WHAT IS THE PURPOSE OF A CARER SUPPORT GROUP?

The primary purpose of a carer support group is to:

• Provide information, education and an opportunity for carers to discuss their situation and assist each other in a safe and confidential environment.
• Enhance the wellbeing of the carer.
• Enhance the wellbeing of the person living with dementia.

“It was great to meet others in a similar situation. For the first time, I realised I was not alone.”

Family member

“Louise doesn’t know me any more. Sometimes the group is the only place where you can express and share your feelings and feel completely understood.”

Family member

OTHER ALZHEIMER’S AUSTRALIA NSW SERVICES

Alzheimer’s Australia NSW supports a number of carer support groups across NSW. We also provide a wide range of free support services for people with dementia and their carers including:

• National Dementia Helpline – telephone support and information
• Face-to-face and telephone counselling
• Carer education and support
• Living With Memory Loss programs
• Social and therapeutic activities
• Books, DVDs and other resources
• Education and accredited training programs
• Dementia and Memory Community Centres

To access these services, or to locate your nearest Carer Support Group, call Alzheimer’s Australia NSW on:

National Dementia Helpline
1800 100 500

Or visit our website: www.fightdementia.org.au

The National Dementia Helpline is an Australian Government initiative.

Alzheimer’s Australia respectfully acknowledges the Traditional Owners of the land throughout Australia and their continuing connection to country. We pay respect to Elders both past and present and extend that respect to all Aboriginal and Torres Strait Islander people who have made a contribution to our organisation.

Alzheimer’s Australia NSW | ABN: 27 109 607 472 | 3 August 15
ARE YOU A SUPPORT PERSON FOR SOMEONE LIVING WITH DEMENTIA?

If you are...
- A spouse, partner, family member, neighbour, colleague or a friend of a person with dementia
- Living with, or some distance away, from a person who needs your help with every day matters
- Providing care for a few hours a day or on a full-time basis
- One of a number of people supporting a person living with dementia

...then a carer support group may be helpful for you.

WHAT ARE THE BENEFITS OF ATTENDING A CARER SUPPORT GROUP?

People who attend a support group benefit through:
- Learning about dementia and related topics
- Gaining practical and emotional assistance
- Exploring opportunities for problem solving
- Experiencing the feeling of belonging and of being less alone
- Feeling a sense of being understood through meeting others in similar situations
- Gaining increased confidence in the caring role and feeling less stressed

ABOUT CARER SUPPORT GROUPS

Carer support groups:
- Provide a confidential and respectful place for carers of all ages, gender, care situations and walks of life, to gain assistance and to support each other as they care for someone living with dementia.
- Are usually free and led by a professional worker or a trained volunteer with knowledge of dementia and experience in dementia-related services.
- Meet regularly (usually monthly) for about 2 hours during the day or evening.
- Offer different kinds of support including social, educational and emotional, or a mix of these styles.

"Through the group I was able to come to terms with some of the changes that Dad was going through."

Daughter of a person with dementia

Call Alzheimer’s Australia NSW on the National Dementia Helpline and ask about carer support groups in your area.

TEL: 1800 100 500

"When I first came to the group, I thought I was doing all the wrong things! The group has helped me to have faith in my own judgement."

Family member