

Blackpool Carers Centre

Quality • Passion • Respect

Charity No. 1114558

Support for people caring for someone with dementia for families living in Blackpool



Dementia Awareness Course for carers

Blackpool Carers 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.

Please contact us for dates, times and more information.

If you care for and support someone with dementia who lives in Blackpool, we can support you in a range of ways:

- 1:1 emotional support
- Benefit advice and applications
- Referral to Adult Social Care for needs assessment
- Referral to Adult Social Care for Carer Assessment
- Information and signposting to other organisations
- Liaison and advocacy support with other services
- Respite activities



Dementia Carers' Drop-in

Every Thursday 1.30-3.00pm

at Blackpool Carers, Beaverbrooks House,
147 Newton Drive, Blackpool

An informal group for carers and the person they care for with dementia. A range of activities will be available or simply sit and have a chat.

Please contact us for details and to book your place as numbers are currently limited.

For more information or to make a referral, please contact us on
01253 393748 or email: admin@blackpoolcarers.org

Blackpool Carers | Beaverbrooks House | 147 Newton Drive | Blackpool | FY3 8LZ

www.blackpoolcarers.org