SYLVANIA

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

**PROGRAM DETAILS**

**WHEN:** Tuesdays
21 May - 11th June 2019

**TIME:** 10:30pm - 3:30pm

**WHERE:** Frank Vickery Village
101 Port Hacking Road
Sylvania

**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.