

# Are you caring for someone with dementia?



Then you might be interested in this **dementia workshop** for families and friends caring for someone with dementia

This free workshop will be held virtually and face-to-face in small groups. Please let the memory assessment service know which you would prefer and which area you can travel to so we can plan sessions.

Ideally, you will need to attend all seven weekly sessions.

The aim of the workshop is to maintain the wellbeing of the person you care for and yourself and to meet other people in a similar situation, in a supportive and friendly atmosphere.

- Find out how it affects the person you care for.
- Discover ways to respond to un-usual things the person may say or do.
- Learn ways to combat stress and how to recognise it in yourself.
- Be better prepared should a crisis loom.
- **Places are limited. Please note that this course is not suitable for the person you care for to attend.**

For further information, or to book a place, please contact team administrator, Christine Tilley on

**03003035342**