

with
PHYSIOTHERAPY
you **CAN...**



PHYSIOTHERAPY improves health and wellbeing, and promotes independence in people with dementia, through physical interventions and activities.

Physiotherapy can:

- Enable you to be physically active and continue to do the things you enjoy. *Being active supports good physical and mental health.*
- Work with you, your family and your friends to maintain your independence. *Encourage you to continue to do things for yourself.*
- Help you stay mobile for longer and reduce your risk of falling. *This can include moving and safe handling advice for family, friends and carers.*
- Inspire you to live well with dementia – *Help you to recover from illness and injury, and manage your pain.*

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

Local Contact:

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

The Chartered Society of Physiotherapy (CSP) is the professional, educational and trade union body for the UK's 57000 Physiotherapists, Physiotherapy Students and Support Workers.
Telephone: 020 730 66666 Email: enquiries@csp.org.uk Website: www.csp.org.uk

