

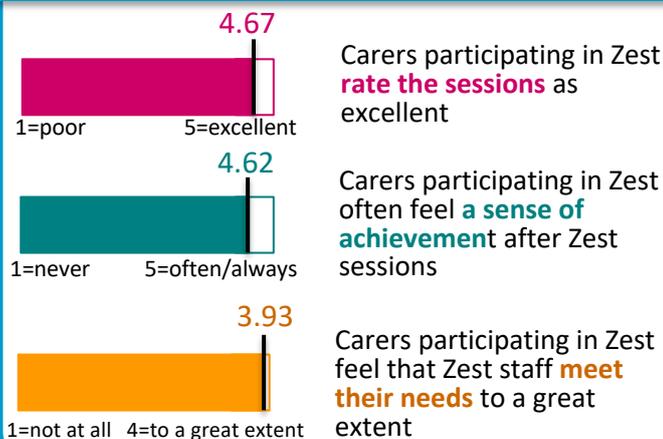
# Zest Communities for Informal Carers of People Living with Dementia

## What's the impact?

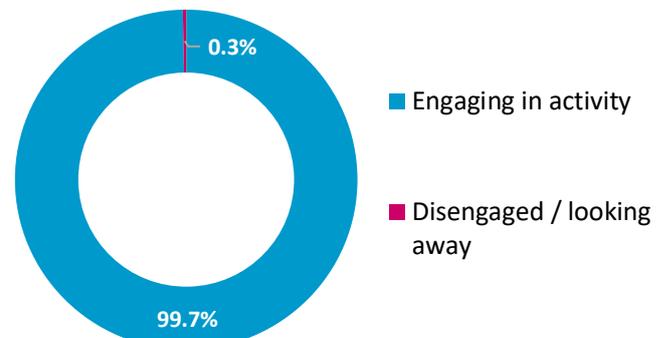
### WHAT DOES ZEST LOOK LIKE?

While Zest offers creative activities designed specifically for people living with dementia, the ethos of Zest is to care for carers as much as the person with dementia. Zest aims to support carers' wellbeing and provide opportunities for them to express themselves creatively. Zest gives carers and opportunity to connect with the person they care for in new ways, to have fun and meet other carers in similar circumstances.

### SURVEY FINDINGS



### JOINING IN DURING ZEST



### WHAT DO CARERS TAKING PART IN ZEST SAY?

Informal carers stressed the benefits of Zest to their relationship with the person with dementia both during Zest sessions and outside of them. They identified Zest as another way to connect with their relative, and a source of conversation outside of sessions that explored new capacity for creativity.

*"It's given us a sort of opening to areas of life that otherwise we wouldn't have had."*

Carers also commented on the skills of Zest staff; both in terms of facilitating artistic activities and in terms of the way they treated participants:

*"The staff are really professional. They're really careful, caring and empathetic towards members of the group [...]. They're extremely compassionate and caring and respectful of not only the individuals with dementia, but their carers too."*

Informal carers also spoke about increased confidence, enjoyment and fun when describing improved wellbeing:

*"I need a break... it's just a laugh [at Zest]... I need people around me, because it's hard on your own."*