LIVING WITH DEMENTIA PROGRAM

BALLINA

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.

THIS PROGRAM IS FREE OF CHARGE

- It runs for 6 weeks on the same day each week
- Each session runs for 3 hours
- Light refreshments are included at no charge

PROGRAM DETAILS

WHEN: Mondays
4 February - 11th March 2019

TIME: 9:30pm - 12:30pm

WHERE: University Centre
Rural Health Building
Ballina Campus
Cnr. Cherry & Fox St, Ballina

BOOKINGS ARE ESSENTIAL

ENQUIRIES TO
HELEN CUST

PHONE: 02 6620 6283

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.