

with
Dietitians
you **CAN...**



**Alzheimer
Scotland**
Action on Dementia



The Association
of UK Dietitians

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 brain health or dementia
- Provide simple suggestions about what you eat and drink to help with your brain health and 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 Freephone Dementia
Helpline: **0808 808 3000**
Email: **helpline@alzscot.org**

British Dietetic Association

Tel: **0121 200 8080**

Website: **www.bda.uk.com** Email: **info@bda.uk.com**

www.alzscot.org/ahpresources
www.cpcs.online

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

Local contact:

