Carer Information and Support Programme (CrISP) Hertfordshire

CrISP is a series of free workshops for those new to caring for someone living with dementia. Run by Alzheimer's Society Dementia Advisers, we aim to provide information and support in:

- Understanding dementia
- Impact of dementia on daily lives
- Legal and money matters
- Support and local services

The groups are small, friendly and give you the chance to meet and share experiences with others in similar situations. CrISP programme runs for four consecutive weeks either face to face or online. Locations, dates and times may vary.

To enquire about CrISP or to add yourself to the waiting list, please email: **central.herts@alzheimers.org.uk** or call **01279 427 522**

Alzheimer's Society

Together we are help & hope
for everyone living with dementia

Registered with FUNDRAISING REGULATOR

Registered charity no. 296645. Alzheimer's Society operates in England, Wales and Northern Ireland.