

**We're here to support partners, family members and friends caring for someone with dementia**



We run free one and three-day courses and have created a Virtual Carers Centre where you can access online guidance and support from healthcare professionals, regardless of your location. For more information or to visit our Virtual Carers Centre please use the details below.

<https://dementiacarers.org.uk/virtual-carers-centre/>

🏠 [www.dementiacarers.org.uk](http://www.dementiacarers.org.uk)

📞 Head Office: 020 3096 7895

Dementia Carers Count, 7-14 Great  
Dover Street, London SE1 4YR

✉ [support@dementiacarers.org.uk](mailto:support@dementiacarers.org.uk)

📘 @DemCarersCount

🐦 @DemCarersCount

“

*No one prepares you to be a carer; you're in a new game and you don't know the rules.*”



**DEMENTIA  
CARERS COUNT**  
Supporting Family Carers

## The resources on our Virtual Carers Centre include:

- ♥ Tips from our healthcare professionals on managing stress, building resilience, and managing everyday challenges; such as eating, drinking and communication
- ♥ Practical guides, for example, on carers' rights
- ♥ A 'Carer to Carer' section, where our Ambassadors and other carers share their stories, tips and supportive messages

## We are continuing to develop new services including:

- ♥ Support calls to carers
- ♥ One-to-one coaching over the phone or via video calling

To visit our Virtual Carers Centre and be kept up to date on new developments please see our website.

If you'd like to hear about a particular topic or share your own story, please get in touch with us by emailing or calling us using the contact details below.

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