

Dementia Dekh Bhal Scotland



Caring for a relative or friend affected by dementia



Caring for a friend or a relative affected by dementia can mean making life-changing decisions that affect your work, social life and finances.

Many carers, especially in minority ethnic communities, do not even realise that they are a carer and can benefit from getting some help in their capacity as a carer.

Informal carers - unpaid family or friends who carry out dementia care should ask about the Adult Carers Support Plan to find out what help is available to them.

Stress amongst family carers can be high, especially if they feel obliged to undertake care when they either do not want to care, or are no longer able to provide care in a meaningful way anymore.

Learning about dementia and how to cope with caring, including having coping strategies can help carers to manage the good days as well as the more challenging aspects of dementia care. You could call Alzheimer Scotland's 24-hour helpline on 0808 808 3000

In Scotland, people may be entitled to one year's post-diagnostic support following a diagnosis of dementia.

Connecting with other carers will also help carers to learn for peers as well as to share their own experiences - good and bad.

For more information, please visit www.tide.uk.net

