LIVING WITH DEMENTIA PROGRAM

YOUNGER ONSET (UNDER 65)

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

PROGRAM DETAILS

WHEN: Thursdays
11 April - 6th June 2019
TIME: 10:30pm - 12:30pm
WHERE: Vincent Fairfax Family Visitors Centre
Cnr Cox's Road & Norton Roads
North Ryde

BOOKINGS ARE ESSENTIAL
ENQUIRIES TO VANESSA WONG

PHONE: 02 8875 4663

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.