

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 face to face Insights into Dementia - Informing and Empowering Family Carers or the online Home Based Care - Home Based Education programmes being run by The Alzheimer Society of Ireland.

These Family Carer Training programmes aim 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.

Our online HBC-HBE course has won awards for Excellence in Digital Learning at the IITD National Training Awards 2018 and in the category of Best Online Distance Learning Programme at the Learning Technology Awards 2017.



The Face to Face course is called Insights into Dementia - Informing and Empowering Family Carers. The Online course is called Home Based Care - Home Based Education.

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

Tel: 1800 341 341

Email: familycarertraining@alzheimer.ie

Web: www.alzheimer.ie

Family Carer Training

Available

Face to Face or Online



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

Part funded by:



WHY UNDERTAKE FAMILY CARER TRAINING?

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 programmes are designed to help family carers understand the condition and increase their confidence in their ability to care.

The courses also provide opportunities for carers to meet other carers and share their experiences.

Delivered by The Alzheimer Society of Ireland's experienced tutor team, the courses 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 courses are delivered in a warm, safe environment which run in venues across the country. Or if you prefer, our flexible award winning Online course can be accessed from anywhere in Ireland.

COURSE TOPICS

- Introduction to Dementia
- Looking After Yourself as a Carer
- Accessing Information
- Changing Relationships
- Communication
- Engaging in Life Activities
- Responsive Behaviour
- Safety at Home
- Assisting with Personal Care
- Nutrition and Eating Well

National Helpline 1 800 341 341



THE ALZHEIMER
SOCIETY of IRELAND

COMMENTS FROM PREVIOUS COURSE PARTICIPANTS

"The facilitator was extremely knowledgeable and very good at imparting information. It was also great to meet other carers who are dealing with the same issues as me"

"All areas of the course gave me great insight and totally changed me as a carer"

"Overall the course was superb. It has given me a lot more confidence. Thank you so much. Brilliant"

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

