INTRODUCTION
The number of people in Ireland being diagnosed with dementia is increasing. The majority live with family carers in the community though twothirds of these carers are ‘completely overwhelmed by caring’ (O’Shea, 2003)
Psycho education is recommended to support carers of people with dementia (NICE clinical guidelines for dementia care, 2006)

OUTCOME MEASURES
Non standardised measurements of knowledge and confidence pre and post training
Zarit Burden Interview

OUTCOMES
FOLLOW UP
On completion of training, carers identified that they wanted to continue meeting. Follow up sessions are facilitated every 6 weeks, providing carers with access to ongoing support, education and services.

CONCLUSION
Group based psycho education increases carers knowledge of dementia. It also reduces their levels of burden and increases their confidence when caring for a family member with dementia.

REFERENCES
O’Shea (2003) Costs and Consequences for the Carers of People with Dementia in Ireland. Dementia (2) 201-219