

Are you caring for someone with dementia?

Understanding Dementia and lessening its impact

FREE online training for family and friend carers

When face-to-face training became impossible we started running our training courses via Zoom free of charge for any unpaid carers of people with dementia. Whether the person you are supporting lives with you, in their own home or in a care home, this training could be for you.

Our training programme incorporates:

- An introductory session giving an overview of the Understanding Dementia approach
 - A series of seven follow-up sessions exploring each topic in greater depth
 - Q&A and discussion as part of each session
- Follow-up support from Understanding Dementia as you put the approach into practice
 - The option to be part of an online support community of carers using the same approach

**We may be able to offer face-to-face training
CONTACT US FOR DETAILS**

FAQs

Does the training cost anything?

This training is free - all we ask is that you read the booklet that accompanies the training. You can order it via email for just £5. Read it before you participate and keep it as a reminder afterwards.

When will it take place?

There will be a range of dates, with day and evening sessions to choose from.

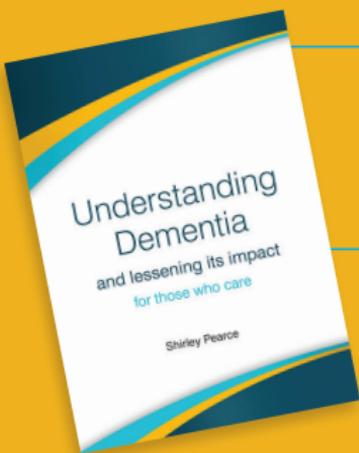
How can I book?

To register your interest, order a booklet and join our database, please email **lucy.w@understandingdementia.co.uk**

“ The course has really helped me to understand how a person with dementia can think and feel and why certain behaviours are seen. It has helped me to care for my mum more compassionately and be aware from her perspective. I've been able to practise being a 'buddy' and focus on how she is feeling rather than facts. I'm really hoping to be able to re-build some of her self-esteem and self-worth with this new awareness, and as a result make her life living with dementia a little bit easier. Sincere thanks to Shirley and Lucy for organising and running this invaluable course - it is so appreciated.

Lisa, March 2022

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Our 32-page booklet written by

Shirley Pearce

BSc (Hons) Occupational
Therapy MRCOT

Shirley Pearce has extensive experience of working with people with dementia and their carers, both at home and in residential care, and the methods she teaches are tried and tested.