



**DEMENTIA
CARERS COUNT**
Supporting Family Carers

Digital Services

We're dedicated to family members and friends who are caring for someone with dementia

Our team of health and care professionals has created a range of online services so that we can continue to support family members and friends caring for someone with dementia, regardless of public health restrictions. These include:

Live Online Learning sessions

Our online webinars are designed and delivered by expert professionals and cover a wide range of topics. Each session runs for between 1 and 1.5 hours, and groups are kept small to allow you the opportunity to connect with others, ask questions, and relate the information to your own circumstances. We keep these sessions very informal and encourage you to bring a cup of tea and relax.

You can see our full range of topics and book your free place on our website: dementiacarers.org.uk.



Some of the topics we cover include:

- ♥ Carers' rights & benefits
- ♥ Understanding the Mental Capacity Act
- ♥ Attachment issues & feeling secure
- ♥ Understanding your unique experience as a carer
- ♥ Visual changes in dementia
- ♥ Sundowning
- ♥ Communication support
- ♥ Music & Dementia



Our Virtual Carers Centre

This is continuing to grow and now contains a wide range of videos, audio recordings and articles. Here, you can access guidance and support from health and care professionals and listen to the stories of family dementia carers.

Some of our resources include:

- ♥ Strategies from our team of professionals on managing stress; building resilience; and overcoming everyday challenges, such as eating, drinking and communication difficulties.
- ♥ Practical guides on issues like continence, delirium, and seizures.
- ♥ A 'Carer to Carer' section, where family carers share their experiences, tips and supportive messages.

“Very informative and a lovely and relaxed atmosphere, so you don't feel afraid to speak.”

To access our Virtual Carers Centre or book your free place on one of our Live Online Learning sessions please visit our website dementiacarers.org.uk

📍 Dementia Carers Count,
7-14 Great Dover Street,
London
SE1 4YR
020 3096 7895

🏠 dementiacarers.org.uk
✉ support@dementiacarers.org.uk
📘 @DemCarersCount
🐦 @DemCarersCount
📷 @DementiaCarersCount