

Family Education Sessions Online – Victoria November and December 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

Friday 4 December

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

Cost: FREE

Book online <https://mcidec4.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

Tuesday 24 November

Time: 1:30pm-3:30pm

Cost: FREE

Book online <https://udnov24.eventbrite.com.au>

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.

Friday 20 November

Time: 10:30am-1:00pm

Cost: FREE

Book online <https://drivenov20.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**

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>Tuesday 1 December Time: 10:00am-12:30pm</p> <p>Tuesday 15 December Time: 1:30pm-4:00pm</p> <p>Cost: FREE</p>	<p>Book online https://comsdec1.eventbrite.com.au</p> <p>Book online: https://commsdec15.eventbrite.com.au</p> <p>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</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>Friday 27 November Time: 10:00am-12:30pm</p> <p>Cost FREE</p>	<p>Book online: https://changenov27.eventbrite.com.au</p> <p>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.</p>
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Coping with Changes in Behaviour

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.

<p>Tuesday 17 November Time: 1:30pm-4:00pm</p> <p>Cost: FREE</p>	<p>Book online https://changenov17.eventbrite.com.au</p> <p>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</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.

**Thursday 19
November**
Time: 10:30am-1:00pm

Book online <https://homenov19.eventbrite.com.au>

Tuesday 8 December
Time: 1:30pm-4:00pm

Book online <https://homedec8.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

Activities at Home

This practical session assists carers supporting someone at home to plan engaging activities. It promotes independence and wellbeing by focusing on what the person with dementia can still do.

Thursday 5 November
Time: 10:00am-12:30pm

Book online <https://homenov5.eventbrite.com.au>

Friday 11 December
Time: 10:30am-1:00pm

Book online <https://activitiesdec11.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.

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.

Thursday 3 December
Time: 10:30am-1:00pm

Book online <https://healthdec3.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.

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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.

Thursday 26 November

Time: 1:30pm-4:00pm

Cost: FREE

Book online: <https://respitenov26.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 Sessions:

Wednesday 11 November
Wednesdays 18 November
Wednesday 25 November
Wednesday 2 December

Time: 10:00am-12:30pm

Cost: FREE

Book online <https://carenov18.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.

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