

Support for people who look after someone with dementia

When you're looking after a person with dementia, it's important that you get support too. This will help you to cope emotionally, physically and practically.

When things feel difficult, take a break if you can. Getting some fresh air, doing something you enjoy, or taking time for yourself can help. Keeping in touch with other people is an important part of living well while caring.

Social services and the carer's assessment – If you care for someone with dementia, you can have an assessment to see what might help support you. This is called a carer's assessment. See factsheets **Assessment for care in England** (418), **in Wales** (W418), and **in Northern Ireland** (NI418).

Friends and family – It can be hard to ask for or accept help. But it can take the pressure off you a little to have help from friends and family. You can stay in touch with video calls, like Zoom.

Benefits and employment – If you are working, you should talk to your employer to see how they might be able to help you, for example with flexible working. If you have stopped working, you may get a pension and benefits. See factsheet 413, **Benefits for people affected by dementia**.

Support groups – Local groups bring people in a similar situation to you together. There is a range of support, from virtual or in person meetings, to online discussion forums, like Alzheimer's Society's Dementia Forum.

Support workers and dementia advisers – Trained advisers from different organisations can help. They give practical and emotional support. They can help families too. Call Alzheimer's Society to speak to a trained dementia adviser on **0333 150 3456**.

Support in the community – Many places of worship and community centres offer dementia friendly services and support. These might be day centres, or dementia cafes. Go to **alzheimers.org.uk/dementiadirectory** to find support in your area.

Respite care and breaks – Respite care is when someone else cares for the person with dementia. This can give you a short break. See factsheets **Replacement care (respite care) in England** (462), **in Wales** (W462), and **in Northern Ireland** (NI462).



Booklet 600, **Caring for a person with dementia: A practical guide** has more information. To read it, go to **alzheimers.org.uk/carersguide**



We are here for you. If you are worried about dementia, call us on **0333 150 3456**. We can arrange to speak with you in any language.



Join our online community of people affected by dementia – go to **forum.alzheimers.org.uk**
To find support in your area, go to **alzheimers.org.uk/dementiadirectory**



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