



THE ALZHEIMER  
SOCIETY of IRELAND

## Insights into Dementia - Informing and Empowering Family Carers



Do you have a family member who has Alzheimer's or another type of dementia?

Would you like to increase your knowledge of Alzheimer's and other dementias, and to improve your care giving skills?

Would you like to learn in a supportive environment with other family carers?

If so, you will be interested in the ***Insights into Dementia—Informing and Empowering Family Carers*** Education Programme being run by The Alzheimer Society of Ireland.

This Family Carer Training programme aims to develop family carers' knowledge of Alzheimer's and other dementias, and their caring skills, to enable them to respond more confidently to their family members' needs.

***This course is offered at no formal charge to family carers. However, The Alzheimer Society of Ireland would greatly appreciate voluntary donations from course participants. All donations received will be used to run future courses for family carers.***

If you are interested in this training, or if you would like to request an application form, please contact:

**Family Carer Training**  
The Alzheimer Society of Ireland  
Temple Road  
Blackrock  
Co. Dublin.

**Tel:** (01) 207 3834

**Email:** [familycarertraining@alzheimer.ie](mailto:familycarertraining@alzheimer.ie)

**Web:** <http://www.alzheimer.ie/Services-Support/Training.aspx>

Online version  
now available.  
Contact us for  
details.



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A programme of education  
and training to support  
family carers of people  
with Alzheimer's and  
other dementias.

# INSIGHTS INTO DEMENTIA - INFORMING AND EMPOWERING FAMILY CARERS

## WHY UNDERTAKE INSIGHTS INTO DEMENTIA?

Carers are often left to cope with the consequences of a diagnosis of dementia in their families with little or no practical information to support them.

The **Insights into Dementia—Informing and Empowering Family Carers** programme is designed to help family carers understand the condition and increase their confidence in their ability to care.

The course also provides opportunities for carers to meet other carers and share their experiences.

Delivered by The Alzheimer Society of Ireland's experienced staff members, the **Insights** course will provide you with new information on dementia and give you time and space to reflect on your own caring experience, whilst listening to and learning from other carers' experiences.

The course is delivered in a warm, safe environment at a range of venues across the country. Please contact us for details of a course near you.

## COURSE STRUCTURE

<b>Week 1</b>	Introduction to Dementia Changing Relationships
<b>Week 2</b>	Communication Responding to Changes in Behaviour
<b>Week 3</b>	Nutrition and Eating Well Engaging in Life Activities
<b>Week 4</b>	Assisting With Personal Care Safety at Home
<b>Week 5</b>	Looking After Yourself as a Carer Accessing Information
<b>Week 6</b>	Care Delivery Action Plan Certificate Presentation

**National Helpline 1 800 341 341**



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## COMMENTS FROM PREVIOUS COURSE PARTICIPANTS

*"The range of topics was very good and I found them very beneficial. Being able to talk to other carers was very helpful also."*

*"It helped me to understand what I already know and to see situations in a different, more positive light."*

*"I enjoyed meeting other people with the same problems and hearing their solutions."*

*"The sharing was important."*

*"The course tutors were excellent—couldn't praise them enough."*

