

# Family Education Sessions Online – Victoria September and October 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

**Thursday 8 October**

**1:30pm-3:30pm**

**Cost: FREE**

**Book online** <https://mcioc8.eventbrite.com.au>

**Suitable for:** People diagnosed with Mild Cognitive Impairment, people concerned about their cognition and family members. This program is not suitable for professionals employed in the health or aged care sectors.

## Understanding Dementia

This session provides information about a dementia diagnosis and the support options available following a diagnosis

**Wednesday 23**

**September**

**10:00am-12:00noon**

**Book online** <https://udsept23.eventbrite.com.au>

**Book online** <https://udoct15.eventbrite.com.au>

**Thursday 15 October**

**10:30am-12:30pm**

**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 Lewy Body Disease

This session provides information on Lewy body disease, with focus on symptoms, changes that may occur and response strategies. Participants will learn about resources and services available to support people living with Lewy body disease and the family and carers.

**Wednesday 16**

**September**

**10:30am - 1:00pm**

**Cost: FREE**

**Book online** <https://lbdsept16.eventbrite.com.au>

**Suitable for:** Family carers and family members of people who have a diagnosis of Lewy body disease. 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](mailto:lisa.reed@dementia.org.au)**

## 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.

<p><b>Wednesday 9 September</b></p> <p><b>6:00pm-8:30pm</b></p> <p><b>Cost: FREE</b></p>	<p><b>Book online</b> <a href="https://comsept9.eventbrite.com.au">https://comsept9.eventbrite.com.au</a></p> <p><b>Suitable for:</b> 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</p>
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## Coping with Changes in Behaviour

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

<p><b>Tuesday 29 September</b> <b>1.30pm-4:00pm</b></p> <p><b>Thursday 8 October</b> <b>6:00pm-8:30pm</b></p> <p><b>Cost: FREE</b></p>	<p><b>Book online</b> <a href="https://changesept29.eventbrite.com.au">https://changesept29.eventbrite.com.au</a></p> <p><b>Book online</b> <a href="https://changeoct8.eventbrite.com.au">https://changeoct8.eventbrite.com.au</a></p> <p><b>Suitable for:</b> 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</p>
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## How Dementia Friendly Is Your Home?

This session provides information about dementia and the likely impact of the symptoms on a person's perception of, and ability to successfully navigate their home environment.

<p><b>Thursday 10 September</b> <b>10:00am - 12:30pm</b></p> <p><b>Cost: FREE</b></p>	<p><b>Book online</b> <a href="https://homesept10.eventbrite.com.au">https://homesept10.eventbrite.com.au</a></p> <p><b>Suitable for:</b>... 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</p>
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## Health and Hygiene at home

This session provides an introduction to a range of health and hygiene issues that may present in caring for a person with dementia. It covers topics including nutrition, showering, dressing, oral health, falls and sleep.

<p><b>Wednesday 2 September 2020 10:00am-12.30pm</b></p> <p><b>Cost: FREE</b></p>	<p><b>Book online</b> <a href="https://heathsept2.eventbrite.com.au">https://heathsept2.eventbrite.com.au</a></p> <p><b>Suitable for.</b> 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.</p>
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## Managing the Changes

This program covers an introduction to dementia and the changes in behaviour and communication which can be 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.

<p><b>Thursday 17 September 10:00am-12.30pm</b></p> <p><b>Cost FREE</b></p>	<p><b>Book online:</b> <a href="https://changesept17.eventbrite.com.au">https://changesept17.eventbrite.com.au</a></p> <p><b>Suitable for:</b> 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.</p>
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## 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.

<p><b>Wednesday 28 October 10:00am-12:30pm</b></p> <p><b>Cost: FREE</b></p>	<p><b>Book online:</b> <a href="https://resoct28.eventbrite.com.au">https://resoct28.eventbrite.com.au</a></p> <p><b>Suitable for:</b> 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.</p>
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## 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.

<p><b>4 Sessions:</b>  <b>21 Wednesday October</b>  <b>22 Thursday October</b>  <b>28 Wednesday October</b>  <b>29 Thursday October</b></p> <p><b>Time: 10:00am-1:00pm</b></p> <p><b>Cost: FREE</b></p>	<p><b>Book online</b> <a href="https://care21oct.eventbrite.com.au">https://care21oct.eventbrite.com.au</a></p> <p><b>Suitable for:</b> 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.</p>
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## 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.

<p><b>Wednesday</b>  <b>7, 14, 21, 28 October</b>  <b>4, 11 November</b>  <b>Follow up 9 December</b>  <b>1:00pm-4:00pm</b></p> <p><b>Cost: FREE</b></p>	<p><b>Book online:</b> <a href="https://stressoct7.eventbrite.com.au">https://stressoct7.eventbrite.com.au</a></p> <p><b>Suitable for:</b> For carers who wish to learn strategies to improve their well-being.</p> <p><b>Please note:</b> 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.</p>
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