

Dementia Matters

The specific challenges of caring for someone with dementia and developing strategies to cope

In the UK the majority of people with dementia live at home in the community, cared for by family and friends, with very limited support. Caring for a person with dementia has its particular challenges to do with communication, challenging or unpredictable behaviours, changes in relationships. Working whilst caring adds another level of difficulty.

This can cause significant stress and anxiety, feelings of guilt and helplessness, as well as conflict and misunderstanding. As a dementia carer there may be times when it feels like you are the person who is suffering most from the impact of the disease. Being able to plan ahead, develop strategies, techniques and mechanisms to manage stress and look after yourself with kindness, is critical so that you can keep going and deal with the challenges without losing yourself in the process.

Session Outline

- Caring for someone with dementia – the highs and lows.
- Dealing with challenging behaviour – tools, techniques, strategies to help you stay calm.
- Understanding and managing conflict so you can hold onto valued relationships.
- Talking about caring; asking for help, at home or at work.
- Feeling ok about looking after yourself.

Session Includes

- Overview of dementia care challenges
- Opportunities to share experiences with others who understand, to give and receive support and validation using coaching approaches
- Learn and practice techniques that you can take away

Speaker: Catherine Macadam



Having been a dementia carer herself, Catherine has experienced first-hand the physical, mental, and emotional stress of working while caring for a loved one. A coach and OD consultant for 20 years, she has been coaching unpaid carers for 12 years and is co-Director of a social enterprise whose mission is to coach unpaid carers to live a life they choose in a world where no-one need give up what's important to them to care for someone else.