

# Are you caring for someone with dementia?

## Understanding Dementia and lessening its impact

### **FREE** online and in-person training for family and friend carers

We run interactive training courses via Zoom and in-person, 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

**At least one in-person training course  
per term in Wokingham Borough**

# 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 for £5 via our website. Read it beforehand 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?

Visit our website  
[www.understandingdementia.co.uk](http://www.understandingdementia.co.uk)

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*Being a primary carer can be a lonely and daunting experience and the journey emotional and challenging. But by changing my attitude and behaviour, our daily routine has become much easier. This course was run at just the right pace, with sensitivity, confidentiality and encouragement. Shirley's easy to read booklet is very helpful to share with relatives and friends. I would recommend this course, without hesitation, to anyone exposed to dementia.*

**Jane, caring for her mother, November 2023**

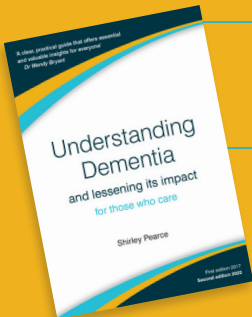
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*What a great help this course is to a struggling carer. Shirley has revealed a common thread that runs through every person with dementia irrespective of differing behaviour patterns, which is their feelings. This was at the heart and core of the course, teaching us to respond to feelings through a series of practical lessons. Each one could be used as and when to fit the occasion, and they work. I would not want to be without them. Every carer should endeavour to take this course.*

**Fred, caring for his wife, December 2023**

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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.