

**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
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Email: dementiacare4india@gmail.com**