



SYDNEY

Family Carer Education

Alzheimer's Australia NSW provides free-of-charge education and awareness to assist families and friends caring for a person with dementia.

Excludes professional health care workers



All programs incorporate an understanding of dementia, strategies for maintaining effective communication and ways to promote independence, self esteem and enjoyment for you and the person with dementia.

Programs and sessions are facilitated in an interactive group format to provide participants an opportunity to meet other carers, families and friends who share a similar experience.

TO REGISTER CONTACT

Phone: (02)8875 4640, (02)8875 4651 or
Email: nsw.education@alzheimers.org.au;

Please call the Carer Respite Centre on 1800 059 059 if respite care is needed

GOLD COIN DONATIONS APPRECIATED

This program is supported by financial assistance from the Australian Government and the NSW Government

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EDUCATE AUSTRALIA**
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PROGRAM DETAILS

1 DAY CARER PROGRAM

Dates: Wednesday 12 March 2014

Time: 10.00am - 2.30pm

- Understand how dementia affects the person and impacts upon quality of life
- Improve everyday communication
- Identify common triggers and use strategies to manage changes in behaviour
- Support Services and information

EVENING CARER TOPIC

Date: Wednesday 9 April 2014

Time: 6.00pm - 8.30pm

Topic: The Nature of Dementia

This session will provide carers with information about the main causes, signs and symptoms of dementia, providing a basis for understanding the person they support.

- Increased knowledge of the main causes of dementia
- Recognition of the way dementia affects the person's abilities, thinking and emotions
- Increased knowledge of the process for diagnosing dementia
- Recognition of the major risk factors for developing dementia
- Develop knowledge about preparing for the changes that will occur as dementia progresses

SONS & DAUGHTERS OR FAMILY & FRIENDS

Date: Wednesday 26 February 2014

Time: 6.00pm - 8.30pm

Dementia awareness presentation to assist friends and extended family not in a direct caring role. This session provides information to strengthen the relationship with the person with dementia and helpful strategies for quality engagement. This program will also provide links to support services in your local area.

Venue: Dementia Memory & Community Centre
Alzheimer's Australia NSW
120 Cox's Road North Ryde

CONTACT

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Regional Offices : Bega, Newcastle, Port Macquarie, Coffs Harbour, Sutherland, Wingecarribee, Illawarra and Blacktown