

Are you **caring for** someone with dementia?

'Lessening the Impact of Dementia'

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:

- A series of eight sessions exploring each aspect of our approach in depth
 - Q&A and discussion as part of each session
 - The opportunity to attend a follow-up workshop
- Ongoing 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

**Some in-person training in Wokingham
Borough and Reading / West Berkshire**

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?

Please book via our website
www.understandingdementia.co.uk

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The course was compassionate and empowering.

The elements were clearly explained and built upon as we progressed... Delivered by very experienced, wonderful course leaders, with a lot of thought and understanding. Always willing to listen and respond to individual fears and concerns. Also, a hopeful approach, which is so important when people are dealing with changes. There was plenty of time to think, ask questions etc... It really helped me think about well-being in the context of dementia and how we can let go of things that no longer support well-being...

It's helped me let go of a bit of my own sadness too; different doesn't mean worse, and we can live the change together. Some really practical advice has helped reframe tricky conversations and anxieties. I'm very grateful and have learnt a lot.

Jean, supporting her father, July 2025

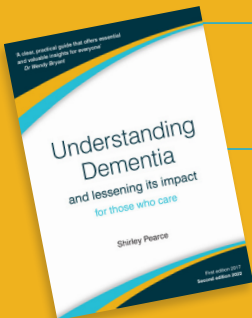
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What a great help this course is to a struggling carer. Shirley has revealed a common thread that runs through every person with dementia, which is feelings. This was at the heart and core of the course, teaching us to respond to feelings through a series of practical lessons. Each one could be used 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.