

Eligibility

This program is for people living with early stage dementia and their support person.

Participants require insight into the changes they are experiencing and a willingness to participate in a group setting.

Facilitators are professional staff with allied health backgrounds.

This program is funded by the Commonwealth Home Support Program and is free of charge to attend. To access this program you need to be over 65 years of age and have a referral through My Aged Care.

Please contact us on **1300 66 77 88** for more information.








**By your side on your
dementia journey**

alzheimer'swa
the dementia experts

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**Adjusting to
Change**

**By your side on your
dementia journey**

A program for people living
with early stage dementia

Call us today 1300 66 77 88

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Adjusting to Change Program

The Adjusting to Change program includes a series of structured information sessions held weekly, over a five week period.

The program is designed for people living with early stage dementia and their primary support person. It also provides an opportunity to meet other people who are in similar situations.

The program is held at various locations across the metropolitan area.

What you will learn

The program provides information and support, assisting you at a time of receiving a diagnosis, and helping you to understand what this means for you and your family. Sessions include:

- » Symptoms and diagnosis
- » Practical strategies
- » Communication
- » Relationships with family and friends
- » Planning for the future
- » Staying positive
- » Community services.

Join the program

- » Meet and share experiences with others who are in a similar situation
- » Discuss different coping strategies
- » Maintain and enhance skills and abilities
- » Consider future options
- » Express feelings and emotions in a safe, small group environment
- » Feel valued and accepted.

