

# How can a carer for a person with dementia get support?

When you're caring for a person with dementia it can help you to find the right support. This will help you to live well.

When things feel difficult, it's a good idea to take a break. Getting some fresh air, reading, or taking time to enjoy a tea or coffee can help. Keeping in touch with other people is an important part of living well while caring.

**Social services and the carer's assessment** – A carer must get their own needs assessment if they ask for one. Social services can give advice about support. 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 carers 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. 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 carers together. Some are online, like Alzheimer's Society's Talking Point. See below for details. You might join a virtual group to talk with others.

**Support workers and dementia advisers** – Trained advisers from different organisations can help. They give practical, clinical 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](https://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](https://alzheimers.org.uk/carersguide). For more information about our helpsheets, go to [alzheimers.org.uk/helpsheets](https://alzheimers.org.uk/helpsheets)



Alzheimer's Society is 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 Talking Point, our online community of people affected by dementia – go to [alzheimers.org.uk/talkingpoint](https://alzheimers.org.uk/talkingpoint)  
To find support in your area, go to [alzheimers.org.uk/dementiadirectory](https://alzheimers.org.uk/dementiadirectory)

