



**ST. VINCENT'S
UNIVERSITY HOSPITAL**
Elm Park



ARE YOU CARING FOR A LOVED ONE WITH DEMENTIA?

Our research team needs your help!

- Caring for a loved one with dementia can be a very rewarding experience; however, it can also be very challenging for many carers. Some carers cope well with these challenges and are considered '**resilient**'.
- Our team of researchers have developed an online resource to enhance resilience by providing useful information and support to people caring for someone with dementia.
- We now aim to conduct an information and outreach campaign throughout Ireland, using local networks and the internet, so a larger audience will get the benefits of our knowledge.

What am I being asked to do?

- We are holding a series of workshops throughout Ireland to spread awareness of the '**Enhancing Carers Resilience**' (EnCaRe) resource.
- We are seeking feedback from a broad range of family carers about a newly developed web resource.

What is involved in the workshops?

- You are invited to provide feedback on this web resource and are also invited, but not obliged to; share your own experiences as family carers.
- There will be refreshments upon arrival at the meeting. Lunch will also be served after the workshop, which you are also invited to.

Where is the workshop?

- The workshop will be located in **The Carmichael Centre, Dublin City**. (5 Minutes from Smithfield)
- The workshop will take place **Friday 2nd November** and will run from **10:00am (sharp) to 1pm**. **Registration and refreshments from 9:30am**.
- **Reasonable travel and care expenses will be covered.**

If you are interested in participating in these workshops or would like more information on the project please contact Kevin Deegan on [085 852 9352](tel:0858529352) or email kevin@carealliance.ie to find out more or to register for the workshop