

<p>Còmhradh Nàiseanta air Ro-innleachd Ùr Seargadh-inntinn</p> <p>Freagairt Bhòrd na Gàidhlig</p> <p>05 Dùbhlachd 2022</p>	<p>A National Conversation on a New Dementia Strategy</p> <p>Bòrd na Gàidhlig Response</p> <p>05 December 2022</p>
<p>Tha Bòrd na Gàidhlig a’ cur fàilte air a’ chothrom freagairt a thoirt don cho-chomhairleachadh seo. ’S e Bòrd na Gàidhlig a’ phrìomh bhuidheann phoblach ann an Alba le uallach airson leasachadh na Gàidhlig a chur air adhart, a’ gabhail a-steach comhairle a thoirt do Mhinistearan na h-Alba air cùisean Gàidhlig. ’S e ar n-amas gum faicear is gun cluinnear a’ Ghàidhlig gu làitheil air feadh na h-Alba, air dhòigh 's gun tèid aithneachadh gu farsaing gu bheil i aig cridhe beatha na h-Alba agus na stòras cultarach is eaconamach.</p> <p>’S e amas a’ Phlana Cànain Nàiseanta Ghàidhlig 2018-23 gun tèid “a’ Ghàidhlig a chleachdadh nas trice, le barrachd dhaoine agus ann an raon nas fharsaing de shuidheachaidhean”. Bheirear seo gu buil le bhith a’ fòcasadh air:</p> <ul style="list-style-type: none"> ● Cur am meud cleachdadh na Gàidhlig. ● Cur am meud ionnsachadh na Gàidhlig. ● Cur air adhart deagh ìomhaigh den Ghàidhlig. <p>Tha Gàidhlig ga bruidhinn air feadh na h-Alba. Tha mu 50% de luchd-labhairt na Gàidhlig a’ fuireach air a’ Ghàidhealtachd agus sna h-Eileanan, agus càch air feadh Alba air fad. A rèir Cunntas-sluaigh 2011, bha sgilean Gàidhlig aig 87,100 duine (mu 1.7% den àireamh-shluaigh), agus 57,600 dhiubh dham b’ urrainn Gàidhlig a bhruidhinn.</p> <p>Tha iarrtas airson cànan is cultar na Gàidhlig a’ sìor-fhàs agus airson nam buannachdan foghlaim, eaconomaigeach is sòisealta a thèid còmhla.</p> <p>Tha an t-iarrtas airson Gàidhlig ionnsachadh follaiseach san àrdachadh mhòr de dhaoine a tha a’ gabhail ris an app/làrach-lìn ionnsachadh cànain Duolingo air a bheil ceudan de mhìltean de dhaoine</p>	<p>Bòrd na Gàidhlig welcome the opportunity to respond to this consultation. It is the principal public body in Scotland responsible for promoting Gaelic development, including providing advice to Scottish Ministers on Gaelic issues. Our aim is that Gaelic is seen and heard on a daily basis across Scotland, such that it is widely recognised as an integral part of Scottish life and a national cultural and economic asset.</p> <p>The aim of the National Gaelic Language Plan 2018-23 is “that Gaelic is used more often, by more people and in a wider range of situations”. This will be achieved by focusing on:</p> <ul style="list-style-type: none"> ● Increasing the use of Gaelic. ● Increasing the learning of Gaelic. ● Promoting a positive image of Gaelic. <p>Gaelic is spoken across Scotland. About 50% of Gaelic speakers live in the Highlands and Islands with the remainder in the rest of Scotland. At the 2011 Census 87,100 people in Scotland had Gaelic skills (around 1.7% of the population), of which 57,600 were Gaelic speakers.</p> <p>There is a growing demand for Gaelic language and culture with related educational, economic, and social benefits.</p> <p>The demand for learning Gaelic is evident in the huge uptake for the Duolingo language learning app/website which has hundreds of thousands of people learning Gaelic in</p>

ag ionnsachadh na Gàidhlig ann an Alba agus air feadh na cruinne. Tha cur air bhog SpeakGaelic san t-Sultain 2021 cuideachd air chur gu mòr ri goireasan do dh'inbhich a tha airson a dhol an sàs sa Ghàidhlig agus an cànan ionnsachadh.

Fhuair Suirbhidh Beachdan Sòisealta na h-Alba 2021: Beachdan Pobail na h-Alba air a' Ghàidhlig", an coimeas ri 2012,

- Gu bheil a' cho-chuid a tha ag ràdh gun urrainn dhaibh co-dhiù corra fhacal Gàidhlig a bhruidhinn air dùblachadh bho 15% gu 30%.
- Gu bheil a' cho-chuid a tha ag ràdh gun tuig iad co-dhiù beagan Gàidhlig air a dhol am meud bho 25% gu 41%.

A bharrachd air sin, tha 79% de dhaoine a' smaointinn gu bheil a' Ghàidhlig an dàrna cuid cudromach no glè chudromach do dhualchas cultarach na h-Alba.

Mar thoradh air na puingeann a dh'ainmicheadh gu h-àrd, agus na puingeann a leanas, bu chòir dhan Ro-innleachd Ùr Seargadh-inntinn luaidhean sònraichte air a' Ghàidhlig a ghabhail a-steach.

Thathar ag aithneachadh sa chumantas gum faod luchd-labhairt dùthchasach cànan a dhol air ais gu ìre mhòr no uile gu lèir dhan chànan mhàthaireil aca nuair a thig seargadh-inntinn orra an toiseach. Dh'fhaodadh gun cuir iad faclan den aon chiall ann an cànan as aithne dhaibh nas fheàrr an àite faclan (mar eisimpleir, sa Bheurla).

Ann an cuid de shuidheachaidhean, 's e Gàidhlig a bhios ann agus dh'fhaodadh gun toir seo fìor dhroch bhuaidh air daoine an uair sin mura h-eil Gàidhlig ga bruidhinn leis a' mhòr-chuid de dhaoine mun cuairt orra.

Tha cànan na phàirt bhunaiteach de bhith daonna. Mura h-eil ach beagan dhaoine no mura h-eil duine sam bith mun cuairt ort a' tuigsinn a' chànan a tha air fhàgail agad, dh'fhaodadh seo aonaranachd, breisleach, sàrachadh, no trom-inntinn adhbharachadh. Chan urrainn dhut rudan sìmplidh innse do dhaoine mar dè bu toigh leat ithe no dèanamh (m.e. dol a-mach air cuairt) agus, a cheart

Scotland and across the globe. The launch of SpeakGaelic in September 2021 has also greatly contributed to resources for adults who want to engage with and learn the language.

The "Scottish Social Attitudes Survey 2021: Public Attitudes to Gaelic in Scotland" found that since 2012:

- The proportion who say they can speak at least the odd word of Gaelic has doubled from 15% to 30%.
- The proportion who say they can understand at least a little Gaelic has increased from 25% to 41%.

Further, 79% of people think Gaelic is either very or fairly important to Scotland's cultural heritage.

Given the above, and the points we set out below, the new Dementia Strategy should include specific references to Gaelic.

It is generally recognised that native language speakers can revert largely or wholly to their mother tongue upon the onset of dementia. They may replace words (say, in English) with the equivalent in a language more familiar to them.

In some cases, this will be Gaelic and people can then face severe negative impacts if Gaelic is not spoken by most people around them.

Language is a fundamental part of being human. If few people or no-one around you understands your remaining language this can lead to isolation, loneliness, confusion, frustration, or depression. You are unable to tell people simple things like what you'd like to eat or do (e.g., go for a walk) and, just as importantly, share your thoughts and feelings.

cho cudromach, do smuaintean is faireachaidhean a chur an cèill.

Thathar ag aithneachadh sa chumantas gum faod a' chomas bruidhinn anns a' chànan thaghte aig daoine (m.e., Gàidhlig) a' cur gu mòr ri sunnd aig amannan tinneis no iomagain. Tha e cuideachd a' dèanamh cinnteach à co-ionannachd làimhseachaidh.

Tha an fhaotainneachd a th' ann de chothroman bruidhinn anns a' Ghàidhlig na eisimpleir soilleir de na tha an co-chomhairleachadh ag ràdh na "dh'fheumas sinn uile a dhèanamh còmhla gus dèanamh cinnteach gun tèid taic a chumail ri daoine le seargadh-inntinn agus an teaghlaichean/luchd-cùraim beatha math a bhith aca, ann an dòigh a fhreagras orra fhèin" (le cuideam). Bu chòir fa-near a thoirt dha seo anns a' Phlana ùr.

Tha Bòrd na Gàidhlig air taic ionmhais a thoirt dha na trì phròiseactean a leanas. Tha iad seo air Gàidhlig agus na h-ealain gus taic a chumail riuthasan le seargadh-inntinn/Alzheimer's no aire a thoirt air na cùisean.

a. Nuair a Bhuaileas Saoghalan air a' Chèile

B' e bùth-obrach stèidhichte air taisbeanadh a bh' ann an seo air seargadh-inntinn agus dà-chànanas a ghabh àite aig Oilthigh Shrath Chluaidh. B' e am prìomh amas a bhith a' comharrachadh dè cho buntainneach 's a tha co-theacsa Gàidhlig an deilbh-cluiche ri prìomhachasan rannsachaidh eadar-nàiseanta ann an slàinte is sunnd (m.e. dementia) cho math ri cultar.

Tha "Five to Midnight" a' coimhead air neach-labhairt dùthchasach na Gàidhlig a tha a cuid Bheurla a' tòiseachadh air lagachadh mar a thig seargadh-inntinn oirre. Tha e a' fàs nas duilghe dhan duine aice conaltradh ris a bhean mar a thilleas i dhan àm a dh'fhalbh agus gu cànan nach eil aige fhèin.

Chaidh sreath de chùisean a thogail leis an taisbeanadh. Bha iad seo a' gabhail a-steach cànan agus seargadh-inntinn, solar cùraim stèidhichte air cànan, agus cuimhne is dearbh-aithne.

It is also generally recognised that being able to converse in one's chosen language (e.g., Gaelic) can be a great contributor to wellbeing at times of illness or distress. It also ensures equality of treatment.

The availability of opportunities to converse in Gaelic is a clear example of what the consultation states as "what we all need to do together to ensure people living with dementia and their families/carers can be supported to live well, *in a way that suits them*" (emphasis added). This should be acknowledged in the new strategy.

Bòrd na Gàidhlig have financially supported the following three projects. These have used the Gaelic language and arts to support those with dementia/Alzheimer's or raise awareness of the issues.

a. When Worlds Collide

This was a performance led workshop on dementia and bilingualism which took place at Strathclyde University. The key aim was to highlight the relevance of the play's Gaelic context to international research priorities in the areas of health and well-being (i.e., dementia) as well as culture.

"Five to Midnight" centres on a native Gaelic speaker whose English begins to fade as she develops dementia. Her husband increasingly finds himself not being able to communicate with his wife as she retreats into the past and a language which he does not speak.

A range of issues were raised by the performance. They included language and dementia, language-based care provision, and memory and identity.

Bha am bùth-obrach ùr-ghnàthach le bhith a' cleachdadh nan ealan gus aire a thoirt air fìorachd seargadh-inntinn a thaobh cànanain cho math ri taic èifeachdach a thoirt seachad dhaibhsan leis an tinneas cho math ris an luchd-cùraim aca.

b. Lingo Flamingo

'S e amas na sgoile-cànain seo sunnd adhartachadh, slàinte cognatach a leasachadh agus comas a thoirt do dh'ionnsachadh fad-bheatha. An lùib a' phròiseict bha dreach Ghàidhlig a dhèanamh den dòigh-ionnsachaidh a dh'fheuch iad agus a chur iad gu deuchainn. B' e an t-amas am prògram a sgaoileadh gu taighean-cùraim, ionadan latha agus buidhnean seargadh-inntinn air feadh Glaschu.

c. Còmhradhean Gàidhlig

Tha am pròiseact seo air a ruith le Alzheimer's Scotland. Tha e air taic a chumail ri daoine le seargadh-inntinn san Eilean Sgitheanach le bhith a' dol còmhla ri sgoil gus còmhradh agus seiseanan òrain a ruith, le sgoilearan a' gabhail pàirt anns na seiseanan cuideachd.

Tha luchd-labhairt na Gàidhlig air tighinn ann gu bhioraileach bho thaighean-cùraim agus ionadan latha anns an Eilean Sgitheanach agus Loch Aillse, Loch Abar agus Innse Gall. Tha luchd-obrach bho Alzheimer Scotland aig bheil Gàidhlig air na seiseanan a fhrithealadh cuideachd.

Tha na seiseanan air an dèanamh comasach le luchd-labhairt na Gàidhlig san sgìre, a' gabhail a-steach luchd-ciùil agus daoine às a' choimhearsnachd. Tha ceòl agus òrain gan cleachdadh gus cuimhneachaidhean a thogail agus còmhradhean a chumail eadar an luchd-èisteachd.

Tha am pròiseact ag amas air na seiseanan Buidhnean Gàidhlig a bhith rim faotainn air an Ionad Bhiortail Goireasan Dementia aca agus am fosgladh do luchd-labhairt na Gàidhlig thar na dùthcha.

Tha na seiseanan fosgailte cuideachd do luchd-labhairt aig nach eil a' Ghàidhlig. Bidh sin a' toirt misneachd do bharrachd dhaoine ùidh a ghabhail sa chànan agus luchd-labhairt na Gàidhlig agus aig nach eil a' Ghàidhlig a thoirt còmhla.

The workshop was innovative through using the arts to raise awareness about the language-based realities of dementia as well as providing effective support for those living with the condition as well as their carers.

b. Lingo Flamingo

This language school's mission is to promote well-being, improve cognitive health and enable life-long learning. The project involved creating a Gaelic version of their tried and tested learning method. The aim was to roll the programme out to care homes, day centres and dementia groups across Glasgow.

c. Gaelic Conversations

This project is run by Alzheimer's Scotland. It has supported people in Skye with dementia by linking up with a school to run conversation and song sessions, with school pupils also participating in the sessions.

Gaelic speakers have also joined in virtually from care homes and day care centres in Skye and Lochalsh, Lochaber and the Outer Hebrides. Staff members from Alzheimer Scotland who have some Gaelic have also attended the sessions.

The sessions are facilitated by local Gaelic speakers, including musicians and community figures. Music and song is used to prompt reminiscence and keep the attendees talking.

The project aims to make the Gaelic Groups sessions available on their Virtual Dementia Resource Centre and open them up to Gaelic speakers nationwide.

The sessions have also been opened to non-Gaelic speakers. That will encourage more people to take an interest in the language and bring Gaelic speakers and non-Gaelic speakers together.

Chaidh obair an luchd-eagrachaidh aithneachadh aig Duaisean Gàidhlig na h-Alba 2021 far an do bhuannaich iad Duais na Coimhearsnachd.

Tha cuid de na buannachdan dhaibhsan a tha a' gabhail pàirt sna seiseanan rim faicinn anns na beachdan a leanas:

Chan eil cothrom ach ainneamh aig na daoine a thig ann bruidhinn anns a' chànan mhàthaireil aca, agus 's e seo a' phàirt as fheàrr den latha, far am faod iad a dhol a-staigh gu còmhraidhean a tha buntainneach riutha fhèin agus an eachdraidh.

B' urrainn dhuinn bruidhinn mu dheidhinn làithean a h-oige ann an Eilean Leòdhas agus bha cuimhne soilleir aice air mo mhàthair agus a teaghlach agus dè bhiodh iad ris. Bha deagh còmhraidhean againn, agus bha mi air mo dhòigh a dh'fhaicinn na buaidh a bh' air sin air a teaghlach agus gun robh comas agam toirt orra faireachadh gun robh am màthair fhathast gnìomhach na smuaintean.

Bha mi làn thoilichte a chluinntinn...gu bheil diofar mòr nan giùlan agus nam freagairt air na tadhailean seo agus tha e ga fhàgail cho luachmhor do luchd-cùraim agus euslaintich a thig dha na cèilidhean seo.

Leanaidh Bòrd na Gàidhlig orra a' cumail taic ri pròiseactan den t-seòrsa seo. **Bidh e nas comasaiche maoinachadh eile a thoirt a-staigh ma tha iomraidhean air a' Ghàidhlig ann an dreach deireannach na ro-innleachd ùire.**

A thuilleadh, airson grunn bhliadhnaichean tha Live Music Now Scotland air a bhith a' cleachdadh ceòl is òrain Ghàidhlig mar leigheas. Tha seo a' nochdadh an creideas làidir anns a' chumhachd slànachaidh a th' aig ceòl beò gus iomagain a lughdachadh agus sunnd a mheudachadh san fharsaingeachd.

Tha na cur-seachadan aig Live Music Now Scotland air seiseanan a ghabhail a-steach aig ionadan leithid Caird Hall ann an Dùn Dèagh. Nam measg seo bha dhà no trì cleasaichean, a' gabhail a-steach seinneadairean Gàidhlig agus cluicheadairean ionnsramaid. 'S ann air daoine nas sine le seargadh-inntinn agus/no a tha a' faireachadh

Their organisers' work was recognised at the Scottish Gaelic Awards 2021 where they won the Community Award.

Some of the benefits for those taking part in the sessions are illustrated in the following feedback:

People who come along rarely get to talk in their mother tongue, and this is the highlight of the day, when they can join in conversations relevant to themselves and their past histories.

We could converse about her young days in the Isle of Lewis and she remembered my mother and her family and their activities vividly. We had great conversations, and I was delighted to see her family's reaction and to be able to make them feel their mother was still active in her thoughts.

I was delighted to hear...that there is a vast difference in their behaviour and response on these visits and it makes it so worthwhile for carers and patients who attend these ceilidhs.

Bòrd na Gàidhlig will continue to look to support projects of this nature. **Levering in other funding will be more achievable if there are references to Gaelic in the final version of the new strategy.**

In addition, Live Music Now Scotland have for a number of years been using Gaelic music and song as a therapy. This reflects their strong belief in the therapeutic powers of live music to reduce anxiety and generally increase wellbeing.

Live Music Now Scotland's activities have included sessions at venues such as Dundee's Caird Hall. These have included two or three performers including Gaelic singers and instrumentalists. The sessions are aimed at older people with dementia and/or facing isolation. Artists also go into care homes and

aonaranach a tha na seiseanan seo ag amas. Bidh cleasaichean cuideachd a' dol a-staigh gu taighean-cùraim agus ionadan-latha gus seiseanan den aon leithid a chumail, le càch a' faighinn cothrom orra tro Zoom.

Bha ais-mholadh bho na seiseanan a' gabhail a-steach:

Thogadh boireannach ann an teaghlach Gàidhlig - fìor mhath dhi an cànan a chluinntinn.

Bha e cho snog an luchd-èisteachd fhaicinn a' dol an sàs le Bai u oho. 'S e òran-tàlaidh Gàidhlig a th' ann le seist shìmplidh a theagasg sinn dhaibh.

Gu math fàilteachail, gu h-àraid ri òrain Ghàidhlig. Thuirt iad gun do chòrd e riutha na sgeulachdan air cùl na h-òrain Ghàidhlig a chluinntinn.

A' faicinn an luchd-èisteachd a' dol an sàs le òran Gàidhlig.

Thug Live Music Now Scotland coimisean do dh'Uilleam Sweeney airson ceòl. Mar bhrosnachadh chleachd e stuth bho dhaoine nas sine ann an taighean-cùram Innse Gall a-staigh. Thuirt e gun robh "fear den luchd-còmhnaidh dìreach air seasamh is dh'aithris e dàn slàn, facal air an fhacail, ged a bha a chomas inntinn a' fàiligeadh ann an dòighean eile". Chaidh an dàn air fad a chur na òran an dèidh sin.

Tha na ceithir eisimpleirean gu h-àrd a' cur gu soilleir ri amas a' cho-chomhairleachaidh a choileanadh ann a bhith ag aithneachadh "Dè dh'fheumas sinn a leasachadh/ionnsachadh bho na chaidh a dhèanamh roimhe".

Bu chòir dhan ro-innleachd ùr fa-near a thoirt air dè cho chudromach 's a tha pròiseactan leithid seo ann a bhith a' cumail taic ri luchd-labhairt na Gàidhlig le seargadh-inntinn.

A thuilleadh, tha Bòrd na Gàidhlig den bheachd gu bheil e deatamach gum bi cothrom aig a' mhòr-shluagh agus euslaintich le Gàidhlig air seirbheisean slàinte inntinn agus taic fhaighinn tro mheadhan na Gàidhlig. Bhiodh seo dha-rìribh cudromach ann an taighean-cùraim agus ospadalan ann an Gàidhealtachd agus Eileanan na h-Alba. Ged a dh'fhaodadh seo a bhith dùbhlanaich a thaobh

day centres to hold similar sessions, with others accessing them through Zoom.

Feedback from the sessions included:

A lady had grown up in a Gaelic family-great for her to hear the language.

It was lovely to see audience members joining in with Bai u oho. It is a Gaelic lullaby with a simple chorus that we taught them.

Very receptive, particularly to Gaelic repertoire. They said they enjoyed hearing the stories behind the Gaelic songs.

Seeing audience members joining in with a Gaelic song.

Live Music Now Scotland commissioned music from William Sweeney. This used material from older people in Inner Hebridean care homes as its inspiration. He had stated that "a resident had just got up and recited a whole poem, word perfect, even though his cognitive abilities were failing in other ways". The whole poem was later turned into a song. **The four examples above clearly contribute to meeting the consultation's aim to identify "What do we need to build on/learn from what has been done before".**

The new strategy should acknowledge the importance of these types of projects in supporting Gaelic speakers who have dementia.

In addition, Bòrd na Gàidhlig believe that it is essential that the Gaelic speaking public and patients have access to health services and support through the medium of the Gaelic language. This would be particularly pertinent in care homes and hospitals in the Highlands and Islands. Whilst this may prove challenging in staffing and resources, plans should be

luchd-obrach agus goireasan, bu chòir planaichean a bhith air an gabhail a-steach a rèir na ro-innleachd gus dèiligeadh ris na feumalachdan bunaiteach seo.

Tha sinn an dòchas gu bheil an fhreagairt againn cuideachail agus taiceil. Feuch gun cuir sibh fios thugainn ma tha ceist sam bith agaibh no ma tha sibh a' sireadh soilleireachadh.

included in line with the strategy to address these fundamental needs.

We hope that our response is helpful and constructive. Please get in touch if you have any questions or wish to seek clarification.