



Aberdeenshire
Health & Social Care
Partnership

Aberdeenshire Dementia Strategy

2020 - 2030



Easy Read

Aberdeenshire
COUNCIL 


Grampian

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About the strategy



This **strategy** is for people living with **dementia** in Aberdeenshire.

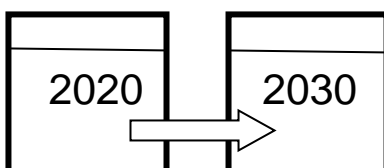
A **strategy** is a plan of work over a long time.



The plan is about what we need to do to make things better for people living with **dementia** in Aberdeenshire.



Our plan will help people living with dementia to have better care and support.



Our plan will be for 10 years, 2020-2030.



Our plan was developed together with:



- People in Aberdeenshire living with dementia
- Families/ carers
- Staff working in health and social care
- Organisations that work with people living with dementia
- Aberdeenshire Health and Social Care Partnership's plan

What is dementia?



Dementia is an illness caused by damage to a person's brain.

People with dementia may have:



- Difficulty concentrating and remembering things



- Changes to their mood and behaviour



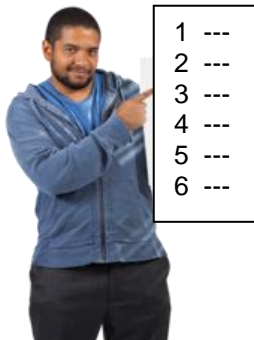
- Problems with communicating and working things out



- Find it hard to do everyday activities like cooking, shopping or getting dressed.
-



We want people in Aberdeenshire living with dementia to have better care and support.



We have 6 important things that we will work on to help people in Aberdeenshire living with dementia.

What are the 6 important things?

1. Being well informed:



- Work to support people to understand dementia better.



- Support people to talk to someone if they are worried about someone that may have dementia.



- Make information about dementia available in lots of places and have better online resources.

2. Getting a diagnosis of dementia



A **diagnosis** is when a doctor does some tests and works out what you have.



We want to make it better for people to get a **diagnosis** at the right time.



We want to give people treatment, care and support at an early stage.

3. Knowing who to turn to



We want to people to know **what** support they can get.



We want people to know **where** they can get support.



We want people to know about other health services and community groups.



We want people to have a 'lead worker' to support them to get the right care and support.

4. Living well with dementia



People to live safe, happy healthy lives.



People to be part of their community.



Work with other organisations to support people living with dementia.

5. Developing health and social care support



People to get the right care and support at the right time.



Services to work together better to give care and support that is right for each person.



People to be as independent as they can and have the right support when it is needed.



Housing to meet people's needs and help them to stay part of their community.

6. Caring for carers



Training and support for the carers of people with dementia.



Work better with other services and community groups to support carers.



Provide short breaks and respite for people living with dementia and their carers.

What next:



These are some of the things that we will be working on.

There will be lots more work going on over the next few years.



We will let people know how things are going.



You can look at the full version of the strategy online.