



# DEMENTIA... AND YOU! THREE PART PROGRAM

A 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.carersvic7987.eventbrite.com.au](http://www.carersvic7987.eventbrite.com.au) or for further information please phone Education Services on 1800 514 845 and quote #7987.

### When

**Session 1** Friday 25 June 2021

**Session 2** Friday 2 July 2021

**Session 3** Friday 9 July 2021

**Time** 10.00am - 1.00pm

Each session three hour duration

**Where** Carers Victoria

Level 1, 37 Albert Street

Footscray

**Cost** Free

Light refreshments provided

**Car Parking** Available at Footscray Plaza Paisley Street, Footscray [www.carepark.com.au/find-a-care-park/footscray-plaza](http://www.carepark.com.au/find-a-care-park/footscray-plaza)

### CARERS VICTORIA EDUCATION SERVICES

T 1800 514 845

E [education@carersvictoria.org.au](mailto:education@carersvictoria.org.au)

[www.carersvictoria.org.au](http://www.carersvictoria.org.au)

[f](https://www.facebook.com/carersvictoria) /carersvictoria [t](https://twitter.com/carersvictoria) @carersvictoria