

What's involved ?

You can contact Care for Carers yourself or ask any professional i.e. a community nurse, GP, Day Centre manager to refer you.

We will contact you to discuss the course.

This will involve :

- An explanation of the course.
- Taking a note of personal details.
- Discussion about the person with dementia and how the carer manages.

Sometimes there may be a waiting list.

To come on the Caring and Coping with Loss in Dementia Course :

- The person being cared for must have a diagnosis of Dementia.
- The person being cared for lives in the community, although the carer does not need to be living with him/her.

Carers can ask for information about any of the other services provided by Care for Carers.

Next Course Dates

Are you looking after a parent or parent in law with Dementia.? The next **Caring and Coping with Loss Course** is for this group of carers and will be running in the evenings in **May and June**. If you would like to book a place on the course or to know more about it please contact :

Ruth MacLennan at Care for Carers,
Lochend House, 33-35 Lochend Road
South, Edinburgh, EH7 6BR

Tel : 0131 - 661 6192

email : admin@care4carers.org.uk

We are based at the historical :

Lochend House

*33-35 Lochend
Road South*

EH7 6BR

Bus route 49

*Free parking at
house.*



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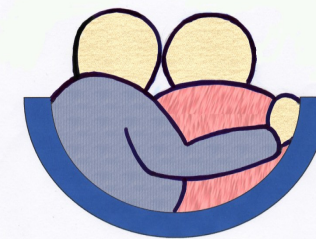
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Standard Life

Care for Carers



Supporting those who care for others

Caring and Coping with Loss in Dementia

A support and training package
for carers of people with
Dementia

Visit our website at :
www.care4carers.org.uk

Caring

Are you caring for someone living in the community or in your own home ?

Do you feel overwhelmed or struggle with feelings of guilt, anger or as if you are on an emotional rollercoaster ?

If this describes how you sometimes feel, the Caring and Coping with Loss in Dementia Course could help you to :

- Discuss the emotional aspects of caring in a safe and supportive group with other carers looking after someone with dementia.
- Understand the losses associated with dementia and caring.
- Help you identify coping strategies.
- Feel less isolated.
- Increase satisfaction in your caring role.

Loss

Dementia has been described as ***“Living Bereavement”*** for carers.

The carer may grieve for the loss of the person as they were. The carer may experience stress caused by issues such as dependency, aggression, incontinence and confusion on the part of the person with dementia.

Caring for a person with dementia can bring other losses such as loss of social life, privacy and financial security.

Coping

How are you coping with your caring role ? Are you continually changing the way you have to cope in response to the changes in the person with dementia ?

Sometimes carers feel they are not coping with the changes and the losses they face. The Caring and Coping with Losses in Dementia Course can help carers look at the way they cope and to identify ways to build a range of coping skills and create strategies to sustain carers in the caring role.

How it works

The Caring and Coping with Loss in Dementia course aims to provide support and training for carers of someone with dementia.

The course is facilitated by trained group workers experienced in dementia care and / or carers support.

The groups have six carers and run for two and a half hours, once a week for six weeks. All members of the group will be in the same caring situation.

There will be 2 follow up sessions held after the course finishes for the group to catch up.

Courses for carers caring for a spouse are run separately from groups of carers looking after a parent, as the issues may be different.

Transport and sitter costs may be met by Care for Carers.

The next course will be for people who are looking after a parent or parent in law. The course will be held in the evenings over May and June. For more details or to book a place please contact Ruth on the number over page.