

with  
**Physiotherapy**  
you **CAN...**



**Alzheimer  
Scotland**  
Action on Dementia



CHARTERED  
SOCIETY  
OF  
PHYSIOTHERAPY  
SCOTLAND

**Physiotherapy optimises brain health, improves health and wellbeing, and promotes independence in people with dementia through physical interventions and activities.**

**Physiotherapy can:**

- Enable you to be physically active, optimise your brain health 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 Freephone Dementia  
Helpline: **0808 808 3000**  
Email: **helpline@alzscot.org**  
**www.alzscot.org/ahpresources**  
**www.cpcs.online**

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](mailto:enquiries@csp.org.uk) Website: [www.csp.org.uk](http://www.csp.org.uk)

**Local contact:**

