Alzheimer Scotland
Action on Dementia

Prevent.
Care.
Cure.

Time For You

A welcoming day offering personalised therapeutic activity and support for people living with memory difficulties, dementia or mild cognitive impairment.

Time For You is a safe, supportive space where people can enjoy group activities, connect with others, and feel a sense of purpose and enjoyment. At the same time, family carers can take a well-deserved break, knowing their loved one is supported by our experienced team.

Small, personalised groups

Sessions are designed for small groups of up to 10 participants, allowing for a highly personalised approach

Why not sign up for a free taster session?

What to expect

Each 4-hour session includes:

- A warm welcome and orientation
- Morning activity (examples: music, crafts, reminiscence)
- Refreshments and shared lunch
- Afternoon activity (examples: movement, art, games)
- Relaxation and reflection time

Therapeutic themes we explore

- Movement
- Eat Well
- Stay Connected
- Nature & Wellbeing
- Rest & Relax

Why families choose Time For You

Personalised support in a safe, welcoming environment

- Small group size for meaningful connection
- Evidence-based approach using **Cognitive Stimulation Therapy (CST)**, proven to support thinking, memory, communication, and wellbeing
- Sessions designed to be enjoyable, therapeutic, and tailored to individual needs

"Willie loved his Time For You Day! Alzheimer Scotland is providing an invaluable service for both of us – it lets me meet up with friends, go for lunch or have some quiet time to myself knowing my husband is in safe hands and enjoying himself. Those four hours give me the opportunity to switch off for a time. We're greatly appreciative what this service provides – thank you. Clare"

Time For You is a paid-for service – please contact us for current pricing and availability.

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