

Get in touch today

To book a place on a FREE workshop near you or to find out more information about Training for Informal Caregivers, please contact:

028 9038 7480

NICaregiver.Training@alzheimers.org.uk

Alzheimer's Society is the UK's leading dementia charity. We provide information and support, improve care, fund research and create lasting change for people affected by dementia.

National Dementia Helpline

0300 222 1122

Monday-Wednesday, 9am-8pm

Thursday & Friday, 9am-5pm

Saturday & Sunday 10am-4pm



Dementia Together NI



Alzheimer's Society operates in England, Wales and Northern Ireland, registered charity no. 296645



Do you care for someone with dementia?

Come along to our programme of FREE Dementia Workshops



Build your support network

Caring for someone with dementia can be tough and isolating.

Getting support from people who understand the challenges you face can make a massive difference.

Training for Informal Caregivers is a series of **free** workshops provided by Alzheimer's Society for people who provide unpaid care and support for a family member, neighbour or friend living with dementia. The sessions are run by skilled, compassionate and experienced staff.

The workshops provide information on the following topics:

- What is Dementia?
- Legal and Financial Issues
- Learning to Manage challenging situations and develop coping mechanisms
- Communication skills
- Health, self care and Wellbeing
- Accessing local services and support

Our skilled and experienced staff deliver the programme to people who care for a person with dementia in wide a range of venues throughout the Belfast, Northern, Southern and Western area.

'The information and advice I received was invaluable! Being able to talk to other carers about dementia has been a great help. A fantastic course!'

Participant at a Training for Informal Caregivers Workshop



Come along to:

- Share experiences with people who understand
- Find out more about dementia, financial support and local services, plus how to take care of yourself and the person you are caring for
- Have a break, chat with others in a similar situation and grow a network of invaluable support