

DEMENTIA ELEVATOR: COPING SKILLS FOR FAMILIES AND CARERS

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?

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. 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.



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