

Please use this box to make notes or record any questions you may have:



Bòrd SSN nan Eilean Siar  
NHS Western Isles

## Further Information

For further information contact:

### Post Diagnostic Support Worker:

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## We are listening - how did we do?

We welcome your feedback as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at: [www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk) or share your story at: [www.careopinion.org.uk](http://www.careopinion.org.uk) or tel. 0800 122 31 35
- tel. 01851 708069 Monday-Friday between 9am-5.30pm.

Version: 3 Review Date: January 2025  
Produced by: Post Diagnostic Team, NHS Western Isles

### Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

# Dementia

## Post Diagnostic Support - Uists and Barra



A patient information guide for those living within Uists and Barra

## Guaranteed support after your diagnosis

The Scottish Government has guaranteed that every person newly diagnosed with dementia will be offered a minimum of one year's support from a named, trained person.

Your Post Diagnostic Support Worker will support you in adjusting to your diagnosis and its likely impact - both emotionally and practically - and help you plan for the future, working through the key issues and supports available. This should help you to live well with dementia in your home and local community for as long as possible.

Getting the right information and support, at the right time, and focusing on what is important to you, will help you to keep living your life the way that you want. There will also be an opportunity to work together to develop a personal plan - outlining your choices, hopes and aspirations; your personal strategies for coping and managing your dementia symptoms; resources you can use and people who can support you. This will help you plan how you will live well with dementia following your year of post-diagnostic support.

## What support can I get?

The five areas of support are illustrated within the following diagram.

## What does this involve?

**This will help you understand the illness and manage its symptoms** - for you and for your family, carers and friends.

**Supports you to stay connected to your community** - helping you to stay in touch with friends and keep on being involved in things you enjoy - and to meet new people and find new things to do, if you choose to do so.

**It can provide peer support** - this can be really helpful to meet other people with dementia and their families and carers who are coping with the same sort of challenges as you are.

**To help you plan for your future decision making** - helping you make sure you're the one who decides who you want to help you with decisions, if this becomes necessary.

**To help you plan the shape of your future care** - when you're ready, developing a personal plan with your choices, hopes and aspirations and the supports around you, to help you live well with dementia.

