

with
**OCCUPATIONAL
THERAPY**
you **CAN...**



Royal College of
Occupational
Therapists



Occupational therapy improves health and wellbeing through participation in occupation

Occupational therapy can:

- Help you to use your strengths and abilities to stay active in your everyday life
- Help you make small changes to make life easier at home, in the community and at your work
- Advise family and friends on how to support you to live well with your dementia
- Advise your family and friends on how to look after their own health

24 HOUR Dementia Helpline

Freephone: 0808 808 3000

Email: helpline@alzscot.org

Local contact:

Royal College of Occupational Therapists

The professional body for occupational therapy staff

(The Royal College of Occupational Therapists is the trading name and a subsidiary of the British Association of Occupational Therapists)

Tel: 020 7357 6480 www.rcot.co.uk



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