



## **Alzheimer Scotland Centre** for Policy and Practice

Website: [www.uws.ac.uk/ascpp](http://www.uws.ac.uk/ascpp) | Twitter: @AlzScotCPP

# **Carers' Academy**

Supporting family carers  
affected by dementia

## Who is the programme for?

The Alzheimer Scotland Centre for Policy and Practice (ASCPP) Carers' Academy programme has been specifically designed to support the needs of family members caring for a relative living with dementia.

It aims to:

- Enhance understanding of the effects of dementia.
- Support the development of practical care skills.
- Provide opportunities for peer to peer support and learning.

Any family member who is caring for a relative living with a mild, moderate or advanced dementia condition is welcome to attend.

## Who delivers the programme?

The programme is delivered by an integrated team of nursing and academic staff. All have expert skills and knowledge in dementia care and a special interest in enhancing the care experience. This will ensure tailored education, support and advice for all stages of the dementia journey.

Programme content and delivery has been informed by the knowledge and expertise of family carers of people living with dementia.

## What does the programme offer?

The ASCPP Carers' Academy offers family carers the opportunity to attend a 1-day bespoke dementia programme. Follow-up access to on-line advice and information resources and peer support is provided. Access to a rolling programme of skills workshops/discussion forums is also available.

Learning by experience activities are used to support the development of caring skills such as:

- Oral health care
- Support with eating and drinking
- Assisting movement and mobility
- Personal care

Family carers are also supported to engage in an active learning experience about ageing and dementia, which can increase understanding sensory and physical changes.

An important function of the ASCPP Carers' Academy is also to provide a best practice approach to carer emotional support. Time, a safe space and the opportunity to speak with staff and peers who understand both the rewards and challenges of caring is provided.

## **What are the benefits of the programme?**

Feedback from family carers who have attended the ASCPP Carers' Academy indicates that not only do they find the programme enjoyable, but that it has positively influenced their knowledge and care skills and is helpful in supporting advanced planning and reducing feelings of loneliness and isolation.

***"Greater understanding of how dementia affects the brain, allows me to modify my behaviour and approach"***

***"Good to know you are not alone and people are willing to help"***

***"Lots of ideas from carers and staff alike"***

***"It has given me loads more knowledge on how to deal with things."***

***"Lots of fun and laughter"***