



*Companionship Services*

PROVIDING PERSONAL ASSISTANCE - EXPANDING YOUR WORLD

## Preventing Carer Burnout When Supporting Someone with Dementia

### Start with Early Support: Don't Wait for a Crisis

Bring in support early – especially during the early to mid-stages of dementia – when routines can be established and trust built.

✓ Companionship can:

- Ease daily care pressures
- Support with gentle socialising and structure
- Help reduce confusion and isolation

### Build a Circle of Support

- Include family, friends, neighbours, and professionals
- Peer support groups (online or in person)
- Link with dementia advisors and nurses early

### Use Day Centres and Social Groups

- Safe, structured, and friendly environments
- Professional dementia-trained staff
- Allow family carers time for rest, work or errands

### How Companionship Services Can Help

We understand the emotional and physical toll of supporting someone with dementia. At Companionship Services Ltd., we offer:

- Prevention-focused, friendly visits
- Person-centred companionship (walks, chats, activities)
- Reliable respite for family carers

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🌐 [www.companionship-services.com](http://www.companionship-services.com)

### Protect Your Own Health

- Prioritise sleep, healthy meals, and movement
- Talk to your GP about a carer health check-up

## Use Respite Services

- Companionship Services weekly visits
- Home-sitting or short-term care stays
- Take planned breaks to recharge


## Set Boundaries Without Guilt


- Know your limits and accept help
- Saying “no” is part of sustainable care

## Plan Ahead

- Talk about future wishes early
- Prepare legal and financial paperwork
- Create memory books or personal stories

## Local Support Resources

 Admiral Nurses – [www.dementiauk.org](http://www.dementiauk.org)

 Alzheimer’s Society – [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

 Amy Kerti (Empatia Dementia Support) – [www.empatiadementia.org](http://www.empatiadementia.org)