information to help them care for people with dementia. Carers had spoken of the need for information with support. This evaluation explored the impact of the courses on carers and caring relationships. It addressed the role of information in supporting more effective care giving and more positive caring relationships. It also considered how access to information in a supportive environment impacted the experience of caring for someone with dementia.

- Carers valued equally the new information and increased knowledge they received about dementia and the way that information was imparted in a supportive peer group environment where it could be explored with others.
- Carers felt developing a better understanding of dementia and its impact on perception and behaviour enabled them to develop skills and confidence in supporting the person they cared for.
- Visual information was found to be extremely important in developing this understanding as it was felt to be more memorable than written information.
- Experiential knowledge was valued highly by carers. Hearing about the experiences of both facilitators and other carers assisted with the solving of practical problems and the development of techniques and ideas that carers felt improved both their ability to care and t /P &MCID21>BD BT1 0 0 1 240.07 232.32 Tm0 g0 G(T)-8(he)