

with
**SPEECH AND
LANGUAGE THERAPY**
you **CAN...**



Speech and language therapy improves health and wellbeing by supporting communication and swallowing

Speech and language therapy can:

- Help you find strategies to communicate successfully in different situations
- Help give you confidence to join in conversations and participate in the activities you enjoy
- Support family, friends, colleagues and carers to adapt to your communication needs
- Give advice on how to compensate for any difficulties eating, drinking and swallowing

24 HOUR Dementia Helpline

Freephone: 0808 808 3000

Email: helpline@alzscot.org

Local contact:

Royal College of Speech and Language Therapists
2 White Hart Yard, London, SE1 1NX
Tel: 0207 378 1200 www.rcslt.org

Registered Charity No. 273724, Scotland Charity No. SC041191

