

No dementia carer should feel overwhelmed or alone

There are nearly one million unpaid carers who look after friends and relatives, who are living with dementia. Many carers struggle to cope. Even when it's someone you love, caring with no practical or emotional support can push people to breaking point. Husbands, wives, children and siblings are being overwhelmed. Most never anticipated how their closest relationships would change. Some feel very alone. Some feel invisible. Nine in ten are reaching crisis. This cannot go on.

Sign our pledge: *I believe that no dementia carer should feel overwhelmed or alone and that all dementia carers deserve emotional and practical support which meets their needs.*

We are campaigning for adequately resourced health and social care to enable:

The urgent introduction of a carer's strategy in England and the prompt implementation of carers strategies in Scotland and Wales

All national carer's strategies must be long-term and fully funded. They must include ways to promptly identify carers, recognise that each carer will have individual needs and provide clarity about options for personalised support including respite.

Provision of timely and regular carer's assessments which provide access to a personalised support plan which addresses carers' practical, emotional and financial needs.

Dementia carers seem to be all too often invisible to health and social care professionals. Nearly half have never received a carer's assessment, despite this being a legal entitlement. This must change. Every carer's health and well-being needs must be assessed and addressed. Dementia carers must be able to access quality and varied support and information. They should receive a tailored and flexible support plan which is regularly and proactively reviewed and includes contingency care planning.

About Dementia Carers Count

We support, advocate and campaign for dementia carers so that no-one feels isolated, invisible or alone. [Find out more about our campaigning here.](#)

Carers can call our free Carer Support Line
0800 652 1102

www.dementiacarers.org.uk