

# Alzheimer's Society Cymru

## Carers Information and Support Programme

Do you care for someone with dementia? Join our virtual information and support sessions with other carers across Ceredigion, Pembrokeshire, Carmarthenshire, Swansea and Neath Port Talbot.

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. Our information and support sessions are for family, friends and carers of people living with dementia. A friend or relative may have been recently diagnosed or have had dementia for some time.

The four week programme is run by skilled, compassionate and experienced Dementia Advisers. Covering the following topics:

- Understanding dementia
- Providing support and care
- Legal and money matters
- Coping day-to-day

The programme will be delivered over four 2 hour sessions virtually via Zoom regularly, afternoons and evenings.

If you would like to be added to the waiting list or have any questions regarding the course or any other services we provide please telephone Donna Jenkins on 07753 303126 or email [Donna.Jenkins@alzheimers.org.uk](mailto:Donna.Jenkins@alzheimers.org.uk).

