

NEW INNOVATIVE SERVICE FOR CARERS OF PEOPLE WITH DEMENTIA

Healios, a clinician-led online support service, has partnered with Carers Bucks to help carers and families of those suffering from dementia. A first of its kind in the UK, the new service gives carers the skills to manage better in their caring role and to support their loved one.



The Healios service includes up to 8 online sessions delivered via a Skype-like online system, with each session lasting 40 minutes. You will be talking directly to a Healios trained clinician.

Each session is tailored to the individual, but the service covers the following areas:
Communications Skills, Problem Solving, Goal Setting and Coping Strategies

Healios can help you in the following ways:

- To communicate clearly with your loved one
- Build resilience in your role as a carer
- To develop new skills to move forward
- Build a stronger relationship based on trust and understanding
- Reduce the risk of crisis for your loved one, in turn reducing need for hospitalisation and residential care
- Reduce the burden you may feel from caring
- Give you confidence in your role as a carer
- To know what to do and when to do it
- Reduce any physical and emotional exhaustion that you may experience
- To notice change to keep your loved one healthy

If you would like to know more about Healios, or are interested in taking part in the Healios dementia service please contact Carers Bucks: 0300 777 2722 or mail@carersbucks.org

About Healios

Founded in 2013, Healios has quickly become the UK's leading family intervention and behavioural change digital healthcare technology company working to empower patients and families affected by mental and physical illnesses.

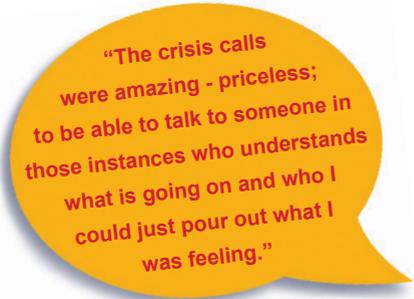
Healios has extensive experience in successfully providing their online intervention service for carers of people with mental illness, and expect the same positive results in expanding into dementia.

Healios provides clinician-led online family intervention services across a wide range of illnesses to support the patient and family, ultimately improving long-term outcomes.

Digital technologies are at the heart of Healios' services, making it widely available and accessible to every household in the UK. By blending the best of the technology, statistical research and a personal human connection, Healios significantly reduces the burden and anxiety of patients, family members and carers.

Healios works to empower the patient and family to effectively move forward, with a better quality of life, and achieve their goals.

Healios is commissioned by NHS Clinical Commissioning Groups, NHS Trusts and local authorities across the UK.



"The crisis calls were amazing - priceless; to be able to talk to someone in those instances who understands what is going on and who I could just pour out what I was feeling."



"A fantastic service, I'm so appreciative, especially having someone who gives time to me and listens. I am able to put things in to practice."