

Are you caring for a person with dementia?



Do you sometimes find your situation overwhelming?

Are you looking for practical information and advice that can help you in your caring role?

Free dementia information sessions for family and friends are being held in Waitara...

Session One - What is Dementia?

Session Two - Effective Communication

Session Three - Coping with Challenging Behaviours

Session Four - Planning for the Future: Local Community Support Services and Legal Issues

See over for more details...

Tuesdays 6, 13, 20 and 27 March 2012

10:30am - 12:30pm

Community Hall, McQuoin Park, 28 McAuley Place, Waitara

**Registration is essential - please call Mary Clifton
on 9811 5250 or 0434 605 685**

Ph: 1800 225 474 www.catholiccommunityservices.com.au

Catholic Community Services is a Division of Catholic Healthcare Limited ABN 69 064 946 318

Session One - 6 March

What is Dementia?

This first introductory session will outline the causes of dementia, some of the symptoms and changes associated with the most common types, and the importance of obtaining an early assessment and accurate diagnosis.

Session Two - 13 March

Effective Communication

Effective communication can be the first step to avoiding or reducing the likelihood of 'challenging behaviours' occurring. Session two will explore the concept of behaviours as a form of communication, and look at ways of developing more effective communication with a person who has dementia.

Session Three - 20 March

Coping with Challenging Behaviours

Session three will outline a simple problem solving approach to help carers identify possible 'triggers' or individual factors that could be contributing to their person's 'challenging behaviour'.

Session Four - 27 March

Planning for the Future: Local Community Support Services and Legal Issues

The fourth session is designed to help carers plan for the future care and support of their person. Information on local community support services will be presented as well as explaining legal issues eg the importance of obtaining an Enduring Power of Attorney and Enduring Guardianship.

**All sessions will be held between 10:30am - 12:30pm
in the Community Hall, McQuoin Park,
28 McAuley Place, Waitara**



A joint initiative of Catholic Community Services and Ageing, Disability and Homecare (ADHC) funded under the Home and Community Care Program .