



PRESS RELEASE

19th June 2019

Glasgow's Golden Generation to become dementia friendly

Families living with dementia in the East End of Glasgow will benefit from a programme of local community activities thanks to a funding award of £35,000. The grant has been made by the Life Changes Trust.

Glasgow's Golden Generation aims to support older adults to address loneliness and isolation, allowing them to live independently and actively for as long as possible. This funding will ensure that people living with dementia will also feel welcomed in their community, and are able to stay engaged with community activities and their peers for as long as possible.

Glasgow's Golden Generation estimate that up to 80% of those people who use their services are living with some form of dementia.

This new project will build on established activities, but will ensure that they become dementia inclusive, for example their walking group or tea dances. They will also introduce a variety of other activities, based on what people affected by dementia have told them they want to do. Such activities will include:

- the introduction of Therapet(s)
- alternative therapies such as Tai Chi and Reiki
- reminiscence in the form of art, crafts, dancing and drama groups
- visits to local museums and landmarks
- gardening

- carpet bowls

Arlene Crockett, Director of the Life Changes Trust dementia programme said, “A diagnosis of dementia can lead to social exclusion and isolation, even in cities as friendly as Glasgow. Communities that are dementia friendly can help prevent this by providing ways to keep people included and supported. The aim of this funding is to bring awareness about dementia across Glasgow and give people with dementia and carers opportunities that help them to thrive.”

Lynsey Neilson, Dementia Development Manager with Glasgow’s Golden Generation said, “Up to 80% of our service users have a dementia diagnosis and we want to make sure that all of our activities are open to everyone. Our service users are telling us that they don’t want to move into higher level care settings when they have established relationships with us, so we’re working to make our organisation dementia friendly.”

The funding award is one of six Dementia Friendly Communities development awards made by the Life Changes Trust, with a funding total of £194,000.

The funding will help improve the physical and mental well-being of people living with dementia – and their families - by supporting projects that increase their participation in stimulating and social activities. The six organisations to receive funding are:

- Glasgow’s Golden Generation, Glasgow
- Shopper-Aide, Kintyre
- Badenoch Shinty Memories Group, Highland
- Dementia Friendly Newmains Community Trust, North Lanarkshire
- Partnerships for Wellbeing, Highland
- St Andrew’s Church of Scotland Carluke, South Lanarkshire

The Life Changes Trust was set up with a National Lottery Community Fund endowment of £50 million to improve the lives of people affected by dementia and young people with care experience.

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NOTES TO EDITORS:

Our work with people with dementia has shown that the phrase “Dementia sufferers”, or using the word suffering to describe dementia has a strongly negative view from people with the condition. We would request that you avoid using the phrase in headlines or in any article you publish to combat the negative way that people with dementia feel the condition is described.

In Scotland:

- It is estimated that around 90,000 people have dementia.
- The number of people with dementia in Scotland is increasing, because the population is getting older. Based on current dementia prevalence rates, the number of people with dementia in Scotland is projected to double by 2038.
- Dementia costs the country more than cancer, heart disease and stroke put together.

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