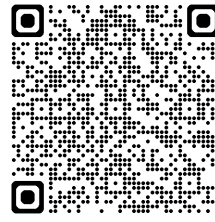


Dementia Resources



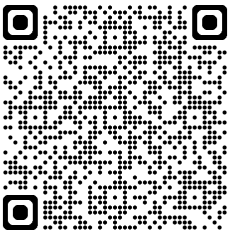
Scotland's Dementia Strategy

[New dementia strategy for Scotland: Everyone's Story - gov.scot \(www.gov.scot\)](http://www.gov.scot)



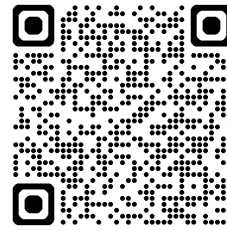
SIGN Guidelines

[Assessment, diagnosis, care and support for people with dementia and their carers \(sign.ac.uk\)](http://sign.ac.uk)



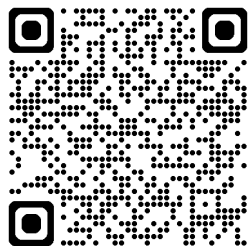
Right Decisions – SIGN Toolkit

[Assessment, diagnosis, care and support for people with dementia and their carers \(SIGN\) | Right Decisions \(scot.nhs.uk\)](http://scot.nhs.uk)



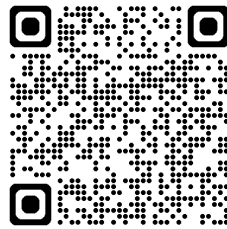
Right Decisions – Living Well with Dementia Toolkit

[Living well with dementia - for everyone | Right Decisions \(scot.nhs.uk\)](http://scot.nhs.uk)



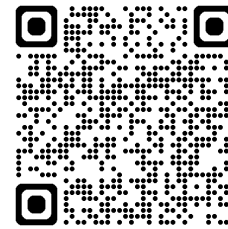
Promoting Excellence Dementia Training

[Dementia | Turas | Learn \(nhs.scot\)](http://nhs.scot)



Brain Health

[Your Brain is Amazing. Let's Keep it That Way. \(brainhealth.scot\)](http://brainhealth.scot)



Alz Scotland Virtual Resource Centre

[Virtual Resource Centre | Alzheimer Scotland \(alzscot.org\)](http://alzscot.org)

AHPs have created a suite of information resources for people with dementia and those who support them:



Social Media: follow us @AHPDementia where the AHPs share daily hints and tips or follow our weekly blog at letstalkaboutdementia.wordpress.com



Self-management AHP resources: 21 resources including practical tips to help with memory, physical activity and tips for talking found at www.alzscot.org/ahpresources



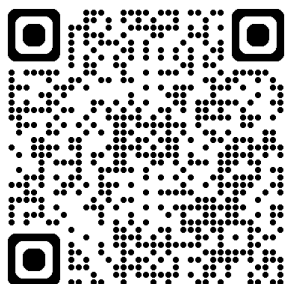
Connecting People, Connecting Support Online: 32 topics of information and resources supporting health promoting activities and occupations www.cpcs.online



AHP Dementia webinars: sharing the work of AHPs in Scotland on topics such as driving, music therapy and brain health www.alzscot.org/ahpwebinars



FND Resources

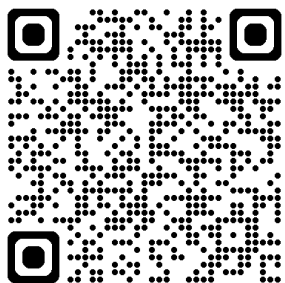


FND Guide

[Functional Neurological Disorder \(FND\) – A Patient's Guide to FND \(neurosymbols.org\)](https://neurosymbols.org)

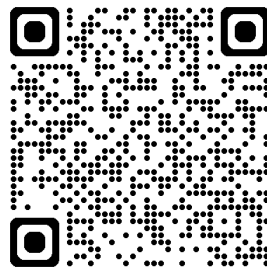


FND App



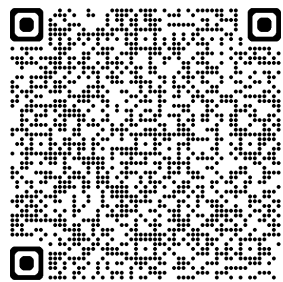
Facebook FND Hope

[Facebook](#)



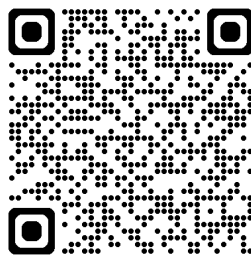
Hoovers Sign Test

[Hoovers Sign \(Neurological\) - Physiopedia \(physio-pedia.com\)](https://physio-pedia.com)



FND Self Help Video Series

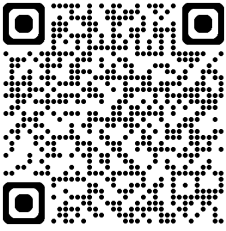
[Functional Neurological Disorder \(FND\) videos : University College London Hospitals NHS Foundation Trust \(uclh.nhs.uk\)](https://uclh.nhs.uk)



Wellbeing Self Help Resources

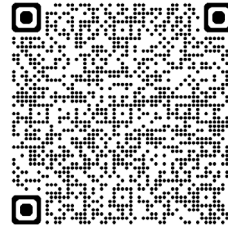
[Welcome to Wellbeing: Mental Health Services in Glasgow \(wellbeing-glasgow.org.uk\)](https://wellbeing-glasgow.org.uk)

BPD Resources



NICE BPD Guideline

[borderline-personality-disorder-recognition-and-management-pdf-975635141317.pdf \(nice.org.uk\)](https://www.nice.org.uk/guidance/CG177)



'Meeting the Challenge – Making a Difference' – a personality disorder practitioner guide

<https://www.dpt.nhs.uk/uploads/attachments/Leaflets/Services/Personality%20disorder/Meeting-The-Challenge-Making-a-Difference-Practitioner-Guide.pdf>



Borderline and Beyond Patient Leaflet

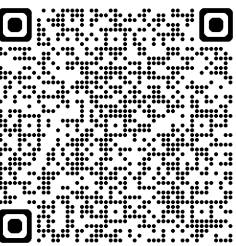
Right Decisions – MyApp: My Mental Health Toolkit – BPD Page

[Borderline Personality Disorder | Right Decisions \(scot.nhs.uk\)](https://www.scot.nhs.uk/rd/borderline-personality-disorder-right-decisions)



Mind – What is BPD

[What is borderline personality disorder \(BPD\)? - Mind](https://www.mind.org.uk/information-support/what-is-borderline-personality-disorder-bpd/)



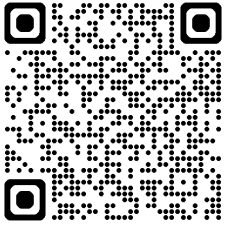
Rethink Mental Illness – BPD factsheet

[Borderline Personality Disorder Explained \(rethink.org\)](https://www.rethink.org/borderline-personality-disorder-explained)

Laura Kerr – Living Within Your Window of Tolerance Booklet

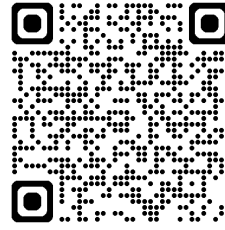
[Kerr_WOT-Guide_English_2023-.pdf \(laurakerr.com\)](https://www.laurakerr.com/living-within-your-window-of-tolerance-guide-english-2023/)

Autism Resources



National Autistic Society – learning and development

[National Autistic Society \(autism.org.uk\)](https://autism.org.uk)



Autistic Space Framework

[Autistic SPACE: a novel framework for meeting the needs of autistic people in healthcare settings | British Journal of Hospital Medicine \(magonlinelibrary.com\)](#)



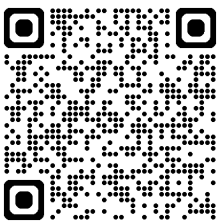
Scottish Autism – Post diagnostic support

[Scottish Autism - Autism Awareness Charity & Services for Children & Adults in Scotland](#)



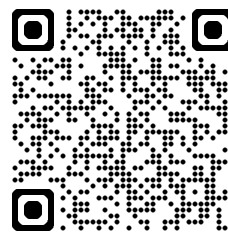
Autism Initiatives – Online post diagnostic support programme

[Autism Initiatives |](#)



Autism in Employment

[Employment | ThirdSpace](#)



[A Guide to Reasonable Adjustments for Autistic Adults.pdf \(happyhealthylives.uk\)](#)

[Autism Hub :: Cheshire and Wirral Partnership NHS Foundation Trust \(cwp.nhs.uk\)](#)

Papers

[Time trends in autism diagnosis over 20 years: a UK population-based cohort study - Russell - 2022 - Journal of Child Psychology and Psychiatry - Wiley Online Library](#)

[Increased rates of chronic physical health conditions across all organ systems in autistic adolescents and adults - PMC \(nih.gov\)](#)

[Dyspraxia and autistic traits in adults with and without autism spectrum conditions - PMC \(nih.gov\)](#)

[Estimating life expectancy and years of life lost for autistic people in the UK: a matched cohort study - The Lancet Regional Health – Europe](#)

[Traumatic life experiences and post-traumatic stress symptoms in middle-aged and older adults with and without autistic traits - PubMed \(nih.gov\)](#)

[Premature mortality in autism spectrum disorder - PubMed \(nih.gov\)](#)

[Autism and autistic traits in those who died by suicide in England | The British Journal of Psychiatry | Cambridge Core](#)

[Risk markers for suicidality in autistic adults | Molecular Autism | Full Text \(biomedcentral.com\)](#)

[Autism: making reasonable adjustments in healthcare | British Journal of Hospital Medicine \(magonlinelibrary.com\)](#)

CAMHS



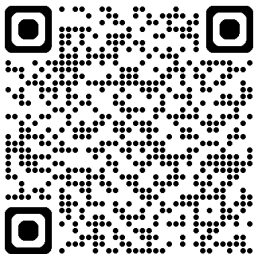
Scottish Ballet



Scottish Ballet Health Programmes

[SB Health - Scottish Ballet](#)

Peer Supervision Sessions



CPMH Peer Supervision

[Peer Supervision - CPMH Website](#)