

**“Real Life with Dementia”** sessions happen on  
the 3<sup>rd</sup> Wednesday of every month \* :

Wednesday 16<sup>th</sup> May 2018 – 2-4:30pm

Wednesday 20<sup>th</sup> June 2018 – 2-4:30pm

Wednesday 18<sup>th</sup> July 2018 – 2-4:30pm

Wednesday 15<sup>th</sup> August 2018 – 2-4:30pm

Wednesday 19<sup>th</sup> September 2018 – 2-4:30pm

Wednesday 17<sup>th</sup> October 2018 – 2-4:30pm

Wednesday 21<sup>st</sup> November 2018 – 2-4:30pm

Wednesday 12<sup>th</sup> December \* 2018 – 2-4:30pm

Wednesday 16<sup>th</sup> January 2019 – 2-4:30pm

Wednesday 20<sup>th</sup> February 2019 – 2-4:30pm

Wednesday 20<sup>th</sup> March 2019 – 2-4:30pm

Wednesday 17<sup>th</sup> April 2019 – 2-4:30pm

(\* except December)

at

**Cambrian Green Day Services**

**Wellington Road**

**Yate**

**BS37 5AD**

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

**Tel: 01454 864 791**

**Email: [beth.tovey@southglos.gov.uk](mailto:beth.tovey@southglos.gov.uk)**



Avon and Wiltshire  
Mental Health Partnership NHS Trust



Bristol, North Somerset  
and South Gloucestershire  
Clinical Commissioning Group

# Real Life with Dementia

## Practical Training Course for Carers

Come along to our local monthly  
training, education and 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**” is a national award winning training course for informal Carers of people with **Dementia**, providing training, education & support for those experiencing increasing difficulties in their caring role.

Winner of the **Best Dementia Training Initiative** at the 8<sup>th</sup> National Dementia Care Awards 2017



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

- Discussion of Carers’ specific “**Real Life with Dementia**” difficulties with professionals.
- Presentations on two topics relating to **Dementia care** delivered by professionals with experience and expertise in **Dementia**:
  - **Dementia and what can happen**
  - How common health problems can manifest in **Dementia**
    - Improving communication in **Dementia care**
    - Lifestyle, health and quality of life
  - Importance of activity and routine for health and wellbeing
  - Meaningful activity in **Dementia**
    - Improving eating and drinking in **Dementia**
    - Managing incontinence and hygiene
  - Practical caring hints and tips
  - Improving mobility and preventing falls
    - Relationship changes and grief in **Dementia**
    - Managing carer stress
  - Social Services support for **Dementia**
  - Lasting Power of Attorney and Advance Care Planning
    - Mood and behaviour changes in **Dementia**
    - Medications and other treatments for mood and behaviour
  - Understanding hallucinations and paranoia in **Dementia**
  - Thinking about approaches to behavioural disturbance
    - Assistive technology and home living aids for **Dementia**
    - Mental capacity and best interest decisions
  - Preparing to go into hospital
  - Planning for home care services and permanent care
    - Support services for Carers of people with **Dementia**
    - Looking after yourself as a Carer