We are delighted to announce the winners in the six categories of this year’s **Scotland’s Dementia Awards**: a partnership between Alzheimer Scotland, NHS Education for Scotland, NHS Health Scotland and Scottish Social Services Council. We received over 90 applications for this year’s event.

In addition, Dr Donny Lyons was recognised with the event’s Lifetime Achievement Award.

The winners were announced at the awards ceremony on Thursday 25 September 2014 at the Marriott Hotel in Glasgow, in celebration of World Alzheimer’s Day.

The winners for the six award categories are:

**Best acute care initiative:**
**NHS Ayrshire and Arran: - Pocket Ideas...for a moment in time**

Runners up:
- NHS Lothian, Avril Brown/ Ward 57 WGH: - Room for Change
- NHS Fife: - NHS Fife Dementia Champions Network

**Best dementia friendly community initiative:**
**Alzheimer Scotland: - Dumbarton Dementia Café**

Runners up:
- East Lothian Dementia Partnership: - Dementia Friendly East Lothian
- Alzheimer Scotland South Aberdeenshire Service: - Graduate Group

**Best community support initiative:**
**NHS Dumfries & Galloway, Mental Health Occupational Therapy: - OT Home Based Memory Rehabilitation Programme**
Runners up:
- City of Edinburgh Council, Older People's Day Services: "Introduction of Cognitive Stimulation Therapy in Older People's Day Services"
- Alzheimer Scotland - Black Isle Dementia Café: "Alzheimer Scotland - Black Isle Dementia Café"

**Best educational initiative:**
*Alzheimer Scotland in West Dunbartonshire: *Alzheimer Scotland Education Initiative*

Runners up:
- NHS Dumfries & Galloway: IDEAS TEAM
- NHS Grampian, Older Adult Psychology Department, Dementia Research Team: "Access to Education and Training for Carers of People with Dementia"

**Best innovation in continuing care:**
*CrossReach, Inverness:* Cameron House Gaelic Initiative

Runners up:
- Haig House, Erskine Care Home and the University of the West of Scotland: "Food for Thought: A partnership project to improve choice, dignity and quality when eating and drinking for the person with advanced dementia in Haig House, Erskine Care Home."
- Holmes Care Group Limited: "Craigielea - My Playlist for Life"

**Most innovative partnership:**
*Alzheimer Scotland, NHS Shetland and Shetland Museum & Archives:* When I Paint I Remember

Runner up:
- West Dunbartonshire CHCP and Royal National Institute of the Blind (RNIB): "West Dunbartonshire CHCP and Royal National Institute of the Blind (RNIB)"

**Short descriptions of these projects can be found at the end of this release.**

Scotland’s Dementia Awards celebrate the work of both professionals and community groups who are committed to helping people with dementia and their families. The awards showcase the creativity, innovation and dedication that make a real difference to the daily lives of people with dementia and their families across Scotland when organisations, groups and teams work together.
To find out more about **Scotland’s Dementia Awards**, visit [www.ScotlandsDementiaAwards.org.uk](http://www.ScotlandsDementiaAwards.org.uk) or email [ScotlandsDementiaAwards@alzscot.org](mailto:ScotlandsDementiaAwards@alzscot.org).

**ENDS**

**Notes for editors:**

- There are 88,000 people in Scotland with some form of dementia. The most common form of dementia is Alzheimer’s disease, followed by vascular dementia.
- The number of people in Scotland with dementia is set to double within a generation. As yet, there is no cure.

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Best Acute Care Initiative:

**Room For Change - NHS Lothian**
The idea that we could make the ward a more welcoming environment began as a small seed of excitement. The use of contrast and specially-designed signage could help alleviate confusion and uncertainty, while the use of carefully chosen furniture and fittings could replace the stark, unfamiliar surroundings. This quickly grew into an amazing opportunity to make a difference.

The project involved various people all working together to provide their skills, expertise and services to ensure the initiative was driven forward. We could improve person-centred care. We could create an environment which was calming and comfortable, promote independence and well-being (and through this, cement a culture of dignity and respect). The possibilities were practically inexhaustible.

**Pocket Ideas...for a moment in time – NHS Ayrshire and Arran**
‘Pocket Ideas...for a moment in time’ is a project that was initiated in a slow stream rehabilitation ward for older people. Staff recognised a lack of stimulation and created an Activity Team, which then proposed the idea of a ‘Pocket Ideas’ toolkit. The pocket-sized book is a portable, easy-to-use toolkit which prompts discussion and encourages activity through a selection of quick activities, conversation starter, pictures, inspirational quotes and games. It takes no extra time for staff to use the toolkit and it has promoted increased self-esteem, reduced risk of low mood and has empowered people with dementia to achieve their own personalised goals.

**NHS Fife Dementia Champions Network – NHS Fife**
The NHS Fife Dementia Champions Network is a forum for Dementia Champions across NHS Fife and Fife Social Services to come together to exchange ideas, share successes and discuss the challenges facing them in their role as Dementia Champion. The network promotes learning, sharing of expertise across disciplines and drives improvement.

The network recognises the strengths of all champions and identifies any gaps in knowledge and skills in relation to their roles. It supports action to address development needs to deliver the aspirations set out in the Promoting Excellence framework and supports delivery of high quality person centred care for people with living with dementia in Fife.
Best Community Support Initiative:

**Occupational Therapy Home Based Memory Rehabilitation Programme - Mental Health Occupational Therapy, NHS Dumfries & Galloway**

The Home Based Memory Rehabilitation Programme (HBMR) is an evidence based OT early intervention programme for people with dementia. The aim of this programme is to help people with dementia to compensate for memory difficulties affecting their everyday function, resulting in reduced demands on caregivers/family/friends.

Based on the work of Mary McGrath (McGrath & Passmore, 2009), this 4-6 week individualised programme has been tailored and piloted in NHS Dumfries & Galloway.

Positive findings include an increase in number of memory strategies used and a decrease in number of memory problems reported. Overall, participants have reported feelings of increased control.

**Introduction of Cognitive Stimulation Therapy – Older People’s Services, City of Edinburgh Council**

Cognitive Stimulation Therapy (CST) is a brief, well-researched intervention. It's supported by NICE who recommend that it is offered to everyone with mild to moderate dementia. Benefits can include improvement in memory, thinking skills and quality of life.

Occupational therapists have trained and supported social care workers within Edinburgh's Older People's Day Services in both Council and voluntary sector services to deliver CST.

This has improved understanding of the impact of dementia on a person and how to promote their assets and strengths. Groups are now more accessible for people with dementia; providing opportunities for people with dementia to realise their potential.

**Black Isle Dementia Cafe – Alzheimer Scotland**

The Black Isle D-Caff is a fortnightly drop-in café for people with dementia, their carers and family members. Its aim is to provide a friendly place for socialising and support; promoting the rights of people with dementia to be included in their community and helping reduce the sense of isolation, particularly in remote and rural areas. This was the first dementia café north of Inverness.

Alzheimer Scotland is grateful for the network of support from volunteers, the community and fundraisers. Professionals from health and social care and third sector organisations also support and attend the cafe. This initiative helps us to raise awareness and reach more people with dementia.
Best Dementia-Friendly Community Initiative:

**Dementia Friendly East Lothian – East Lothian Dementia Partnership**
Dementia Friendly East Lothian involves hundreds of people across East Lothian working together to involve people with dementia in community life and decisions. To live, not just exist.

DFEL inspires and enables people to make change happen by raising awareness, challenging stigma and breaking down barriers. We support GPs, local businesses and policy makers to hear what people with dementia want. We involve people with dementia in conversations and events that open hearts and minds. DFEL oils the wheels of change, builds links across generations and lights fires of hope across East Lothian for now and generations to come.

**Dumbarton Dementia Café - Alzheimer Scotland**
The café is held in a local pub in Dumbarton High Street. This has proved to be very popular, due to the relaxed setting and central location. It’s a place where people living with dementia, their families and friends can meet socially. Information and support are always available.

Regular attendees of the café now organise tea dances which have been embraced by the community. This has given attendees both confidence and a renewed sense of purpose and achievement. They have also formed a gardening group and meet weekly at a local allotment. Produce from the allotment is used within the community.

**Graduate Group - South Aberdeenshire Service, Alzheimer Scotland**
This group, which commenced in 2010, has grown from strength to strength. The children have blossomed; their knowledge of dementia has increased and there is no stigma attached to the illness. The service users, carers and the children greatly look forward to their afternoon, interacting well with each other, growing in confidence, sharing their experiences on topics chosen between them, joining in with singing (old tunes and new) and ceilidh dancing with music from our resident accordionist. It is moving and inspirational to see everyone relaxing and having fun.
Best Educational Initiative:

West Dunbartonshire Education Initiative - Alzheimer Scotland
Through the initiative, we support lessons which provide opportunities for children to learn about dementia and (through activities) experience how some people with dementia and their family members may be affected. Many of the children involved have had the opportunity to meet people living with dementia. They in turn have shared their stories and have been keen to answer any questions that the children may have. This has helped the children to understand the range of symptoms of dementia, along with the positive effects of person-centred support.

People with dementia have also commented that talking about their illness has given them a renewed sense of purpose and it has enhanced their confidence. By educating children about dementia, we are creating a dementia-aware Scotland for the future.

IDEAS Team (Intervention for Dementia, Education, Assessment and support) - NHS Dumfries & Galloway
The IDEAS Team (Interventions for Dementia Education, Assessment and Support) has supported local care homes in Dumfries & Galloway to improve the quality of life of people with dementia who experience stress and distress.

The core team is made up of staff from Nursing, Occupational Therapy and Clinical Psychology. This project has not only equipped care staff with key knowledge and skills, it has also provided an essential liaison, consultancy, advice and support role; enhancing the links between primary, secondary and third sector services. By targeting all staff in care homes, it has enhanced their abilities to transform the culture of the care.

Access to Education and Training for Carers of People with Dementia - Older Adult Psychology Department, Dementia Research Team, NHS Grampian
The project team aims to develop an evidence-based, multi component, psychological intervention which can be used by staff from the health, social and voluntary sectors who provide care to people with dementia and their caregivers.

The manual-based program includes caregiver education on dementia, coping skills and behavioural management, and training caregivers to engage the person with dementia in stimulating activities. Caregiver education and training is provided by staff who have been trained by the research nurse. Feedback from staff and carers who participated has been overwhelmingly positive and we are keen that as many caregivers as possible have access to the program.
Best Innovation in Continuing Care:

*Food for Thought – Erskine Care Home, Haig House and University of the West of Scotland*

Those who cannot exert choice may be seen as simply receiving care rather than being a partner in care. When someone reaches the stage of dementia when they cannot communicate their dietary preferences, this impacts on their dignity and their independence.

Eating difficulties are often regarded as inevitable in dementia. For Erskine staff, improving the dining experience for residents was a passionate ambition. As sensory stimulation can bypass cognitive impairment, a sensory approach was used; stimulating different senses weekly. Erskine staff, the University, residents and their families, worked in partnership to improve choice, dignity and quality in eating and drinking.

*My Playlist For Life – Craigielea, Holmes Care Group Limited*

Craigielea’s Home Manager was approached by Andy Lowndes to consider the Playlist for Life Project. Craigielea has always recognised the importance of music and has many activities and clubs focused around this. Music is emotive and this project has prompted positive and calming reactions from the residents to their own playlists. Playlist for Life has clearly improved quality of life for residents and families.

*Cameron House Gaelic Initiative - CrossReach, Inverness*

Cameron House is a care home providing care and support to twenty eight adults who have a diagnosis of dementia.

The premise of the initiative was that it would permit service users the opportunity to converse in their native Gaelic tongue with children from the local Gaelic primary school.

A teacher and several Primary 7 children visited Cameron House every Friday afternoon and spent time conversing and singing with service users.

This led to increased wellbeing for the service users, contributed to their feelings of usefulness, community involvement and enabled them to share memories and skills while having fun.
Most Innovative Partnership:

Community Vision Support Service - West Dunbartonshire CHCP and Royal National Institute of Blind People (RNIB)

The Community Vision Support Service runs jointly between RNIB Scotland and West Dunbartonshire CHCP. Joint working is an integral part of the service, as it brings together expert knowledge to promote timely and appropriate eye care for the residents of West Dunbartonshire with dementia.

The Vision Support Officer supports individuals with dementia and their families to remain part of their local community. It works closely with families to gain a better understanding of potential vision difficulties and to ascertain how best to support the individual who is preparing for an eye examination. The service helps people with dementia to maintain their independence for longer, as regular examinations can prevent further sight loss.

When I Paint I Remember - Alzheimer Scotland, NHS Shetland & Shetland Museum and Archives

‘When I Paint I Remember’ reflects a partnership between Alzheimer Scotland, NHS Shetland and the Shetland Museum and Archives. The project builds upon the social inclusion and peer support principles established in the initial collaborative project ‘Dus du Mind?’; a reminiscence session using Shetland dialect.

‘When I Paint I Remember’ evolved from people with dementia who had an interest in art and painting, but had realised there was no community activities available that would support these interests. The project is advertised locally and takes place monthly in the Museum and Archives. It is supported by the Lifelong Learning Officer and volunteer artists at the museum. The demographics of the group can be interchangeable, with young people from the local high school often turning up to join in the sessions too.