



Caring and Coping with Loss in Dementia Carer Courses - Information Leaflet

A support and training package for informal carers of people with Dementia

***This course will be jointly organised and funded by :
City of Edinburgh Department of Health & Social Care and the Voluntary Sector***

Dementia has been described as “ living bereavement “ for carers.

The carer grieves for the loss of the person as they were, as well as enduring many types of stress such as dependency, aggression, incontinence and confusion.

Caring can also entail losses such as social life, privacy and financial security.

It is important for carers to understand and begin to come to terms with these issues if they are to care for a family member with dementia.

The Caring and Coping with Loss in Dementia course has been set up to provide support and training for carers of Dementia sufferers by looking at the process of loss and change which is part of the caring role. This course uses a group work approach.

The aims are :

- Help carers discuss the emotional aspects of caring
- Understand associated losses
- Reduce isolation
- Support carers to understand the losses involved
- Increase carer satisfaction
- Identify coping strategies

What's involved ?

Initially, a referral is made to the steering group.

This is done by a professional ie. a Community Nurse, GP or Support Worker.

The carer will be contacted by a steering group member who will arrange a convenient time to visit.

The visit will involve :

- An explanation of caring and coping
- Taking a note of personal details
- Discuss the person with dementia and how the carer manages

After the visit, if both the assessor and carer agree that the course is suitable for them, then arrangements are made to fit the carer into a group of other carers.

All the groups are run by trained facilitators, experienced in dementia care and/or carer support. The groups have about six carers and run for two and a half hours, once a week for eight weeks.

Transport and sitter costs can be met by the group.

Spousal carers will be on a separate course from carers looking after a parent because the issues may be different.

Carers are free to join the groups or can withdraw at any time. This will not affect their right to receive future services.

All information collected will follow normal procedures of confidentiality.

Referrers will be informed whether the carer takes part or not. With the carers agreement, we will also let their family doctor know.

For more information about this course please contact :

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(contact details on front page)