

Do you look after somebody living with dementia?

Are you over 18?

Are you an unpaid carer for a family member or friend who has dementia?

Do you experience any stress, anxiety or depression?

Do you have access to the internet?



What is the *iSupport* study?

iSupport is an internet-based support package for carers of people with dementia.

What would I be doing?

- We are looking for unpaid carers to join our study for a period of 6 months
- Our study is designed to explore experiences of how well *iSupport* works
- Half of our participants will have access to the online platform and the other half will receive other useful sources of information.

For more information:

<http://dscdc.bangor.ac.uk/isupport-for-dementia-carers.php.en>

If you live in England: isupportstudy@ucl.ac.uk

If you live in Wales: isupportstudy@bangor.ac.uk

If you live in Scotland: isupportstudy@strath.ac.uk



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