

Information for Carers

Online Sessions



Are you caring for someone living with dementia? Are you a family member with questions about a recent dementia diagnosis?

Sessions run on the first Thursday of each month from 14:45 – 16:15 and will cover the following topics:

- 01/04 – Understanding & Supporting a person with dementia**
- 06/05 – Looking ahead: putting plans in place**
- 03/06 – Looking after yourself**
- 01/07 – Managing continence**
- 05/08 – Legal & Financial Matters incl. Lasting Power of Attorney**
- 02/09 – Moving into Residential Care**
- 07/10 – End of Life Care & Support**
- 04/11 – Assistive Technology**
- 02/12 – Christmastime for a person with dementia**

Each session will be run by our Dementia Support Workers who will give the opportunity to ask questions.

Contact us with any questions and to get the details of how to join the online sessions.

T: 0115 9343811

E: nottspdss@alzheimers.org.uk