

What's online?

WHO – For people worried about their memory, people receiving post diagnostic support and for everyone living with dementia and their families.

WHAT – Carer Conversations

Opportunity to speak to other family members and unpaid carers about their caring roles – a time to listen and learn from the true experts. Time to focus on how to look after yourself as well as the person you are caring for. The benefits of peer support are powerful so please grab a cuppa and come join us.

When – Monday, Wednesdays and Fridays

WHAT – 1:1 video calls

Do you need information and advice – come on and speak to one of our Dementia Advisors or Link workers about how we can support you in your diagnosis or caring role.

When – At A Time That Suits You

WHAT – Family calls

Why not get all the family involved in a video call with one of our team to discuss dementia, the impact and how we can support you as a family moving forward.

When – At A Time That Suits You

WHAT – Activities

From quizzes to virtual day trips – if you would like to try something different or be involved in one of our quizzes to test your knowledge from sport to music let us know.

When – Scheduled throughout the week

WHAT – Companion Calls

Receive a weekly call from one of our team to see how you are doing. A lot of people are missing the social aspect of getting out and meeting friends, however we can bring that art of conversation back to your life by having a wellbeing call.

When – At A Time That Suits You

WHAT – Dementia Friends

Opportunity to increase your understanding of dementia through an interactive online session. This is for the public, organisations, businesses and generally everyone who wants to know more about dementia. Everyone becomes a Dementia Friend receives a badge and a certificate in recognition.

When – At A Time That Suits You

WHY – Because we care about you, we are still here supporting people with dementia and their families. We understand the true importance of keeping people connected. People who have engaged online have told us about the positive impact being able to talk to others has had on their lives. We look forward to talking you.

WHERE – All calls are done via NHS Near Me or Microsoft Teams

HOW – Simply get in touch with LanarkshireServices@alzscot.org or call 01698 275300 for more information.

FACEBOOK – Alzheimer Scotland Lanarkshire

Making sure nobody faces dementia alone.