

# LIVING WITH DEMENTIA PROGRAM



## FORESTVILLE

The *Living with Dementia* program is a national initiative of Dementia Australia and is funded by the Australian Government.

This education and support program aims to maximise the health and well-being of people living with early stage dementia, and their carers.



Would you like a better understanding of what is happening to you and be able to talk to others going through a similar experience?

In a group format, participants have the opportunity to:

- Tell their story of memory loss
- Reflect on the impact of their diagnosis
- Develop an understanding of the importance of self-care
- Enhance their skills for communication with others, and for problem-solving
- Extend their knowledge about legal and financial issues



The *Living With Dementia* program and National Dementia Helpline are supported financially from the Australian Government

### THIS PROGRAM IS FREE OF CHARGE

- It runs for 7 weeks on the same day each week
- Each session runs for 2 hours
- Light refreshments are included at no charge

### PROGRAM DETAILS

**WHEN:** Wednesdays  
12 June - 24 July 2019

**TIME:** 1.00pm—3.00pm

**WHERE:** Forest Community Arts Centre  
6 Darley Street  
Forestville

### BOOKINGS ARE ESSENTIAL

**ENQUIRIES TO  
VANESSA WONG**

**PHONE: 02 8875 4663**

#### DEMENTIA AUSTRALIA

Building 21, 120 Coxs Road, North Ryde,  
NSW 2113, P O Box 6042 North Ryde 2113

T: (02) 9805 0100

F: (02) 8875 4665

E: [nsw.helpline@dementia.org.au](mailto:nsw.helpline@dementia.org.au) ABN: 27 109 607 472

**National Dementia Helpline: 1800 100 500**

#### REGIONAL OFFICES:

Bega, Newcastle, Port Macquarie, Coffs Harbour,  
Sutherland, Wingecarribee, Blacktown & Illawarra