

Dementia Support Australia

Funded by the Australian Government
A service led by HammondCare

Free online series: *It takes a village:* Supporting people living with dementia to stay at home longer.

Are you wanting to provide more support to someone living with dementia but you're not sure how to help? Join us to learn more about dementia and some creative ways to stay connected.

It takes a village is an online series designed to empower and upskill carers to support a person living with dementia to remain at home for as long as possible. With a strong focus on wellbeing and self-care, carers will be equipped to navigate some of the complexities and challenges of supporting a person living with dementia.

TOPICS COVERED:

- Exploring the impact of a dementia diagnosis.
- Self-care and accessing community care support services when needed.
- Navigating behaviour changes associated with dementia.
- Meaningful engagement and activity modification.
- Navigating physical changes.
- Planning and preparing for respite.

EVENT DETAILS:

- An online series of four, 90 minute sessions, with other carers in an interactive and supportive peer environment.
- Session 1 - Wed 6th August 25, 6:30-8pm AEST
- Session 2 - Wed 13th August 25, 6:30-8pm AEST
- Session 3 - Wed 20th August 25, 6:30-8pm AEST
- Session 4 - Wed 27th August 25, 6:30-8pm AEST
- **Program cost:** Free for carers.

REQUIREMENTS:

- A computer, smartphone or tablet with a camera and an internet connection.

Staying at Home

A Carer Wellbeing & Respite Program

If you are interested in participating in this **FREE PROGRAM** or wanting to learn more, please contact us on **1800 699 799** or visit **dementia.com.au**

