

# Caring for a Parent With Dementia

## Yeppoon

Thursday 31 October and  
Friday 01 November

This therapeutic program is designed to help sons and daughters navigate the practical, psychological, and emotional issues that arise when caring for a parent with dementia.

The program aims to improve relationships and mental and emotional wellbeing. It combines education and strategies with deep listening, sharing, reflection and guided meditation. Participants will be challenged to reimagine the parent, themselves, and their situation in a supportive peer environment.

**Suitable for:** Adult sons and daughters caring for a parent with dementia. This program is not intended as professional education for workers in the health or aged care sectors.



**When:** This program runs across  
2 Sessions.  
31 October 9.30am-2.30pm  
1 November 9.30am-2.30pm

**Where:** Yeppoon  
Location address to be  
advised on confirmation

**Cost:** Free

**Additional information:**  
Bookings are essential. These are  
small group sessions where you will  
have the opportunity to share  
your experiences, listen to and  
support others. Morning Tea and  
Lunch is provided.

### Find out more

Please contact National Dementia Support Program Team on 1800 588 699 or  
email [qld.booking@dementia.org.au](mailto:qld.booking@dementia.org.au)  
Book on: [https://CPD\\_Yeppoon\\_Oct.eventbrite.com.au](https://CPD_Yeppoon_Oct.eventbrite.com.au)

This program and the National Dementia Helpline are funded by the Australian Government.

National Dementia Helpline **1800 100 500**

Find us online **[dementia.org.au](https://dementia.org.au)**



For language assistance  
call **131 450**