

Wednesday 5 September 2018

Free dementia education for family carers in Adelaide

Are you supporting someone with a diagnosis of dementia? Dementia Australia is holding a free family carer education course for the Adelaide community.

In 2018, there is estimated to be more than 35,000 people living with dementia in South Australia. Without a medical breakthrough, the number of people living with dementia in South Australia is expected to increase to an estimated 43,000 people by 2025 and 74,000 people by 2056.

Dementia Australia's Family Carer Course provides information on maintaining a healthy and respectful relationship between the carer and person living with dementia through improved communication methods and understanding.

Attending courses also provides carers with the opportunity to meet with others who are sharing a similar experience, allowing time to socialise and share important links to local support services to enhance carer well-being.

The course will take place on **Monday 10 September** at the **ARC Campbelltown, 531 Lower North East Road, Campbelltown.**

Topics discussed include:

- Understanding dementia
- Responding to changes in behaviour
- Effective communication
- The caring role
- Planning for the future and legal issues
- Services and supports available to you

All of Dementia Australia's education courses are delivered in a friendly, safe and supportive environment facilitated by trained staff.

Course registrations are essential. To register, or for more information, please contact the National Dementia Helpline on 1800 100 500 or email sa.intake@dementia.org.au.

Dementia Australia is the national peak body and charity for people, of all ages, living with all forms of dementia, their families and carers. It provides advocacy, support services, education and information. An estimated 425,000 people have dementia in Australia. This number is projected to reach more than 1.1 million by 2056. Dementia Australia is the new voice of Alzheimer's Australia. Dementia Australia's services are supported by the Australian Government.

National Dementia Helpline 1800 100 500

Interpreter service available

(The National Dementia Helpline is an Australian Government Initiative)

Dementia is a National Health Priority Area

www.dementia.org.au

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When talking or writing about dementia please refer to [Dementia-Friendly Language Guidelines](#).