



Dignity in Dementia

Helping you support people with dementia

www.dignityindementia.org

FREE DIGNITY IN DEMENTIA ZOOM COURSE (4 x 1 hour sessions) FOR FAMILY CARERS

Are you supporting someone with Dementia?

Do you feel overwhelmed?

Has the current Coronavirus situation made things more difficult for you?

If so, why not sign up for our 4 week 'Dignity in Dementia Care' programme, designed to support family members caring for someone with dementia. It provides easy to use dementia care guidance to help you connect more effectively to the person you support, leading to an improved quality of life for you both.

Content includes:

- What is dementia;
- Connecting to the feelings of the person with dementia'
- Communicating effectively & building trust,
- The importance of comfort, how to detect pain and how dementia can affect vision.
- Dealing with challenging behaviour
- Distraction methods
- Meaningful occupation and the importance of reminiscence and music.

Starting on Tuesday 2nd February 2021 between 7 – 8pm, then the following 3 Tuesdays at the same time. Please note, if lots of people apply we will run additional courses in order keep the numbers manageable

To book a place or find out more information email:

diane@dignityindementia.org

or ring Diane on 07771 68237

"Has helped me approach what I thought were insurmountable difficulties more easily and find a more relaxed approach." Family Carer

Supported by:

