesday of each month at 10:30am to 12:00pm @ The Nether Abbey Hotel, North Berwick

Carers of People with Mental Health Issues

Last Tuesday of each month at 5:00pm to 6:30pm @ Port Seton Community Centre, Port Seton

Online Support Group

1st Tuesday of each month at 12:30pm to 1:30pm

Online Men Who Care

(For male carers with a focus on outings and activities)
2nd Thursday of the month

Care to Sing

Choir for carers every Wednesday at 1:30pm to 2:30pm @ East Lothian Community Hospital, Haddington

0131 665 0135

centre@coel.org.uk

<https://coel.org.uk/>

Sign up to mailing list for up-to-date information and news:

<https://www.coel.org.uk/news-information/mailling-list-sign-up/>

Contact Raj on **07483390080** or email raj.singh@coel.org.uk

<p>Care to Create Crafting session for carers, 3rd Friday of each month at 10:00am to 12:00pm @ Haddington Day Centre, Haddington</p> <p>Caring Spaces Art Group for carers of adults. This group is a collaboration with Art in Healthcare. Fourth Wed of every month 10am - 12pm @ The Ridge, Dunbar.</p>	
<p>East Lothian's Occupational Therapy Carer Pathway aims to improve the health and well-being of unpaid carers through increasing your participation in the activities that are most important to you. This pathway aims to identify difficulties, challenges, and barriers that you have in doing an activity, not just those that are caring related. The pathway aims to support you to feel empowered to live your life, whilst continuing your caring role in a sustainable way.</p>	<p>01620 642 920</p>
<p>Musselburgh Meeting Centre Carers' Space runs monthly on a Friday at St. Andrews High Church. A space run by carers for carers, open to all carers who support people living with dementia. Get in touch to find out more.</p>	<p>07541 501492 – April Govan april@dfel.org.uk</p> <p>Facebook: @MusselburghMeetingCentre</p>
<p>Dunbar Dementia Carers Support Group is a friendly and welcoming group providing companionship and support for carers and the person being cared for. Meets every Thursday, 2.30-3.30pm, at The Bleachingfield Centre for fun, good company, support and advice as well as participating in art workshops, trips and social events – living life to the full!</p>	<p>07825751119 (Lorna Bunney) dunbardementiacarers@gmail.com</p> <p>Facebook: @dunbardementiacarerssupportgroup</p> <p>https://dunbardementianetwork.org.uk</p>
<p>Open Arms Group (Carers Only) Mondays 10.30am-12.30pm @ Muirfield Riding Therapy. Zoom group meets every Thursday 7-8pm</p>	<p>07845974226 (Anne Bissett) a.bissett123@btinternet.com</p>
<p>Age Scotland Unpaid Carer and Dementia Training: a variety of free workshops which are bookable online to help with understanding carers rights, rights at hospital discharge as well as specific training on dementia awareness and dementia friendly communities.</p>	<p>0800 12 44 222 www.agescotland.org.uk/how-we-help/dementia</p> <p>dementiatraining@agescotland.org.uk</p>

MEDICAL SERVICES	REFERRAL/ACCESS
Emergencies: always call 999 in a life-threatening emergency	999
GP Practices: always contact your own GP practice if you are concerned about changes in your health or the health of a person you are caring for	Call the practice you are registered with
NHS 24: phone if you are not able to contact your GP practice and need advice	111
NHS Inform: for information, advice and self-help guides	0800 224488 https://www.nhsinform.scot/
Patient Advice: For advice about your rights as a patient	0800 917 2127 https://www.cas.org.uk/pass
Continence Care Service: following assessment and diagnosis, a treatment plan is provided. If treatment is unsuccessful or inappropriate, then assessment and registration to provide incontinence products from NHS Lothian formulary is put forward.	Ask your GP to refer you to the Bladder and Bowel Nursing Team . 0131 446 4307 (answering machine) Only dealing with urgent calls so may take a few days to respond. https://weare.nhslothian.scot/continencecareservice/ to reorder prescriptions online or 0131 537 4572
Occupational Therapy (OT) aims to find ways to support you so that you can live independently in your own home. Initially we would look at ways to increase your independence through rehabilitation techniques and practicing how to carry out tasks in a different way it might also include identifying a more suitable layout or simply finding new ways to manage these tasks Mental Health OTs work with older adults who are experiencing symptoms such as depression, dementia or anxiety.	0300 3690 680 and select option 2 for all requests for Occupational Therapy intervention.
Musculoskeletal (MSK) Physiotherapy involves the assessment and treatment of physical ailments, injuries or disabilities. Our service aims to restore movement, reduce pain and improve mobility through exercises and techniques.	0300 369 0680 (Monday-Friday, 9-11:30am) to arrange a telephone consultation with an advanced physiotherapy practitioner.
East Lothian Falls Pathway supports patients with therapy input when they have had a fall, at risk of falling or have a fear of falling. Patients will undergo a multifactorial falls assessment, which considers environment, mobility and	0300 3680680 to self-refer for a falls assessment.

transfers, balance, technology, footwear/footcare, hearing/eyesight, equipment, medication, bone health, cognition, and continence.

Interventions provided include:

- Advice and education regarding falls prevention and management
- Walking aids and other equipment to maintain the patient's abilities to complete essential daily activities at home (either independently or with support of carers/family)
- Provision of exercise programmes to maximise strength and balance
- Onward referral to audiology/occupational therapy/third sector/social work.

Following individual assessment, patients, where appropriate, will go on to attend a 14 week Falls prevention and management course. The 'Steady On' exercise and education programme is designed to help reduce your risk and/or fear of falling by improving your strength, balance, and confidence; whilst increasing your knowledge and understanding of falls.

Research has found that taking part in a strength and balance exercise programme can reduce the number of falls and fall-related injuries experienced by those who take part; particularly those aged 65 or over. It is hoped that by taking part in the programme in a safe and supportive environment, patients will feel an increased sense of wellbeing, and greater confidence about their balance and walking.

Slips, Trips, and Falls

A range of information, hints, tips and advice about slips, trips and falls.

www.eastlothian.gov.uk/info/210678/rehabilitation_service/12310/access_to_a_better_life_in_east_lothian_abel/4

Call **Self-Selection Service** for a catalogue or complete form online to request small adaptations and equipment yourself.

01875 824309
https://www.eastlothian.gov.uk/info/210581/disability_and_additional_support_needs/12223/occupational_therapy/2

Podiatry: For assessment, diagnosis and treatment of conditions related to the foot, ankle, lower limb. Ask your GP to refer you. Please note: Basic foot care and nail cutting is not provided.

Short films about footcare:
<http://www.knowledge.scot.nhs.uk/home/portals-and-topics/personal-footcare.aspx>

Speech and Language Therapy (SLT): support with communication, eating, drinking and swallowing difficulties. Self-referrals accepted.

01620 642704 or
SLT.ELAC@nhsllothian.scot.nhs.uk

<p>The Smart Centre provides a wide range of rehabilitation technology services including mobility and postural services (wheelchairs and special seating), prosthetics, orthotics, a disabled living centre, and a national driving assessment service.</p> <p>Orthotics – prescribe and supply a range of devices including footwear, insoles, knee and spinal braces</p> <p>Prosthetics – assess, design and fit custom-made artificial limbs</p> <p>Wheelchair and seating – assess for and provide manual and powered wheelchairs, including pressure relieving cushions, postural supports and custom contoured seats as required</p> <p>Driving assessment – assessment and advice on driving to people with disabilities or medical conditions, and also to referring GPs, hospital doctors and the DVLA on an individual's medical fitness to drive</p> <p>Disabled Living Centre (DLC) – free and impartial information and advice about equipment which assist people who owing to age, disability, or illness have difficulty undertaking daily activities.</p>	<p>Smart Centre Astley Ainslie Hospital 133 Grange Loan Edinburgh, EH9 2HL</p> <p>0131 537 9418</p> <p>0131 537 9444</p> <p>0131 537 9177</p> <p>0131 537 9192</p> <p>0131 537 9190</p>
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MENTAL HEALTH SUPPORT	REFERRAL/ACCESS
<p>CWIC Mental Health is a primary care service for people in East Lothian aged over 17 years and 9 months. They work closely with GP practices, Adult Mental Health services and local third sector services to help you get the right support for your needs.</p> <p>Other services who can help</p> <ul style="list-style-type: none"> • your GP • NHS 24: 111 • Samaritans: 116123 • Breathing Space (2pm-6am): 0800 838 587 • CALM (5pm-midnight): 0800 585 858 (also live chat) • NHS Mental Health Assessment Service (12 midnight-8am): 0131 536 8300 	<p>0300 790 6292 Monday to Friday, 9am-4pm https://www.eastlothian.gov.uk/info/210662/health_services/12677/cwic_east_lothian_mental_health_service</p>
<p>Changes supports and promotes positive mental health and well-being of people living and working in East Lothian.</p>	<p>0131 653 3977 info@changeschp.org.uk https://www.changeschp.org.uk/</p>

Eastspace is East Lothian's online source of mental health and wellbeing information.

<https://eastspace.org.uk/>

EAST LOTHIAN ADULT SOCIAL WORK SERVICES

If you think either yourself or a loved one would benefit from some care and support the first step is to request a Care Needs Assessment from the **East Lothian Adult Social Work Team**.

A Care Needs Assessment should be requested if you are looking to organise any of the following care services:

- Care at home support
- Frozen meals delivery
- Home adaptation
- Attendance at day service
- Considering a Care Home placement

For Carers:

- Organised support for carers
- Respite / break from caring

Self-Directed Support (SDS). If you are eligible for social care support services you can choose how much input or responsibility you wish to have in organising your own care:

- Following your Care Needs Assessment and any Financial Needs Assessments, you will be informed how much money you may be allocated to spend on social care support.
- Your social worker will then work with you to agree a Care Support Plan that meet your personal needs.
- At this point, our social worker team will discuss how much input or responsibility you wish to have in organising your own care. Other people, such as family and friends, or independent organisations can also help you with this.
- This approach is known as Self-Directed Support (SDS).

Lothian Centre for Inclusive Living (LCiL) provide advice, information and support on all aspects of Self-Directed Support, including advertising for Personal Assistants and a Payroll Service.

Emergency Social Work Service (ESWS) provides an emergency social work service for situations that can't wait until social work office hours (Monday-Friday, 9am-5pm)

REFERRAL/ACCESS

01875 824309

communityaccess@eastlothian.gov.uk

https://www.eastlothian.gov.uk/info/210702/social_care/12861/introduction_to_social_care_services/

https://www.eastlothian.gov.uk/info/210702/social_care/12855/organising_social_care/2

0131 475 2350

admin@lothiancil.org.uk
<https://www.lothiancil.org.uk/>

0800 731 6969

<p>Adult Support & Protection</p> <p>It's everyone's responsibility to support and protect people at risk of harm. If you wish to raise a concern about an individual who you suspect may be at risk of harm contact:</p> <p>https://www.eastlothian.gov.uk/info/210585/protecting_some_one_from_harm</p>	<p>Adult Social Work Services 01875 824 309 communityaccess@eastlothian.gov.uk</p> <p>Children's Services 01875 824090 childrenandfamilies@eastlothian.gov.uk</p> <p>Emergency Out of Hours Social Work Service 0800 731 6969</p>
<p>Hourglass provides information and support as well as a 24hr helpline for anyone concerned about harm, abuse or exploitation of an older person.</p>	<p>0808 808 8141 www.wearehourglass.org</p>

WELFARE RIGHTS, BENEFITS, & INCOME MAXIMISATION	REFERRAL/ACCESS
<p>Carers of East Lothian supports carers and the people they care for to understand their financial options and to claim the benefits they are entitled to. They can assist with completing forms, give advice on how to maximise income and explain what your options are if you think you might have to give up work in order to care for a friend or family member. They can support you with applications to trusts and grant-making bodies for essential items. They do not provide debt counselling, but we will make sure you get the help you need if there is a problem for you.</p>	<p>https://www.coel.org.uk/for-carers/our-services/#benefits 0131 665 0135</p>
<p>Haddington and Musselburgh Citizens' Advice Bureau's (CAB) provide independent, impartial and confidential free advice in a comprehensive range of subject areas including Welfare and Benefits, Children and Young People, Consumer Advice, Disability, Housing, Legal Advice and Immigration and Employment.</p> <p>Their general service is delivered by volunteer advisers trained to national standards. Specialist volunteers provide representation at social security and employment tribunals.</p> <p>They provide a casework service in the areas of Multiple and Crisis Debt, Health and Wellbeing and In Court Advice Service.</p>	<p>Haddington 01620 824471 www.haddingtoncab.co.uk cab@haddingtoncab.org.uk</p> <p>Musselburgh 0131 653 2748 www.musselburghcab.org.uk info@musselburghcab.casonline.org.uk</p>
<p>East Lothian Council's Financial Inclusion team offers free, impartial and confidential advice and support to all local residents.</p>	<p>01620 827 827 – request either Financial Inclusion (1) or Welfare</p>

Financial Inclusion Officers can:

- carry out a benefit health check to identify what benefits or grants you may be entitled to, and help you apply
- check you are getting the right amount of benefit
- provide help if you have been sanctioned by The Department for Work and Pensions
- help you to appeal a decision if you've recently had a benefit claim turned down
- provide advice about flexible options available if you're claiming Universal Credit (UC), such as switching to twice-monthly payments or having your rent paid direct to your landlord
- provide help if you're regularly using a foodbank or relying on crisis grants
- offer a Macmillan cancer support service to support the financial needs of East Lothian residents and their families affected by cancer
- provide employment advice and practical support to help people understand the implications on their household income of taking up employment or training opportunities.

Rights (2). Leave a voicemail to receive a call back

https://www.eastlothian.gov.uk/info/210626/welfare_rights

financialinclusion@eastlothian.gov.uk

TRANSPORT

HcL Transport provide supported accessible transport for people with mobility challenges in Edinburgh and the Lothians.

Their services support people of any age who have mobility challenges. This includes older people; people with disabilities, additional support needs, health issues (long term or short term) affecting mobility; and geographic remoteness.

Dial-A-Bus provides a supported door-through-door transport service to access a local major shopping centre or supermarket.

The driver will give you any help you need to get from your home and onto the bus. You will have between 1 to 2 hours at the supermarket or shopping centre and then the driver will collect you. The driver will help you onto the vehicle, as required, and carry your shopping onto the vehicle. Each passenger has a separate space for their shopping to be stored. Once home, the driver will take your shopping into your home for you, if required.

REFERRAL/ACCESS

Edinburgh, Midlothian and East Lothian:
24/3A Dryden Road, Bilston Glen Industrial Estate, Loanhead, EH20 9HX

Register for free (required):
<https://www.hcltransport.org.uk/register>

Booking request:
<https://www.hcltransport.org.uk/booking-request>

Dial-A-Ride Bookings **0131 447 9949**

Dial-A-Bus Bookings **0131 447 1718**

edinburgh@handicabs.org.uk

Each vehicle can carry two wheelchair passengers in their wheelchairs. Each route takes passengers to fully accessible shopping areas.

Travel can be booked for the return journey or just one way. Booking in advance is required. Please note you can call on the day to check availability.

Card payments are now accepted on all vehicles.

Dial-A-Ride provides a door-through-door transport service for people of any age with mobility challenges.

Dial-A-Ride will take you wherever you want or need to go. The service operates 7 days a week, 365 days of the year and is available in the evenings.

Dial-A-Ride is charged on a mileage basis at £6.50 for the first mile and then 90p per mile thereafter. The mileage is calculated 'as the crow flies', ie the most direct route.

You will be able to get up to £6.50 off of your first booking.

It is advisable to book in advance, but you can try for bookings on the same day / the day ahead. Bookings are subject to availability.

The driver will assist you from your home into the vehicle and from the vehicle into your destination - it is part of the service. This can include helping with closing / locking your door; putting your keys away; helping you with your coat; carrying any bags; providing assistance / guiding you from inside your home / your door / outside your home to the vehicle, safely onboard and seated with your seat belt.

East Lothian Council Taxicard Scheme offers subsidised transport for people who have permanent physical disability and are unable to use public transport.

Applicants must be a permanent resident in the East Lothian Council area have a permanent physical disability, which affects you using low floor public buses (you may be referred for a mobility assessment before your application can be processed).

https://www.eastlothian.gov.uk/info/210566/roads_and_transport/12010/blue_badge_scheme/8

You could be eligible for **National Entitlement Card (NEC)** if you are over 60 or have a disability. An NEC entitles you to free bus travel to get around Scotland and your local area.

<https://getyournec.scot/nec/>

The **Thistle Assistance Card** is an initiative to help you feel safer and more comfortable when using public transport.

<https://www.thistleassistance.com/>

<p>The card and app are recognised by many public transport operators across Scotland, from buses and trains to planes and ferries. Simply show your personalised card or app to their staff and they will understand what additional assistance you require.</p> <p>You may prefer more time to get to your seat. You may like your driver to speak more slowly and clearly. The Thistle Assistance card and app let transport staff know in an easy and subtle way what extra support you'd like.</p>	
<p>The Blue Badge - risk in traffic is for people with a diagnosed behavioural or cognitive impairment, which means they have little or no awareness of the dangers from traffic.</p> <p>Applicants need to complete an application form and provide confirmation that they have been diagnosed with a cognitive impairment such as dementia.</p> <p>Alzheimer Scotland can support you to complete the counter signatory questionnaire component of the application form.</p>	<p>https://www.eastlothian.gov.uk/info/210566/roads_and_transport/12010/blue_badge_scheme/6</p> <p>bluebadge.admin@eastlothian.gov.uk</p> <p>01620 827 827</p> <p>0131 654 1114</p>

DIGITAL, ONLINE, & ASSISTIVE TECHNOLOGY	REFERRAL/ACCESS
<p>Technology Enabled Care (TEC) is the use of different technologies to improve a person's outcomes.</p> <p>East Lothian's Telecare Service provides and installs a range of equipment which can help you to live safely and independently at home. It offers peace of mind to users and carers alike.</p> <p>The Telecare Service can support you:</p> <ul style="list-style-type: none"> • Our Alarm Service gives peace of mind to users and carers alike. • We assess your needs to determine the most suitable equipment for you and your environment. • We provide you with a base unit that we install within the home and give you a pendant which you can wear around your neck or on your wrist. • Our team will demonstrate the alarm working at installation and check the pendant range within your home and garden. • Other sensors include fall detector, smoke detector, door or bed sensor • Should you have a fall or require assistance just press the pendant and your call will be directed to our very own Alarm Centre based in Macmerry. 	<p>Referral form: https://www.eastlothian.gov.uk/downloads/download/12715/community_alarm_referral_form</p> <p>01875 824 309</p>

<ul style="list-style-type: none"> • Our friendly operators are experienced in answering alarm calls and they can get you the right help that you need. <p>We charge a small fee for our service which is £5.00 a week.</p>	
<p>Consumer Technology Service (Smart TEC) Consumer technology can be used to keep ourselves and our families as safe as possible at home; allow easy control of the environment; act as a memory prompt; enable contact with family and friends; and even be fun...</p> <p>Benefits for Consumer Technology:</p> <ul style="list-style-type: none"> • Consumer Technology is readily available on the high street or online • Devices are usually low cost and easy to set up; some devices require a Wi-Fi connection • Settings and features can be used creatively to help you and family to remain as active, connected, independent, safe, and entertained as possible • You can use Consumer Technology to control items in the home in a different way such as heating, lighting, security • Or use the technology to help you achieve what you want to – match the technology to your needs and goals <p>East Lothian Health & Social Care Partnership have opened a "smart house" in Tranent displaying a range of equipment and devices set up for demonstration purposes and run regular public drop-in events to allow members of the public to visit and find out more about technology solutions suitable for them. They have also created a digital version of this "smart house".</p>	<p>Online smart home: https://www.eastlothian.gov.uk/info/210678/rehabilitation_service/12310/access_to_a_better_life_in_east_lothian_abel/2</p> <p>Public drop-in events: https://www.eastlothian.gov.uk/news/article/14404/drop-in_events_showcasing_technology_to_support_independent_living</p>
<p>Alzheimer Scotland's National Digital Dementia Advisor Service can be contacted to discuss a range of technology-enabled approaches – including GPS locators, simplified remote controls, and movement activated lighting – to support you to live well with dementia, and help care for a person with the condition.</p>	<p>For onward referral: 0131 654 1114 / 07831 859 490 (Michael Huddleston, Alzheimer Scotland Dementia Advisor) mhuddleston@alzscot.org</p>
<p>Alzheimer Scotland's Virtual Resource Centre is an online space where you can access groups, activities, and information sessions all from the comfort of your own home, including:</p> <ul style="list-style-type: none"> • A range of free live and 'on demand' activities, such as live music sing-alongs, arts and crafts, quizzes, seated exercises and relaxation techniques 	<p>To view the latest "What's On" guides and book onto sessions: https://www.alzscot.org/virtual-resource-centre-0</p> <p>Virtual Resource Centre facilitator, Suzie Beresford: sberesford@alzscot.org</p>

<ul style="list-style-type: none"> A program of information sessions on topics such as financial advice, using technology, and support and services 	
<p>Meet ADAM is Alzheimer Scotland's online platform to help you find the right pieces of technology at the right time. Families and carers have told us that they would like to try using digital products and services to look after their health and wellbeing but worry about making the wrong choices or don't have time to go looking for something that will work. Meet ADAM can help.</p>	https://www.meetadam.co.uk/
<p>Alzheimer Scotland's Online Information Library hosts accessible information to help you understand more about dementia symptoms, develop strategies to adapt and cope, and learn about a range of other, related resources.</p>	<p>To read and download material: https://www.alzscot.org/our-work/dementia-support/information-sheets </p>
<p>Connecting People, Connecting Support is a website designed to help you embed health promoting activities into your daily routine. Whether you are visiting this website because you have been told that you have mild-cognitive impairment, have been given a diagnosis of dementia, or want to keep well by taking steps to maintain good brain health, there is something here for everyone.</p>	https://www.cpcs.online/
<p>The BBC Reminiscence Archive provides access to a selection of content from the BBC Archives, designed to support reminiscence therapy.</p> <p>The principle of reminiscence therapy is to assist people who have dementia to interact and converse in a natural way by stimulating their long-term memory with material from the past. It is often the case that long-term memory can still function when the person's working (short-term) memory is degraded. Tapping into long-term memory can make it possible once again for them to enjoy interacting with others, through their stories.</p>	https://remarc.bbcrewind.co.uk/
<p>Age Scotland Sheffield have collated a range of useful resources to provide cognitively stimulating activities at home for people living with dementia.</p>	https://www.ageuk.org.uk/sheffield/our-services/dementia-services-professionals/coronavirus-resources/resources-for-activities/

BRAIN HEALTH	REFERRAL/ACCESS
<p>Musselburgh Healthy Brains is a weekly drop in at the Hollies Community Hub, Wednesdays 10am-12.30pm.</p>	<p>07727883881 (Sue Northrop) sue@dfel.org.uk </p>

Come along to talk about what can help to keep your brain healthy.	
<p>Brain Health Scotland. We now understand a great deal more about what impacts our brain health than we did even ten years ago. For example, it is widely known that, for most people, the diseases that lead to dementia start in midlife. The onset of these diseases is driven by many factors – some of which we can't change, such as family history and genetics, but many of which we can, such as our lifestyle.</p> <p>Brain Health Scotland's mission is to inspire and empower everyone in Scotland to protect their brain health and reduce their risk of diseases that lead to dementia.</p>	https://www.brainhealth.scot/

RESEARCH	REFERRAL/ACCESS
<p>Alzheimer Scotland is committed to three areas of research: <i>Prevent Now. Care Today. Cure Tomorrow.</i> Thanks to the latest studies, we are learning more than ever about not only dementia as an illness and what is most important when it comes to care, support, and quality of life, but also what can be done to help prevent dementia: in our aim to ultimately, finding a cure.</p> <p>Dementia research is open to everyone over the age of 18 – and there are lots of ways you can get involved.</p>	https://www.alzscot.org/our-work/research/participating-in-dementia-research

OLDER PEOPLE'S CHARITIES	REFERRAL/ACCESS
<p>Age Scotland is an independent charity providing information, resources, and support for older people. Support includes access to a free helpline, general information, information on arranging care and support, money and benefits, health and wellbeing, information on making a will or Power of Attorney and specific information on dementia.</p>	<p>0800 124 4222 (freephone helpline) helpline@agescotland.org.uk www.ageuk.org.uk/scotland/</p>
<p>Veterans UK Helpline for armed forces veterans for benefits, housing and welfare support.</p>	<p>0808 191 4218 veterans.help@spva.gsi.gov.uk</p>
<p>AbilityNet Home Visit Service provides FREE IT support using volunteers to support older and disabled people of any age in the UK. Tech volunteers can provide support by phone or will come to your home.</p>	<p>0800 048 7642 (freephone helpline) https://abilitynet.org.uk enquiries@abilitynet.org.uk</p>

East Lothian Care and Repair Service provides small repair service for owner occupied houses and private rentals or advice/ assistance with adaptations.

01620 828 445

<http://www.careandrepaireastlothian.co.uk/>

LEGAL SERVICES

Carers of East Lothian hold a legal surgery with Solicitors for Older People Scotland on the last Thursday of the month.

The clinic is open to ALL carers, regardless of age, including parent carers. The clinic offers carers 30-minute telephone appointments for FREE legal advice on the following issues:

- Guardianship (Adults with Incapacity)
- Advanced Directives
- Wills
- Power of Attorney

REFERRAL/ACCESS

0131 665 0135

centre@coel.org.uk to book an appointment

Solicitors for Older People Scotland are a group of Scottish Law firms who provide independent advice for older people on Wills, Estate Planning, and Power of Attorney. Legal Aid may be available. You can check for approved solicitors in your local area.

0800 152 2037

www.solicitorsforolderpeoplescotland.co.uk/

Office of the Public Guardian (Power of Attorney & Guardianship)

- Provides information on what a Power of Attorney involves types of Power of Attorney, as well as general Frequently Asked Questions
- Maintain a public register of powers of attorney that have been registered, guardianship and intervention orders granted and authorisations granted under the access to funds scheme.
- Register powers of attorney that are to begin or continue in the event of incapacity.
- Supervise those individuals who have been appointed to manage the financial and property affairs of adults who lack the capacity to do so for themselves.
- Investigate circumstances made known to us where the property or finances belonging to an incapable adult appear to be at risk.

01324 678 398

www.publicguardian-scotland.gov.uk/power-of-attorney

SENSORY IMPAIRMENT CHARITIES

RNIB support people living with sight loss. Provides advice on keeping your eyes healthy, assistive aids and technology, independent living, practical adaptations for the home,

REFERRAL/ACCESS

Helpline: 0303 123 9999

www.rnib.org.uk
helpline@rnib.org.uk

information resources on various eye conditions, and a direct helpline to answer questions	
Sight Scotland Rehabilitation Service supports people to learn or re-gain essential living skills following a diagnosis of sight loss. Contact Sight Scotland Rehabilitation and Mobility service:	0131 385 7488 https://sightscotland.org.uk/EdinburghandLothians community@sightscotland.org.uk
RNID support people who are deaf/ have hearing loss or tinnitus. Provides advice on signs and causes of hearing loss and tinnitus, ear health, technology and assistive devices and communication support	0808 808 0123 contact@rnid.org.uk or by using their online tool www.rnid.org.uk/information-and-support/
Deaf Action support the diversity of deaf people, including deaf users of British Sign Language (BSL), and those who are deafened, deafblind or hard of hearing. They provide courses on BSL and lipreading, advice on equipment for your home, digital skills training and information on deaf social care in Edinburgh and Lothians.	0131 556 3128 WhatsApp (text or video call): 07775 620 757 https://deafaction.org admin@deafaction.org

INDEPENDENT ADVOCACY SERVICES	REFERRAL/ACCESS
CAPS Independent Advocacy provides an independent advocacy service for adults who use or have used mental health services. CAPS can support you to have your say, prepare for meetings and help you get the information and advice you need to make your own choices.	0131 273 5118 https://capsadvocacy.org contact@capsadvocacy.org
EARS Advocacy Service provides a free confidential and independent service for older people and if you have had a stroke. They support people to have their voices heard, provide accessible information and help people to understand their rights.	01506 205 840 www.ears-advocacy.org.uk info@ears-advocacy.org.uk

HOME SAFETY	REFERRAL/ACCESS
Scottish Fire and Rescue Service provide free Home Fire Safety Checks. These will help you to sort out a fire escape plan, provide information on smoke, heat and carbon monoxide alarms. You can also refer someone for a visit.	0800 0731 999 https://cset.firescotland.gov.uk/Public/HFSV/RequestVisit

SCAM AND FRAUD PREVENTION	REFERRAL/ACCESS
<p>Telephone Preference Service (TPS) register free to stop unwanted phone calls for landlines and mobiles.</p>	<p>0345 070 0707 or Text TPS to 85095 from your mobile https://www.tpsonline.org.uk/register</p>
<p>Mail Preference Service (MPS) register free to stop unsolicited and junk mail</p>	<p>0845 703 4599 https://www.mpsonline.org.uk/consumer/register</p>
<p>Little Book of Big Scams: publication to raise awareness about how to protect yourself and your money</p>	<p>https://www.ucl.ac.uk/students/sites/students/files/little_book_of_big_scams_-_5th_edition.pdf</p>

MEMBERSHIPS & CAMPAIGNING	REFERRAL/ACCESS
<p>Alzheimer Scotland membership is free for people with dementia, carers and volunteers. You will receive regular e newsletters, our magazine, invitations to events, and be able to vote in our AGM.</p>	<p>0131 243 1253 https://www.alzscot.org/support-us/other-ways-to-help/membership</p>
<p>The Scottish Dementia Working Group (SDWG) is run by people with dementia and funded by Alzheimer Scotland and the Scottish Government. They operate independently as a national involvement group led by and for people with dementia within Alzheimer Scotland. They have an elected committee and dedicated members of staff who support the group's campaigning work.</p>	<p>To find out more visit: https://www.alzscot.org/our-work/campaigning-for-change/have-your-say/scottish-dementia-working-group</p> <p>To become a member: https://www.alzscot.org/our-work/campaigning-for-change/have-your-say/scottish-dementia-working-group/become-a-sdwg-member</p>
<p>The National Dementia Carers Action Network (NDCAN) is a national campaigning and awareness raising group for carers of people with dementia. They have a general membership which meet twice a year and a committee that meets quarterly. Each year the group decide on the priorities that NDCAN will work on for the coming year.</p>	<p>To find out more visit: https://www.alzscot.org/our-work/campaigning-for-change/have-your-say/national-dementia-carers-action-network</p> <p>To become a member: https://www.alzscot.org/our-work/campaigning-for-change/have-your-say/national-dementia-carers-action-network</p>

	<u>say/national-dementia-carers-action-network/become-a-ndcan-member</u>
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