

# Dementia Support Carer Learning Sessions

Dementia Support Service Leicester City & Leicestershire



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Leicester City Clinical Commissioning Group  
West Leicestershire Clinical Commissioning Group  
East Leicestershire and Rutland Clinical Commissioning Group

## Where & When

Carer Learning programmes take place at various locations around Leicester city and county. We are also able to offer evening and online programmes.

## Eligibility

**You are able to attend our Carer Learning sessions if you are:**

- Aged 18+
- You are a family member or carer of someone living with dementia (you do not have to live in Leicester City or Leicestershire).

## Carer Learning 1: Session information

Carer Learning 1 consists of 5 sessions and is primarily designed for carers of people living with dementia who have been recently diagnosed with dementia. However, even if the person living with dementia has been diagnosed a few years ago, you may still find these sessions useful.

## **Session 1**

An introduction to dementia

## **Session 2**

Understanding memory loss, supporting people with everyday tasks, recognising people and places.

## **Session 3**

Changes in visual perception, supporting people with communication.

## **Session 4**

Local support available, income maximisation, planning ahead.

## **Session 5**

Carers Looking after themselves.

## **Activity Groups for people living with dementia**

- Where possible, we run an activity group alongside the Carer Learning Sessions.
- People with dementia attending the activity groups need to consent to attending these sessions.
- Staff and volunteers cannot provide support with personal care.
- Activities are designed with input from attendees

# Other Carer Learning Sessions available

We provide additional carer learning sessions which you may wish to access, including but not limited to:

- First Aid
- Moving and Handling
- Mindfulness
- End of life

## Costs

- Carer Learning sessions and activity groups are free to attend. Refreshments are also provided free of charge.

## Transport

Transport is not provided by Age UK Leicester Shire & Rutland. You will need to organise your transport to and from the group.

Age UK Leicester Shire & Rutland cannot pay for your transportation or parking fees.

The Dementia Support Team can provide you with information about community transport options in your area.

**For further information, please contact the Dementia Support Team on 0116 2237363.**