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 4 weeks on the same day each week
- Each session runs for 5 hours
- Light refreshments are included at no charge

Program Details

When: Wednesdays
24 April - 15th May 2019
Time: 10:30pm - 3:30pm
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

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  ABN: 27 109 607 472
National Dementia Helpline: 1800 100 500

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