



Living with dementia: eating and drinking

DLF Factsheet

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Introduction

Dementia can have an impact on your ability to carry out everyday tasks, but with the correct support it is possible to live well with this condition. Keeping the focus on what you can achieve helps towards improving self-confidence and well-being.

If you are living with dementia it is particularly important to continue eat and drink well, as not doing so can have a negative effect on your physical and mental health. Making some changes can help in your aim to be as independent as possible - these changes can involve using equipment that is dementia friendly.

Every person with dementia is an individual and it is important to have this in mind when thinking about what will be useful.

There are many factors that can impact on a person's ability to eat and drink when they have dementia.

- As dementia progresses, some people may develop swallowing problems. This is due to the fact that the part of the brain which controls swallowing is no longer working properly. (Social Care Institute for Excellence, 2015). Advice from the speech and language therapist is important at this stage, as thickened fluids and a pureed diet may be required. Loss of appetite is often also a feature of the natural progression of dementia (Gallagher. R, 2011).
- Losing sense of time (NHS, 2018) and so forgetting about mealtimes, can cause a breakdown of meal routines for some people with dementia, as well as difficulty connecting feelings of hunger with eating. (Guys and St Thomas NHS Foundation Trust, 2017). Consultation with a dietitian would be recommended to address any resulting weight loss as they can provide advice on supplementary products which can alleviate this problem.
- Additional eating and drinking difficulties can be caused by issues with co-ordination and concentration due to dementia. This can impact on a person's ability to use cutlery and drinking utensils to eat and drink by themselves (NHS, 2018).

Difficulties with eating and drinking

It is essential to seek specialist advice about any difficulties with eating and drinking from your GP, Registered Nurse or Speech and Language Therapist.

Plates and bowls

Coloured plates and bowls

Some people with dementia can experience changes in their ability to be able to pick out an object from its background. This is known as figure-ground discrimination (The Good Care Group. 2018). When choosing a plate or bowl it is helpful to opt for a strong plain primary colour that contrasts with the table and the food, as it makes the crockery and the food easier to see.



[View DLF's impartial list of Plates, bowls and egg cups](#) ►

High-sided bowls and plates

If you prefer to eat using either a spoon or a fork, you may find that food spills off the crockery and onto the table. High-sided bowls and plates have one side higher than the other, enabling you to push food up onto the higher edge, onto the cutlery and out of the plate or bowl. They are available in several different colours and sizes. There are also options that stick onto the table with a suction base - this can be useful as it helps ensure the crockery stays in place on the table.



[View DLF's impartial list of Bowls & plates with high sides](#) ►

Plateguard

A plateguard or plate surround clips around approximately two thirds of the plate. It helps to ensure food does not fall off the plate and provides a surface to use to push food onto cutlery. The surrounds are removable and can be fitted on many types and sizes of plate. They are also available in several different colours.



[View DLF's impartial list of Plateguards ►](#)

Plates with a raised rim

Rather than adapt existing crockery, you may wish to use plates that are specifically designed. In this instance plates with integrated raised rims could be useful. These are available in several different colours and designs.

[View DLF's impartial list of Bowls & plates with high sides ►](#)

Insulated bowl

It may take a little longer to eat at mealtimes and consequently food may become unappetising. Insulated bowls keep food hot or cold for longer. These are available in a variety of colours and some have the addition of a lid.



[View DLF's impartial list of Insulated bowls & plates ►](#)

Mugs, cups and glasses

China mug or cup

When choosing a mug or cup it is important to be able to hold it securely. If you find you are not as dextrous as you once were, wide handles can be more comfortable. A mug or cup that is not heavy or large will be easier to lift. Also opting for a bright colour that contrasts with the table can attract attention and be a reminder to take a drink.

[View DLF's impartial list of China cups and mugs with handles ►](#)

Light plastic mugs

China mugs may be too heavy to lift. Plastic mugs are lighter and therefore easier to lift.

[View DLF's impartial list of Plastic cups with lids - no handles ►](#)

[View DLF's impartial list of Plastic cups with lids and handles ►](#)

Two handled mug or cup

You may find that when you lift a mug your hands shake. A mug or cup with two handles offers a more secure grip that is useful when raising and lowering the cup to drink.



Cup and mug handle

[View DLF's impartial list of Cups and mugs with two handles ►](#)

An additional plastic handle can be placed around favourite cups or mugs to provide extra assistance to hold the cup safely.

[View DLF's impartial list of Mug & glass holders ►](#)

Anti-spill mug

The design of the mug ensures that it can sit on the table - if it is knocked into, it will not fall over. This may be important if you have difficulty with coordination and judging distances. The base of the mug uses suction but despite this it is still easily released from surfaces.



[View DLF's impartial list of Spill-resistant cups and mugs ►](#)

Insulated mugs

If drinking takes a long time insulated mugs can be used to keep drinks hot or cold for longer.

[View DLF's impartial list of Insulated cups and mugs ►](#)

Glass tumblers with textured outing

Glasses with a textured outside can help provide extra grip and be easier to hold. Coloured glasses are also an advantage as they can be seen more clearly.

Plastic glasses

Plastic glasses will not break if they are dropped and are also lighter than traditional glass. Coloured glasses may be easier to see and some designs have handles that can help ensure you have a secure grasp.



Straw holder

Some people with dementia may experience difficulty swallowing liquid and may find using a straw for drinking easier (Veiga Fonseca Biancini, 2014). When you drink with a straw you may find it moves around the glass. A straw holder grips onto the straw and holds it in place by the side of the glass, therefore making it simpler to take a drink.

[View DLF's impartial list of Drinking straws & straw holders ►](#)

One-way straws

A one-way straw is designed with a valve that prevents the drink from dropping back down the straw between sips; this can be helpful as it reduces the effort required to drink.

[View DLF's impartial list of Drinking straws & straw holders ►](#)

Lids for mugs

Many mugs can be adapted with lids. Spout lids are variable in design and the number and the size of the holes adjust the liquid flow. Sipping lids have one hole in the lid that you can drink through. Some lids have a hole for a straw.

[View DLF's impartial list of Plastic cups with lids and handles ►](#)

Mugs and tumblers with light and sound

Becoming dehydrated due to forgetting to drink can be an issue for some people living with dementia (Alzheimers UK, 2018). If a person requires some prompting to take a drink, it is not always possible for somebody to be present to remind them. An automatic reminder could be useful in this case.

'Hydration systems' consist of an adapted base that fits onto a specifically designed mug or tumbler and it is set at specific times to light up and speak a recorded audio message as a reminder to take a drink.

The setting up of the base may need to be carried out by a friend or family member and the user of the system needs to be willing and able to respond to the reminder. For some people the sound of a voice and lights coming from the mug could be a disconcerting experience and therefore it is important to consider carefully whether this system is suitable.

Drinking reminder

The drinking reminder fits around a glass or water bottle. It will blink every 30 to 40 minutes as a prompt to take a drink.

Cutlery

Coloured cutlery

If it is difficult to distinguish items from the background colour, then cutlery with coloured handles, or cutlery that is all in one colour, can help create a colour contrast making it easier to distinguish it from the table.

[View DLF's impartial list of Cutlery ►](#)

The following items of cutlery relate more specifically to physical difficulties with using cutlery rather than difficulties due to dementia, although older people are more likely to have other conditions like arthritis, stroke or Parkinson's etc.

Considerations should be made when changing cutlery - for example it may be difficult perceptually for people with dementia to use angled or bendable cutlery as it may look less familiar to them and therefore cause confusion.



Lightweight cutlery

Standard cutlery may be too heavy to use, lightweight cutlery is an alternative option.

[View DLF's impartial list of Lightweight cutlery ►](#)

Angled cutlery

It can be awkward turning a piece of cutlery to place it to your mouth. Angled cutlery is designed with a turn that decreases the need for this. The handles are also wide and can be easier to hold.

[View DLF's impartial list of Angled cutlery ►](#)

Bendable cutlery

Spoons and forks can be shaped to suit individual requirements and this may assist with being able to eat independently. The handles are wide with a suitable grip.

[View DLF's impartial list of Angled and swivel cutlery ►](#)

Tubing

Tubing can be cut to size and placed on cutlery handles to make them wider and provide a more comfortable grip.

[View DLF's impartial list of Foam tubing, handles & straps for cutlery ►](#)

Cutlery with large handles

The handles on standard cutlery can be narrow and difficult to hold. Cutlery with large handles may be an advantage if grip is limited.

[View DLF's impartial list of Cutlery with large or contoured handles ►](#)

Clothing protectors

Dementia can cause concentration and co-ordination problems - this may make it difficult for some people to

avoid spilling their food.

Where possible it is important to seek a wearer's opinion on what kind of clothing protection they would like and to ensure their preferences are taken into consideration. Some people may not wish to wear bib style products.

Avoiding food which easily spills and offering finger type foods may be an alternative depending the person's preference.

When choosing clothing protectors it's preferable to use products which are as age appropriate as possible, such as serviettes or napkins (Social Care Institute for Health. 2018). However, as dementia progresses it may be necessary to use a greater level of clothing protectors such as a tabard or bib.



Napkin with poppers at the back

These have the addition of a short strap with poppers that can be fitted around the neck to ensure it stays in place.

[View DLF's impartial list of Bibs & aprons ►](#)

Bandana

This is similar in appearance to a standard bandana and is worn around the neck to catch any spills. The outer layer is cotton and the inner layer is fleece to absorb any spills. This is for comfort and to keep clothes protected and dry.

[View DLF's impartial list of Neckerchiefs ►](#)

Pashmina

Outwardly this is similar in appearance to a standard pashmina and is worn around the neck to catch any spills. However it has the advantage of being absorbent and waterproof thus protecting clothes.

[View DLF's impartial list of Neckerchiefs ►](#)

Tabard

The tabard is placed over the head and tied at the sides with poppers. It covers the lap when you are sitting down, which is helpful to catch any spills. Tabards can be wipe clean or are washable.

[View DLF's impartial list of Washable bibs ►](#)

Bib

Traditional style bibs are available in adult sizes. These can be wipe clean or washable. Disposable bibs are also available.

Paper/disposable bibs

Disposable clothes protectors are available as aprons or bibs. They can also be self-adhesive and stick to clothing.



[View DLF's impartial list of Bibs ►](#)

[View DLF's impartial list of Disposable bibs & aprons ►](#)

Trays, tables, trolleys and mats

Beanbag tray

A beanbag tray moulds around your knees and provides a flat surface from which to eat meals. The beanbag also helps make the tray higher so less bending is required. Beanbag trays can also have integral non-slip mats.



[View DLF's impartial list of Lap trays ►](#)

Over chair table

An over chair table can be placed over the chair where you are sitting and provide a stable surface from which to eat your meals.

[View DLF's impartial list of Over chair tables ►](#)

Trolley

To carry food from the kitchen to elsewhere in the house, a household trolley can be helpful. Trolleys of this type have two shelves and a frame which is pre-set or adjusted to suit your height. The trolley is designed to be pushed along.. It can also be positioned in front as a table from which to eat your meal.



NB - trolleys are not walking aids - an Occupational Therapist or Physiotherapist can advise on whether a trolley is suitable for your needs.

[View DLF's impartial list of Household trolleys ►](#)

Non-slip mats

Non-slip mats can be useful to stabilise crockery so that it does not move around on the table. Mats are available in various colours and shapes and can be wiped clean. This non-slip material is also available in a roll that can be cut to size.

[View DLF's impartial list of Slip-resistant mats ►](#)

Assessing your needs

A range of conditions may cause forgetfulness, anxiety, low mood and confusion, however they may also be early signs of dementia. A visit to your GP would be recommended to rule out other causes and allow for a better understanding of the illness and how it may progress, as well as strategies on how to manage the symptoms.

The assessment for dementia is a process that takes time and goes through various stages and tests. These may include a physical examination, a blood test and interviewing both the person and their concerned friend/relative separately. This may lead to a referral to a local memory service or clinic. The GP, Community Psychiatric Nurse or a member of the memory clinic staff will be able to advise on symptoms, how the disease may develop and provide information on appropriate treatment. They will also be able to advise you on what support there is available locally. Prior to an appointment it can be useful to keep a journal or diary of any tasks that have become more difficult or concerns that you may have.

The GP can refer you for a Health and Social Care Needs Assessment, or you can contact your local authority [Adult Social Care Department](#) and make a self-referral, or have a friend or relative do it for you. By law anyone who appears to need care and support can request an assessment regardless of their income or savings.

The assessment will focus on your needs, how they impact on your well-being and on what you want to achieve and will aim to identify any difficulties you may have in caring for yourself. An Occupational Therapist will carry out the assessment and will be able to advise on strategies to help reduce any identified risks and recommend any equipment that may be helpful to maintain independence. If someone else is helping you they are also entitled to a carers assessment, which will help to identify what help and support they may need.

There are a number of charitable organisations listed below that can provide help and support for the person with dementia and their relatives and carers.

Provision of equipment

Many simple assistive technology devices mentioned in this fact sheet can be privately purchased. Others can be provided by local authorities or the NHS to meet an assessed need; you or a family member can request a home assessment from an [occupational therapist](#)

Permanent loan: Local Authority and health provision

If you require disability equipment, telecare or adaptations to your home then your local authority may be able to help. They can supply equipment or minor adaptations that cost under £1,000, free of charge. (Department of Health 2014, section 2.9). In Scotland, Local Authorities make their own arrangements for provision of minor adaptations and details can be accessed via your Council's website.

Some equipment such as pressure relieving cushions, mattresses, some mobility aids and wheelchairs are supplied by your local Health Authority. A referral to the District Nurse or Wheelchair Service for these items can be made via your GP or other health professionals including a Community Occupational Therapist or Physiotherapist.

Disabled Facilities Grant (DFG)

Should you need adaptations to your home that cost more than £1,000 that will allow you to continue to live there, you may be eligible for a Disabled Facilities Grant (DFG). An Occupational Therapist will complete an assessment and if the work is deemed necessary to meet your needs and is reasonable and practical, then they will arrange for a financial assessment to be undertaken.

If you meet the criteria for funding, the Occupational Therapist will make recommendations for the adaptations required.

Private purchase

If you do not wish to use local authority services, there are independent Occupational Therapists who can assess your needs and help to advise or assist you in buying any equipment or arrange adaptations to your home that you may require.

You can also purchase equipment privately, but it is recommended that you compare different options first. There may be an [equipment demonstration centre](#) near you where you can look at and try out equipment before purchasing, as well as receiving impartial advice.

Charity and Grant funding

Charitable trusts may sometimes provide equipment or give a grant for equipment purchase.

[Turn2Us](#) is a national charity that helps people who are in financial difficulty find grants for the provision of equipment, and [Community Care](#) gives a list of charitable organisations that give grants.

Charities tend to give awards in accordance with a predetermined criterion, so it is important that you carefully select the organisations that apply to your condition. There are also some workplace charities that will provide support for ex-employees. If you are or have served in the Armed Forces, or are a dependent or carer of a

person who has served, [The Royal British Legion](#) may be able to provide you with support for specialist dementia care or grants for equipment and adaptations to your home, or small crisis grants to meet unexpected expenses.

Funding sources for care

If you need support with daily tasks that may include help from a carer, the delivery of meals or residential care then your [local authority](#) may help with the cost. How much support you are entitled to will depend on your income and savings and what your care needs are. A financial assessment of your means will be carried out to establish how much support you are entitled to.

You may be eligible for further [financial support](#) such as Attendance Allowance or Personal Independence Payment (PIP) and if you have a person who cares for you for 20 hours or more a week, they may be eligible for some financial support.

If you live alone you can apply to your local authority for a 25% reduction on your Council Tax bill, or if you live with someone else then they may be eligible for a 25% reduction on the Council Tax bill. As your condition progresses, they may be eligible for a further 25% reduction.

Private carers and residential care

If you are looking for a carer or are considering residential care, then you should ensure that the staff are trained in dementia care and are able to give the specialist help you need. A residential home should be designed to provide the best possible environment for you. There are a number of organisations that can help you with choosing a suitable home, including:

- [Elderly Accommodation Council](#)
- [Housing Care.org](#)
- [DementiaUK](#)
- [Relatives and Residents Association](#)
- [Paying for Care](#)

Care Home ratings/selector

Inspection reports and care home ratings can be found via:

- England – [Care Quality Commission](#)
- Scotland – [Care Inspectorate](#)
- Wales – [Care Inspectorate Wales](#)
- Northern Ireland – [Regulation and Quality Improvement Authority](#)

Charity and Grant funding

Charitable trusts may sometimes provide funding for care, nursing or residential respite, permanent care or a befriending service. Charities tend to give awards in accordance with a predetermined criterion, so it is important that you carefully select the organisations that apply to your condition. There are also some workplace charities that will provide support for ex-employees. If you are or have served in the Armed Forces, or are a dependent or carer of a person who has served, [The Royal British Legion](#) may be able to provide you with support for specialist dementia care or small crisis grants to meet unexpected expenses.

Further information relating to grants is available from:

- [Community Care](#) – a list of charities providing grants.
- [Turn2us](#) - Turn2us is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services.
- [Housing grants information from Disability Rights UK](#) - led by people with diverse experiences of disability and health conditions, from different communities.
- [Disability Grants](#) - grants for disabled adults.
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[My grants](#) - accessibility grants for disabled and older people.

- [Grants for individuals](#) - this website is run by the Directory of Social Change and lets subscribers search for grants. It is intended for organisations searching for funding on behalf of individuals.
- [The Money Advice Service](#) - Charitable grants and major and minor adaptations.

VAT relief

If you have a diagnosed long-term condition, you may be able to claim VAT relief on purchases relating to the condition. The company supplying the equipment should be able to advise you, or there is general information on [VAT relief on the GOV.UK website](#).

For further advice from us

For clear, practical advice and information on **products and suppliers of daily living equipment**, please have a look at our [Living made easy website](#).

If you would like further advice related to **choosing equipment for everyday living** you could try relevant sections of [AskSARA](#), our free online guided advice tool. AskSARA will ask you questions about yourself and your environment and then offer relevant advice, product suggestions and supplier details.

You can contact **the DLF Helpline**, which is open Monday to Friday from 10am to 4pm. Tel: 0300 999 0004 (calls charged at your standard land line rate even if you are phoning from a mobile).

Alternatively, you may wish to **contact us** via email: info@dlf.org.uk or by letter: DLF, 34 Chatfield Road, Wandsworth, London SW11 3SE.

To help us give you a concise and informative reply, please provide us with as much detail as possible, including information on the difficulties you are having and any solutions you have considered, such as equipment ideas.

Another source of advice is a [disabled or independent living centre](#) where you would have the opportunity to **try out a range of equipment**. There are several of these around the country where you can go for impartial advice. Your local authority will also be able to give you details of centres in your area.

Contributors

Janet Corbett

Janet Corbett is an occupational therapist with many years' experience in supporting people with dementia along with their families and friends. She has a particular interest in helping people to develop techniques to compensate for memory impairment. Janet also holds dementia friendly exercise classes for older people in the local community. Janet has a BSc in Occupational Therapy from Queen Margaret University and an MSc in Dementia Studies from the University of Stirling.



Roisin Hodgson

Roisin Hodgson qualified as an occupational therapist in 1993 and has worked extensively in hospitals and within the community. Now working as a private occupational therapist, Roisin has an interest in occupational therapy approaches to anxiety, panic and post traumatic stress disorder. Many of Roisin's clients have dementia; she works with them and their families advising on a range of solutions to help maintain independence, including home adaptations, daily living aids and telecare.



Nina Evans

Nina Evans works alongside the design team at Designability. Working in partnership with users, carers and professionals, Nina carries out clinical trials with end-users, developing and promoting assistive technology to improve quality of life. Nina's qualifications include a Diploma of the College of Occupational Therapists and an MSc in Clinical Research.



Useful organisations and resources



Age UK

Website: www.ageuk.org.uk

Advice Line open 8am-7pm daily: 0800 055 6112

Age UK Advice is a free, confidential, national phone service for older people, their families, friends, carers and professionals. Their team of experts can provide advice and information on a number of topics including benefits, concerns about hospital stays, advice choosing care homes etc. The website can signpost you to local services including home helps, foot care, handy person services and [dementia support](#).

The Age UK network includes [Age Scotland](#), [Age Cymru](#) and [Age NI](#).



Alzheimer's Society

Website: www.alzheimers.org.uk

National Dementia Helpline: 0300 222 1122

Alzheimer's Society's website provides advice and support regarding all aspects of dementia – including the different types of dementia, symptoms, diagnosis and treatments available. They also run [Dementia Connect](#), a comprehensive services directory for people affected by dementia - areas cover England, Wales and Northern Ireland.



Alzheimer Scotland - Action on Dementia

Website: www.alzscot.org

24 hour Dementia Helpline: 0808 808 3000

Alzheimer Scotland provides a wide range of specialist services for people with dementia and their carers.

They offer personalised support services, community activities, information and advice at every stage of the dementia journey.



Bowel and Bladder UK

Disabled Living
Burrows House, 10 Priestley Road
Wardley Industrial Estate, Worsley
Manchester, M28 2LY
Website: www.bbuk.org.uk
Telephone: 0161 607 8219
Email: bbuk@disabledliving.co.uk

Bowel and Bladder UK's National Confidential Helpline is managed by a team of Specialist Nurses and Continence Product information staff, who can be contacted for advice on specialist services, product information and general advice to help treat or manage bladder and bowel problems that may occur as a symptom of Dementia. Opening hours Monday to Friday 9am–4.30pm.



British Dietetic Association

5th Floor, Charles House
148/9 Great Charles Street Queensway
Birmingham, B3 3HT
Website: www.bda.uk.com
Telephone: 0121 200 8080

The BDA is the only body in the UK representing the whole of the dietetic workforce. It is a trade union and professional body representing the professional, educational, public and workplace interests of its members.



Carers UK

Head Office
20 Great Dover Street
London SE1 4LX
Website: www.carersuk.org
Telephone: 020 7378 4999

Carers UK provide advice and support for all carers, whether they are new to looking after someone or have been a carer for a long time. Their telephone advice and support service is available if you wish to talk to someone about caring, with further information and advice available on the website. The website also provides [contact details](#) for Carers Wales, Scotland and Northern Ireland.

Carewatch

Carewatch Care Services Ltd

carewatch

Linford Wood
Milton Keynes MK14 6PH
Website: www.carewatch.co.uk
Telephone: 01908 557 950

Carewatch provide home care services throughout the UK, designed to enable people to remain as independent as possible within their own home. They offer multiple services including home visits, personal care, practical help, live-in care and dementia care at home and long term home care.



Dementia Friends
Website: www.dementiafriends.org.uk
Urgent enquiries: 0300 222 5855

Dementia Friends provides information, support and learning for those who have a relative or know someone with dementia. Anyone of any age can be a dementia friend. Visit their website for more details.



Dementia UK
Second Floor
356 Holloway Road
London N7 6PA
Website: www.dementiauk.org
Telephone: 020 7697 4160
Support line: 0800 888 6678

Dementia UK provide specialist dementia support for families through their Admiral Nurse service. The Admiral Nurses work with families giving one-to-one support, expert guidance and practical solutions.



The Lewy Body Society
Unity House
Westwood Park
Wigan, WN3 4HE
Website: www.lewybody.org
Telephone: 01942 914000
Support line: 0800 888 6678
Email: info@lewybody.org

The Lewy Body Society funds research into Dementia with Lewy Bodies (DLB). It's mission is to raise awareness of DLB among the general public and those in the medical profession and decision making positions, They also provide information resources for patients and carers.

NHS Choices

Website: www.nhs.uk



NHS Choices provides comprehensive information on the [help and support available for people living with dementia](#). Other NHS websites include: [NHS Inform \(Scotland\)](#), [Health and Social Care online \(N.I.\)](#) and [NHS Direct Wales](#).

PALS (Patient Advice and Liaison Service)

Website: www.nhs.uk



The Patient Advice and Liaison Service from the NHS offers confidential advice, support and information on health-related matters. They provide a point of contact for patients, their families and their carers when using NHS services. Your local [PALS service](#) can be located using the search facility on their website.

The National Institute for Health and Care Excellence (NICE)

Website: www.nice.org.uk



NICE provides national guidance and advice to improve health and social care.



The Research Institute for the Care of Older People (RICE)

The RICE Centre

Royal United Hospital

Combe Park

Bath, BA1 3NG

Website: www.rice.org.uk

Telephone: 01225 476420

Email: info@rice.org.uk

RICE is a registered charity committed to undertaking and publishing effective research aimed at improving the

diagnosis, assessment and treatment of people with Alzheimer's disease and other forms of dementia. The charity also offers several healthcare services for people living with dementia including a [memory clinic](#).



Royal College of Occupational Therapists

106-114 Borough High Street
Southwark

London SE1 1LB

Website: www.rcot.co.uk

Telephone: 020 7357 6480

Email: reception@rcot.co.uk

The Royal College of Occupational Therapists is the professional membership body for occupational therapy staff in the UK. Their website includes information on [how to find an independent occupational therapist](#) through their online directory.



Royal College of Speech and Language Therapists

2 White Hart Yard

London SE1 1NX

Website: www.rcslt.org

Telephone: 020 7378 1200

The RCSLT is the professional body for speech and language therapists in the UK providing leadership and setting professional standards.



The Scottish Dementia Working Group

81 Oxford Street

Glasgow, G5 9EP

Website: www.sdwg.org.uk

Telephone: 0141 410 1171

Email: sdwg@alzscot.org

Funded by Alzheimer Scotland and the Scottish Government SDWG is an independent group run by people with dementia, their families and carers, which campaigns on behalf of, and provides a voice for, people living with dementia in Scotland.

Social Care Institute for Excellence

Watson House

54 Baker Street

London W1U 7EX

Website: www.scie.org.uk

Telephone: 020 7766 7400



Email:
info@scie.org.uk

The Social Care Institute for Excellence (SCIE) improves the lives of people who use care services by sharing knowledge about what works. It is a leading improvement support agency and an independent charity working with adults', families' and children's care and support services across the UK. The website contains a library of resources and services on wide range of topics, including dementia.



Solicitors for the Elderly
SFE Administrator
Studio 209, Mill Studio Business Centre
Crane Mead
Ware
Hertfordshire, SG12 9PY
Website: www.sfe.legal
Telephone: 0844 567 6173
Email: sfe@standagency.com

Solicitors for the Elderly provide a service to help you locate a local solicitor, near you, to help you with wills, power of attorney, trusts, probate, paying for care and other legal needs. They are a national organisation across the UK and the Republic of Ireland



Telecare Services Association (TSA)
Wimslow House
Water Lane
Grove Way
Wimslow, SK9 5AG
Website: www.tsa-voice.org.uk
Telephone: 01625 520320
Email: admin@TSA-Voice.org.uk

The website has information on the telecare industry and the services it provides to individuals. The TSA aims to promote and support the telecare industry and highlight the benefits of telecare for service users, their friends, family and carers.

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References and further reading

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