

# Dementia Dekh Bhal Scotland



# Black Asian Minority Ethnic carers of a relative living with dementia



Dementia is life-changing for the person affected by dementia and their family carer(s).

Caring for dementia can be very stressful, especially when carers do not recognise dementia symptoms or the fact that you have become a 'carer'.

Asking your local social care services on how to get a 'Adult Carers Support Plan' may help carers look at planning for emergencies and the support they might need.

Stigma associated with dementia may mean that carers do not openly talk about dementia and the challenges of managing complex dementia care.

Talking to other carers and service providers will help carers of a relative with dementia to understand dementia and how they may be able to adopt coping strategies.

Coping strategies will include using prayer, yoga, meditation, going for a walk, getting respite from social care, and using a 'sitting service'. These activities, and others, will help you cope with the demands of caring.

*For more information, please visit [www.tide.uk.net](http://www.tide.uk.net)*



Artwork painted by Ali Salman of Phool Patti - Pakistan