

# Please help us reach people living with dementia during the Covid 19 crisis



This is an uncertain time for us all. At Alzheimer Scotland we are making tough decisions on how we continue to support the people who need us most. We know that social isolation will be a real challenge for those living with dementia in the coming months, because we can't be there in person right now, we are having to adapt how we work as a charity.

The calls to our 24-Hour Freephone Helpline have **increased by 20%** over the last few weeks and we have had to redeploy additional members of staff in order to cope with the demand and ensure that we are able to reach everyone who is looking for guidance during this difficult time.

Your support will help ensure that we have the funds and infrastructure available to take these calls and provide vital support for people living with dementia, along with their carers and family members so that no one feels alone at this difficult time.



**24 HOUR**  **Alzheimer Scotland**  
Action on Dementia

**Dementia Helpline**

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)

**“** I couldn't have gotten through this without your support. Knowing you were at the end of the phone made all the difference **”**

*Carer*



We appreciate and understand that you may have your own worries during this time and may not be in a position to help but, for those that can, please continue to support us.

**Just £10**

will pay for our helpline to operate for one hour so you can make a big difference.

Making sure nobody faces dementia alone.

# Virtual Support

We've put together some ideas for "Virtual support" that you could do if you are working from home. A charitable activity could be a welcome distraction and a chance to keep lines of communication going between colleagues with some light-hearted fun.

## Virtually anything is possible

Exercise can improve your mood and relieve stress and anxiety and you should aim for at least 30 minutes a day. So why not get competitive with your colleagues over who can log the most miles or steps by taking part in an **Alzheimer Scotland virtual event**. There is a challenge for everyone and it is completely free to register. If you are unable to take part then please support us by sharing it on social media.



## Share the savings

Many of us will be working at home and making savings on coffees, lunches, transport costs and those Friday night office drinks! Consider donating some of these savings to Alzheimer Scotland on our **Just Giving page**



## Micro volunteering

Sharing our messages on social media takes very little time, but can be a great help to us in raising awareness. You could also use social media to signpost people to our 24 hour helpline 0808 808 3000. **Follow us on twitter, Facebook and on LinkedIn.**



## Dementia friends

Learn a little bit more about dementia and the small changes you can make in your own workplace and community to help those living with the condition. You can become an accredited **Dementia Friend online**



If you think you can help us in any way, no matter how small, then please get in touch. We would love to hear from you.

We hope that you and your colleagues, family and friends stay safe and well during this uniquely challenging time. Thank you so much for your support.

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