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
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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
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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!