

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
- Provide simple suggestions about what you eat and drink to help manage conditions that affect your health and wellbeing
- Support friends, family and carers to help meet changes in your nutrition needs if you feel it would be useful
- 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

Local Contact:

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

