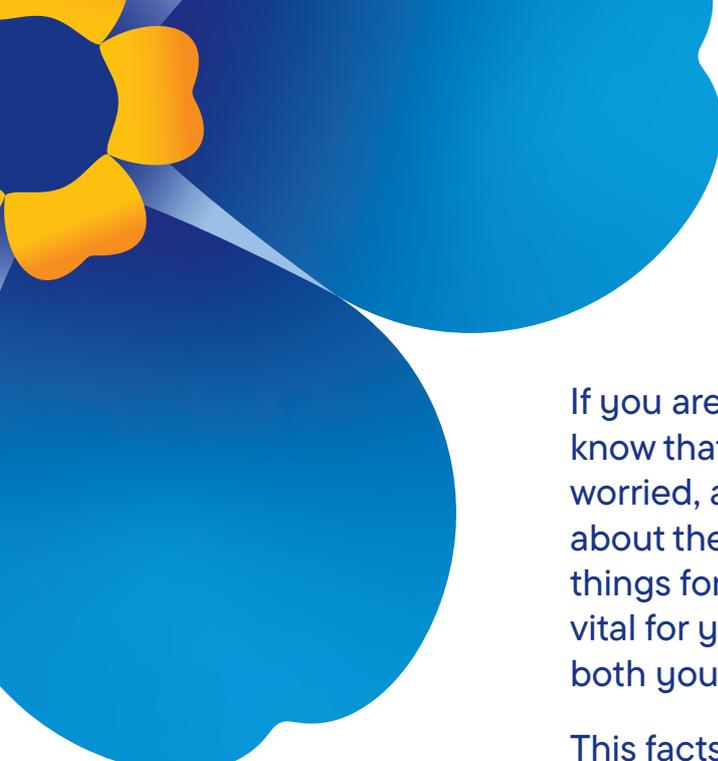


Carers – looking after yourself



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia



If you are caring for a person with dementia, you will know that it isn't always easy. You may at times feel worried, anxious or frustrated. You might feel guilty about these emotions or whenever you need to do things for yourself. However, looking after yourself is vital for your health and wellbeing, and will benefit both you and the person you are caring for.

This factsheet looks at the challenges you may face in your caring role and ways that can help you to cope. It gives you ideas that you might find helpful and the types of support that are available to you.

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1 Adjusting to being a carer

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your notes

If you are supporting someone close to you, you might not see yourself as being their 'carer', but rather their partner, family or friend. Even if you don't identify as a 'carer', you may still find that using this term can help you get the right support.

Caring for a person with dementia can be rewarding, but it can also be challenging. It is often unlike caring for someone with any other condition. You may find you don't have the time or energy to do all the things you need or want to do. Carers often put the needs of the person they care for before their own. This can make it difficult for you to look after yourself properly. You may then feel exhausted, emotional or overwhelmed, or you may become unwell.

Looking after yourself is important for both you and the person you are supporting. If you can stay healthy you will feel better, which can help you to cope in your caring role.

Coping with changes

Dementia is a progressive condition. This means symptoms may be relatively mild at first, but they get worse over time, usually over several years. These symptoms include problems with memory, thinking, problem-solving or language, and often changes in emotions, perception or behaviour.

A person's needs and abilities will change as their dementia progresses. Being aware of changes can help you to adapt your caring role, as well as the support you need. It may sometimes feel like you're starting again with learning how to support the person you are caring for.

It can also be very difficult to see the person struggle with things they used to be able to do. Try to accept that the changes are happening and focus on what the person can still do. Support them to do those things or consider where others can help you.

Space for your notes



We still have many good days, but we also have some very difficult days. I can get very resentful, tired, and angry. I don't like that about myself. But we're human - just doing the best we can in very difficult situations that we never asked for.

Carer of a person with dementia



The person you're caring for is likely to behave differently as their condition changes. They might do or say things that you don't understand or know how to respond to. This can be upsetting and frustrating. Try to remember that the behaviours are usually not intentional and are a part of dementia. For more information on behaviour in dementia, see factsheet 525, **Changes in behaviour**.

For advice about ways to support and communicate with a person with dementia, see factsheets 500, **Communicating** and 524, **Understanding and supporting a person with dementia**.

Adjusting to your new relationship

As a carer, your relationship with the person with dementia will feel different. Conversations and things you do together may change. You may also need to do more for them and help them to make decisions. On an emotional level, you may feel a loss if the person isn't the way they used to be. You might have depended on them for support in the past, which they can no longer provide. This can be a difficult change for you.

It can be hard to see the positives in this situation, but it doesn't mean your relationship is lost. By caring for the person, you are helping them both physically and emotionally. Plus, they are being supported by someone who cares about them, even if they may not always seem to know or appreciate it.

Managing daily activities

Practical support and advice can help both you and the person with dementia. Our booklet 600, **Caring for a person with dementia: A practical guide** provides comprehensive information and advice on many areas of living with, planning and caring for someone with dementia. Other things that can help with everyday activities and your caring role include the following suggestions:

Keeping a journal

When you're having a difficult day, think about the positives if you can. Writing them down in a journal can help. They can include moments you shared, or when the person looking well and cared for. This can also give you a much-needed boost and a reminder that you are doing a great job.

Making adaptations to the home

You can make changes to the home to make life easier for the person you care for, and yourself as their carer. This could include making adaptations to support their mobility or to help them stay independent. This could also make life easier for you by giving you more time for yourself. For more information and ideas about specific adaptations you could make, see booklet 819, **Making your home dementia friendly**.

Using technology

Technology that is used to help you care for someone with dementia is known as ‘assistive technology’. This includes online banking and shopping. You can also use electronic devices to reassure you that the person you’re caring for is safe when you’re not with them. For example, you could use movement sensors in the home or a ‘GPS locator’ device so that you know where the person is. See factsheet 437, **Using technology to help with everyday life** for more information about these devices and important things to consider, including getting the person’s consent to use them.

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your notes**

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2 Your emotional wellbeing

Caring can affect every part of your life. It can also make you feel isolated and alone, which can affect your mental health. Feeling healthy and more supported can have great benefits for you and the person you care for.

Everyone will experience caring in their own way. There may be days when you feel you can cope well and other days when you feel you can't. There may be some parts of caring that you find easy to manage but others that you find difficult. However, if the role of carer is becoming too difficult, it's important to ask for help and recognise that you need support too – see section 4 'Getting help and support' on page 11.

Dealing with difficult emotions

One of the most difficult things about caring for a person with dementia can be the range and strength of emotions you experience. This is completely understandable and you aren't alone. If you ever have any negative feelings about the person you are supporting, or the situation, it does not mean you're a bad person. This is actually very common.

Being aware of your feelings can make it easier to deal with them. For example, if you feel frustrated or angry, try to work out why. Are you trying to do too much? Is lack of sleep the main problem? Are you not getting the help you need? If you can understand 'why' you feel the way you do, it can help you make decisions about what is right for you and the person you are caring for.

“

I think I might get a boxing bag so I can take out my frustrations on it.

Carer of a person
with dementia

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Feeling guilty

Some emotions will be common responses to the situation, such as frustration. Other emotions can be more difficult to deal with. One emotion that can be particularly hard to deal with is guilt.

Reasons for feeling guilty could include:

- anger or frustration with the person you are caring for
- thinking that you are not looking after the person well enough or that you're doing things 'wrong'
- feeling that you are not coping as well as other carers seem to be
- deciding that you have had enough of your role as a carer
- wanting to spend time on your own
- resenting the impact caring has on your life and that you never 'chose to do it'
- not having been more patient with the person when their symptoms were developing or being impatient with them now
- not making time for yourself, or spending time with your friends or other family members, including children
- the difficult decisions you need to make, like moving the person with dementia into a care home or arranging for them to be cared for by someone else.

Being realistic about what you can do

You can't help your emotions, but you can learn and practise how to respond to them. For example, it can help to remember that you are managing a difficult situation and doing the best you can to support the person. Focus on what you can do and try to accept that you may need help with some things.

Guilt, anger and frustration are common emotions felt by carers and it's very important not to be ashamed about how you feel. Shame stops us from being honest and asking for help when we need it.

Nobody is perfect, and everyone gets frustrated at times and makes mistakes. Be kind to yourself. Dementia is a complex, unpredictable and progressive condition. This means things can change slowly over time. This can make it hard to be aware of how much relationships and feelings have changed too.

Try not to compare yourself or your situation with other carers. You may think they are coping much better than you. However, dementia affects everyone differently. Everyone's situation will be different, and everyone faces their own challenges. You may struggle with things other people seem to find easy, but they may find things hard that you don't.

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I realise the feelings of guilt and 'not doing enough' are normal.

Carer of a person with dementia

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It is important that you seek support before you reach a crisis point. For example, you can call Alzheimer's Society's Dementia Support Line on **0333 150 3456**.

Realising when you are struggling

Carers can often reach a crisis point before they realise that they have been struggling for a while in their role. This can lead to a rapid decline in your mental and physical health. This can then have a negative effect on you and the person you are looking after. However, if you can spot early signs of struggle, this can help you to get some support as soon as possible.

Signs that you may be struggling include:

- feeling depressed or hopeless
- constantly feeling panicked and on edge
- lack of concern or strong negative feelings towards the person you are caring for
- often overcome with irritation, agitation or anger
- difficulty sleeping
- missing appointments.

If you are struggling to cope or you feel depressed, anxious or stressed, it's very important that you talk to your GP. Help is available, such as counselling or extra support services. Speaking to friends or family members can help. Speaking to social services could also help as they may be able to put more support in place for you. For more information see section 4 'Getting help and support' on page 11.

Getting support before you think you need it is one way to prepare for the future. Some support services have waiting lists. It may be reassuring to know that you have a plan, and that you will have help when you need it most.

“

I'm living with my mother who has Alzheimer's. I also have MS. Over the weeks I have found myself feeling more and more depressed.'

Carer of a person with dementia

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Setting out your priorities

Carers often need to do many different things at once. This can be difficult to manage and can leave you feeling exhausted physically and mentally.

You may also feel torn between your different responsibilities. You might be trying to care for the person with dementia as well as having other important roles. These could be looking after a household, caring for children or other relatives, going to work, or managing your own health issues.

As much as you may want to manage everything, it will not always be possible. It's important to recognise if your caring role has become too much for you. You may need to take a step back from some parts of the role, if you can. It can be difficult if other people try to help but give you advice that may not apply to your situation. Remember that you can't do everything on your own and you won't be able to please everyone.

Here are some ways that can help you:

- Work out the things you really need to do for the week or month ahead, and the things that are less important. Focus on the important ones first.
- Make a to-do list to help you stay on top of daily tasks and cross them off when you've completed them. This can help you feel more in control. Writing things down can help to clear your mind of buzzing thoughts.
- Let people know about things they could help you with to take some pressure off you. Even small tasks can make a difference, such as picking up medication or groceries.
- Don't be hard on yourself about the things you can't manage – this is very normal.

Space for your notes

Space for your notes

Your need for breaks

It can be difficult to find time for yourself when you are caring for a person with dementia. However, taking regular breaks from caring and doing something you enjoy is important for your own wellbeing. You will be able to cope better if you make time for yourself. Many carers find this helps them with their caring role.

Try to make time to do something you enjoy every day, whether it is on your own or with the person you are caring for. This could also give the person with dementia a chance to experience new things and to have a change from their routine. Small things can make a difference, such as listening to a song you like.

When you do get time to yourself, you might have to use it to catch up on tasks, like managing your finances. Or you may want to have some 'time out', such as meeting a friend for coffee, enjoying a hobby or doing something else for yourself. It's healthy to have time to reflect and relax. However, socialising is also very important for your overall wellbeing.

Having time apart can help to ease any tensions or frustrations you and the person you care for may both have. You don't have to take long breaks from caring – a short time to yourself could make a lot of difference.

So that you can take a break, ask if someone you know can spend a few hours with the person you are caring for. This could be a friend or family member. Your local authority may also be able to help. For example, it might have a 'sitting service' or a befriending service. Or it might be able to provide care so that you can take a break. This is called 'respite care'. It could be for an hour or two, or for days or even weeks. For more information see factsheets 462, **Respite care in England**, NI462 (for Northern Ireland) or W462 (for Wales).

Other organisations or charities in your local area may also offer respite care. To find support services in your area for people with dementia and their carers, you can use our online dementia directory at [alzheimers.org.uk/dementiadirectory](https://www.alzheimers.org.uk/dementiadirectory)

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I've been sole carer for my husband for five years, not had a break or holiday, in all that time, feeling totally drained.

Carer of a person with dementia

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3 Your physical health

As well as the emotional impact of caring, it can have a big impact on your physical health. For example, long-term stress and lack of sleep can lead to poor, and in some cases severe, physical health issues.

Staying physically healthy is an important part of maintaining your mental health too. Signs of serious issues can easily be overlooked for various reasons. Lack of time and energy can make it difficult to focus on yourself and your health.

Diet and physical activity

Eating well and keeping physically active – if this is possible for you – will help you to stay healthy.

Eat a well-balanced diet and keep hydrated

Eating a healthy diet is important to maintain good health. It can also help keep your energy levels up and reduce ‘slumps’ in the day. Try to eat at least five portions of fruit and vegetables every day, as part of a balanced diet.

To stay hydrated, you should drink between 6–8 glasses of water a day. To do this, it might help to keep a water bottle near you for regular sips. For more information on eating/drinking well, visit www.nhs.uk/live-well/eat-well

Exercise regularly

Exercise is good for both your physical and mental health. It can help to reduce stress and improve sleep. This could include going to a gym or exercise class such as yoga, Pilates or tai chi. Online classes and videos can help you to exercise from home. Being outside in the fresh air is also beneficial. This can include going for a walk or doing an active hobby such as gardening.

If taking time to go out is difficult for you, it can help just to stand outside for a few minutes. Take some slow deep breaths. You can also try to build movement and activity into your daily routine. For example, you can do a few stretches while sitting down, or walk back and forth while waiting for the kettle to boil.

Space for
your notes

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My husband has dementia and gets up and dressed in the middle of the night insisting that he is going to work. He's 85. I am exhausted. I want to look after him, but sleep deprivation is wearing me down.

Carer of a person with dementia

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Getting enough sleep

Sleep is very important as it helps your brain and your body to recover. In general, adults need 7–9 hours' sleep a night. However, it can be difficult to sleep well if you are anxious or stressed. People with dementia often wake up or get up at night. They may walk about or need help going to the toilet. They might also be disoriented, anxious or fearful. This can also affect your sleep.

For carers, the constant worry this causes can make it hard to fall asleep or stay asleep. If you can't get enough sleep, try the suggestions listed below:

- **Try to keep to a regular sleep pattern.** This involves going to bed and waking up at the same time every day, so your body gets into a natural sleep rhythm.
- **Make your bedroom dark, quiet and comfortable.** This can help you relax and stay asleep.
- **Try to put the day to rest.** You may find yourself going over the day's events in your head. Or you may be worrying about the future when you are trying to sleep. It can be helpful to write things down, such as your thoughts, feelings and things to remember. This can help to get them out of your mind and onto a page. Keeping a notebook and pen by your bed may be helpful.
- **Talk to your GP if nothing is helping you to sleep.** There could be other reasons, such as anxiety, worry or sadness. Your GP may be able to suggest medication, services or techniques to help you, including counselling.

If you can sleep but it is the person with dementia who is up in the night and waking you, you may need help from another carer at night. See 'Your need for breaks' on page 8. You should also speak to the person's GP or social services for advice. For more guidance on general sleep advice, visit the NHS website www.nhs.uk/every-mind-matters/mental-health-issues/sleep

For more information on sleep problems for a person with dementia, see our factsheet 534, **Understanding sleep problems, night-time disturbance and dementia.**

Sleep is a regular topic of discussion on Alzheimer's Society's Dementia Support Forum, an online community where you can talk to people who understand how hard things can be. Visit forum.alzheimers.org.uk

4 Getting help and support

Space for your notes

When you are caring for someone with dementia, there will come a time when you will need extra support. Carers who get less support are more likely to feel stressed and depressed. Asking for help when you need it, or before you think you need it, may make it easier to go on caring for longer.

There are different sources of support available from health and social care professionals. Dementia advice and support services may also be available from many local authorities or charities, faith groups, or other local or national organisations. See 'Other useful organisations' on page 18.

Ask for help

Don't be afraid to ask for help and support if you need it. Sometimes, people don't offer to help because they don't know what they can do. Try suggesting specific ways that other people can help. If you've previously said you can manage without someone's help, they may not think to offer again, even when your situation changes. Let people know how valuable their support is and how much it helps you.

Friends and family members can provide practical and emotional support. Seeing other people is important for your wellbeing. It can also help to speak to people who are in a similar situation. Our Dementia Support Forum can be a reassuring and helpful place for carers. Visit forum.alzheimers.org.uk

If you're working and want to carry on doing so, check with your employer if you can get support. This can include flexible working arrangements, which you have the right to request.

If you decide to give up work, you may qualify for Carer's allowance.

For more details on all benefits, see factsheet 413, **Benefits for people affected by dementia**. If you would like to contact the Carer's Allowance Unit, Age UK or Citizen's Advice, see 'Other useful organisations' on page 18.

Space for your notes

GPs, health professionals and social services

It is important for everyone to keep a check on their general health. If something doesn't feel right with your body or mind, make an appointment to see your GP. They can help with any treatment you might need and prevent some problems from getting worse. It's also important to let your GP know that you are a carer as this can be useful in accessing support.

Ask your GP if you can have a general health check. This is often provided for people over a certain age or with specific health conditions. See what is available to you.

Health and social care professionals provide important support. They include doctors such as GPs and consultants, different types of nurses, and other specialists, such as social care workers. The GP should be your first contact for any concerns, and they can refer you to other specialists such as a:

- neurologist or geriatrician
- psychiatrist
- dietitian
- occupational therapist
- physiotherapist
- speech and language therapist.

Different types of nurses are available to support people with dementia and those who care for them. These include community mental health nurses or community psychiatric nurses (CPNs), dementia nurse specialists or Admiral Nurses. See Dementia UK in 'Other useful organisations' on page 18.

Social care professionals can help with non-medical support. Social workers can assess both your needs and the needs of the person you support. They can advise on finding support, including equipment and adaptations, and on finding care.

Contact your local carers organisation, GP or social services to find out what is available to you. See 'Support from your local authority' on page 14.

Local support groups

Support groups can be of great comfort and reassurance, and they can provide you with a lot of practical and emotional help. These are available in most areas and can include local services from Alzheimer's Society, Age UK and Carers UK. See 'Other useful organisations' on page 18.

Support groups can also be a good source of information on what services are available in your area and how to access them. Plus, at the groups, you can talk to other carers who are in a similar situation. You can share ideas and advice about caring.

For details of local support groups, contact Alzheimer's Society's Dementia Support Line on **0333 150 3456** or use our online dementia directory at **[alzheimers.org.uk/dementiadirectory](https://www.alzheimers.org.uk/dementiadirectory)**

Online discussion forums

Forums can help give you practical suggestions or simply be a place where you can find comfort after a difficult day. You can join online forums at any time. For example, try our Dementia Support Forum at **forum.alzheimers.org.uk**, which is available 24 hours a day, every day of the year. Carers UK also runs a number of forums. See 'Other useful organisations' on page 18.

Talking therapies

Talking therapy involves talking to a trained professional about your thoughts, feelings and behaviour. Different types of talking therapy can give you a safe space to talk to someone if you are feeling stressed, anxious or depressed. Therapies can include counselling, cognitive behavioural therapy (CBT) or acceptance and commitment therapy (ACT).

Different types of therapy may suit different people. However, they all provide the opportunity to talk about how you feel in a non-judgemental and supportive environment. They can help you to:

- make sense of difficult life events
- resolve complicated feelings, or find ways to live with them
- recognise unhelpful patterns in the way you think or act.

Speak to your GP about what talking therapies are available in your area, and which might suit you best.

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I used to be a cheerful, easy going person. After a year of looking after my husband, I am struggling with my emotions and on the verge of tears most of the time. I would like some one to one support.

Carer of a person with dementia

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Space for your notes

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‘Would he go to a day centre? I didn’t think my husband would but goes readily and I can’t tell you how much of a relief it is to have some time when I’m not ‘on duty’.

Carer of a person
with dementia

”

Information

We produce a large range of information about caring for a person with dementia. This includes practical aspects of managing money, benefits, driving and decision-making.

You’ll also find lots of advice and guidance to help you deal with difficulties you might be facing. This includes dealing with behaviours that challenge and tough emotions you may be experiencing. For more information see our website where you can also find a full list of Alzheimer’s Society publications at alzheimers.org.uk/getsupport

Support from your local authority

Local authorities, including social services departments and health and social care professionals, can help people with dementia and their carers. Your local authority may provide some or all of the following:

- home care visits
- adaptations to the home
- day centres
- respite care (sometimes called ‘replacement care’)
- support from professionals, such as a dementia specialist nurse
- support groups
- counselling
- information that is tailored to your needs.

You might have to pay for some of these services. Ask your local authority social services department for details. Make sure you get all the support you’re entitled to. You’ll find more information in factsheets 532, **Paying for care and support in England**, NI532 (for Northern Ireland) and W532 (for Wales).

Consider registering as a carer with your local authority. Some local authorities have a carer’s card or carer’s passport scheme. These identify you as a carer and allow you to access support services and other benefits like discounts. Ask your local authority or your GP, or look online for more information.

Carer's assessment

People with dementia and carers are both entitled to an assessment of their needs. These are:

- a 'care assessment' for the person with dementia
- a 'carer's assessment' for the carer.

The local authority will use these assessments to decide what support you are able to receive.

As a carer, your needs can be assessed even if the person with dementia chooses not to be assessed. These assessments must be provided free of charge, no matter what your financial situation is, or the financial situation of the person you are caring for.

The assessment will aim to:

- assess your abilities and how they affect your caring role
- work out your needs and what level and type of support you need.

There are some things you can do to prepare. For example, before you have a needs assessment, think about your role as a carer. Consider how you are coping and what support you need. Particularly note if you are going through any of the following:

- feeling stressed, depressed or anxious
- not getting enough sleep
- feeling tired from spending long hours caring and not getting enough breaks
- struggling to maintain your physical health
- struggling to combine caring with your work or other commitments
- finding it hard to make time for your other interests and hobbies
- difficulty maintaining relationships with your friends and family members
- practical difficulties, such as not being able to drive
- coping with behaviours that challenge (see factsheet 525, **Changes in behaviour**)
- having no plan for emergencies – for example, if you unexpectedly become ill.

Bear in mind how things feel now and what difficulties you may face in the future. The person's needs will increase and they will need even more support. It is important to be open and honest in these assessments even if this feels uncomfortable. This is so that the right level of care and support, for the right tasks, can be found for you. For more information on needs assessments, see factsheets 418, **Assessment for care and support in England**, NI418 (for Northern Ireland) and W418 (for Wales).

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Space for your notes

5 Caring as dementia progresses

As their dementia progresses, a person will need more help with their care. As a carer it can be difficult both physically and emotionally to deal with the changes. Some changes may be mild and easier to adapt to, while others may be challenging and you may need help.

If it becomes more difficult, and in some cases unsafe, for you to continue caring for the person on your own, you may need to consider other types of support, including full-time support. This may mean the person needs to move into a care home.

Moving the person into a care home

If a person with dementia moves into a care home, it can have a big impact on you as their carer. It's likely that you will experience various feelings. These can include worries about:

- the quality of care the person will receive in the care home
- how the move will affect them and whether they will settle in OK
- how your relationship with the person will change
- how your life will change, especially if you have been caring for the person for a long time
- letting the person down by moving them into a care home.

Some carers may also feel guilty that the person has moved into a care home, especially if they had promised the person this wouldn't happen.

These emotions can be very difficult to deal with. However, they are very common and natural responses to an emotional situation. Don't be hard on yourself. There may come a time when a care home is the best place to meet the person's needs and keep them safe.

Decisions about when and whether a person should move into a care home are often affected by things you can't control. You are doing what you think is best for the person you are caring for, based on the circumstance you are in.

When you are ready to look at information on this, Alzheimer's Society has three useful guides on care homes and alternative options. These cover the emotional aspects of a person moving into a care home, as well as the practical side. See booklets 689, **Care homes and other options: Making the decision**, 690, **Choosing a care home for a person with dementia** and 691, **Supporting a person with dementia in a care home**.

When your caring role ends

It can be difficult to think about this when caring for someone close to you, but dementia is a life-limiting illness. This means there will be a time when your caring role comes to an end.

This can be very difficult emotionally. You may be grieving for the person who has died, as well as adjusting to the end of your caring role. At this time, it's common for people to think about the care they have provided and wonder whether they did enough or could have done things differently. This is a natural feeling.

You may have lost contact with friends or family members and find it hard to get back in touch with them. Or you may find it hard to adjust to not being a carer anymore because you have thought of yourself as being one for so long.

Some carers therefore find it helpful to think about the future ahead of time, including what may happen when they no longer have a caring role. There are carers' organisations that can give you information and support to help you adjust. Most importantly, take time to think about yourself and talk to someone about your feelings.

Reflect on both the valuable and challenging times that you have been through. Consider sharing those thoughts and feelings with someone you trust.

For more information see 'Other useful organisations' on page 18 and factsheet 507, **Grief, loss and bereavement**.

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Other useful organisations

Age UK

0800 678 1602 (advice line, 8am–7pm)

www.ageuk.org.uk

Wales – Age Cymru

0300 303 44 98 (advice line, 9am–4pm Monday–Friday)

advice@agecymru.org.uk

www.ageuk.org.uk/cymru

Northern Ireland – Age NI

0808 808 7575 (advice line, 9am–5pm Monday–Friday)

advice@ageni.org

www.ageuk.org.uk/northern-ireland

Age UK, Age Cymru and Age NI provide information and advice for older people in the UK.

Carer's Allowance Unit

0800 731 0297 (8am–6pm Monday–Friday)

www.gov.uk/carers-allowance-unit

The Carer's Allowance Unit provides information about eligibility for Carer's allowance and Carer's credit to protect your pension if you stop working to become a carer.

Carers Trust

0300 772 9600 (England)

0300 772 9702 (Wales)

info@carers.org (England)

wales@carers.org (Wales)

www.carers.org

Carers Trust works to improve support, services and recognition for anyone who is caring, unpaid, for a family member or friend.

Carers UK

0808 808 7777 (helpline, 9am–6pm Monday–Friday)

advice@carersuk.org

www.carersuk.org

Carers UK provides information and advice for carers about their rights and how to access support. For example, see Carers UK's factsheet about carer's assessments.

Citizens Advice**0800 144 8848 (for England, 9am–5pm Monday–Friday)****0800 702 2020 (for Wales, 9am–5pm Monday–Friday)****www.citizensadvice.org.uk**

Your local Citizens Advice can give you information and advice in confidence or point you in the right direction. To find your nearest branch look in the phone book, ask at your local library or look on the website. Opening times vary.

Cruse Bereavement Care**0808 808 1677 (helpline, 9.30am–5pm Monday and****Wednesday–Friday, 1pm–8pm Tuesday)****www.cruse.org.uk**

Cruse Bereavement Care is a national charity for bereaved people in England, Northern Ireland and Wales. It offers face-to-face, telephone, email and website support.

Dementia Carers Count**0800 652 1102 (helpline, 9am–5pm Monday–Friday)****info@dementiacarers.org.uk****dementiacarers.org.uk**

Dementia Carers Count provide practical and emotional support for carers and offer free courses on positive health and wellbeing.

Dementia UK**0800 888 6678 (9am–9pm Monday–Friday, 9am–5pm****Saturday and Sunday)****helpline@dementiauk.org****www.dementiauk.org**

Dementia UK provides Admiral Nurses, who are mental health nurses specialising in dementia care. They provide information, advice and support with any aspect of dementia.

**Space for
your notes**

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Factsheet 523

Last reviewed: July 2024

Next review due: July 2027

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This factsheet has also been reviewed by people affected by dementia.

To give feedback on this factsheet, or for a list of sources, please email publications@alzheimers.org.uk

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At Alzheimer's Society we're working towards a world where dementia no longer devastates lives. We do this by giving help to everyone who needs it today, and hope for everyone in the future.

We have more information on **Adjusting to caring for someone with dementia**.

For advice and support on this, or any other aspect of dementia, call us on **0333 150 3456** or visit **alzheimers.org.uk**

Thanks to your donations, we're able to be a vital source of support and a powerful force for change for everyone living with dementia. Help us do even more, call **0330 333 0804** or visit **alzheimers.org.uk/donate**



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia

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