

## Other useful contacts

### Alzheimer's Society

020 7423 3500

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### Dementia Adviser Service

01274 733880

### Age UK

0800 00 99 66

[www.ageconcern.org.uk](http://www.ageconcern.org.uk)

### Carers' Resource

01274 449660

[www.carersresource.org](http://www.carersresource.org)

### Carers' Connection

01274 323323

## Time Out for Carers

A sitting service can be requested from the Time Out team to enable carers to attend the counselling sessions provide by Relate.

Please contact us for further details.

### Relate Bradford

7th Floor City House  
21-27 Cheapside  
Bradford  
BD1 4HR

Telephone: 01274 726096

Fax: 01274 729844

Email: [information@relatebradford.com](mailto:information@relatebradford.com)

Registered Charity Number: 1013811

# Caring and Sharing

A relationship and family counselling service for **carers** of people with **dementia**



relate  
the relationship people

Caring for someone who has dementia can sometimes make relationships challenging.

Memory loss can make it **hard to communicate** and sometimes that means it isn't easy to **share experiences and memories**.

This can leave those who care for people with dementia **feeling overwhelmed**. Carers sometimes live with these feelings **whilst trying to manage the practical side of caring for someone who has dementia**.



Dementia not only has an impact on those who are in couple relationships but also **family members**.

Each family member might have **conflicting feelings** about the situation.

**Children and young people** might feel like they **can't talk to an adult** as they do not want to cause any upset. This could **affect their schoolwork** or may make it **difficult for children to sleep**.

## How can counselling help carers?

Counselling can help you **explore your feelings** in a confidential setting and can provide you with **extra support** outside your network of friends and family.

It can help **increase self-esteem and provide you with more confidence**. This can result in you having a stronger relationship with your loved one.

Counselling can also help those carers who have **just received a diagnosis of dementia** or have started to notice the symptoms in their relative or partner.

The person with dementia may be a **parent or grand-parent, husband or wife or any other relative**.



## How do I see a counsellor?

A **trained Relate counsellor** will be holding **free** assessment sessions at the following venues:

**Relate Bradford** City House, 21-27 Cheapside, Bradford, BD1 4HR

**Shipley Carers Resource Centre** Unit 15, Park View Court, St Paul's Road, Shipley, BD18 3DZ

**The Ridge Medical Centre** Cousen Road, Bradford, BD7 3JX

**Relate Keighley** Acres House, Berry Lane, Keighley, BD21 1DN

Please contact us for the dates and times of the sessions.

During the assessment the counsellor will help you explore if counselling is right for you at this time and you will have an opportunity to ask questions.

If you would like to make an appointment to see a counsellor **please contact us on 01274 726096** and mention the **Caring and Sharing** project.