

## Further Information Links

This document is a list of some links that we have found useful and hope that you will too.

### Eating & Drinking

Alzheimer's Scotland and The Alzheimer's Association have a section on their websites dedicated to eating and drinking.

[https://www.alzheimers.org.uk/info/20029/daily\\_living/10/eating\\_and\\_drinking/3](https://www.alzheimers.org.uk/info/20029/daily_living/10/eating_and_drinking/3)

<https://www.alz.org/care/alzheimers-food-eating.asp>

**Eating Well with Dementia A carers' guide (2014)** This guide provides practical, everyday eating and drinking advice for people caring for a relative or friend with dementia. <http://www.gov.scot/Resource/0044/00449379.pdf>

**Eating Well: Supporting Older People and Older People with Dementia;** and **Eating Well for Older People: Practical and Nutritional Guidelines for Food in Residential and Community Care** are resources created to encourage people to eat well.

<http://www.cwt.org.uk/publications/>

**The small appetite campaign** aims to raise awareness of unintended weight loss in later life. <http://www.malnutritiontaskforce.org.uk/campaign/>

**Dementia & Sensory Challenges** was written to raise awareness and give hope to other people with dementia as well as carers on how to live a positive life with sensory challenges. <http://www.lifechangestrust.org.uk/sites/default/files/Leaflet.pdf>

**Talking Mats Eating and Drinking Resource (2014)** is designed to improve the lives of people with communication difficulties by increasing their capacity to communicate effectively about things that matter to them.

<http://www.talkingmats.com/product/talking-mats-and-eating-drinking/>

## **Aids & Adaptions**

**Living made Easy** provides independent advice about independent living

<http://www.livingmadeeasy.org.uk/kitchenandhousehold/equipment-for-cooking-and-preparing-food-2294/>

## **Food Safety**

**Food Standards Scotland** is there to make sure the food you eat is safe, and is what it says it is. They can also give healthy eating advice based on the best available, trusted scientific evidence.

<http://www.foodstandards.gov.scot/>

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