

# Allied Health Professionals and digital self-management information for **YOU**

**Allied Health Professionals (AHPs)** are a group of health professionals who **CAN** support you if you have been told that you have mild-cognitive impairment, have been given a diagnosis of dementia, or want to keep well by taking steps to maintain good brain health.

AHPs are experts in early intervention for prevention and rehabilitation and will help you focus on your abilities and strengths, so you can stay connected to your community and live in your own home for as long as possible.

## AHPs you are likely to see in a community setting:

- **Art Therapists**
- **Dietitians**
- **Music Therapists**
- **Occupational Therapists**
- **Paramedics**
- **Physiotherapists**
- **Podiatrists**
- **Speech and Language Therapists**



## AHPs have created a suite of information resources for people with dementia and those who support them:



**Social Media:** follow us [@AHPDementia](https://twitter.com/AHPDementia) where the AHPs share daily hints and tips or follow our weekly blog at [letstalkaboutdementia.wordpress.com](http://letstalkaboutdementia.wordpress.com)



**Self-management AHP resources:** 21 resources including practical tips to help with memory, physical activity and tips for talking found at [www.alzscot.org/ahpresources](http://www.alzscot.org/ahpresources)



**Connecting People, Connecting Support Online:** 32 topics of information and resources supporting health promoting activities and occupations [www.cpcs.online](http://www.cpcs.online)



**AHP Dementia webinars:** sharing the work of AHPs in Scotland on topics such as driving, music therapy and brain health [www.alzscot.org/ahpwebinars](http://www.alzscot.org/ahpwebinars)



### Get in contact

We would welcome any feedback on all our resources: What you liked, what would make them even better and what's missing? If you would like to know more or would like paper copies of any of the resources, please contact [ahpdementia@alzscot.org](mailto:ahpdementia@alzscot.org)

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