

Caring for People with Dementia

**Diane Thomas: Freelance Trainer:
“Stress Management for Carers”
Workshops
for Wokingham District Council Social Services
& Housing**

**Jackie Husk: Carer for husband who
suffers with Dementia**

Caring for People with Dementia

What Carers are struggling with:

- **Guilt**
- **Bad temper/impatience – their own
- cared for**
- **Tiredness**
- **Grief**
- **Abuse – from cared for person**
- **Depression**
- **Standards of care**
- **Isolation**

Caring for People with Dementia

Comments from Carers about what they have valued about the Workshops:

- developing new **coping skills**
- feel **less isolated**
- **sharing** with others who have similar problems
- **fun & relaxed** atmosphere
- feel **much calmer/less stressed**
- feel **better about self/more confident**
- **talking helps!**