



# Supporting people with dementia and their carers.

Currently 413,106 Australians live with dementia and there are an estimated 291,163 Australians involved in their care.

Grow your skills and understanding to effectively support people living with dementia and their carers.

## This workshop covers:

- Understanding what dementia is and is not
- Ideas on how to work with the person with dementia and their carer
- The carer's perspective
- Dementia friendly communities
- Where to get help
- Your self-care
- How to promote brain health.

**TUESDAY**  
**26 MARCH 2019**  
9.15am – 12.30pm

Cost: Free  
Morning tea provided.

**Enfield Baptist Church (EBC)**  
1 Francis Avenue, Broadview, SA.

RSVP via [Eventbrite](#)

or to EBC Office **8261 1844** or email  
[info@enfieldbaptist.com.au](mailto:info@enfieldbaptist.com.au)

RSVP by Friday 15 March 2019.