

LIVING WITH DEMENTIA PROGRAM



PORT STEPHENS/NELSON BAY

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 3 weeks on the same day each week
- Each session runs all day
- Light refreshments are included at no charge

PROGRAM DETAILS

WHEN: Tuesdays
11 June - 25 June 2019

TIME: 9.30am—4pm

WHERE: Nelson Bay Bowling and Rec Club
Stockton St
Nelson Bay

BOOKINGS ARE ESSENTIAL

**ENQUIRIES TO
MARY MYERS**

PHONE: 02 4985 5700



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

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