

with  
**Podiatry**  
you **CAN...**



**Alzheimer  
Scotland**  
Action on Dementia



**ROYAL COLLEGE  
of PODIATRY**

## **Podiatry can help people remain independent and mobile through good foot health.**

### **Podiatry can:**

- Promote an active and healthy lifestyle by helping you to maintain your mobility
- Devise an agreed treatment plan tailored to your needs
- Reduce your risk of falling by identifying concerns and helping you to act upon them
- Support and advise you, your families and carers on delivering personal care

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

### **Local contact:**

**Royal College of Podiatry**  
207 Providence Square,  
Mill Street, London, SE1 2EW  
Website: **www.rcpod.org.uk**

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

