

## How do I access this service?

To attend the Carer Information and Support Programme you must be involved in caring (as a family member or friend) for a person living with dementia either in Leicester City, Leicestershire, or Rutland.

Please contact your local office to speak with a CrISP facilitator who will speak with you to find out if the service will effectively meet your needs. If this is the case and there are available places, then you will be booked on the programme and sent a letter confirming your attendance. If the programme is not suitable in meeting your needs, they will be able to inform you of other local services that are available.

## Local Office Contact Details:

### Alzheimer's Society

4 Oak Spinney Park  
Ratby Lane  
Leicester Forest East  
LE3 3AW

T: 0116 231 1111

E: [leicestershireandrutland@alzheimers.org.uk](mailto:leicestershireandrutland@alzheimers.org.uk)

## About Alzheimer's Society

Alzheimer's Society is the UK's leading support and research charity for people with dementia, their families and carers. We provide information and support to people with any form of dementia and their carers through our services, publications, National Dementia Helpline and more than 2,000 local offices. We campaign for a better quality of life for people with dementia and a greater understanding of dementia.

For more information about dementia and support available, visit [alzheimers.org.uk](http://alzheimers.org.uk) or call the National Dementia Helpline on:

**0300 222 1111**



Alzheimer's Society operates in England, Wales, and Northern Ireland. Registered Charity number 296645

## Carer Information and Support Programmes in Leicester City, Leicestershire, and Rutland CrISP 2



Our Carer Information and Support Programmes can support and inform family members and friends involved in caring for a person with dementia.

## What are Carer Information and Support Programmes (CrISP 2)?

The Carer Information and Support Programme (often referred to as CrISP 2) involves a series of 3 sessions. The sessions aim to provide information and support to family members and friends who care for a person living with the more advanced stages of dementia, or who have attended CrISP 1 and want more information. The programme aims to improve the knowledge, skills and understanding of people caring for a person with dementia, by providing up-to-date and relevant information on topics that arise as dementia progresses.

These sessions provide the opportunity for you to talk in a friendly and confidential environment with others about your experiences and the impact they are having on you.



## What will be covered during the sessions?

Each session will explore the following areas outlined below:

### Session 1: Understanding how dementia progresses

- The physical, psychological and emotional changes that may occur in daily life.
- The progression of dementia and how it may impact on behaviour and everyday tasks.

### Session 2: Living with dementia as dementia progresses

- Support and services which may be available as dementia progresses.
- Practical information on communication and understanding problems from the perspective of the person with dementia.
- Understanding some of the issues that may arise as dementia progresses.
- Understanding the financial issues which may impact on options and decisions.

### Session 3: Living well as dementia progresses: occupation and activities

- The support needs of a person as their dementia progresses, and how those needs might be met.
- Activities that may support a person with dementia to live well.

### Who will be present?

Alzheimer's Society staff and volunteers will be at the sessions. The staff member facilitating the sessions will have completed the Society-approved facilitator course. They will organise and deliver the programme and ensure the smooth running of the sessions and be able to address any comments or complaints you might have.

### What will the workshops be like?

Each session involves a combination of presentations from staff, group discussions and activities. There is also a large collection of written resources available at each session for you to take away.