

CrISP 1 has been designed specifically for carers and family members of those with a recent diagnosis of a dementia. It consists of four essential sessions covering topics identified by carers and staff, external published research and internal focus groups.

The content of the CrISP1 programme includes:

1. Understanding dementia

Understanding dementia: the physical, psychological & emotional implications that dementia may have on the person with dementia.

Outcomes for participants:

- A basic understanding of what dementia is
- 1 An insight into the impact of dementia on an individual and family members
- 2 An understanding of how it may feel to have dementia

2. Legal and money matters

Content:

- legal and financial issues
- welfare benefits and entitlements

Outcomes for participants:

- Understanding how to make decisions with and for the person with dementia, involving the Mental Capacity Act or equivalent legislation in Northern Ireland,
- 1 How to manage money day by day, including:-
 - In England and Wales: banking – third party mandates, Post Office ‘Permanent agent’, DWP Appointee, LPA (Property & financial affairs), Deputy orders, Advance decisions
 - In Northern Ireland: banking – third party mandates, Post Office ‘Permanent agent’, DWP Appointee, EPAs, Controller orders
 - Knowledge of Lasting Power of Attorney orders(Health & welfare), Advance decisions, Advance care planning and, in Northern Ireland, living wills
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- Knowledge of Lasting Power of Attorney orders(Health & welfare), Advance decisions, Advance care planning and, in Northern Ireland, living wills
- Maximising income: welfare benefits and entitlements
- Information about the services and financial resources available to carers and people with dementia, and how to access or claim them
- Action Planning to identify what a carer needs to know and find out about and where this help or information can be found.

3. Providing support and care

Practical support strategies to address issues that may arise for a person with dementia

Content:

- Concerns and challenges that arise when supporting a person with dementia
- Communication and understanding the person with dementia
- Help available from local services

Outcomes for participants:

- Knowledge of practical ways of supporting someone who may be experiencing problems associated with dementia (eg memory problems, difficulties with everyday tasks, recognition & perception problems)
- Understanding other things that can cause problems for people with dementia (eg physical health problems, environments, medications, inappropriate behaviour, attitudes or behaviour of other people, disability or sensory impairments)
- Communication skills: strategies to help the carer make themselves understood, and for the carer to understand the person with dementia
- Knowledge of where to get the right support from local and national services

4. Coping day to day & next steps

The physical, psychological & emotional implications that dementia may have on the carer, including their relationships, how to look after themselves and identification of relevant support and services

Content:

- The Impact of caring
- Relationships
- Looking after yourself
- Action planning

Outcomes for participants:

- Managing the impact of change on everyday life and relationships
- How to look after yourself in your role as the carer
- Identification of barriers to accepting help and support
- Identification and access to relevant support and services
- Planning next steps