

**NIMHANS - ISUPPORT FOR DEMENTIA  
FAMILY CAREGIVERS**

# ***Caring for a loved one with Memory loss/ Dementia?***

*That can be difficult, stressful, and exhausting  
Many Caregivers like you feel unprepared for this role and may  
be overwhelmed sooner or later*

**WE CAN HELP!**

**Sign up for this program  
if you:**

- are 18 years of age or older
- are a family caregiver of a person with dementia and have been in this role for at least 6 months
- have access to a computer and the internet

**This program will  
run for 3-6  
months and may  
require about 30-  
60 minutes of  
your time / week**

**To find out more and join, please contact  
+91 80 26995258 / 9480829468 /9480829663  
Email: [dementiacare4india@gmail.com](mailto:dementiacare4india@gmail.com)**