

The Birse Bothy

**Day Care at Bonty Court,
Aboyne for people with dementia**

Information Booklet

Contact

The South Aberdeenshire Service Office can be contacted on 01330 824486 and the Birse Bothy can be contacted directly on a Friday on 0770 4206601 (mobile). We ask that you let us know at the earliest opportunity if you do not require day care for whatever reason - respite, illness or holiday, as this helps us to plan transport. We also need to know if someone has had a fall, had any mobility or behaviour changes or has been ill so that we can amend our care plans accordingly.

We hope this information is useful - if there is anything you would like to discuss or need information about, please do not hesitate to get in touch.

Alzheimer Scotland
South Aberdeenshire Service
Dalvenie Gardens Resource Centre
Raemoir Lane
Banchory
AB31 5QY

 **01330 824486**

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Introduction

Alzheimer Scotland – Action on Dementia, in partnership with Aberdeenshire Council, provides day care - The Birse Bothy, at Bonty Court. The day care is held every Friday from 10.00 am – 3.00 pm and six places for people with dementia are available.

Aims of Day Care

- To provide opportunities for social contact in a warm and friendly environment
- To help maintain and restore the person with dementia's sense of self esteem and dignity and have respect for both
- To respond to the individual needs and wishes of the person with dementia
- To provide stimulation for the person with dementia through a range of appropriate activities
- To help the person with dementia maintain and/or regain skills
- To provide a safe, friendly and understanding environment for the person with dementia
- To provide a regular short respite break for the carer
- To provide a meal and refreshments as appropriate
- To continually monitor the changing needs and welfare of the person with dementia and to take appropriate action to meet those needs
- To encourage choice and participation in decision making
- To provide appropriate information and advice to the person with dementia and their carer.

Referral System

Anyone can make a referral to the Birse Bothy. However, we would normally involve a Care Manager in the assessment process to ensure people are offered any other services they need and we would confirm a diagnosis of dementia to ensure all healthcare needs are investigated.

Transport

The catchment area for the Birse Bothy is Aboyne and Upper Deeside. Individual taxi arrangements for service users will usually be made by their Care Manager.

Day Care Team

We have a Day Care Organiser and a Day Care Worker. Each week the Day Care Organiser plans activities for the day - to suit the individual needs of our service users. Having volunteers helps to ensure our service users receive the individual attention they deserve.

Activities

Our activities are aimed to be interesting, failure free and fun. Activities include: reminiscing, baking, going for walks, singing, music, exercises, craft work, quizzes and personal care such as hand massage and nail care. We also encourage our service users to join in with domestic tasks where appropriate, such as laying the tables and drying the dishes.

Charges

Service users will be asked to pay a small charge per day as a contribution towards the cost of day care. This is in line with Aberdeenshire Council's Policy and includes the cost of lunch and snacks.

Services will always be based on your needs and never on your ability to pay. A charge will only be made if the assessable income of the service user is over the income threshold set by the Council, therefore many services users will pay nothing or will only contribute towards part of the cost. Service users will be billed monthly.

Moving on from Day Care

The Birse Bothy may no longer be appropriate for the service user for the following reasons:-

- Service users who enter residential/nursing home care on a permanent basis.
- If the needs of the person with dementia change significantly to the extent that they can not be accommodated by the day care service.
- If the service user presents abusive or threatening behaviour which places staff, volunteers or other service users at risk.
- If the person with dementia does not want to continue with the service.

In such cases, the service user's Care Manager would, where possible, arrange more appropriate services.

Support

In addition to day care, the South Aberdeenshire Service offers a home support service, carer education, carer support groups, younger peoples' group, social carers group, Alzheimer cafe, walking club and a newsletter.

If you are interested, please telephone 01330 824486 .

The Community Dementia Team can arrange packages of care to meet individual need including home care, day care and respite care. If you are interested contact Gordon Lockerbie on 01569 792064.

Comments and Complaints

We welcome your views and ideas on our services, so please contact us and let us know how we can help you and make improvements.

We have a comments and complaints procedure; further details are available from the South Aberdeenshire Service.

24 Hour Freephone Helpline

Alzheimer Scotland - Action on Dementia also runs a 24 hour Freephone Dementia Helpline. You can talk to someone who understands or get information on how to get help by telephoning **0808 808 3000**.