



**DEMENTIA
CARERS COUNT**
Supporting Family Carers



**Support
at your fingertips**

Our Virtual Carers Centre is for family members and friends looking after someone with dementia.

You can visit the VCC any time, day or night.

Our online information and support includes:

- how to manage your own emotions around caring
- tackling everyday challenges such as washing, dressing or managing continence
- looking after your own physical and emotional health
- practical information about carers' rights and benefits
- a look at the brain and how it can be affected by different types of dementia

"It's really comforting to know that there's that help there, and I can access it when I need to."

dementiacarers.org.uk/vcc

Or if you'd like to speak to us about how we could best help you please call our friendly team on

020 3096 7895



Live Online Learning



Dementia Carers Count offers free support to families living with dementia.

Our small group 'Live Online Learning' sessions run for between 1 and 1.5 hours. We keep these sessions very informal and encourage you to bring a cup of tea, relax, ask questions and connect with other carers.

Some of the topics we cover include:

- Carers' rights & benefits
- Relationships & feeling secure
- Taking care of yourself as a carer
- Visual changes
- Memory changes
- Parkinson's disease dementia
- The uses and benefits of music

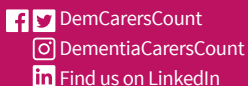


"Very informative and a lovely and relaxed atmosphere, so you don't feel afraid to speak"



Book your free place on our website

dementiacarers.org.uk/vcc



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Dementia Carers Count,
7-14 Great Dover Street, London SE1 4YR
support@dementiacarers.org.uk
dementiacarers.org.uk