



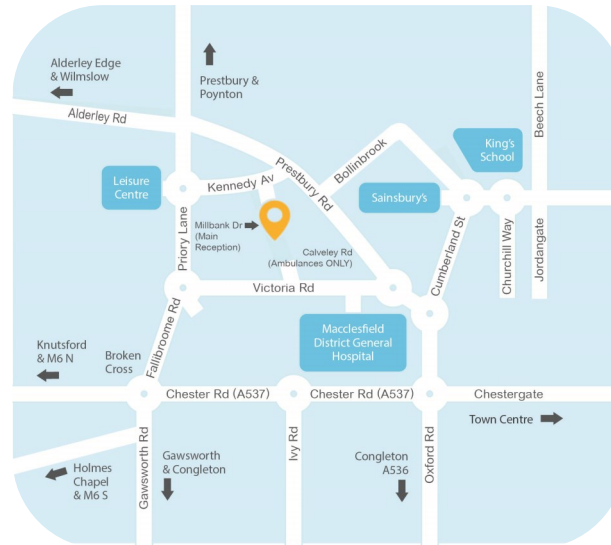
East Cheshire Hospice
Where people come to live



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Please contact the dementia team on 01625 666 990 if you are interested in this service for yourself or someone else

We also offer Community Dementia Companion Service and 2 monthly wellbeing groups. For more information, please contact the dementia team



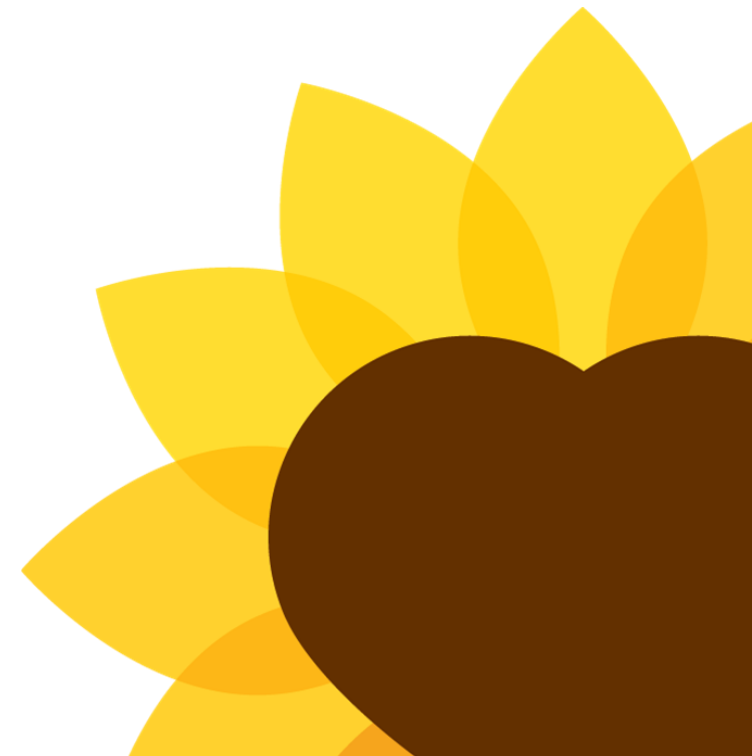
East Cheshire Hospice
Millbank Drive
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Main reception: 01625 610364
Sunflower Centre: 01625 665685
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www.eastcheshirehospice.org.uk

Dementia Carer Wellbeing Course

Supporting carers of people experiencing dementia



The Dementia Carer Wellbeing Course is designed to help people who are supporting a person experiencing dementia in their own home.

To access the service you need to be:

- Caring for a person with dementia
- Have a GP in East Cheshire
- Living in a private residence, not in a care home or hospital
- Able to get yourself to the Sunflower Centre at East Cheshire Hospice

Our Sunflower Wellbeing Centre,

complete with its own entrance and reception is a self-contained wing of the Hospice, purpose built for outpatients, carers and families.

The Centre provides a range of services to those whose life has been affected by the diagnosis of a life-limiting illness including dementia.

The diagnosis of dementia can come as an enormous shock to the person, their families and carers, people may feel fearful, anxious and isolated. Our dementia team aims to provide support to carers and families of people experiencing dementia enhancing their own coping strategies.

What we offer

We offer an eight-week structured support programme for carers of people experiencing dementia. You can bring the person with dementia with you if you want to.

Our dementia buddies will take care of them whilst you attend the programme and relax in the knowledge they are safe and being supported.

Each session starts with a 'meet and greet' followed by a group session for carers which includes information, advice, guidance and peer support. Buddies will care for the person experiencing dementia and support them in chosen activities during this time.

The group aims to provide a safe, relaxed environment whereby you can share problems, concerns or experiences with others who have had similar experiences. Helping you to develop your own coping strategies; enhancing your self esteem, resilience and confidence.

The group sessions are facilitated by a team of qualified and experienced professionals from different backgrounds including our Admiral Nurse and Hospice Dementia Nurse.

What to expect

A typical eight-week programme may include a range of topics such as:

- Legal and financial advice
- Understanding dementia

- Managing stress
- Moving and handling
- Community support
- Diet & nutrition

Light refreshments are available during the sessions.

The service is provided free of charge. Free parking is available if required for your convenience.

How to access the programme

Carers may self-refer or be referred by their GP or other professionals involved in their care.

This service is offered FREE to those who need it. Donations are always welcomed as they help us to maintain and develop our services so that many more people can benefit from our specialised support and care.

Many people associate the word 'Hospice' with death and dying. As a result they can be anxious about attending our Sunflower Centre.

However, that is not the case. The Hospice has much to offer to different groups of people living with different life limiting illnesses and conditions. This includes those affected by dementia and their carers who are living and coping with the effects of this condition.