

LIVING WITH DEMENTIA PROGRAM



TAREE

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

- The program is one day a week for three weeks
- Each day runs between 9:30am and 3:00pm
- Morning Tea and Lunch are provided free of charge

PROGRAM DETAILS

WHEN: Thursday 21st February,
Thursday 28th February &
Thursday 7th March, 2019

TIME: 9:30am to 3:00pm

WHERE: Taree Leagues Sports Club
43 Cowper Street
Taree 2430

BOOKINGS ARE ESSENTIAL

ENQUIRIES TO:

KAYLENE PARKER

PHONE: (02) 6584 7444

OR

CHARLES BROADFOOT

PHONE: (02) 6554 5097

DEMENTIA AUSTRALIA

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E: nsw.helpline@dementia.org.au ABN: 27 109 607 472

National Dementia Helpline: 1800 100 500

REGIONAL OFFICES:

Bega, Newcastle, Tuncurry, Port Macquarie, Coffs Harbour,
Sutherland, Wingecarribee, Blacktown & Illawarra

