

NEW! Virtual Carers Information and Support Programme (CrISP)



The Alzheimer's Society Tees Valley, North & East Yorkshire are now offering a programme for carers in Darlington beginning in January 2021. The Carers Information and Support Programme (CrISP) provides information on all aspects of caring for a person with dementia in a group environment. Carers can share their experiences and find out about local and national services that may be helpful. CrISP aims to improve the knowledge, skills and understanding of people caring for a person with dementia, by providing effective support and up-to-date and relevant information.

The CrISP programme consists of two separate parts (**CrISP 1** and **CrISP 2**).

CrISP 1 has been designed specifically for **carers, family members and friends of people with a recent diagnosis of a dementia**. It consists of four essential sessions, covering the following topics:

Understanding dementia (**27th January 2021, 1pm-3.30pm**)

Providing support and care (**3rd February 2021, 1pm-3.30pm**)

Legal and money matters (**10th February 2021, 1pm-3.30pm**)

Coping day-to-day (**17th February 2021, 1pm-3.30pm**)

CrISP 2 has been designed specifically for **carers, family members and friends of people who have been living with dementia for some time**. It consists of three essential sessions, covering the following topics:

Understanding how dementia progresses (**10th March 2021, 1pm-3.30pm**)

Living with change as dementia progresses (**17th March 2021, 1pm-3.30pm**)

Living well as dementia progresses, including occupation and activities (**24th March 2021, 1pm-3.30pm**)

It is your choice to attend either CrISP 1 or CrISP 2. These sessions will be delivered virtually via the video conferencing service Zoom and will approximately last between two and two and a half hours each. They are completely free to attend and will be delivered by Alzheimer's Society local services staff members. You can sign up to these sessions if you are a new or existing service user, and we accept referrals from professionals (with consent to do so obtained from person).

To sign up to either CrISP 1 or CrISP 2, please call **01904 929444** or email DarlingtonTeesValley@alzheimers.org.uk.