



Carer's Dementia Training

Four training sessions designed by Admiral Nurses for carers and informal carers (such as family members or friends) who are caring for someone living with dementia.

Thursday 23rd May, 10.30am – 12 noon	Communication and Unmet Needs in Dementia <i>including behavioural challenges</i>
Thursday 6th June, 10.30am – 12 noon	Physical Needs <i>including pain, nutrition, sleep and delirium</i>
Thursday 20th June, 10.30am – 12 noon	Anticipatory Grief <i>carers' emotions and feelings</i>
Thursday 11th July, 10.30am – 12 noon	Looking After Yourself <i>and planning for the future</i>

All sessions are at the same time as the Healthy Memory Café, where the person living with dementia can be supported while you attend the training.

The Admiral Nurses have identified some of the most common issues and themes in dementia, creating a series of four training sessions to help carers understand and manage people living with dementia more confidently.

How to book

- * **Online:** www.ghhospicecare.org.uk/course/carers-training
- * **Email:** education@ghhospicecare.org.uk
- * **Phone:** 01462 679540



Those organising the training include:

- * **Lucy Cosgrove** - Admiral Nurse, Garden House Hospice Care
- * **Hayley Cooper** - Admiral Nurse, Carer in Herts
- * **Vicky Kelly** - Hertswise Carers Development Officer

Sessions can't be booked individually. When booking, carers will be registering for all four sessions.

For those who are interested and cannot attend, we are hoping to undertake these sessions on Zoom at a later date.

Please inform Lucy Cosgrove on 07377876257 if you would like the person living with dementia to attend the Healthy Memory Café on training days.

Garden House Hospice Care, Gillison Close, Letchworth Garden City, SG6 1QU

