Are you a CARER for someone with a DEMENTIA?

DO YOU KNOW THERE IS TRAINING AND SUPPORT AVAILABLE?

- Do you care for a loved one on an informal basis?
- Would you like to meet with other informal carers?
- Would you benefit from finding out more about dementia, coping mechanisms, legal/financial issues, basic communication skills?
- Are you aware of all the dementia services available in your area?

Free training will be available for 2 hours per week over a 6 week period or other alternative arrangements.

If you are interested and you reside in the Belfast, Northern, Southern or Western Trust areas, please contact 02890 735273 or email dementia@3fivetwo.com for further information.

If you are interested and you reside in the South Eastern Trust area, please contact 02890 387480 or email NiCaregiver.Training@alzheimers.org.uk for further information.
The training will be based over 6 Modules and will cover the following:

Module 1: What is dementia?
- The Dementia Journey
- Understanding the impact of Dementia (physical, psychological and emotional)
- Types and prognosis
- Explain the different types of dementia including the impact of multiple diagnosis e.g. learning disability and dementia or co-morbidities
- Emphasising that it is possible to live well with a dementia
- Dementia and its impact on the senses - oral, vision, hearing and speech

Module 2: Legal issues / Finances
- Benefits / Entitlements
- Self Directed Support / Direct Payments
- Enduring Power of Attorney
- Driving / Insurance
- Planning for the future
- Paying for care in care homes
- Rights - Informal Caregivers and person living with a dementia

Module 3: Learning to Manage
- Techniques for coping with stress
- Taking care of the Informal Caregiver
- Understanding and managing behaviour that challenges
- Therapeutic interventions
- Activities / reminiscence / exercise

Module 4: Communication
- Behaviour as an expression of need
- Repetition
- Speech and Language Guide

Module 5: Personal Care and Well-being
- Nutrition and Swallowing
- Information on Memory Drugs and Medicines management
- Infections
- Home safety (promoting an enabling environment)
- Recognising pain
- Technology including telecare, GPS monitoring

Module 6: Services
- Finding out what services are available and how to access these
- Help with Navigating the system
- Understanding the role of staff within the Memory Service
- Care Planning / Advance Care Planning
- John’s Campaign¹

¹ [http://johnscampaign.org.uk](http://johnscampaign.org.uk)