

# Sensory Changes and Dementia

## Sense of Taste and Smell

We are gathering the experiences of people living with dementia about changes to their sense of taste and/or smell. We will create a peer-to-peer support booklet from the information that we gather.

We hope that this will offer:

- Advice about who to speak to about these changes.
- Practical day-to-day solutions.
- Tips on how to eat well with a smaller appetite.

**How can you help us?** Tell us about your experiences and tips. We have some questions to get you started;

- 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 your day-to-day life?
- Did you get helpful advice or support from other people?  
Your family and friends?  
Doctors and other professionals?
- What about the social aspects, such as having meals with people or seeing friends?
- How do you feel about all this?
- What are your tips or messages for anyone else in this situation?
- Do you have any tips or messages for people such as families and professionals?

**Please send us your notes to:**

Email: [kate@otbds.org](mailto:kate@otbds.org) / 07841019545

Post: 3.10 The Whisky Bond / 2 Dawson Road / Glasgow / G4 9SS

**Thank You for your help.**

