

# LIVING WITH DEMENTIA PROGRAM



## TWEED HEADS / CHINDERAH

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

### 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  
3 April - 15th May 2019

**TIME:** 10:00pm - 12:00pm

**WHERE:** Seven Day Adventist Church  
83-93 Phillip Street  
Chinderah NSW 2487

### BOOKINGS ARE ESSENTIAL

**ENQUIRIES TO  
JANELLE EGAS**

**PHONE: 1800 043 186**



#### DEMENTIA AUSTRALIA

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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