

Dementia Essentials

with Dementia Wellington

Dementia
Wellington



In 2018, Dementia Wellington is holding regular courses and seminars for **people supporting someone living with dementia**.

Early Stage: 2 hour seminars

- Learn the causes, symptoms and progression of dementia
- Discover how to best support maximum health and independence
- Understand changing behaviour and tips to respond
- Enhance communication

Mid Stage: A two-day course

- Understand and respond to changes as dementia progresses
- Become well-resourced to manage any safety concerns
- Be better prepared for the future including using respite and/or preparing for long term care
- Connect with others

Late Stage: 2 hour seminars

- Understand the changes as dementia progresses into later stage
- Palliative Care explained
- Learn how to establish and maintain a shared care approach with other care providers such as a day programme or care facility
- Gain tips for positive visiting experiences

Porirua

Early Tuesday 4th & 11th April
Mid Wednesday 17th & 24th October
Late TBA

Lower Hutt

Early Wednesday 14th & 21st February
Mid Wednesday 8th & 15th August
Late Thursday 23rd August

Wellington

Early Wednesday 12th & 19th September
Mid Wednesday 21st & 28th March
Late Thursday 9th May

Kapiti

Early Tuesday 10th & 17th July
Mid Wednesday 20th & 27th June
Late Tuesday 6th November

For more information, venues or to register, please contact Kirstie on (04) 972 2595 or email admin@dementiawellington.org.nz

We welcome a donation to contribute to the cost of running these sessions