



# Understanding Dementia and Living Well Course

**Are you an unpaid Carer looking after someone with Dementia?  
If so, this course is of interest to you**

Knowing that the person you care for has Dementia/Alzheimer's is difficult enough to say the least and Hereford Carers Support believe that by providing Carers with as much information and preparation as possible it will enable them to give the best possible care. It is also a huge relief for the Carers to meet others in a similar position, and know that support is available.

The course is spread over 5 weeks - normally 3hrs on the same afternoon for each of the 5 weeks.

**Week 1. Introductions** – We take time to introduce ourselves and explain our caring roles and discuss what Dementia is

**Week 2. Information** – We explain about how Dementia affects the brain and memory and impairs our ability to function as we once did

**Week 3. The Cared For** – We discuss coping strategies and ways of living well with Dementia, as well as looking at any legal aspects which may be necessary for us to consider

**Week 4. The Carer** – We look at planning for our own needs as a Carer and Contingency Planning. This includes support options and discussion around services which are available to us as carers.

**Week 5. Local Resources** – We discover what information and support there is in Herefordshire to meet the needs of Carers and we focus on local support services and options for the continued wellbeing of both the Carer and the Cared for.

**For more information about this course, or to register as a Carer  
please contact us by one of the following options:**

Tel: 01432 356068

Email: [help@herefordshirecarerssupport.org](mailto:help@herefordshirecarerssupport.org)



Herefordshire Carers Support



@HerefordCarers

Herefordshire Carers Support is a registered charity providing practical support and advice to the carer community in the county

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email: [help@herefordshirecarerssupport.org](mailto:help@herefordshirecarerssupport.org) | [www.herefordshirecarerssupport.org](http://www.herefordshirecarerssupport.org)

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