Carer Information and Support Programme  
(CrISP 1 and 2)

The Carer Information and Support Programme (CrISP) provides carer information in a group environment where carers are able to share their experiences and find out about local and national services that may be of help. CrISP is delivered by trained local staff and supported by volunteers.

“The course has provided me with an opportunity to share ideas, tips and, most importantly, some of my biggest fears”

Workshop participant

CrISP1 has four sessions and is for family members and friends who support a person with a recent diagnosis of dementia.

- CrISP1.1 Wales - Understanding dementia
- CrISP1.2 Wales - Legal and money matters
- CrISP1.3 Wales - Providing support and care
- CrISP1.4 Wales - Coping day to day and next steps

CrISP2 has three sessions and covers issues that arise as dementia progresses

- CrISP2.1 Wales - Understanding change as dementia progresses
- CrISP2.2 Wales - Living with change as more help is needed
- CrISP2.3 Wales - Living well as dementia progresses: occupation and activities

For more information please contact Matt Quinn on 02920 434969 matt.quinn@alzheimers.org.uk

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