Peer Support for Young Dementia Carers Programme – A feasibility study

Principal Investigator: Dr Patricia Masterson-Algar (School of Health Sciences, Bangor University)

We have recently developed, in partnership with **Dementia UK** and **Carers Trust** a new online **Peer Support Programme for Young Dementia Carers**.

What do we want to achieve?

We want to find out what young dementia carers and their parents/guardians think about this new programme. We want to explore whether they found it useful or not and why.

Who can join?

- Young people age 8-16 who currently help care for a family member living with dementia (e.g., helping with household chores, companionship and emotional support). We are also inviting their parents/guardians.
- Living in Wales, England or Scotland.
- With internet access

What will happen?

Young dementia carers will try out the programme and tell us what they think. This will involve:

- Joining 8 online sessions (1 hour each), in a small group with other young dementia carers.
- Facilitated by two professionals who have experience of working with families affected by dementia and young carers.
- Saying what they think through diaries or voice recordings, interviews with researchers, and questionnaires.

About the programme:

This programme has been designed by, and for, young dementia carers aged 8 to 16. It aims to give young carers the chance to meet others in similar situations, so they can support each other, understand dementia better, and feel less alone.

If you would like to find out more, you can watch a short video with more details: **https://youtu.be/W2FcLTVExr0**

If you, or anyone you know, are interested in finding out more, please contact:

Jen Roberts: j.roberts@bangor.ac.uk
Phone number is 01248 388346.