



North Tyneside  
Carers' Centre

# SUPPORTING SOMEONE WITH DEMENTIA

Do you worry about a loved ones memory loss?

Do you support someone with Dementia?

Join us for this three week programme to improve your knowledge of Dementia and understanding of how to support someone living with it

**Tuesday 11th, 18th and 25th May**

**1.30pm - 3.30pm**

The aim of the sessions is to give you an opportunity to think about the challenges you are facing and learn techniques that you can use to support your loved one.

**Session 1** - Normal ageing versus not normal ageing and the impact of changing sensory awareness and processing as dementia progresses

**Session 2 & 3** - Effective communication techniques and how to deal with or minimise behaviours that may challenge us

**To sign up:**

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