



DEMENTIA
CARERS COUNT

Our impact 2025

Supporting, advocating and campaigning for dementia carers so no one feels isolated, invisible or alone.



Angelie received specialist counselling while caring for her mum, and now campaigns with us on behalf of other carers

Welcome to our 2025 highlights

After the second year of our bold new strategy, “Support, Campaign, Sustain”, I’m proud to share the progress we’ve made for dementia carers across the UK.

In 2025, we supported over **8,500** dementia carers. 95% of carers responding to our survey said they were ‘better able to cope’ thanks to our support.

While our service is directly improving desperate UK dementia carers’ quality of life, our campaigns are amplifying carers’ voices. From taking carers’ stories to Downing Street, to meeting individual parliamentarians, we’re ensuring policy makers understand the challenges dementia carers face and the changes they need.

All with the support of a growing movement of carers, former carers and allies, like you. Thank you for standing side by side with dementia carers when they need it most.

– **Catherine A’Bear**, Chair of the Board of Trustees



Our Purpose

We support, advocate and campaign for dementia carers, so that no one feels isolated, invisible or alone

Our Values

Changemakers
Always there for carers
Reflective and responsive
Easy to work with



We supported carers



1,348

dementia carers got tailored 1 to 1 support – 30% more than last year



6,856

people found our online help and information when they needed it



346

dementia carers got support from us and each other, in peer support groups

That's over **1,339** hours of counselling for carers struggling to process the intense emotions associated with caring for someone with dementia, and over **4,226** hours of personalised support in other areas, like clinical issues, advocacy and benefits checks.

We helped carers unlock benefits worth **£1,170,224**

"I gave the charity a call and from day one it was brilliant. I spoke to Rob who told me that the bad news is there's a lot to cope with, the good news is I can help you with a lot of things."

With our help, Pete* accessed the benefits he was owed. With a little extra money, he can have a few hours respite a week.

98% of carers were 'satisfied' or 'very satisfied' with our service

95% left feeling better able to cope



*Name changed to protect identity

We campaigned with carers



10

current and former
carers advised us
through our Carers
Advisory Panel

**Dementia carers
joined us to campaign
with a coalition of 20
other charities, calling
for the Chancellor to
recognise the value of
unpaid care in the
Autumn budget**

1,110 carers, former carers and
allies in our campaign
community. We took their voices
to Downing Street



1,100

dementia carers responded to our survey
about reaching crisis and what they need

We moved towards sustainability

raising over **£223,000**

including repeat and multi-year funding awards,
an increase of 23% on 2024's income.



All for carers like Angelie

“There was common ground and no theoretical empathy. I didn’t need to be careful about how I worded things, because everyone understood.”

Angelie felt daunted after her mum’s dementia diagnosis, but got vital support through our groups and specialist counselling.

“When I first heard the diagnosis of dementia, I had all kinds of things going round my head. I was working full time and while I appreciated that the changes wouldn’t happen all at once, I didn’t feel informed about the stages of progression, the issues to prepare for or the tools and techniques which might help.

I first came across Dementia Carers Count when I saw a poster at a memory clinic

From the beginning, I felt that any sessions I joined were safe, honest forums. It made a big difference that those leading had real experience of dementia, so while they provided factual information, it didn’t feel theoretical.

Last year I was offered a few counselling sessions. Mum’s dementia was progressing quite fast, the amount of care she needed was changing and family dynamics had broken down.

My counselling sessions gave me the space to honestly express the



situation, without having to keep a façade in place that everything was ok.

I can’t leave mum on her own and I want her to be at home for as long as possible, but it can be very isolating, lonely and at times overwhelming to be a primary carer.

I can’t speak highly enough of Dementia Carers Count.

They’ve helped me to stay strong so that I can carry on supporting my mum.”

Angelie now volunteers her experience as a member of our Carers Advisory Panel. Hear her story at dementiacarers.org.uk

Thank you to our generous supporters, in particular The Linbury Trust, Dementia Research UK and the National Lottery Community Fund, as well as our Carers Advisory Panel volunteers. You make this all possible.

Looking to the future

2026 will see us grow our impact and reach, as well as take stock of our progress in the last year of our strategy. We will:

Support more carers

- Directly support 2,000 carers
- Serve 10,000 online users
- Build partnerships which reach new carers
- Complete the Advice Quality Standard and independent evaluation

Campaign with carers

- Gather evidence through CAP, survey and practice
- Create bold policy positions and campaigns alongside carers

Deliver long term sustainability

- Raise £300k
- Ensure we're a great place to work

About Dementia Carers Count

Dementia Carers Count is a small but mighty charity, powered and inspired by dementia carers' experiences and insights and driven by the urgent need for change. We are here to listen, to support and to help unpaid dementia carers look after themselves as well as the person they care for. We provide free, confidential practical advice and emotional support. Every day our team of specialist advisors supports carers across the UK.

dementiacarers.org.uk



Carer Support Line: 0800 652 1102 Mon-Fri 9am-5pm