

# Family information and support sessions

## KYNETON May 2019

### Blokes in the caring role

This program includes information about dementia, changes and communication; it also incorporates discussion about the loss and grief associated with becoming a carer. We talk about how to create an environment to facilitate the caring role, as well as maintaining and getting support as a carer. We aim to help you come up with solutions.

#### Content:

- The chance to meet other men who are caring for someone with dementia.
- EDIE: an immersive experience to “walk in the shoes” of the person with dementia and develop an understanding of how and why the person changes in the way they do.
- Learn skills to manage the changes in behaviour and abilities of the person with dementia.
- Explore avenues for supports including family, friends and community services.
- Discuss the impact of dementia on your relationship and your sense of self. We will explore the experience of grief & loss, when someone close to you is living with dementia.
- Formulate a plan to cope better.

**Suitable for:** Male carers who want to reflect on their new role and relationship with their family member living with dementia, who can participate in a 4 session group program.

**Program format:** The program is offered as a small group session where you will be encouraged to share your experiences and listen to and support others.

#### Session dates and times:

**Thursday & Friday**

**30 & 31 May**

10:30am to 1:30pm

**Wednesday & Thursday**

**5 & 6 June**

10:30am to 1:30pm

#### Venue:

Kyneton District Health

Meeting Room

7-25 Caroline Chisholm Drive

**Kyneton VIC**

Please come to hospital reception for directions

**Catering:** Lunch will be provided

#### BOOKINGS ESSENTIAL

Places are limited. To book:

[https://register.eventarc.com/  
event/view/42470](https://register.eventarc.com/event/view/42470)

or call Lisa Reed on

**1300 526 576**

This program is supported partially by funding from the Commonwealth and Victorian Governments.

These sessions have been sponsored by Kyneton District Health



**TREEHOUSE**  
KYNETON DISTRICT HEALTH