



## Are you caring for someone with dementia?

A website has recently been set up with advice and support for people caring for someone with dementia, whether it is a partner, parent, grandparent or friend who has dementia. The website is a place to share tips on how to cope with different scenarios (such as how to cope with challenging behaviour) as well as tips for looking after yourself. The website has been set up with the input of people who are caring for someone with dementia. The website is here: <http://www.dementiacarer.net/>. You can share information about who it is that you care for, to tailor the relevant pages and tips to your situation too.