

# Care for Carers

**Are you caring for someone with dementia who is living at home?**

Would you like help to cope with this better, and to meet people in a similar situation and share experiences?



Caring for somebody with dementia can be a very isolating and stressful role

**A free new group is starting in February 2015 jointly run by Alzheimer's Dementia Support (ADS), People to Places & the Berkshire Healthcare NHS Foundation Trust**

*If you would like to know more about this service, please contact:*

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