

Educational workshops for carers of people living with Dementia

Dementia affects many forms of brain functioning such as memory, executive functioning and language abilities. Carers always experience great pressure but it is difficult for others to understand their distress and anxiety. How could they cope with this?

Chinese Community Social Service Centre (CCSSCI) and Alzheimer's Australia Victoria (AAV) will jointly organize a series of workshops to address issues concerning risks and protective factors of Dementia, management of caregiving, regulation of emotions and legal arrangement and so on. Through educational activities and discussions, CCSSCI and AAV hope to offer informative emotional support for this particular group of carers. Meanwhile, a music therapy group, which can help people living with Dementia to improve their mood states and regain memories, will be conducted parallel to the workshops, as a form of respite support. Thus, carers can feel available and have a peace of mind to participate in the workshops.

Details of the Educational Workshops and Music Therapy Group:

Date: 11/3, 18/3, 25/3, 1/4, 8/4, 29/4, 6/5/2011 (Fridays)

Time: 10:30 am to 2:00 pm (With respite support: Lunch & refreshments for respite participants @ \$10 per session, for carers @ \$5 per session)

Venue: Box Hill Community Arts Centre, 470 Station Street, Box Hill VIC 3128

Enquires: 03-9898 1965 (Chinese Community Social Services Centre)



Sponsored by:



Chinese Community Social Services Centre Inc.

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organizations:



