

Planning for the future

PDS also helps people think about future decisions and care needs. This may include:

- setting up a Power of Attorney, so someone you trust can help make decisions if needed.
- talking about your wishes, values, and what matters most to you.

How Dementia services can help

Dementia services provide support, advice, and guidance for people living with dementia and for their carers. This can include:

- health information and education
- practical advice and support
- emotional support and reassurance
- help for family members and carers.

The goal is to help people live as well as possible with dementia and make sure they have the support they need.

Further Information

For further information contact:

- Dementia Services - tel. 01851 763338.
- Community Mental Health Nurse Manager - tel. 01851 703069.

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: www.wihb.scot.nhs.uk/feedback or share your story at: www.careopinion.org.uk or tel. 0800 122 31 35
- Tel. 01851 704704 (ext 2236) Monday-Friday between 10am-4pm.



Bòrd SSN nan Eilean Siar
NHS Western Isles

Dementia

Post Diagnostic Support - Lewis and Harris



A patient information guide for those living within Lewis and Harris

Support after a dementia diagnosis

In Scotland, everyone who is diagnosed with dementia is offered one year of support from a trained worker who will be their main contact person.

This support is called Post-Diagnostic Support (PDS). It follows a 5-pillar model, which helps make sure people get the support they need after being diagnosed. PDS is guided by Scotland's Dementia Strategy, which aims to improve dementia care, help people live as independently as possible, and reduce stigma around dementia.

Your First PDS Appointment - At your first appointment, your support worker will:

- talk with you about your dementia diagnosis
- explain how dementia services can help you
- answer any questions or worries you may have.

You may also be given information such as:

- information about dementia
- "Getting to Know Me" forms
- information about medicines
- a leaflet explaining Post-Diagnostic Support.

Everything will be explained in a way that matches your understanding and what you are comfortable with. If you need information explained again, that's completely okay.

Person Centred Support

Healthcare services in Scotland focus on the individual. This means support is tailored to each person's needs. Your support worker will help you adjust to your diagnosis and talk about how it may affect your life. During appointments, they may ask about:

Physical Health

- How are you feeling?
- Have you noticed any new symptoms?

Mental Health

- How is your mood?
- Have you been feeling worried, anxious, or sad?

Home and Daily Living

- Are you eating and drinking enough?
- Do you need help with housework or managing money?

Personal Care

- Are you managing washing and getting dressed?
- Do you need help remembering or taking medicines?
- Would extra support be helpful?



Staying Connected

Spending time with other people and staying active in your community is important for your brain health and wellbeing. Your Support Worker may introduce you to services such as:

- | | |
|------------------------|--------------------------------------|
| • Alzheimer's Scotland | • Financial Inclusion Officers |
| • Crossroads | • Western Isles Community Care Forum |

These services can offer friendship, advice, practical help, and support from people who understand what living with dementia is like.