

# Dementia: the Carer's Experience

*A Day for Carers in East Lothian*

## **By carers, for carers.**

This is an event designed and organised by local people with experience of caring for someone with dementia. In their words: *'it offers time out and a chance to think about how we care for ourselves, as well as our loved ones'*.

It is for carers in East Lothian who care for someone with dementia or have experience of doing so in the past on an unpaid basis. It could be a partner, family member or a friend.

### **The programme has a twin focus and will include:**

- **Key practical information.** To assist and support people caring for someone with dementia, enabling them to feel better equipped in their caring role and in looking after themselves too.
- **Managing Expectations - What About Me.** Carers, with experience of caring will talk about what it's been like for them to care for a loved one with dementia, sharing their insights and learning about what has helped them.

There will also be time for discussion and questions.

**Tuesday 22 May 2018**

**9.30am to 4pm, North Berwick, East Lothian**

**FREE for carers to attend**

Lunch will be provided

# More Information

The Life Changes Trust is funding and supporting carers of people living with dementia to run their own local events in communities around Scotland.

This is the **second in a series of similar local events**, planned and delivered **by carers for carers of people with dementia**.

This event is for people who are currently caring for someone with dementia, or who used to care for someone with dementia, unpaid, and who live in East Lothian.

The first event was held in Glasgow in September 2017. To hear directly from some of the carers behind the Glasgow event, go to – <https://www.lifechangestrust.org.uk/people-affected-by-dementia/events>

A reasonable contribution to the cost of travel to the event and of looking after the person with dementia to let carers attend is available. At the time of registering, we will ask people to complete a simple form.

## To register

Call Anne Miller on 0141 212 9615 OR email:

[anne.miller@lifechangestrust.org.uk](mailto:anne.miller@lifechangestrust.org.uk)

**Please sign up as soon as possible as places are limited.**