



## FOR MORE INFORMATION...

Call our Program Coordinators on 8206 0777 or email [itsyourlife@carersupport.org.au](mailto:itsyourlife@carersupport.org.au)

Visit us at the Carer Support Campbelltown Centre, 10 Newton Road, Campbelltown 5074

Ask for an Event Program or view online at [www.carersupport.org.au](http://www.carersupport.org.au) or [www.ucwb.org.au](http://www.ucwb.org.au)

For Event Bookings call 8206 0777. [www.facebook.com/carersupportsa](http://www.facebook.com/carersupportsa)

This program is a joint initiative of Carer Support and Uniting Care Wesley Bowden.

This program is supported by financial assistance from the Australian Government.



## ADELAIDE DEMENTIA INFORMATION & SUPPORT PROGRAM.



CALL 8206 0777

# LET'S FACE DEMENTIA TOGETHER.

## ARE YOU CONCERNED ABOUT SOMEONE IN YOUR FAMILY WITH MEMORY LOSS, CONFUSION OR DEMENTIA?

This metropolitan-wide program will support people living with dementia, their families and carers.

Living with memory loss and dementia can be challenging – physically, mentally and emotionally. There are difficulties in remembering and thinking clearly, in communicating and handling life's activities.

### **WE AREN'T BORN KNOWING HOW TO DEAL WITH DEMENTIA. SUPPORT IS AVAILABLE, AND YOU ARE NOT ALONE.**

This program is designed to provide practical information, around the types of services and supports that are available to families, and various ways to cope with challenges that may be faced.

### **WHO IS THIS PROGRAM FOR?**

A key focus is on people with younger onset dementia, along with those over 65 years with dementia, including those from culturally and linguistically diverse communities and from Aboriginal and Torres Strait Islander communities.

### **ABOUT THE PROGRAM**

Carers, families and people with dementia are invited to attend interactive workshops, seminars and events.

#### **These will:**

- Increase your capacity to make informed choices about services and supports;
- Increase understanding of the value of taking care of yourself, having a break, and planning for the future; and
- Explore the value of developing local and informal social connections.

**CALL 8206 0777**