

The course takes place at Brunswick Methodist Church, off Blackett Street, behind Fenwicks, Room 2, Second Floor.

Contact us to find out when the next course is due to take place.

**Comments from carers:**

“Very interesting talk about issues I had no previous knowledge about”

“Would like to thank everyone involved for their time and help - enjoyed the course a lot”

“All sessions of the course were appropriate, content good and well presented by good speakers in a friendly atmosphere”

“Gave me the confidence to contact social services and ask for help and support”

**Contact**

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**Newcastle Branch**

# Carers’ information and education course

The Alzheimer’s Society is the UK’s leading care and research charity for people with all forms of dementia, their families and carers.

Registered Charity Number 296645.  
Company Limited by Guarantee Registered  
in England Number 2115499.

**The course currently runs twice a year, it aims to introduce and explore a number of key topics to people who are caring for someone recently diagnosed with dementia. People who have been caring for a relative for a number of years may also find some sessions helpful.**

**Aims of the course:**

- Develop a greater understanding of dementia
- Learn practical coping strategies to use on a daily basis
- Learn useful hints for improving and maintaining communication
- Learn how to access services and plan for the future
- A chance to meet others in a similar situation
- Develop confidence as a carer

**The course runs for six weeks – two hours per session, each week.**

- Small group setting
- Friendly atmosphere
- Free information
- Guest speakers

**Session one**

**Learn more about dementia**

We will look at the various diseases that cause the symptoms of dementia, its prevalence in the population, progression and known risk factors. We will also cover the role of drug treatments.

**Session two**

**Understanding changes in behaviour**

We will gain a better understanding of how the changes, which occur when people have dementia, cause them to behave differently, and how at times the person's seemingly difficult behaviour can be an attempt to communicate.

**Session three**

**Improving and maintaining communication**

The progressive nature of dementia and the changes it brings means we have to look at different ways of communicating, not only by adapting our speech and body language, but by considering how touch, activities etc can help. This session will look both at adapting our usual methods of communication but also give consideration to alternatives.

**Session four**

**Legal, financial and welfare benefits**

This session is in two parts. In one a legal expert will highlight issues which should be considered now and for the future, such as setting up an enduring power of attorney. In the second half of the session we will deal with the types of benefits available to people with dementia and carers.

**Session five**

**Assessing health and social care services**

This session is in two parts. In one we will look at the various NHS services available and how health professionals can help. In the second half of the session a social worker will explain the steps to take in seeking help, what an assessment involves and how social services decide what help they can give.

**Session six**

**Carer support services**

An opportunity to learn more about the types of services available to carers at the Newcastle Branch, including support groups, drop-in club, one to one advice, access to further information and advice.