

Do you care for someone with dementia?



We understand that caring for someone with dementia can be stressful and that sometimes carers can experience anxiety and depression. To help carers with coping strategies, Oxford Health NHS Foundation Trust and the Alzheimer's Society have developed and are evaluating a new therapy to be delivered online called 'Caring for Me and You'.

If you're a carer and sometimes find things difficult, and are comfortable using a computer, you might be eligible to help trial this new therapy to test how effective it is.

If you'd like to find out more information about this research, please visit:

www.caringformeandyou.org.uk

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Calling All Carers
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