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Royal College of Occupational Therapists



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Podiatrists

Podiatrists can help you by diagnosing, treating, rehabilitating and preventing foot, ankle and lower limb problems. This can assist you with sustaining an active and healthy lifestyle by helping you to maintain your mobility.

Podiatrists can reduce your risk of falling by identifying concerns and helping you to act upon them.

NHS podiatry services do not provide personal foot care services, such as toenail cutting. There is information about how to look after your feet available at www.cop.org.uk/foot-health

Some people who have a long-term medical condition such as diabetes or poor circulation and are at risk of complications may be eligible for NHS podiatry services. Your GP can advise you on this.

Contacting a podiatrist

Depending on where you live in Scotland, you may be able to self-refer to NHS Podiatry, or you may need to be referred by a GP or health care professional. Contact your local NHS podiatry service for details.

To find a local independent HCPC registered Podiatrist contact the College of Podiatry.

Speech and Language Therapists

Speech and language therapists are experts in communication, and support people who have problems expressing themselves or understanding everyday conversations. They can also help with eating, drinking and swallowing difficulties.

As well as assessing and treating people with specific problems, speech and language therapists work with family members and carers to help them to provide support.

They can help you to take part in your chosen activities to your full potential.

Contacting a speech and language therapist

Your GP and NHS Board have details of local adult speech and language therapy services. In most cases you can refer yourself, but sometimes a referral from your GP or other healthcare professional is required.

Need more information?

The following organisations will provide details of independent/private therapists in your area and other useful information.

Art Therapists: British Association of Art Therapists. 24-27 White Lion Street, London, N1 9PD | Tel: 020 7686 4216 | Email: info@baat.org | Website: www.baat.org

Dietitians: British Dietetic Association. Tel: 0121 200 8080 | Email: info@bda.uk.com | Website: www.bda.uk

Music Therapists: British Association for Music Therapy, 24-27 White Lion Street, London, N1 9PD. | Tel: 020 7837 6100 | Email: info@bamt.org | Website: www.bamt.org

Occupational Therapists: Royal College of Occupational Therapists, 106-114 Borough High Street, Southwark, London SE1 1LB | Tel: 020 7357 6480 | Email: info@cot.co.uk | Website: www.rcot.co.uk

Physiotherapists: Chartered Society of Physiotherapy, Scotland, 49 North Castle Street, Edinburgh, EH2 3BG. | Tel: 020 7306 6666 | Email: enquiries@csp.org.uk | Website: www.csp.org.uk

Podiatrists: The College of Podiatry, Quartz House, 207 Providence Square, Mill Street, London SE1 2EW. | Email: contact@cop.org.uk | Website: www.cop.org.uk/find-a-podiatrist

Speech and Language Therapists: 2 White Hart Yard, London, SE1 1Nx | Tel: 0207 378 1200 | Email: info@rcslt.org | Website: www.rcslt.org

HCPC: Use this website to ensure that any private practitioner you contact is a registered Allied Health Professional. www.hcpc-uk.org



Allied Health Professionals

Who are they and how can they help you?



Making sure nobody faces dementia alone.

Who are Allied Health Professionals and how can they help you?

Allied Health Professionals (AHPs) are a group of various health professionals who can support you if you have dementia. They are often referred to as AHPs and are registered with the Health and Care Professions Council (HCPC) www.hcpc-uk.org.

AHPs are experts in prevention and rehabilitation and will help you focus on your abilities and strengths so you can stay connected to your community and live in your own home for as long as possible.

There are several different kinds of AHPs but this leaflet is about those you are most likely to see in a community setting and who will be able to offer you a service tailored to your individual needs as outlined in the AHP Approach.



The full details of the AHP approach can be found at www.alzscot.org/ahp

AHP	How they can help you
Art Therapists	Help you to communicate feelings using art
Dietitians	Help you to eat and drink well
Music Therapists	Help you communicate your individual needs through music
Occupational Therapists	Help you to continue with the occupations (everyday activities) that are important to you from getting dressed to hobbies or going to work
Physiotherapists	Help you to stay strong, active and mobile
Podiatrists	Help you to stay active by preventing, managing and correcting foot and lower limb problems
Speech and Language Therapists	Help you with your everyday conversations and any difficulties you have with swallowing food and fluids
Other AHPs (Orthoptists, Paramedics, Prosthetists, Orthotists and Radiographers [Diagnostic & Therapeutic])	For more information visit www.ahpf.org.uk

It's best to make early contact with an AHP if you are worried about your memory or if you or someone in your family has recently been diagnosed with dementia. That way you can get the information, advice and treatment that is right for you and your family as quickly as possible.

This leaflet describes how AHPs can help and how to get in touch with them.

How Allied Health Professionals can help

Contact details for all organisations mentioned are on the back of this leaflet.

Art Therapists

Art therapy is a form of psychotherapy and is provided in groups or individually, depending on your needs. It is not a recreational activity or an art lesson although a session can be enjoyable. You do not need to have previous experience or expertise in art.

Contacting an art therapist

Please contact your GP to find out if art therapy is offered in your area or contact the British Association of Art Therapists.

Dietitians

Eating and drinking well can help your body to fight infection and illness, keep you mobile, reduce your risk of falls and tiredness and generally boost your well-being.

Dietitians can identify eating and drinking problems and help you overcome them. They can also offer practical advice to help you make food and drink choices that work best for you.

If you have lost a lot of weight recently (and have not been trying to) or your appetite has been poor for more than a week, you should speak with your GP or health or social care professional.

Contacting a dietitian

Your GP or health care professional can arrange for a referral to a dietitian in your area.

Music Therapists

Music is a powerful tool for expression. Music therapy is a psychological intervention that uses music to help support your psychological, emotional, cognitive, physical and communication needs. It offers a creative non-verbal way to connect and communicate with others.

Music therapists can work with you on an individual basis, alongside family or carers if requested or in groups. You do not require previous musical experience to participate in music therapy.

Contacting a music therapist

To find a music therapist please contact the British Association of Music Therapy.

Occupational Therapists

Occupational therapists are experts in physical and mental health, and social care. They look at your strengths and abilities, to help with your daily occupations and activities.

Making small changes to your home can sometimes make life easier, and they can provide special equipment or advice that might, for example, make bathing easier or cooking safer. If you find that remembering things is becoming a problem, they can give you tips on how to boost your memory. They can also discuss with you the impact of living with dementia while you are still at work.

The occupational therapist can advise family, friends and carers how to support someone living with dementia as well as how to look after their own health. They can also suggest other services which may provide additional support.

Contacting an occupational therapist

Ask your GP, consultant or social work department. You can also link to an occupational therapist through your local Alzheimer Scotland service or community mental health team.

The Royal College of Occupational Therapists has some helpful resources on dementia.

Physiotherapists

Physiotherapists are experts in using physical interventions and activities to keep you healthy and live well. Being active is good for your physical and psychological wellbeing. It can change how you feel and how you cope with stress.

Physiotherapy can help if you are having difficulty walking and being active, or if you are having falls. They can suggest personalised activities and exercise to boost your strength and balance and give you ideas or equipment to help keep you walking. They can help you recover from any illnesses or injuries, so you can keep doing the things you enjoy.

If you are caring for someone with dementia and need support with helping them move and walk, physiotherapists can show you the best ways to safely support them.

Contacting a physiotherapist

Your GP or consultant can refer you to an NHS physiotherapist. In some areas you may be able to self refer to physiotherapy. The Chartered Society of Physiotherapy can advise you how to get in touch with a private physiotherapist.