

Monday 7 October 2024

## **Dementia Australia supports Cooma**

Are you concerned about your memory or worried that someone you know may have dementia? Dementia Australia is offering support in Cooma between 21 October and 24 October.

It is estimated there are more than 138,200 people living with all forms of dementia in New South Wales. Without a medical breakthrough this number is expected to increase to almost 252,800 people living with dementia by 2054.

These Dementia Australia sessions are an opportunity for people living with dementia, their carers, family, and friends to attend free education to better understand dementia and to discuss the support and services Dementia Australia can provide. Please note, bookings are essential.

### **Carer Wellness Program**

This session focuses on the health and wellbeing of those involved in caring for a person living with dementia, whether they live with you or elsewhere. Carers may include partners, family members and friends.

- Monday 21 October, 11:30am-3:30pm AEDT

### **Understanding Dementia**

This session provides an introduction to dementia including an overview of different types of dementia, diagnosis, planning ahead and how to support someone living with dementia.

- Tuesday 22 October, 9:30am-11:30am AEDT

### **It Starts With You**

If you are passionate about your local community and want to make it more dementia-friendly then this session is for you.

- Tuesday 22 October, 11:30am-12:30pm AEDT

### **Activities at Home**

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

- Tuesday 22 October, 2:30pm-4:30pm AEDT

### **Consumer Engagement Information Session**

This session will provide an overview of the three flagship Consumer Engagement programs available at Dementia Australia: Dementia Advocates, Connecting Peers and Dementia-Friendly Communities.

- Tuesday 22 October, 1:30pm-2:30pm AEDT

## Understanding 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.

- Wednesday 23 October, 9am-12pm AEDT

## Grief, Loss and Dementia

This session provides an overview of the grief, loss and emotional impact of the changes caused by dementia.

- Wednesday 23 October, 12:30pm-3pm AEDT

## 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.

- Thursday 24 October, 1pm-3:30pm AEDT

## EDIE for Family Carers

This session enhances knowledge of dementia through virtual reality technology that allows participants to see the world through the eyes of a person living with dementia.

- Thursday 24 October, 9:30am-12:30pm AEDT

**Bookings are essential.** Visit <https://www.dementia.org.au/brain-hub-nsw-cooma> for details and to register. You can also call the National Dementia Helpline to register for this course on 1800 100 500. The National Dementia Helpline is available 24 hours a day, seven days a week.

-Ends-

Whenever possible please include: 'If this story has prompted any questions or concerns, please call the **National Dementia Helpline 1800 100 500** (24 hours a day, seven days a week) or visit [dementia.org.au](https://www.dementia.org.au).'

Dementia Australia is the source of trusted information, education and services for the estimated more than 421,000 Australians living with dementia, and the more than 1.6 million people involved in their care. We advocate for positive change and support vital research. We are here to support people impacted by dementia, and to enable them to live as well as possible. No matter how you are impacted by dementia or who you are, we are here for you.

For support, please contact the **National Dementia Helpline on 1800 100 500**. An interpreter service is available. The National Dementia Helpline is funded by the Australian Government. People looking for information can also visit [dementia.org.au](https://www.dementia.org.au)

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When talking or writing about dementia please refer to [Dementia-Friendly Language Guidelines](#).

**Note to Editors:** We request, where possible, details for the **National Dementia Helpline 1800 100 500** appear alongside news stories about dementia, as these stories often prompt questions or concerns:

**If this story has prompted any questions or concerns, please call the National Dementia Helpline 1800 100 500 (24 hours, 7 days a week) or visit [dementia.org.au](https://www.dementia.org.au).**