

# Worksheet 4:

## The impact on family relationships

The Alzheimer's Research UK report '*Dementia in the Family: The impact on carers*' describes the experience of caring for a person with dementia from the perspective of four different families.

### **Pedro and Mary's story**

How has Pedro and Mary's relationship changed?

Why has Pedro chosen to become his mum's carer?

What has the impact of being his mum's carer been on Pedro's life?

What has the impact of being his mum's carer been on Pedro's other relationships?

### **Mary and Donald's story**

How has Mary and Donald's relationship changed?

Why has Mary chosen to become her brother's carer?

What has the impact of being her brother's carer been on Mary's life?

What has the impact of being her brother's carer been on Mary's other relationships?

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### **Linda and Bill's story**

How has Linda and Bill's relationship changed?

Why has Linda chosen to become her dad's carer?

What has the impact of being her dad's carer been on Linda's life?

What has the impact of being her dad's carer been on Linda's other relationships?

### **Donald and Lillian's story**

How has Donald and Lillian's relationship changed?

Why has Donald chosen to become his wife's carer?

What has the impact of being his wife's carer been on Donald's life?

What has the impact of being his wife's carer been on Donald's other relationships?

**Caring for a family member with dementia is:**

- Challenging. Carers manage difficult changes in their loved ones' behaviour and personality, including aggression in some cases. Caring full-time can leave family members feeling socially isolated and having to meet hidden costs.
- Rewarding. Carers is often a very rewarding experience that can strengthen family bonds through the close and intimate relationship shared.

**Caring for a family member with dementia can:**

- Change family relationships. Changes in behaviour and personality can cause family carers to treat their loved one in a different, more childlike way. Carers' relationships with siblings can also become strained as the amount of care increases.
- Affect health. Caring for a person with dementia can have an impact on both the psychological and physical health of the carer.