

# 6 Living with dementia tips for supporting family carers

1



**Listen to their concerns.**

2



**Invite them to talk about the person they are caring for**

3



**Acknowledge what they do as an important part of the care team.**

4



**Offer information about dementia and available support services.**

5



**Talk openly and regularly with them to help create trust and understanding.**

6



**Encourage them to think about their needs and to take care of themselves.**