

with

# Podiatry

you CAN...



## **Podiatry can help people remain independent and mobile through good foot health.**

### **Podiatry can:**

- Promote an active and healthy lifestyle by helping you to maintain your mobility
- Devise an agreed treatment plan tailored to your needs
- Reduce your risk of falling by identifying concerns and helping you to act upon them
- Support and advise you, your families and carers on delivering personal care

**Alzheimer's Society Dementia Connect Support Line:**  
0333 150 3456  
If you speak Welsh, call the Welsh-speaking support line on 03300 947 400

**The Royal College Of Podiatry**  
207 Providence Square, Mill Street, London, SE1 2EW  
Website: [rcpod.org.uk](http://rcpod.org.uk)

**24 HOUR Wales Dementia Helpline**  
[www.dementiahelpline.org.uk](http://www.dementiahelpline.org.uk)  
Twitter: [@walesdementia](https://twitter.com/walesdementia)  
Facebook: [www.facebook.com/WalesDementiaHelpline](https://www.facebook.com/WalesDementiaHelpline)

**Local contact:**

This resource was developed by Alzheimer's Society Scotland and the Royal College of Podiatry and modified for use in Wales with their permission.