## "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 21<sup>st</sup> November 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







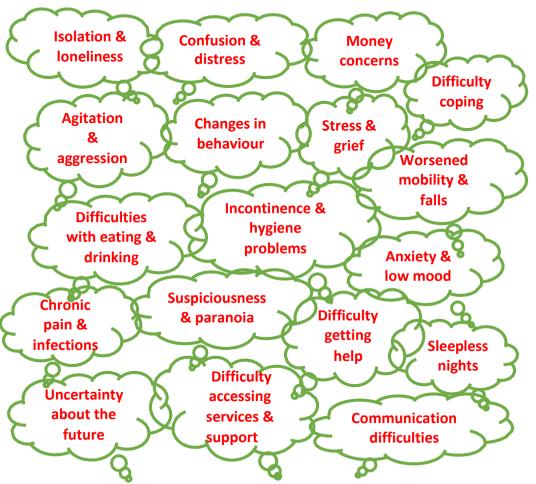
## Real Life with Dementia Practical Training Course for Carers



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.

)ementia

are AWARDS

Winner of the <u>Best Dementia</u>

<u>Training Initiative</u> 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