



Coaching for Compassionate Care

Liferoots training has been developed after listening to the views of People living with dementia and their Carers, incorporates current research and best practice, and is delivered by specialist facilitators.

Our innovative dementia coaching, training, and consultancy has a transformational approach for professional and family carers, enabling them to strengthen their capability, manage change, and positively shape their future.

For family and friends of those living with dementia our flexible courses provide support at an emotional time - we work with people to tackle the changes and impact of dementia together. We are pleased that the courses have had a very positive impact on our participants' lives. They have said,

'The course has been an eye opener for me - I look at things with more confidence. I feel a lot more settled with coping with my husband and also coping better at home on my own. I look at life a lot differently.' B. Bedford

"I feel like a different woman now - a weight has been lifted from my shoulders – I can recognise my 'self' again". K. Luton

You may be interested in RSPH & Alzheimer's Society Level 2 Award in 'Understanding Dementia', and have the chance to become a Dementia Friend.

We also provide workplace training for health and social care professionals and managers to support improved practice.