

Are you contributing to the care of someone who is living with dementia? Perhaps you provide regular informal care for a parent, a spouse, a neighbour or friend? If this applies to you, you are considered a “family carer.”

Would you like to increase your knowledge of Alzheimer’s and other dementias, and to improve your care giving skills?

Would you like to learn in a supportive environment with other family carers?

If so, you will be interested in the face-to-face **Insights into Dementia – Informing and Empowering Family Carers** course or its online version **Home Based Care-Home Based Education**.

These Family Carer Training programmes aim to develop family carers’ knowledge of Alzheimer’s and other dementias, and their caring skills, to enable them to respond more confidently to the needs of the person to whom they are providing care.

Our online HBC-HBE course has been recognised for its excellence by various independent bodies including Learning and Development Ireland, Learning Technology Awards, and The Irish Healthcare Awards.

Part funded by:



Images courtesy of The Alzheimer Society of Ireland / Canva.

The face-to-face course is called **Insights into Dementia – Informing and Empowering Family Carers**. The Online course is called **Home Based Care-Home Based Education**.

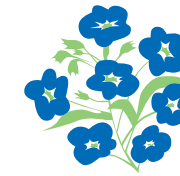
Please use this QR code to fill in our application form.

If you are interested in this training, or if you would like to request an application form, please contact:

**Tel:** 1800 341 341

**Email:** [familycarertraining@alzheimer.ie](mailto:familycarertraining@alzheimer.ie)

**Web:** [www.alzheimer.ie/about-dementia/family-carer-training/](http://www.alzheimer.ie/about-dementia/family-carer-training/)



THE **Alzheimer**  
SOCIETY OF IRELAND

## Family Carer Training

Available Face to face or Online



**A programme of education and training to support family carers of people living with Alzheimer’s and other dementias.**

## WHY UNDERTAKE FAMILY CARER TRAINING?

The programmes are designed to help family carers understand dementia and increase their confidence in their ability to care.

The course also provides opportunities for carers to meet other carers and share their experiences.

The course will outline a range of potential solutions to day-to-day challenges that arise in dementia family carer situations.

Delivered by the Alzheimer Society of Ireland's experienced tutor team, the courses will provide you with new information on dementia and give you time and space to reflect on your caring experience, whilst listening to and learning from other carers' experiences.

The courses are delivered in a warm, safe environment in various venues across the country. Or, if you prefer, our flexible award winning Online course can be accessed from anywhere in Ireland.

## COURSE TOPICS

- Understanding Dementia
- Changing Relationships
- Looking After Yourself
- Accessing Information and Support
- Communication
- Engaging Activities
- Responsive Behaviours
- Safety in the Home
- Personal Care and Dementia
- Nutrition and Eating Well

**National Helpline**  
**1800 341 341**

## COMMENTS FROM PREVIOUS COURSE PARTICIPANTS

"I found the course to be extremely beneficial. The tutor was very approachable, knowledgeable, experienced and supportive. I would highly recommend this course to anyone with a family member with dementia. It gives you so much confidence and reassurance. Thanks a million".

"The course was delivered in a very professional way, caring and every detail of the course was explained and participation from the group encouraged. The tutor was excellent, patient and she explained everything in minute detail."

"This course was very informative and practical. It has helped me enormously and now I am more mindful how to approach a dementia. It has given me food for thought."

"Very informative, super course."



"I have more understanding now in relation to dementia and how my mother is feeling, and I am more patient with her. Overall, I thought this was a very good course and I would recommend it to others."

Photo of Claire McShane with her mother Ann. Claire was a course participant in December 2023.

**FACE TO FACE: Insights into Dementia – Informing and Empowering Family Carers**

**ONLINE: Home Based Care-Home Based Education**