

Dementia Carers Count: Free 3-day Residential Support Courses for Young Onset Carers



Our charity Dementia Carers Count has been adapting to the changing times for 156 years providing effective services for people in need whose plight has not yet been recognised by the government of the day. Originally founded as the Royal Surgical Aid Society, we changed direction and rebranded last year and our focus is now on supporting family carers of people with dementia in their caring role.

One of our key areas of activity is to actively support family carers in their caring role and for the last 12 months we have been piloting 3-day Dementia Carers Courses which aim to equip husbands, wives, partners, daughters and son-in-laws, grandchildren, friends and neighbours across the UK with the strength and resilience they need to look after themselves and the knowledge, skills and confidence to respond to many of the challenges that dementia can bring.

Our courses, funded by donations, have helped family carers of people living with various types of dementia, including Alzheimer's, Vascular and Mixed dementias as well as the other rarer forms such as Posterior Cortical Atrophy, Lewy Body and Fronto-Temporal dementias. Our courses also support carers of family members who are awaiting a formal diagnosis. We have received exceptional feedback from more than 150 family carers of people living with dementia who attended our courses during 2017/2018.

"The sessions were a great help to me and the bonding with others and the sharing of ideas I found truly helpful. The one thing that did come out of everything that happened was making more time for myself without feeling guilty about it. I had the time to really recharge my batteries and this inspired me to restart a project I had left to gather cobwebs." Howard Wade – Young Onset Carer 2018

We still have some places on our 2019 Young Onset Carers Courses:

Dates	Venue
22 – 24 March	Chiseldon House Hotel, Swindon, Wiltshire
17 – 19 June	Eaton Hotel, Edgbaston, West Midlands

If you would like more information:

- Call or direct line 0790 909 0987 or our office telephone 020 3096 7895
- Visit our website www.dementiacarers.org.uk
- email us support@dementiacarers.org.uk

We can also take bookings via our website, where our full terms and conditions can be found: www.dementiacarers.org.uk

Hazel May
Director of Service Development
Dementia Carers Count

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1.11 Supporting carers

Offer carers of people living with dementia a psychoeducation and skills training intervention that includes:

- education about dementia, its symptoms and the changes to expect as the condition progresses
- developing personalised strategies and building carer skills
- training to help them provide care, including how to understand and respond to changes in behaviour
- training to help them adapt their communication styles to improve interactions with the person living with dementia
- advice on how to look after their own physical and mental health, and their emotional and spiritual wellbeing
- advice on planning enjoyable and meaningful activities to do with the person they care for
- information about relevant services (including support services and psychological therapies for carers) and how to access them
- advice on planning for the future

Be aware that carer interventions are likely to be most effective when provided as group sessions.

- Advise carers about their right to the following and how to get them:
- a formal assessment of their own needs (known as a 'Carer's Assessment'), including their physical and mental health
- an assessment of their need for short breaks and other respite care.