



# Dementia information series

## FREE information and support sessions about the early stages of dementia

These interactive small group sessions are designed for individuals who are living with the early stages of dementia, as well as their loved ones. Participants are encouraged to attend all three sessions, however you are welcome to attend individual sessions.

<b>Recently diagnosed with dementia</b> An overview of the medical side of dementia, medications, and an opportunity to share how your journey has been so far.	<b>MIDLAND</b> <b>Wednesday 6 June</b>
<b>Communicating more effectively</b> Discussion on the impact dementia can have on communication for the person living with dementia, and how family and friends can communicate more effectively.	<b>MIDLAND</b> <b>Wednesday 13 June</b>
<b>Living well with dementia</b> A focus on changes in memory, attention, and concentration and practical strategies to maximise function.	<b>MIDLAND</b> <b>Wednesday 20 June</b>

**Session times:**  
10:00am-12:00pm

**Cost:** Free

Light refreshments will be provided

### Registration is essential

To express interest, please call **9225 4094** and a member of the Dementia Australia team will contact you.

For support or information about dementia, please call the National Dementia Helpline on **1800 100 500** or email [helpline@dementia.org.au](mailto:helpline@dementia.org.au)