

iSupport For Dementia

Training and support manual
for carers of people with dementia





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iSupport for dementia. Training and support manual for carers of people with dementia

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PREFACE

Dementia is a major cause of impairment that affects a person's memory, thinking and behaviour, and interferes with one's ability to perform daily activities. It affects people worldwide, in particular older people. Globally, families provide the majority of care to people with dementia. The impact of dementia is significant to the individual who lives with dementia, their families, societies and countries, both in financial terms and human costs.

The *Global action plan on the public health response to dementia 2017-2025* represents an important step forward in achieving physical, mental and social wellbeing for people with dementia, their carers and families. It is an opportunity for individuals, communities and countries to realize the vision of a world in which dementia is prevented and people with dementia and

Being a carer for someone with dementia may affect one's physical and mental health, well-being, and social relationships. Long-term care systems must account for the significant emotional, financial and social impact of caregiving on families and relatives, while addressing the needs of people with dementia. This includes providing carers with access to education, skills training, respite and social support through affordable, evidence-based resources.

To address this need, the World Health Organization (WHO) has developed iSupport, an online skills training and support programme for carers of people with dementia. This iSupport manual allows carers who do not have access to the internet, or who prefer a manual, to benefit from the tool. The iSupport online programme and manual are currently being field-tested. It is our hope that the

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