with Dietitians you CAN...
Dietitians will work with you to improve health and wellbeing by providing information on the right nutrition for you.

**Dietitians can:**

- Advise you on the latest information and research regarding nutrition and your dementia
- Support friends, family and carers to help meet changes in your nutrition needs if you feel it would be useful
- Provide simple suggestions about what you eat and drink to help manage conditions that affect your health and wellbeing
- Give you hints and tips to keep eating and drinking an enjoyable part of your life

24 HOUR Dementia Helpline
Freephone: **0808 808 3000**
Email: **helpline@alzscot.org**

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

Alzheimer Scotland - Action on Dementia is a registered Scottish charity no SC022315

Alzheimer Scotland
Action on Dementia

BDA
The Association of UK Dietitians