Carers Australia VIC

DEMENTIA... AND YOU! THREE PART PROGRAM

FREE program for carers by Carers Victoria

Caring for a person with a diagnosis of dementia?

This program is an interactive series of three three-hour sessions that provide information and practical strategies to assist carers in their caring role. Each session builds on the content of the previous session.

WHO SHOULD ATTEND

The program is open to carers and other family members of a person with dementia who have had a diagnosis.

SESSION 1

Understand Dementia: the realities and myths, and learn about the brain and behaviour

SESSION 2

Build communication techniques and strategies for managing behaviours of concern

SESSION 3

Explore how to care for yourself and problem solve.

Please note: Participants must attend the first session to continue in the program and cannot bring the person they care for.

BOOKING INFORMATION

To secure your place, visit **www.carersvic6836.eventbrite.com.au** or for further information please phone Education Services on 1800 514 845 and quote #6836.

When
Session 1 Tuesday 24 March
Session 2 Tuesday 31 March
Session 3 Tuesday 7 April

Time 10.00am - 1.00pm
Each session three hour duration

Where Carers Victoria
Level 1, 37 Albert Street
Footscray

Cost Free
Refreshments provided

Car Parking Available at Footscray Plaza Paisley Street, Footscray www.carepark.com.au/find-a-care-park/footscray-plaza

CARERS VICTORIA EDUCATION SERVICES

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