

Dementia Oxfordshire Celebrates One Year of Carer Education Sessions

(For Immediate Release)

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March 2022 marks one year since Dementia Oxfordshire held its first online Carer Education Session, for carers of people living with dementia.

Dementia Oxfordshire has run 38 sessions since March last year with a total of 350 attendees. The sessions are free, and help carers better understand the condition and how it progresses. Attendees share tips and advice, learn about strategies to care well, and consider how to look after their own wellbeing.

One attendee said, “[the session] was very useful and a great help especially [in considering] how to talk and interact differently when talking to my parents”. Another said, [It was a] very good education session, enthusiastic, compassionate, humour, well researched, with practical suggestions and scenarios”.

Starting the sessions during a lockdown was challenging, with all sessions taking place online. This did however bring benefits; no sessions have been cancelled, carers don’t need to travel, and there is no need to find someone else look after their loved one. The Dementia Oxfordshire team provide support to help people access online sessions to reduce any barriers for people less familiar with technology. Melissa Spearman, who has developed and led these sessions, said “Learning more about dementia, how it affects cognition, memory and communication, and how it affects the way the person experiences the world, can transform the way the person with the diagnosis is supported and positively affect wellbeing and relationships. Having time to share and learn with others in the same situation, has been an incredibly powerful experience for carers who have attended so far”.

Peter Johnson, Head of Dementia Oxfordshire, said “I am very pleased that we have been able to deliver informative and enjoyable sessions to carers despite the restrictions of the ongoing pandemic. By equipping carers with more knowledge and advising them on caring strategies they can better support those living with dementia to live healthier and more meaningful lives. I’m impressed both with the numbers of people attending our sessions and the feedback we have received; it tells us there is both a significant need and that we are effectively responding to that need. I am now looking to see if we can secure additional funding so that we can expand this offer”.

Following the success of the Carer Education Sessions, Dementia Oxfordshire are now also offering dementia awareness sessions specifically for local organisations and businesses with the aim that the wider community can support people living with dementia to remain involved in their local communities.

Information on Dementia Oxfordshire, the various groups they run for people living with dementia and their carers, and the support they can provide is available on their website at: <https://www.dementiaoxfordshire.org.uk/> or by calling their support line on 01865 410 210.

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Dementia Oxfordshire is a service provided by Age UK Oxfordshire (registered charity no.1091529) and Dementia UK (registered charity no.1039404).