with

OCCUPATIONAL THERAPY

you CAN...
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**