

## Sensory Changes and Dementia.

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.

**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 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 message 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) or Post: 3.10 The Whisky Bond/ 2 Dawson Road/ Glasgow / G4 9SS

**Thank You for your help.**



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