

Carer Education Sessions

Supporting someone with dementia can be bewildering and overwhelming which is why we run education sessions, to help you prepare for what's ahead – no matter where you are in the journey.

Dementia is life changing, but the way we support people has a huge impact on the wellbeing and the behaviours associated with dementia. We know that with the right information and support, both you and the person you care for can live positive and fulfilling lives. Our education sessions are designed to show you how.

The sessions will help you to:

- Understand what dementia is and how it progresses
- Gain an insight into how it feels to live with dementia
- Discuss behaviours and share tips and advice
- Find tools and strategies to care well
- Care for yourself and look after your own wellbeing.



The sessions are small, interactive and supportive so you can learn from others and share your experience with people who understand how you're feeling. Sessions are a safe space for you to be honest as you grapple with what your role means.

The sessions are free to anyone who is supporting someone with dementia in Oxfordshire and take place over Zoom – so if you can't leave your loved one you can still attend.

To find out more or book your spot, please email training@dementiaoxfordshire.org.uk or visit dementiaoxfordshire.org.uk/carers-education-sessions