

Caring for someone with **dementia**?

Need support?

FREE Family Carer Seminars that look at:

- Understanding dementia—common symptoms
- Continuing to see the person—not the condition
- Strategies to overcome communication barriers
- Connecting with your loved one using practical tips
- The benefits of contact with nature and the outdoors
- Networking with local support organisations and other family carers
- Answering your individual questions
- Free information pack

**Friendly, safe and supportive environment.
Refreshments provided.**

“Wonderful to spend the day with people who are so positive about dementia. I have been so inspired by the day. Thank you!” - Attendee

Where: Disability Resource Centre, Poynters House,
Poynters Road, Houghton Regis, Dunstable, LU5 4TP

When: 15th June 2017

Times: 10am To 1pm or 1.45pm to 4.45pm

Cost: FREE places for Family Carers

Book your place

Online: www.dementiaadventure.co.uk/training/open-training

Email: deborah@dementiaadventure.co.uk

Phone: 01245 237548