

Family Information and Support Sessions Online – Victoria

April to June 2020

Mild Cognitive Impairment (MCI)

This session provides information about mild cognitive impairment as it relates to older people, including diagnosis, progression, treatment and management strategies.

Tuesday 28 April 2020
1:30 pm - 3:30 pm

Book online <https://mci-vic-apr28.eventbrite.com.au>

Cost
FREE

Suitable for: People living with dementia, their family carers, family members and people who want to learn more about dementia. This program is not suitable for professionals employed in the health or aged care sectors.

Understanding Dementia

This session provides an introduction to dementia including an overview of different types of dementia, diagnosis, planning ahead and how to support someone living with dementia

Wednesday 27 May from
10:00 am - 12:00 pm

Book online : <https://ud-vic-may27.eventbrite.com.au>

Wednesday 17 June
1:30 pm - 3:30 pm

Book online <https://ud-vic-june17.eventbrite.com.au>

Cost
FREE

Suitable for: People living with dementia, their family carers, family members and people who want to learn more about dementia. This program is not suitable for professionals employed in the health or aged care sectors.

Driving and Dementia

This session provides an overview of the effects of dementia on driving, while offering strategies to assist carers to talk about driving with people in their care.

Wednesday 27 May
10:30am-12:30pm

Book online <https://dd-vic-may27.eventbrite.com.au>

Cost
FREE

Suitable for: People living with dementia, their family carers, family members and people who want to learn more about dementia. This program is not suitable for professionals employed in the health or aged care sectors.

Coping with changes in behaviours

This session provides an introduction to dementia and changes to the brain, effects on behaviour and the impacts of changed behaviour. It will introduce problem solving models, including strategies to minimise and respond to changed behaviour.

Tuesday 12 May
1:30pm-4:00pm

Book online <https://ccb-vic-may12.eventbrite.com.au>

Cost
FREE

Suitable for: Family carers and family members of people living with dementia. This program is not suitable for professionals employed in the health or aged care sectors.

Communication and dementia

The session provides information on dementia, the way we communicate and how changes in communication can occur as a result of dementia.

Wednesday 3 June
6:00pm-8:30pm

Book online <https://cd-vic-jun3.eventbrite.com.au>

Thursday 11 June
10:00am-12:30pm

Book online <https://com-vic-june11.eventbrite.com.au>

Cost
FREE

Suitable for: Family carers and family members of people living with dementia. This program is not suitable for professionals employed in the health or aged care sectors.

Is it Dementia, Depression or Delirium?

This session provides information about the differences between dementia, depression and delirium and the relationship between these conditions.

20 May 2020
1:00pm-3:30pm

Book online <https://ddd-vic-may20.eventbrite.com.au>

Cost
FREE

Suitable for: Family carers and family members of people living with dementia. This program is not suitable for professionals employed in the health or aged care sectors.

For more information please contact Lisa Reed on 9815 7822

or email: lisa.reed@dementia.org.au

Managing The Changes

This program covers an introduction to dementia and the changes in behaviour and communication caused by dementia. We also teach communication strategies and a problem solving approach to enable carers to better manage these changes. We look at carer support and managing stress.

28 May 2020

1:00pm-4:00pm

**Cost
FREE**

Book online <https://mtc-bundoora-may28.eventbrite.com.au>

Suitable for: Family carers and family members of people living with dementia. This program is not suitable for professionals employed in the health or aged care sectors.

Transitioning to respite and residential care

This session provides information about the benefits of respite care, deciding when residential care may be needed, understanding residential care and continuing care at home.

Tuesday 16 June

1:30pm-4:00pm

**Cost
FREE**

Book online <https://trrc-vic-jun16.eventbrite.com.au>

Suitable for: Family carers and family members of people living with dementia. This program is not suitable for professionals employed in the health or aged care sectors.

Care for the carer

This series of sessions provides an understanding of dementia. It explores strategies, resources and support services for maintaining positive carer wellbeing and effective communication.

4 Week course

**Mondays 4, 11, 18
and 25 May**

1:00-4:00pm

**Cost
FREE**

Book online <https://cc-vic-may4.eventbrite.com.au>

Suitable for: Family carers and family members of people living with dementia. This program is not suitable for professionals employed in the health or aged care sectors.

For more information please contact Lisa Reed on 9815 7822

or email: lisa.reed@dementia.org.au

Coping with carer stress

The group will provide participants with the opportunity to meet other carers in a similar situation and to learn new skills to manage the emotional demands of being a carer.

7 Week course Thursday 28 May 4, 11, 18, 25 June, 2 July Follow up 6 August 10am-1pm Cost FREE	Book online https://cwcs-vic-may28.eventbrite.com.au Suitable for: For carers who wish to learn strategies to improve their well-being. Please note: In order to join this program, participants will need to complete an assessment interview with a counsellor. Please call Lisa Reed for more details and to register your interest 9815 7822.
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