

of Attorney, applying for Guardianship, services for carers, services within the community including home support and daycare and planning for the future. Anyone can drop into the clinics to meet staff and pick up information, we also take referrals from GPs and anyone else working with people who have been diagnosed with dementia.

The clinics, which are located in Kirkintilloch, Bearsden, Milngavie and Bishopbriggs, are co-ordinated by Ceartas and operated by members of the East Dunbartonshire Dementia Network. For information on your nearest clinic, please call us on 0141 775 0433.

Comments: "It helps having other people around who really know what you are talking about."

GP Surgery Outreach

Ceartas also works in partnership with local GP Surgeries to offer support, information and access to advocacy; all of which is provided in the familiar surroundings of the GP surgery.

This work allows people with dementia and their families and carers to raise any concerns or issues they may have, and build an effective working relationship with Ceartas.



(pronounced Kier-tis) is a Gaelic word for equality, fairness and justice.

This is what we wish to achieve and promote as we support and represent individuals in East Dunbartonshire.



Get in Touch...

By Letter
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Ceartas is a company limited by guarantee
No 264199.
Recognised as a charity in Scotland
No SC035269



Our office in Kirintilloch



Concerned About Dementia?

A Guide for Adults in East Dunbartonshire



WHAT IS INDEPENDENT ADVOCACY?

Independent advocacy is a way to help you to make your voice stronger and to have as much control as possible over your own life. We do not make decisions on your behalf and we will not put words in your mouth. We will help you get the information you need to make good choices, and give you the help you need to express yourself clearly.

Our advocacy is independent because we are not financially beholden to the people who provide other types of services. Independent advocacy is there to help you decide what you want to say and then help you to say it. Independent advocates do not work for hospitals, doctors or social work services, and you do not have to pay for advocacy.

Ceartas Advocacy Workers are not qualified in law. If you need legal representation, we will be happy to help you find a lawyer.

Ceartas works with adults (people over the age of 16) in East Dunbartonshire. We treat the following groups as a priority:

- Older people
- People with dementia
- People with mental health issues
- People with learning disabilities
- People with physical disabilities
- People with sensory impairment
- People with acquired brain injury
- People with additional communication needs

WHAT ELSE DO WE OFFER?

Information

Ceartas can help you access information on a range of issues including advice on: dementia, planning for the future, information on relevant legislation or any other community care issues.

Ceartas can also help you with issues that affect older people, for example benefit entitlement or power of attorney. Ceartas can arrange an appropriate time to visit you at your home, or if you prefer we can arrange an office visit.

Comments: "I was most grateful and most impressed with your helpfulness and truly thankful for your assistance. This is such a difficult time and your organisation helped make it all that little bit easier."

De Café

De Café is a social- and information-based group, for people with dementia and their carers. The group provides a relaxed and informal environment where people can discuss the issues they face living with dementia.

De Café meets on the last Friday of the month, from 1:30pm until 3:00pm, at the

Kirkintilloch Baptist Church.

Comments: "Being in an environment where dementia and its effects were openly discussed and acknowledged was therapeutic in itself."

Memory Group

This group, delivered in partnership with the NHS and Alzheimer Scotland, runs over six weeks. It covers topics such as Power of Attorney, Living Well with Dementia, Accessing Support Services and Maintaining Relationships.

People attending the group get the opportunity to meet and share their experiences with others in similar circumstances as well as having access to professional advice about dementia.

Comments: "The programme was useful in providing information that was new, useful and informative."

Dementia Advisory Clinics

There are Dementia Advisory Clinics across East Dunbartonshire; these clinics aim to provide individuals with information, advice and sign posting for personal and professional purposes, on the subject of memory loss and dementia. Staff at the clinics can provide information on various issues including granting Power