 

**EXAMPLE LETTER**

**We’ve created an example letter to give you some inspiration if you want to contact your Local Councillor, Member of Scottish Parliament, or Member of Parliament about making your community more age and dementia friendly.**

**You can edit this template to make it relevant to your local community.**

**If you’d like help finding out who your local representative is, please get in touch with us and we’ll help you find the right contact details.**

Dear [Insert Councilor’s name]

Our community should be a safe and inclusive environment for everyone, including older people and people living with dementia. Everyone should be able to interact and connect with others, access services in their local area and be able to live their life as independently as possible.

Too often, things which might appear seemingly inconsequential or not an urgent priority such as broken street lights, uncollected bins, damaged bus stops, closed public toilets, worn or missing street signs have a significant impact on the quality of life for older people and those living with dementia.

The result can lead to increased loneliness and isolation, reduced mobility and poorer health. Making sure local communities are age and dementia friendly benefits everyone and can raise the quality of life of all residents. Many of the things which would help achieve this are simple.

Age Scotland’s Age and Dementia Aware Toolkit has offered useful examples of what makes a community inclusive and I’m writing to you because we need to make changes in order to make [insert local council area/town/community name] more age and dementia friendly.

Here are a list of improvements that should be made as a matter of urgency:

* Insert issue you wish to raise. Try to be specific as possible in terms of the location of the problem you want to solve.
* e.g. poor pavement surface,
* e.g. broken lighting,
* e.g. lack of street signs,
* e.g. lack of public toilets

I would be grateful to learn how you intend to take these issues forward, and what other plans the council has in place to make [insert local council area name] more age and dementia friendly.

I look forward to hearing from you, and am contactable at [insert preferred contact method such as email, phone, or postal address].

Yours sincerely,

**What do you think?**

We want to know what you think of our age and dementia aware communities toolkit.

* Have you played the game?
* Have you sent a letter to your local council or MSP?
* Have you used the checklist?

If the answer is **YES** to any of these questions, please get in touch and tell us about your experience:

**Telephone:** **0333 323 2400** and ask to speak to a member of the Early Stage Dementia Team

**or**

**Email:** ESDTeam@agescotland.org.uk

 