



**south ayrshire**  
health & social care  
partnership

# Age Well: Dementia Strategy 2024-2034: Glossary



# Dementia glossary

**ADHD** – Attention Deficit Hyperactive Disorder.

**ADP** – Alcohol and Drug Partnership.

**Advanced Statements** - An Advanced Statement is a written statement that outlines how you wish to be cared for and what treatment you would prefer to receive should you ever become mentally unwell.

**ANP** – Advanced Nurse Practitioners.

**Anxiety**- A range of mental and physical states, mainly arising from being consciously worried about the future, or afraid of an actual situation. It's a normal human response to lots of situations, but if it's persistent or out of proportion to the situation, it can be a symptom of poor mental health.

**ARBD** – Alcohol related brain damage.

**Assistive technology** – A wide range of objects or software that can assist in making day to day tasks easier or safer.

**AWI** – Adults with Incapacity. The Adults with Incapacity Act (Scotland) 2000 is the legal framework for safeguarding the welfare, finances and property of an adult who lacks capacity.

**Care Home / Residential Care** – A care home, sometimes referred to as residential care is accommodation that provides 24-hour care to individuals who require around the clock care to support their daily needs. The people who live within residential care require a high level of support that can't be met at home, however do not require 24 hour nursing care.

**Carer** – A carer is a person who supports someone who may need help. This can be a young or adult unpaid carer (family or friend) or a paid carer (employee). They may provide practical support such as cooking or transport, emotional support or personal care supports.

**CBT** – Cognitive behavioural therapy, A type of talking therapy that can help to change negative patterns in how you think, feel, and behave.

**CHLT** – Care Home Liaison Team.

**CHMT/E** – Community Mental Health Team / Elderly.

**CLP** – Community link practitioner.

**Collaborating** – Working jointly with people.

**Communities** – a group of people who live in the same place/region, or a group of people with shared views, or a social group with shared characteristics.

**Consultation** – engaging in work to give and receive advice from people.

**CPA** – Care Programming Approach.

**CPN** – Community psychiatric Nurse.

**CPP** – Community Planning Partnership.

**CST** – Cognitive Stimulation Therapy.

**CTO** – Compulsory Treatment Order.

**Dementia** – Dementia is a group of conditions that may be caused by a range of diseases which affect the brain. The most common types of dementia is Alzheimer’s Disease and other common types are vascular dementia, frontotemporal dementia or dementia associated with Parkinson’s disease.

**Depression** - A condition where you have a continuous low mood and/or a loss of interest and enjoyment in your life.

**Detention** - When someone needs to be detained and treated without their agreement under the Mental Health (care and Treatment) (Scotland) Act 2003, for mental health reasons. Usually happens in emergency situations. This use to be referred to as being sectioned.

**Diagnosis** When a doctor identifies a condition based on signs, symptoms and test results.

**EDC** – Emergency Detention Certificate.

**Episode** - A period during which someone is experiencing poor mental health. Many mental health conditions involve episodes rather than being constant.

**GIRFAN** – Getting It Right for Ayr North.

**GIRFE** – Getting it right for Everyone.

**Interface** – a person or system that interacts with.

**LPP** – Locality Planning Partnerships.

**MAT 7** - medication assisted treatment.

**MDT** – Multidisciplinary Teams.

**Mental Capacity** – Mental capacity, or capacity is the legal definition and test of someone’s ability to make informed decisions. Someone who has been deemed to lack capacity will have some form of impairment that impacts their ability to make informed decisions and provide consent.

**MHO** – Mental Health Officer.

**MHP** – Mental Health Practitioner.

**Mindfulness** A ‘mind-body’ practice that helps people manage their thoughts and feelings. It focuses on paying attention to the present moment. Mindfulness forms the basis of some mental health treatments.

**NearMe** – A secure and convenient way to attend appointments anywhere with a device such as a phone and internet connection.

**Nursing Home** – A nursing home is facility like a care home that has qualified nurses present 24/7 to provide on going care to people who require 24 hour care.

**PB** – Participatory Budget, process in which citizens decide which local groups/projects should receive funds to support their initiative.

**PDS** – Post Diagnosis Support.

**PLT** – Psychiatric liaison team.

**POA** – Power of Attorney.

**Primary Care** – Many times this is the first point of contact for patient's seeking healthcare service, i.e GP's & MHP's.

**Psychiatrist** A medical doctor who specialises in the diagnosis, treatment and prevention of mental health conditions.

**Qualitative** – Collecting and analysing nonnumeric data such as language.

**Quantitative** – Collecting and analysing numeric data.

**Resilience** – The ability to cope with and recover from setbacks.

**Respite** – Respite means taking a break from caring while the person who is cared for is looked after by someone else. This can be offered in a range of different ways such as the person who is cared for attending day care, sitting services in the house to allow the carer for go out for a few hours or short breaks in a care home.

**RMO** – Responsible Medical Officer.

**SAHSCP/HSCP** – South Ayrshire Health and Social Care Partnership.

**SDM** – Supportive decision making.

**Secondary Care** – services that are accessed by referrals from Primary Care Services.

**Self-help** - This can be a 'light-touch' self-guided treatment prescribed by your doctor. Or it can refer to a more general self-guided approach to looking after your mental wellbeing day-to-day.

**SSRI** - Selective serotonin reuptake inhibitors (Anti-depressants).

**Stakeholders** - people/businesses that support is needed to provide mental health services.

**START** - South Ayrshire Treatment and Recovery Team.

**STDC** – Short Term Detention Certificate.

**Stress** - How you feel and respond when life puts you under a lot of pressure.

**Trauma** - An extremely upsetting, stressful or threatening situation.

**Treatment** - Something that aims to reduce or remove the symptoms of a mental health condition.

**VASA** – Voluntary Action South Ayrshire.