

with  
**Occupational  
Therapy**  
you **CAN...**



**Alzheimer  
Scotland**  
Action on Dementia

Royal College of  
Occupational  
Therapists



## Occupational Therapy improves health and wellbeing through participation in occupation.

### Occupational Therapy can:

- Help you to use your strengths and abilities to stay active in your everyday life
- Help you make small changes to make life easier at home, in the community and at your work
- Help you to take steps to support your brain health
- Advise family and friends on how to support you to live well with your dementia
- Advise your family and friends on how to look after their own health

24 hour Freephone Dementia

Helpline: **0808 808 3000**

Email: **helpline@alzscot.org**

### Royal College of Occupational Therapists

*The professional body for occupational therapy staff*

Tel: **020 7357 6480** Website: **www.rcot.co.uk**

**www.alzscot.org/ahpresources**

**www.cpcs.online**

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

(The Royal College of Occupational Therapists is the trading name and a subsidiary of the British Association of Occupational Therapists)

### Local contact:



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