



## The Carer's Journey

Being a carer is an emotional, spiritual and physical journey for which most of us are unprepared.

Most of us do not willingly become carers.

It happens because circumstances overtake us and in it, we meet all kinds of turbulence, adventures, rewards, laughter and, of course, worry, anger and tears.

The carer's journey is unknown to most of us and in it you will develop and discover all sorts of skills you did not know you had.

But you cannot face it day after day.

If you get locked into despair or hopelessness, that will drain your energy.

Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy  
*info@dementiasa.org or support@dementiasa.org* *www.dementiasa.org*

**National Helpline 0860 MEMORY / 0860 636 679**

## Notes:

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### Contact us:

3rd Floor,  
State House,  
3 Rose Street,  
Cape Town

P.O. Box 16421  
Vlaeberg  
8018

Tel: (021) 421 0077/78  
Email: [info@dementiasa.org](mailto:info@dementiasa.org)  
Or [support@dementiasa.org](mailto:support@dementiasa.org)



[www.dementiasa.org](http://www.dementiasa.org)

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