

# Carers information and support programme (CrISP)



CrISP is a programme of free workshops for anyone caring for a family member or friend who is living with dementia.

Run by Alzheimer's Society dementia advisers, we aim to provide you with information and support.

CrISP 1 runs for four consecutive weeks and includes:

- understanding dementia
- impact of dementia on daily living
- legal and money matters
- support and local services.

CrISP 2 follows-on, runs for two consecutive weeks and covers:

- understanding how dementia progresses
- practical information and advice about communication
- living well as dementia progresses.

The groups are small, friendly and give you the chance to meet and share experiences with others in a similar situation.

Courses will be at locations around Essex.

The next course is in August, taking place in Billericay.

Contact us for more information and to book your place:

Telephone: 0333 1503456

Email: [essex@alzheimers.org.uk](mailto:essex@alzheimers.org.uk)



**Alzheimer's  
Society**

It will take a society to beat dementia