

CARER SUPPORT GROUPS

In English



Are you a family carer of someone with: **Dementia/Alzheimer's or Depression ?**

Being a caregiver to a family member at home can be mentally, physically, and emotionally draining. No matter what the circumstances are, caregivers need to care for themselves too. You are not failing as a caregiver if you feel you need support from time to time.

Joining a support group can help you to feel less lonely or stressed and give you a sense of control over your situation. Even if you don't currently know anyone who has gone through your unique experiences, you can benefit from the experience of others in a similar situation to your own and build a community of support.

Carer Support

is run by professionals with experience in mental health and offers weekly support groups.

Carer Support runs non-profit Groups in **Rostrenen** to provide hope, help and support to family Carers.

For further information

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