

# Carer Wellness Program

This one day group session is designed to inform strategies to support positive health and wellbeing outcomes for a carer, family or friend of a person living with dementia.

Participants will be empowered to build self-care skills which improve quality of life in a caring role. An individual follow up session will be offered to review progress in achieving your goals.

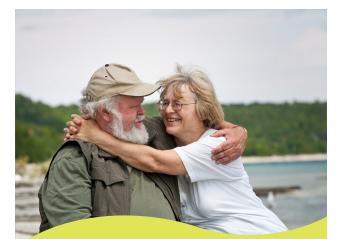
## You will gain knowledge in:

- dementia and its impact on your wellbeing
- strategies to improve and maintain your health and wellbeing
- how to access appropriate services and support.

## Suitable for:

 Family carers and family members of people living with dementia. This program is not suitable for professionals employed in the health or aged care sectors.

National Dementia Helpline 1800 100 500



### When:

Where:

Cost:

## **Additional information:**

**G=O=O** Interpreter

For language assistance call **131 450** 

Find us online dementia.org.au