

with  
**Speech and  
Language Therapy**  
you **CAN...**



**Alzheimer  
Scotland**  
Action on Dementia



## Speech and Language Therapy improves health and wellbeing by supporting communication and swallowing.

### Speech and Language Therapy can:

- Help with a diagnosis of dementia, including rare dementias
- Help you find strategies to communicate successfully in different situations
- Help give you confidence to join in conversations and participate in the activities you enjoy
- Support family, friends, colleagues and carers to adapt to your communication needs
- Give advice on how to compensate for any difficulties eating, drinking and swallowing
- Give advice on optimising your brain health

24 hour Freephone Dementia Helpline: **0808 808 3000**

Email: **helpline@alzscot.org**

### Royal College of Speech and Language Therapists

2 White Hart Yard, London, SE1 1NX

Tel: **0207 378 1200** Website: **www.rcslt.org**

**www.alzscot.org/ahpresources**

**www.cpcs.online**

### Local contact:

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

