

“Real Life with Dementia” sessions happen on
the 3rd Wednesday of every month:

Wednesday, 17th May 2017 – 2-4:30pm

Wednesday, 21st June 2017 – 2-4:30pm

Wednesday, 19th July 2017 – 2-4:30pm

Wednesday, 16th August 2017 – 2-4:30pm

Wednesday, 20th September 2017 – 2-4:30pm

Wednesday, 18th October 2017 – 2-4:30pm

Wednesday, 15th November 2017 – 2-4:30pm

Wednesday, 20th December 2017 – 2-4:30pm

Wednesday, 17th January 2018 – 2-4:30pm

Wednesday, 21st February 2018 – 2-4:30pm

Wednesday, 21st March 2018 – 2-4:30pm

Wednesday, 19th April 2018 – 2-4:30pm

at

Cambrian Green Day Services

Wellington Road

Yate


BS37 5AD

For more information and to book a place,
please call Beth Tovey on:

01454 864 791

Real Life with Dementia

Practical Hints & Tips for Carers

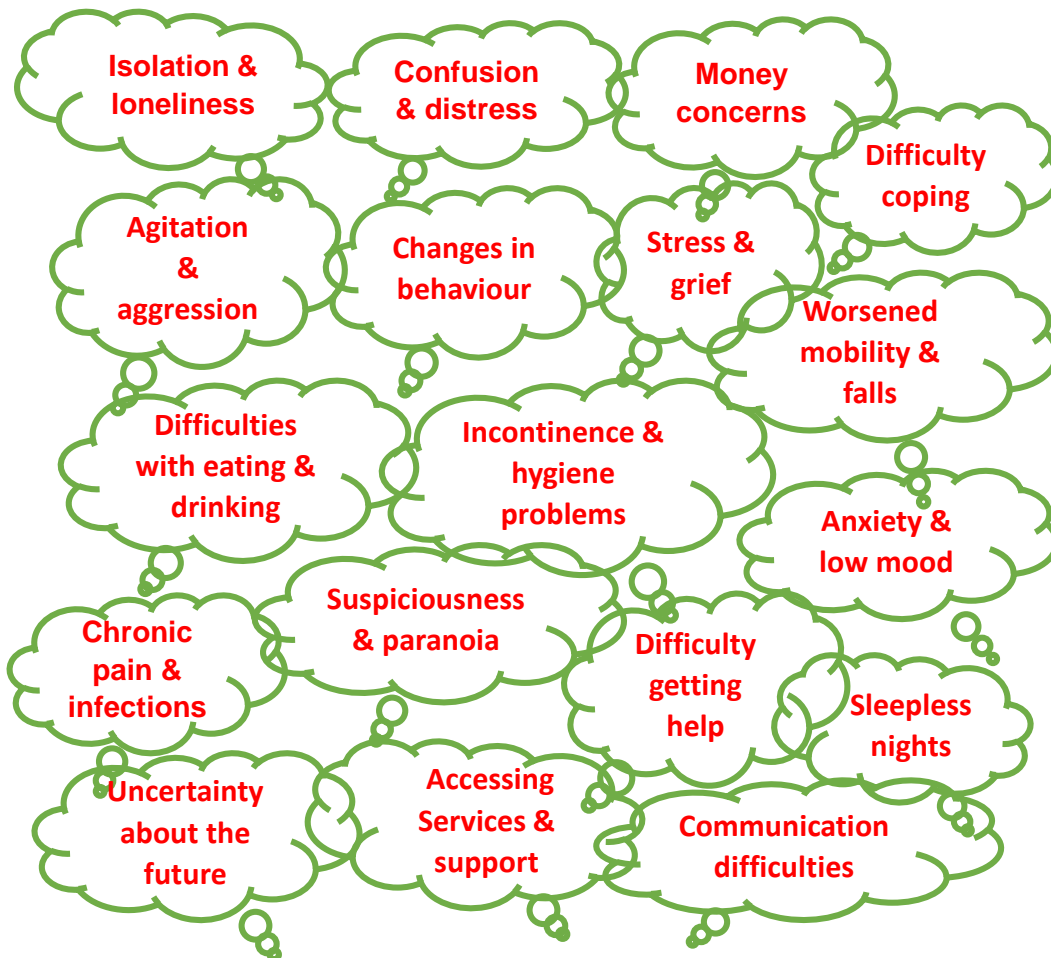


Come along to our local monthly
education, training & support
sessions to get information and
practical advice for better managing
“Real Life with Dementia”
now and in the future

Do you care for someone with **Dementia**?

Is living with **Dementia** getting more difficult?

Is your life as a Carer for someone with **Dementia** affected by:



Coping with “**Real Life with Dementia**” may be challenging.

What we know is that the more knowledgeable Carers are about **Dementia** and how to manage the changes that can and will happen, better the quality of life for the person with **Dementia** and those who care for them.

“**Real Life with Dementia**” – Hints and Tips for Carers

is a new service providing, education, training and support for Carers of people with **Dementia** who are experiencing increasing difficulties in their caring role.

“**Real Life with Dementia**” monthly sessions comprise of

- **Presentations** on two topics relating to **Dementia** care delivered by professionals with expertise in **Dementia**
- **Discussion** of Carers specific “**Real Life with Dementia**” difficulties with professionals

Topics covered include:

Dementia and what can happen

Improving communication in Dementia

Practical ways to help memory

Promoting activity and routine in Dementia

How common health problems affect **Dementia**

Improving mobility & preventing falls

Healthy living with **Dementia**

Managing incontinence & hygiene

Relationship changes in **Dementia**

Managing Carer stress & grief

Social Services support for **Dementia**

Lasting Power of Attorney & Advance Care Planning

Improving eating & drinking

Practical caring hints & tips

Mood and behaviour changes in **Dementia**

Managing disturbed sleep

Understanding agitation & aggression in **Dementia**

Managing hallucinations & paranoia

Managing wandering & assistive technology

Home living aids for Dementia

Understanding the Health and Social care system

How GPs can support people with Dementia

Looking after yourself as a Carer

Support services for Carers of people with Dementia