

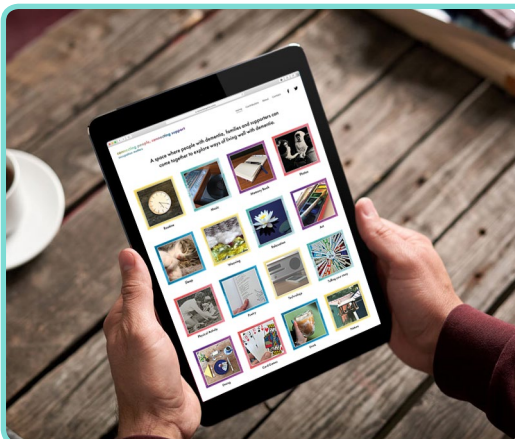
# Allied Health Professionals and Digital Self-management Information



Allied Health Professionals (AHPs) are a group of health professionals who support people of all ages to live healthy, active, and independent lives. This can include dietitians, occupational therapists, physiotherapists, podiatrists and speech and language therapists. AHPs can each make a unique contribution to support people living with dementia to continue to live well with dementia and to sustain connection with families, friends, and their communities. This has been more important than ever with the changes we have seen to services over the past 12 months and the AHPs have been working to provide evidence based, quality assured self-management resources for people living with dementia and those who support them with the ultimate aim to enhance wellbeing before AHP specialist interventions are needed. For more information about the AHPs in dementia we developed an AHP leaflet with all our AHP professional bodies. You will find a copy of the leaflet here: <https://tinyurl.com/AHPleaflet>



**We have developed six platforms to access AHP digital information that you can share if the person you are working with is living with dementia or supports a person with dementia and includes:**



## Connecting People, Connecting Support online

This is an interactive website created by Occupational Therapists and designers where people can come together to explore ways to live well with dementia. There are 32 different topics with things to chat about, try, play and more! The resources have been tried, tested and recommended by people living with dementia and those who support them. The website can be accessed at: [www.connectingpeopleconnectingsupport.online](http://www.connectingpeopleconnectingsupport.online).



## Information sheets and podcasts

A suite of resources have been developed including information on activities at home, physical activity, footcare and diet and hydration. This information is relevant for people living at home, being supported at home or in a care home setting. The resources can be accessed at: [www.alzscot.org/information-and-resources-by-our-allied-health-professionals](http://www.alzscot.org/information-and-resources-by-our-allied-health-professionals)





## Self-management resources

Resources including 'Practical tips to help my memory' connecting you to support, practical advice, six exercises for strength and flexibility, six exercises for strength and balance with additional videos can be accessed at:

[www.alzscot.org/ahpresources](http://www.alzscot.org/ahpresources).

We will be updating these pages over the next 12 months, so keep an eye on new resources to support people at home, in the community or living in a care home.



## AHP Dementia webinars

Regular webinars sharing the work and practice of the AHPs in Scotland take place on a wide variety of topics. The webinars are available to join live or listen again to the recordings on: [www.alzscot.org/ahpinnovation](http://www.alzscot.org/ahpinnovation)

Forthcoming webinars are advertised on social media @AHPDementia and the Alzheimer Scotland website: [www.alzscot.org/our-work/events](http://www.alzscot.org/our-work/events)



## Ask an Occupational Therapist online advice

Regular online sessions where you can link directly with an Occupational Therapist to talk about areas such as coping with changes, routine, maintaining skills and independence and your overall wellbeing. Further information:

[www.alzscot.org/our-work/events](http://www.alzscot.org/our-work/events) or email [AHPDementia@alzscot.org](mailto:AHPDementia@alzscot.org)



## Social Media

Follow us on [Twitter @AHPDementia](https://twitter.com/AHPDementia) or [Facebook AHPDementia](https://www.facebook.com/AHPDementia) where the AHPs share daily hints and tips or regular updates. Our AHP students on placement also share their work and ideas on our [AHPDementia Instagram](https://www.instagram.com/AHPDementia) page.

Weekly Let's talk about dementia blogs can be found:

<https://letstalkaboutdementia.wordpress.com/>

## What's next?

AHP Digital Self-Management information will be shared in the Alzheimer Scotland app and integrated within the Alzheimer Scotland Virtual resource Centre. Look out for animations and further podcasts coming soon.

## Get in contact

We would welcome any feedback on all our resources: What you liked, what would make them even better and what's missing? If you would like to know more or would like paper copies of any of the resources, please contact [ahpdementia@alzscot.org](mailto:ahpdementia@alzscot.org).

24 HOUR

Dementia



Helpline

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