

# 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.



**When:**

**Where:**

**Cost:**

**Additional information:**