

# Dementia Awareness

## Course for Carers

Blackpool Carers' Centre run **FREE** courses to help you care for someone with dementia.

Subjects covered include:

- Causes and symptoms of dementia
- Managing difficult emotions such as frustration and guilt
- Coping strategies and looking after yourself
- Communicating with someone who has dementia
- Managing difficult or aggressive behaviour
- Planning for the future, difficult decisions and accessing support



The course is designed to give carers opportunities to talk about their own situation; to offload some of the difficult things they may be experiencing; to receive moral support from others in a similar situation; and be provided with information about dementia.

### **Refreshments will be provided.**

For some courses, we may be able to support the person you care for, to enable you to attend. They would be supported by a trained volunteer to participate in activities at the same venue as your course.

For more information, dates and times, please contact  
The Adult Carers' Team at Blackpool Carers Centre,  
Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ on  
01253 393748 or email: [admin@blackpoolcarers.org](mailto:admin@blackpoolcarers.org)  
[www.blackpoolcarers.org](http://www.blackpoolcarers.org)