**Adapting to changes in your sense of taste or smell**

**Peer-to-Peer support between people living with dementia**

**Questions**

Tell us a wee bit about yourself.

How did you first notice that your sense of taste and/or smell was changing?

What are the changes that you experience?

How does this affect you in day-to-day life?

What about the social aspects, such as having meals with people or seeing friends?

How do you feel about all this?

Did you get helpful advice or support from other people?

* Your family and friends?
* Doctors and other professionals?

What are your tips or message for anyone else in this situation?

Do you have any tips or message for people such as families and professionals?

**Thank you for your help.**

**Please send notes to** [**ciara@otbds.org**](mailto:ciara@otbds.org)