

Appendix 2: Useful resources for carers of people with dementia

There are some very useful resources to help with understanding the lived experience for many carers. Please have a look at some of the following to support yours and others' understanding:

“The ‘perfect carer’: Is it even a thing?” (2021):

<https://www.alzheimers.org.uk/get-support/publications-and-factsheets/dementia-together/aug-sept-2021/perfect-carer-dementia-guilt>

“Carers: looking after yourself” (2021):

<https://www.alzheimers.org.uk/get-support/help-dementia-care/looking-after-yourself>

“Guilt and dementia: How to manage guilty feelings as a carer” (2018):

<https://www.alzheimers.org.uk/blog/guilt-dementia-how-manage-guilty-feelings-carer>

“Q&A: How can you look after yourself as a carer of someone with dementia?” (2019)

<https://www.alzheimers.org.uk/blog/qa-looking-after-yourself-carer-someone-dementia>

Carers UK: Offering advice, information and an online forum: <https://www.carersuk.org/forum> and <https://www.carersuk.org/>

Tide: A network connecting carers and former carers of people with dementia to create change together. <https://www.tide.uk.net/>

Life Changes Trust: A Glasgow-based charity. It invests in and supports the empowerment and inclusion of three groups: young people with experience of being in care, people living with dementia and unpaid carers of those with dementia. <https://www.lifechangestrust.org.uk/>

Young carers – information and support: Looking after yourself as a young carer: <https://youngminds.org.uk/find-help/looking-after-yourself/young-carers/>

Your rights: <https://www.nhs.uk/conditions/social-care-and-support/young-carers-rights/>

Youth Access: an advice and counselling network for young people: <http://www.youthaccess.org.uk/>

Hourglass: (previously Action on Elder Abuse): A charity focusing exclusively on issues relating to the abuse of older people. Helpline: 0808 808 8141 (9am-5pm, Monday-Friday). <https://wearehourglass.org/>

Bereavement Advice Centre: A free helpline and web-based information service provided by Co-op Legal Services. Helpline: 0800 634 9494 (9am-5pm, Monday-Friday). www.bereavementadvice.org/

Tax Help for Older People: A charity service providing free, independent and expert help and advice for older people on lower incomes. www.taxvol.org.uk

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Samaritans: A registered charity aimed at providing emotional support to anyone in emotional distress. <https://www.samaritans.org/>

Dementia Talking Point. An online community for carers offering advice, sharing information and offering opportunities for carers to connect with other carers around the UK: <https://forum.alzheimers.org.uk/>

National Dementia Helpline: 0300 222 1122