



Dementia Care Assessment Checklist: Desired Outcomes and Actions

1. Improve Cognitive Function and Orientation

Desired Outcome:

Maintain or slow cognitive decline and help the person stay oriented to the day, date, and time.

How to Achieve This:

- **Use Visual Cues:** Place a large, easy-to-read calendar and clock in visible areas of the home. Opt for digital clocks that show the date and time or traditional ones with bold numbers.
- **Daily Reminders:** Gently remind the person of the day, date, and time throughout the day. For example, during meals, you could say, “Good morning, it’s Tuesday, 10th of October, and it’s time for breakfast.”

- **Verbal Orientation:** Include orientation in casual conversation. For example, when discussing plans or activities, refer to the day and date (“Today’s Tuesday, so we’ll be going to the park later”).
- **Morning Routine:** Integrate orientation into the morning routine by starting the day with a brief mention of the date and what’s planned for the day.
- **Use Day-Night Indicators:** Open blinds or curtains during the day to bring in natural light and close them in the evening. This reinforces the difference between day and night.
- **Routine Consistency:** Establish a predictable daily routine with activities scheduled at the same times (e.g., breakfast at 8 am, lunch at noon). Repetition helps reinforce time-related cues.

2. Maintain Independence in Daily Living Skills

Desired Outcome:

Support the person in performing daily tasks with minimal assistance.

How to Achieve This:

- Break complex tasks into smaller steps and offer gentle prompts.
- Provide adaptive equipment (grab bars, dressing aids) to promote self-reliance.
- Monitor and assist with complex tasks like managing finances or preparing meals.

3. Manage Behavioural and Psychological Symptoms

Desired Outcome:

Reduce distress and agitation, creating a calm and secure environment.

How to Achieve This:

- Create a peaceful, structured atmosphere with familiar objects and routines.
- Distract from agitation with favourite activities or soothing music.
- Consult healthcare providers about potential therapies or medications for severe symptoms.
- Consider safety measures like identification bracelets or GPS trackers to manage wandering.

4. Optimise Physical Health

Desired Outcome:

Ensure physical health is well-managed and doesn't contribute to cognitive decline.

How to Achieve This:

- Schedule regular medical check-ups and maintain current treatment plans for chronic conditions.
- Promote physical activity, such as walking or light exercise, to preserve mobility and strength.
- Use appropriate aids like glasses, hearing aids, or walking sticks to enhance quality of life.

5. Ensure Medication Safety and Effectiveness

Desired Outcome:

Avoid medication-related cognitive impairment and side effects.

How to Achieve This:

Review Current Medications

Conduct regular reviews of all medications the individual is taking, including over-the-counter drugs and supplements. This helps identify any potential interactions or unnecessary medications.

Tip: Consult with a pharmacist or healthcare professional experienced in geriatric medicine for a comprehensive medication review.

Ensure Proper Dosage and Timing

Administer medications as prescribed, ensuring the correct dosage and timing. Use pill organisers or medication management apps to help keep track of daily medications.

Tip: Set reminders on a phone or use alarms to prompt medication administration.

Monitor for Side Effects

Observe the individual for any side effects or adverse reactions to medications, including changes in behaviour, mood, or physical health. Report any concerns to a healthcare professional promptly.

Example: Common side effects to watch for include increased confusion, dizziness, or changes in appetite.

Educate About Medication Purpose

Help the individual understand the purpose of their medications in a simple and reassuring manner, fostering adherence and reducing anxiety.

Tip: Use clear, non-technical language when explaining medications to promote understanding.

Medications to Avoid

Certain medications can have adverse effects on individuals with dementia and may worsen cognitive function or increase confusion. It's important to consult with a healthcare professional about avoiding the following:

- **Anticholinergic Medications:** These can impair cognitive function and include certain antihistamines (e.g., diphenhydramine), some antidepressants (e.g., amitriptyline), and bladder medications (e.g., oxybutynin).
- **Benzodiazepines:** Often prescribed for anxiety or sleep issues, these medications (e.g., lorazepam, diazepam) can cause sedation, confusion, and increase the risk of falls.
- **Antipsychotic Medications:** While sometimes prescribed for severe behavioural issues, these can lead to significant side effects and should be used with caution. Examples include risperidone and olanzapine.
- **Opioids:** Pain management medications (e.g., morphine, oxycodone) can lead to confusion, constipation, and sedation, which can be problematic for individuals with dementia.

Explore Non-Pharmacological Alternatives

For certain conditions, consider non-drug interventions that may be effective and safer. This can include:

- **Behavioural therapies** for anxiety or depression.
- **Physical therapy or exercise programs** for pain management or mobility.
- **Cognitive stimulation activities** to help with memory and cognitive function.

Consult Healthcare Professionals

Always consult with a healthcare provider before making any changes to the individual's medication regimen, particularly when considering alternatives or discontinuing medications. This ensures safe management and monitoring.

***Example:** If a medication is causing significant side effects, discuss with the healthcare provider about alternative treatments or dosages.*

Involve Family and Caregivers

Encourage family members and other caregivers to participate in discussions about medications, promoting a collaborative approach to medication management. Families are welcome to attend our Medication and Dementia training workshops, details of the next sessions are available on our S.U. and family website: social-care.org/info.

6. Support Adequate Nutrition and Hydration

Desired Outcome:

Prevent malnutrition and dehydration by ensuring the person is eating and drinking enough.

How to Achieve This:

Offer Easy-to-Eat Finger Foods

Provide small, nutritious finger foods that are easy to handle, such as cut-up fruit, vegetable sticks, cheese cubes, sandwiches, or crackers. Finger foods are particularly helpful if the person has difficulty using utensils.

Use Nutrient-Rich Snacks

Incorporate snacks like nuts, yoghurt, boiled eggs, or sliced deli meats between meals to maintain calorie intake.

Provide Hydrating Drinks

Encourage regular fluid intake by offering water, fruit juices, milk, or smoothies throughout the day. Use spill-proof cups or straws if necessary to make drinking easier.

Monitor Preferences

Offer foods the person enjoys and vary textures if they have difficulty swallowing. Consider soft finger foods like banana slices, soft cheese, or small sandwiches for those with swallowing challenges.

Ensure a Calm Eating Environment

Serve meals in a quiet, relaxed setting with minimal distractions, helping the person focus on eating.

Monitor Weight and Eating Habits

Regularly check the person's weight and food intake to detect early signs of malnutrition or dehydration. Adapt the food and drink options as needed.

7. Improve Sleep Quality

Desired Outcome:

Encourage restful, uninterrupted sleep.

How to Achieve This:

Establish a Consistent Routine

Create a daily schedule that includes regular times for waking, meals, and bedtime. Consistency helps regulate the body's internal clock, promoting better sleep.

Tip: Try to maintain the same sleep schedule on weekends as well to avoid disruptions.

Create a Relaxing Bedtime Routine

Develop calming pre-sleep rituals that signal to the individual that it's time to wind down. Activities can include reading, listening to soothing music, or gentle stretching.

***Example:** A warm bath or shower before bed can help relax the muscles and promote feelings of calmness.*

Control the Sleep Environment

Ensure the bedroom is conducive to sleep by making it comfortable, quiet, and dark. Consider the following adjustments:

- **Lighting:** Use blackout curtains to block outside light and reduce glare from streetlights. Dimming the lights in the evening can also signal that it's time for sleep.
- **Temperature:** Keep the room at a comfortable temperature. A cooler room (around 18–20°C) is generally conducive to sleep.
- **Noise Reduction:** Minimise disruptive sounds by using white noise machines or soft background music. Earplugs can also be helpful if noise is unavoidable.

Limit Naps During the Day

While short naps (20-30 minutes) can be refreshing, long or frequent naps can interfere with nighttime sleep. Encourage daytime activities to promote alertness.

***Tip:** If daytime napping is necessary, try to keep it early in the afternoon.*

Monitor Diet and Hydration

Be mindful of food and drink intake close to bedtime. Avoid large meals, caffeine, and alcohol in the evening, as these can disrupt sleep.

***Tip:** Offer a light snack before bed, such as a small serving of fruit or yoghurt, if they tend to feel hungry at night.*

Promote Daytime Physical Activity

Encourage regular physical activity during the day, which can help reduce anxiety and improve sleep quality.

***Example:** Engage in light exercises like walking, stretching, or chair exercises, tailored to their abilities.*

Manage Symptoms of Discomfort

Address any underlying health issues that could be causing discomfort at night, such as pain, itching, or restless legs.

***Tip:** Consult healthcare professionals to manage these symptoms effectively.*

Limit Screen Time Before Bed

Reduce exposure to screens (TV, tablets, phones) at least one hour before bedtime, as blue light can interfere with the production of melatonin, the sleep hormone.

***Tip:** Encourage reading a book or listening to audiobooks instead of watching TV.*

Consider Sleep Aids Cautiously

If sleep problems persist, consult healthcare professionals about appropriate sleep aids. Some medications may not be suitable for individuals with dementia, so a thorough evaluation is necessary.

***Example:** Melatonin supplements may be discussed with a doctor for potential use in promoting sleep.*

Monitor for Sundowning

Individuals with dementia may experience increased confusion and agitation in the late afternoon or evening, known as sundowning.

***Tip:** Create a calming environment during this time, perhaps with dim lighting and soft music, and engage in relaxing activities to help soothe them.*

Be Patient and Flexible

Understand that changes in sleep patterns are common in individuals with dementia. Be patient and willing to adjust routines as needed, recognising that some nights may be better than others.

8. Enhance Emotional Well-being

Desired Outcome:

Foster a positive mood and reduce anxiety or depression.

How to Achieve This:

- Encourage social interaction, even if brief, with friends or family members.
- Provide meaningful activities that bring joy (hobbies, music, pet therapy).
- Consider counselling, support groups, or medication if emotional distress is severe.

9. Strengthen Family and Social Support

Desired Outcome:

Ensure the person feels connected and supported, and caregivers are not overwhelmed.

How to Achieve This:

- Facilitate regular communication or visits with family and friends.
- Encourage participation in community or dementia-friendly groups.
- Provide respite care options or access to support services for caregivers.

10. Promote Safety at Home and in Daily Activities

Desired Outcome:

Minimise the risk of accidents and help the person navigate the home safely and independently.

How to Achieve This:

Improve Lighting

Ensure all areas of the home, especially hallways, bathrooms, and the kitchen, are well-lit. Use night lights or motion-sensor lighting to help the person safely find their way during the evening and night, reducing the risk of falls or disorientation.

Make the Toilet Easily Accessible

Keep the path to the toilet clear, and ensure the bathroom door is easy to identify. Consider using brightly coloured or contrasting toilet seats to make them more visible. Place signs or visual cues on doors to help with orientation.

Simplify Kitchen Navigation

Arrange frequently used items in the kitchen in clear view and within easy reach. Use labels or pictures on cupboards to help the person find things more easily. Avoid cluttered surfaces and keep sharp objects stored away for safety.

Remove Home Hazards

Eliminate loose rugs, cords, or clutter that may cause tripping. Install grab bars in high-risk areas like the bathroom and near staircases.

Support Safe Wandering

If wandering is a concern, consider installing door alarms or locks and ensure that any outdoor spaces, such as gardens, are safely enclosed.

11. Establish Legal and Medical Directives

Desired Outcome:

Ensure the person's wishes regarding medical, financial, and end-of-life care are respected and legally documented.

How to Achieve This:

Power of Attorney

Discuss the need for Lasting Power of Attorney (LPA), allowing a trusted person to make decisions on the person's behalf if they lose the capacity to do so. There are two types to consider:

- LPA for Health and Welfare: This covers decisions about medical care, daily routine, and living arrangements.
- LPA for Property and Financial Affairs: This covers managing finances, paying bills, and selling property if needed.

Living Will (Advance Statement)

Encourage the person to create a Living Will or Advance Statement, which outlines their preferences for care, such as where they would like to live and their desires around comfort and quality of life. This document is not legally binding but provides guidance to caregivers and medical professionals.

Advance Decisions (Advance Directives)

Discuss Advance Decisions, a legally binding document that specifies medical treatments the person wishes to refuse in the future, such as resuscitation, life support, or certain medications, in case they are unable to make decisions later.

Resuscitation Options (DNACPR)

Explore the person's wishes regarding resuscitation, specifically a Do Not Attempt Cardiopulmonary Resuscitation (DNACPR) order. This ensures medical professionals follow the

person's wishes about being resuscitated in the event of cardiac arrest. Ensure this is clearly communicated to all healthcare providers.

Review and Update Documents

Regularly review these legal documents with the person and their family, ensuring they reflect their current wishes. Update documents if circumstances or preferences change.

12. Access Support Groups and Organisations

Desired Outcome:

Ensure the person with dementia and their caregivers receive emotional, practical, and community support to enhance well-being and reduce isolation.

How to Achieve This:

- **Alzheimer Scotland:** Reach out to Alzheimer Scotland, which provides a wide range of support services, including dementia advisors, support groups, and day centres in Edinburgh. They offer activities and social programmes for both individuals with dementia and their carers. Their 24-hour Dementia Helpline (0808 808 3000) is available for advice and information.
- **Edinburgh Carers Council:** This organisation provides advocacy, support, and counselling for carers of people with mental health conditions, including dementia. They help caregivers access practical resources and emotional support.
- **Dementia Friendly Edinburgh:** Explore activities and services offered by Dementia Friendly Edinburgh, which works to create dementia-friendly communities. They provide memory cafés, social events, and accessible spaces to ensure people with dementia can remain active members of their community.
- **LifeCare Edinburgh:** This charity offers specialised day care services, home care support, and social activities for older people, including those with dementia. Their Memory Lane

Club helps stimulate cognitive function and offers a safe environment for social interaction.

- **The Eric Liddell Centre:** Located in Edinburgh, this centre provides care services, including dementia day care, support groups, and activities designed to improve the quality of life for people living with dementia and their families.
- **Age Scotland:** Age Scotland offers resources and a free helpline (0800 12 44 222) for older adults, including those with dementia. They can provide information about local services, financial help, and dementia support groups.
- **Local Dementia Cafés:** Attend local dementia cafés in Edinburgh, which provide a safe space for people with dementia and their carers to meet others, share experiences, and enjoy social activities. These cafés are often organised by Alzheimer Scotland or other local dementia-friendly groups.
- **Edinburgh City Council Dementia Services:** The council provides access to social work services, respite care, and dementia-specific support through local health and social care partnerships.
- **Social Care Alba's Website:** Specifically for service users and their families, our website has more information, events and training courses open to those we support:
social-care.org/info

By connecting with these support groups and organisations, both the person with dementia and their caregivers can access vital resources, reducing feelings of isolation and ensuring practical help and community engagement.

13. Sensory Stimulation

Desired Outcome:

Enhance quality of life and reduce anxiety through sensory-based activities.

How to Achieve This:

Create a Sensory Environment

Design a space that stimulates the senses through various means, such as textures, colours, scents, and sounds. Include items like soft fabrics, colourful artwork, and calming scents to promote relaxation and engagement.

Engage in Sensory Activities

Incorporate activities that stimulate the senses, such as:

- **Touch:** Provide items with different textures (e.g., soft toys, rough fabrics) for tactile stimulation.
- **Sight:** Use colourful objects or visual aids to attract attention and encourage interaction.
- **Sound:** Play calming music or nature sounds, or use instruments for auditory stimulation.
- **Taste and Smell:** Introduce familiar foods or scents that evoke positive memories.

Utilise Online Resources

Access online guidance and resources for sensory stimulation activities designed specifically for people with dementia. Some helpful websites include:

- **Alzheimer's Society:** Offers a range of sensory activity ideas and resources for caregivers. [alzheimers.org.uk](https://www.alzheimers.org.uk). Search for "sensory activities" in their resource library for tailored suggestions.

- **Dementia UK:** Provides insights and tips on engaging individuals with dementia through sensory activities: dementiauk.org. Look for their information on engaging activities to enhance sensory experiences.
- **The National Institute for Health and Care Excellence (NICE):** Offers guidance on dementia care, including sensory stimulation approaches. nice.org.uk. Search for dementia-related guidelines that include sensory engagement strategies.

14. Exercise and Mobility Support

Desired Outcome:

Maintain physical strength and mobility, preventing falls and promoting overall well-being.

How to Achieve This:

Encourage Regular Physical Activity

Promote regular exercise tailored to the individual's abilities and preferences. Simple activities, such as walking, stretching, or chair exercises, can help maintain mobility and overall health.

Engage Healthcare Professionals

Consult with healthcare professionals to develop a personalised exercise plan and address any mobility concerns. In Edinburgh, you can access the following services:

Physiotherapy Services

- **NHS Lothian Physiotherapy:** nhslothian.scot.nhs.uk / 0131 537 9000 (NHS Lothian switchboard) and ask for Physiotherapy Services. They provide assessment and treatment for mobility issues, helping individuals improve their strength and coordination.

Occupational Therapy Services:

- **NHS Lothian Occupational Therapy:** nhslothian.scot.nhs.uk / 0131 537 9000 (NHS Lothian switchboard) and request Occupational Therapy. Occupational therapists can

assess the individual's needs and recommend adaptations to their environment to enhance safety and independence.

Private Occupational Therapy Services:

- **Caring for People Ltd:** caringforpeople.co.uk / 0131 228 0950 - They offer private occupational therapy assessments and support tailored to individual needs.

15. Cultural and Personal Preferences

Desired Outcome:

Ensure that the care provided respects the person's individual culture, values, and preferences.

How to Achieve This:

- Include activities, food, and conversations that align with the person's cultural background and personal interests.
- CookeryHQ.com offers a wide range of culturally diverse meals to try.

Respect Religious Practices

Ensure that the individual's spiritual or religious needs are met. Connect with local religious organisations to facilitate access to spiritual support:

- **Edinburgh Interfaith Association**
They promote interfaith dialogue and can connect you with various religious communities:
edinburghinterfaith.com / 0131 561 8990
- **Church of Scotland**
They provide pastoral care and support for individuals and families, regardless of denomination: churchofscotland.org.uk / 0131 225 5722

- **Edinburgh Central Mosque**
Offers support for Muslim individuals and families, including spiritual guidance and community events: edinburghmosque.org.uk / 0131 556 2341
- **St. Mary's Cathedral (Roman Catholic)**
Provides sacramental and pastoral care for Catholic individuals, including Mass services and confessions: smaryscathedral.co.uk / 0131 556 2988

16. Pain Management

Desired Outcome:

Ensure that the person is comfortable and free from pain.

How to Achieve This:

Regular Pain Assessment

Monitor for signs of pain or discomfort, as individuals with dementia may have difficulty communicating pain verbally. Use pain assessment tools designed for non-verbal patients to better understand their needs.

Consult Healthcare Professionals

Engage with healthcare providers who specialise in pain management to develop an effective pain relief plan. In Edinburgh, you can contact:

- **NHS Lothian Pain Management Service:** nhslothian.scot.nhs.uk / 0131 537 9000 (NHS Lothian switchboard) and ask for the Pain Management Service. This service provides multidisciplinary assessment and management of chronic pain.
- **Lothian Palliative Care Service:** nhslothian.scot.nhs.uk / 0131 537 9000 - This service provides expert advice on managing pain and other symptoms for individuals with serious illnesses.

Pharmacists

Speak with a local pharmacist for advice on over-the-counter pain relief options and guidance on medication management. Some community pharmacies offer medication reviews and consultations. Find a pharmacy near you:

- **NHS Pharmacy Services:** nhslothian.scot.nhs.uk/pharmacy / 0131 536 1616 (for NHS Lothian pharmacy information)

Alternative Therapies

Consider exploring alternative therapies such as acupuncture, physiotherapy, or massage therapy to help alleviate pain. You can find practitioners in Edinburgh through:

- **Edinburgh Complementary Therapy Network:** ectn.co.uk. Use the website's directory to find qualified therapists in your area.

Occupational Therapy Services

Occupational therapists can help assess pain triggers and recommend adaptive techniques and tools for daily living. In Edinburgh, you can contact:

- **NHS Lothian Occupational Therapy:** nhslothian.scot.nhs.uk / 0131 537 9000 (NHS Lothian switchboard). They can provide assessments and recommend modifications to enhance comfort and reduce pain.

Educational Resources:

Access resources and information about pain management through organisations such as:

- **Pain Concern:** painconcern.org.uk / 0300 123 0789 - This charity provides information, support, and education about pain management for individuals and caregivers.

17. Financial Planning

Desired Outcome:

Ensure the person's finances are well-managed and that they are financially protected as their condition progresses.

How to Achieve This:

- Collaborate with a financial advisor to put plans in place for managing finances, such as ensuring bills are paid on time and safeguarding assets.
- Ensure that Power of Attorney for Property and Financial Affairs is in place early to prevent future complications.

18. End-of-Life Care Planning

Desired Outcome:

Provide dignity and comfort at the end of life, respecting the person's wishes.

How to Achieve This:

Discuss Palliative Care Options

Engage in conversations about palliative care services available in Edinburgh. These services focus on providing relief from symptoms and improving the quality of life for individuals with serious illnesses. For assistance and resources, contact:

- **NHS Lothian Palliative Care Team:** nhslothian.scot.nhs.uk / 0131 537 9000 (NHS Lothian switchboard) and ask for the Palliative Care Team

Access Hospice Services

Explore local hospice services that provide comprehensive end-of-life care, including emotional and spiritual support for both the individual and their family. In Edinburgh, you can contact:

- **Marie Curie Edinburgh:** mariecurie.org.uk / 0131 446 4000 - They offer care at home and in their hospice, along with support for families.
- **St Columba's Hospice:** stcolumbushospice.org.uk / 0131 551 1380 - Provides in-patient, day care, and home care services, focusing on holistic support for individuals and families.

Engage with Social Work Services

For assistance in planning end-of-life care and accessing support services, connect with local social work services. In Edinburgh, you can contact:

- **Edinburgh City Council Social Work Services:** edinburgh.gov.uk / 0131 529 5555. They can provide information about available support and assist with care planning.

Consult Advance Care Planning Resources

Discuss advance care planning, including creating advance decisions (advance directives) and DNACPR orders. For guidance on creating these documents, consult:

Scottish Government Resources

This site provides information on advance care planning in Scotland, including downloadable templates and guidance: gov.scot

Local Support Groups

Join support groups for families and caregivers navigating end-of-life care, where you can share experiences and gain emotional support. Local organisations, such as **Hospice UK**, may have resources and connections: hospiceuk.org / 020 7520 8200

19. Technology and Assistive Devices

Desired Outcome:

Use technology to enhance safety and independence.

How to Achieve This:

Explore Assistive Technology

Investigate assistive devices such as reminder systems, electronic pill dispensers, or GPS trackers that can help the person manage their daily routines and improve safety. These technologies can provide reminders for medications, appointments, or daily tasks.

Access Local Resources

Contact local organisations in Edinburgh, such as **Crisis Scotland**, which offers technology support and advice for older adults, including those with dementia. They can assist in identifying appropriate devices and adaptations: [crisis.org.uk](https://www.crisis.org.uk) / 0800 028 1111 (helpline)

Edinburgh City Council's Technology Enabled Care

The council provides information on **Technology Enabled Care** services that offer solutions like telecare systems, which monitor safety and health in real-time, ensuring support is available when needed: [edinburgh.gov.uk](https://www.edinburgh.gov.uk) / 0131 529 5555

Local Charities and Support Services

Organisations such as **Alzheimer Scotland** and **Age Scotland** can provide guidance on available technologies and adaptations tailored for individuals with dementia. They may offer workshops or demonstrations on using specific devices effectively.

- [alzscot.org](https://www.alzscot.org) / 0808 808 3000 (24-hour helpline)
- [agescotland.org.uk](https://www.agescotland.org.uk) / 0800 12 44 222

Home Adaptations

Consider working with occupational therapists available through the NHS or private providers who can assess the home environment and recommend adaptations, such as grab bars, ramps, or modified furniture to enhance safety and accessibility. For NHS support, contact:

NHS Lothian Occupational Therapy 0131 537 9000 (NHS Lothian switchboard)

Training and Support

Look for local training sessions or resources that teach caregivers how to use technology effectively, helping both the person with dementia and their caregivers stay connected and supported.

20. Emotional Support for the Caregiver

Desired Outcome:

Ensure caregivers are supported emotionally and physically to prevent burnout.

How to Achieve This:

Seek Support Groups

Connect with local support groups specifically for caregivers of individuals with dementia. These groups provide a safe space for sharing experiences, advice, and emotional support. You can find support groups through **Alzheimer Scotland**: alzscot.org / 0808 808 3000 (24-hour helpline).

They offer a range of support services for caregivers, including local support groups and resources.

Edinburgh Carers Council

This organisation provides advocacy and support for caregivers, helping them access resources and receive emotional support: edinburghcarerscouncil.org / 0131 622 6666

Local NHS Services

The **NHS Lothian** offers support services for caregivers, including mental health resources and counselling. Contact your local GP for referrals to mental health services: [nhslothian.scot.nhs.uk](https://www.nhs.uk) / 0131 537 9000 (NHS Lothian switchboard)

Training and Workshops

Look for local training sessions that focus on caregiver support, stress management, and coping strategies. Organisations like **Carers UK** provide resources and information for caregivers: [carersuk.org](https://www.carersuk.org) / 0808 808 7777 (helpline)

Respite Care Options

Explore respite care services that provide temporary relief for caregivers, allowing them to take breaks and recharge. Local charities, such as **LifeCare Edinburgh**, offer day care and support services for individuals with dementia: [lifecare-edinburgh.org.uk](https://www.lifecare-edinburgh.org.uk) / 0131 343 5362

This approach aligns each area of assessment with specific outcomes, guiding your care efforts towards enhancing the person's quality of life while mitigating risks.