



Dignity in Dementia

Helping you support people with dementia

www.dignityindementia.org

FREE DIGNITY IN DEMENTIA COURSE (2 x 2 hour sessions) FOR FAMILY CARERS AT HOLME VILLAGE HALL, DUKE ST, HOLME. LA6 1PY

**Are you supporting someone with Dementia?
Do you feel overwhelmed?**

If so, why not sign up for our '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.

On Tues 23rd Aug 2pm – 4pm and continues on Wed 31st Aug 2-4pm.

The course is free but donations will be helpful to cover the cost of hiring the Hall.

To book a place or find out more information email:

diane@dignityindementia.org

or ring Diane on 07771 682378

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

Supported by:

