

Digital Services

We're dedicated to family members and friends who are caring for someone with dementia

Our friendly and informative online sessions cover a wide range of subjects, from understanding the impact of different types of dementia and strategies that can help, to how to look after yourself as a carer. All sessions are brought to you by expert health and care professionals.



Live Online Learning sessions

Each session lasts up to 1.5 hours, and the small, informal groups ensure that everyone has the chance to ask questions and connect with other carers. There will be time built in to reflect on the information learned and, if you choose to, discuss how it relates to your own situation. You will also receive a copy of the presentation after the session

You can see our full range of topics and book your free place on our website: dementiacarers.org.uk.

"It made me feel that I wasn't alone; there are lots of echoes from other people's experiences and pieces of the puzzle beginning to drop."



Live Online Learning sessions

Keeping the communication going

Explains how dementia can affect language and communication, explores the emotional impact of a breakdown in communication and discusses what can help.

Online
[Click to visit event page](#)

Alcohol related brain damage

Examines the conditions which are linked to long term heavy drinking and are associated with a range of cognitive changes such as memory problems, difficulty concentrating and confusion.

Online
[Click to visit event page](#)

Mental capacity

Defines mental capacity and how it's assessed, looks at the role of lasting powers of attorney and explores the main considerations of a best interest decision.

Online
[Click to visit event page](#)

Visual changes

Provides an opportunity to focus specifically on the visual changes that can occur for a person with dementia and the support strategies which can improve their wellbeing and your ability to cope.

Online
[Click to visit event page](#)

Managing changes in movement and sensation

Looks at some of the motor and sensory challenges a person with dementia can face and provides ideas about how to simplify tasks and help the person's sensory awareness

Online
[Click to visit event page](#)

If you'd like to have a chat about our Live Online Learning sessions give us a call on **020 3096 7895** or email us at support@dementiacarers.org.uk

Memory changes

Focuses on some of the memory challenges that can occur and some ideas and strategies to support these challenges.

Online
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The effect of dementia on reasoning, planning and emotional responses

Explores the changes in the brain that can affect the emotional responses and ability to plan, organise and problem solve while offering ideas and strategies to support someone experiencing these difficulties.

Online
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Taking care of yourself as a carer

Is an opportunity to think about your own wellbeing and discuss a range of tools to enhance your resilience.

Online
[Click to visit event page](#)

Lewy body dementia and Parkinson's disease dementia

Explores the different areas of the brain that are affected and looks at how these link to different sets of symptoms.

Online
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Stress and distress

Supports you to understand the thoughts and feelings a person with dementia may be experiencing which cause stress and distress and discusses ways to support their wellbeing as well as your own.

Online
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"Very informative and a lovely and relaxed atmosphere, so you don't feel afraid to speak."



Our Virtual Carers Centre

This is continuing to grow and now contains a wide range of videos, audio recordings and articles. Here, you can access guidance and support from health and care professionals and listen to the stories of family dementia carers.

Some of our resources include:

- ♥ Strategies from our team of professionals on managing stress; building resilience; and overcoming everyday challenges, such as eating, drinking and communication difficulties.
- ♥ Practical guides on issues like continence, delirium, and seizures.
- ♥ A 'Carer to Carer' section, where family carers share their experiences, tips and supportive messages.

📍 Dementia Carers Count,
7-14 Great Dover Street,
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020 3096 7895

🏠 dementiacarers.org.uk
✉ support@dementiacarers.org.uk
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📷 @DementiaCarersCount

101-01

Registered charity: 216633

How can we help?

Are you caring for a family member or friend with dementia? Would you like to increase your knowledge around dementia and get practical support to help you in your caring role? Regardless of whether you live with the person you care for or not, we can help.

Our courses

Designed and delivered by health and care professionals, our range of online courses provide an opportunity to learn, connect and develop strategies which support the well-being of family carers and people with dementia.

You can see our full range of topics and book your free place on our website: dementiacarers.org.uk.



“Really great supportive organisation. Easy to access and proactive in making sure they are accessible even in lockdown with online courses.”



Live Online Learning sessions

Carers' rights and benefits

Explores the range of carers' rights and benefits and types of assessments and support available.

Online

[Click to visit event page](#)

Sundowning

An overview of sundowning (a state of confusion in the late afternoon and into the evening) with strategies and tips to reduce or prevent sundowning.

Online

[Click to visit event page](#)

The brain and dementia

Outlines the main types of dementia, examines the different areas of the brain that are affected and links these to different sets of symptoms.

Online

[Click to visit event page](#)

Uses and benefits of music

Explores the benefits of music, how it can provide connection and shared experience plus lots of useful resources.

Online

[Click to visit event page](#)

Engaging a person with dementia in meaningful activity

Explores different activities and offers practical advice and strategies to encourage engagement and participation

Online

[Click to visit event page](#)

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Relationships and feeling secure

Explores the types of relationships and bonds we have with important people in our lives, including the person with dementia and discusses how to help them feel more secure.

Online

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Understanding why dementia is different for everybody

This is an introduction to the multiple factors which can affect a person's experience of dementia and which can also influence you in your role as a carer.

Online

[Click to visit event page](#)

Sudden or acute confusion (delirium)

Provides an overview of the condition referred to as delirium and the impact it may have for the person with dementia

Online

[Click to visit event page](#)

Understanding psychological wellbeing for you and the person you care for

Explores the psychological needs of you as a carer and the needs of the person with dementia in order to support the wellbeing of you both.

Online

[Click to visit event page](#)

The impact of pain in dementia

An opportunity to explore the impact and consequences of pain for a person with dementia and how different approaches may improve pain management and wellbeing.

Online

[Click to visit event page](#)

“Nice friendly environment. I felt comfortable to share information”



Support us and get involved

All our services are currently free of charge for those who need our support – but we rely on the generosity of others to make this happen. Here are just a few ways you can help support Dementia Carers Count:

- ♥ Hold an event to raise money for us – whether it's a coffee morning, sponsored walk or just something you've always wanted to do – get in touch as we would love to help
- ♥ Leave a gift in your Will to help future generations of family carers
- ♥ Get your school or employer involved

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