

## 1. Introduction to Coping Skills for Families and Carers

### 1.1 Welcome

Hello, and welcome to the dementia elevator, to our Programme on coping skills for families and carers. , I'm Ciara. I will be your guide throughout this programme, you will see me pop up now and then to give you some hints and information.

For example, now you can click on my picture to find out more about me.

I've been a researcher in dementia for 20 years - but my interest is not only professional, it is also personal - in fact, there are people with dementia in my close family . And of course, when I do my research, I also meet people with dementia and the people who support them, and I am passionate about improving the quality of their lives.

To know more, Please click on the NEXT button at the bottom of the screen

### 1.2 Introduction to the module

This programme is made to support families and carers who live with people with dementia

It aims to show you skills that can help you cope with any challenges you might face day to day.

If you are looking for general information on dementia, please check our resources section.

### ***1.3 Why are you here?***

Why are you here?

You are probably here because you know, or you live with someone with dementia, and you would like to know how to support them as best you can.

If you are a carer, you probably already have a lot of information on dementia, but maybe you ask yourself how to apply it in your everyday life. As you and the person you care for go about your day, questions might come to you:

In this course, we will help you to find answers to these questions, and we will also help you to fit solutions to your personal circumstances.

### ***1.4 Our experts***

In order to help you to use the information in your day to day life, this programme will show you short films, interviews with people with dementia, interviews with carers like you and interviews with professionals in dementia.

## **1.5 Meet Our Families**

I would also like to introduce you to 2 families who live with dementia. They will help us to talk about the challenges you face everyday.

### **TED**

This is Ted. He is 78, and he has dementia. He married Eileen when he was 23, but she died 5 years ago, just after their 50th anniversary. That's when Aine, their eldest daughter, came to live with him. Ted is retired from the Post Office . That gave him more time for golf, which he loves, although he finds that now he doesn't play as often as he used to. Since he got his diagnosis, he's been taking memory tablets

### **AINE**

Aine is in her early fifties, she is Ted and Eileen's eldest child, and the only one living in Ireland. When Eileen died, Aine moved in with her father to help him in his everyday life. Although she never looked after his pension..Ted had always looked after the family finances, even more so when he retired. But some time ago, Aine started to notice that some bills hadn't been paid. She became very concerned. They eventually went to the doctors' and Ted got a diagnosis 3 years ago..

## **JAMES**

This is James. James is 59, and is a carpenter. James and his wife Ann live in a small town in County Wicklow. Both of them have become increasingly worried about Ann, and suspect she might have dementia. They are reading a lot of information online to try and find out more.

## **ANN**

Ann is 59, and she has dementia. She retired early from a job in the civil service to follow her passion for art and crafts. She has been married to James for 30 years. Their son is studying in Dublin and their daughter is working in Australia. Recently, Ann started noticing that she's been unusually forgetful, she has many unfinished paintings and often forgets the phone conversations with her daughter.

### ***1.6 Meet the carers***

We designed this course for you, with the help of people like you, and I'd like to introduce some of them to you now. Click on the video to meet them.

## 1.7 Programme Outline



We have devised this programme to help you to develop your skills so that you can understand and support the person with dementia in their everyday life, and that you can also understand better their emotions and feelings on their dementia journey.

This table gives you an outline of the programme. Please click on the circles for a more detailed overview of each chapter.

### ***1.8 For more information***

