

# DEMENTIA ELEVATOR: COPING SKILLS FOR FAMILIES AND CARERS

[WWW.ELEVATOR-CARERS-COPING-SKILLS.COM](http://WWW.ELEVATOR-CARERS-COPING-SKILLS.COM)

## Free online programme for families and carers of people with dementia



HAS A FAMILY MEMBER OR A FRIEND RECEIVED A  
DIAGNOSIS OF DEMENTIA?



WOULD YOU LIKE TO LEARN PRACTICAL SKILLS TO  
SUPPORT THE PERSON WITH DEMENTIA?



WOULD YOU LIKE TO FIND ANSWERS TO DIFFICULT  
QUESTIONS ABOUT DEMENTIA?

Take a look at the Dementia Elevator's free, online programme for families and carers of people with dementia.

The programme was developed in collaboration with family carers just like you and it's completely free.



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## The dementia elevator explained



### WHAT IS THE COPING SKILLS FOR FAMILIES AND CARERS COURSE?

The Coping skills for families and carers course is a free education and empowerment programme developed in collaboration with family carers for families and carers of people with dementia.



### WHY SHOULD FAMILIES AND CARERS DO THIS TRAINING?

There are approximately 50 000 family carers in Ireland. We also know for every one person with dementia at least three people are affected. This programme aims to develop a suite of skills to support people with dementia to live well in their homes for longer. It was developed to help you apply learning in your personal situation.



### HOW IS THE PROGRAMME STRUCTURED?

The programme consists of five chapters:

- 1 Focusing on the person with dementia
- 2 Looking after yourself
- 3 Maintaining Relationships
- 4 Understanding Emotions
- 5 Supporting Daily Activities



### WHAT TRAINING FEATURES ARE INCLUDED IN THE PROGRAMME?

- Interviews with people with dementia, family carers and professionals
- Videos of real life scenarios
- Personal narrator
- Use of characters
- Reflection Journal
- Additional Resources with each chapter
- A resource pack for group delivery