

What Is There To Learn In A Support Group?

- * What is Dementia and how it progresses
- * Practical information on how to cope and provide care eg How to deal with the stress of caregiving; How to deal with disruptive behaviour
- * Additional caregiving options and resources
- * Ways of enhancing the quality of life of caregivers and persons with dementia
- * Planning and preparing for the future eg Knowing about financial and legal matters and decision making

Dates: Please see 'Topics for year 2008'

Time: 3.00pm - 5.00pm
(To be seated by 2.45pm)

Venue: Alzheimer's Disease Association
Blk 157, Lorong 1, Toa Payoh
#01-1195

5 mins walk from Toa Payoh Bus Interchange and MRT Station

For registration, call Tel: **6353-8734** or email to alzheimers.tp@pacific.net.sg one week before the scheduled talk

No registration fee required

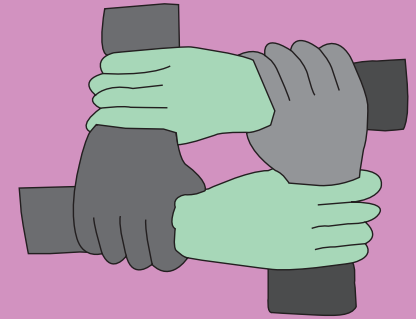
Website: www.alzheimers.org.sg

Note: The Support Group is strictly for family caregivers caring for persons with dementia.


(A programme supported by  **NCSS** National Council of Social Service)



CAREGIVER SUPPORT GROUP 2008



For family caregivers of persons with **DEMENTIA**


ALZHEIMER'S
DISEASE
ASSOCIATION

What Is Dementia

Dementia is a disease which affects the brain. The brain cells are destroyed and this results in impaired memory, thinking and behaviour.

It is more commonly seen in the elderly. It is important to know that it is an illness and not part of the normal ageing process.

Support Group Meetings

The Alzheimer's Disease Association (ADA) runs Support Group meetings for caregivers looking after persons with dementia.

The monthly Saturday meetings are conducted in English and begin with a talk by an invited speaker on a dementia related topic.

Following the talk, there will be a facilitator led discussion session with caregivers. Difficulties in looking after a person with dementia can be brought up and solutions worked out.

Benefits of A Support Group

A Support Group can:

- Provide you with up-to-date information and on-going education about dementia and caregiving
- Allow you to verbalise your thoughts and feelings about caregiving in a safe environment
- Allow you to share your concerns, solutions, ideas and experiences about caregiving
- Give you the opportunity to meet other caregivers and to know that you are not alone
- Offer you some respite



Topics for Year 2008

19 Jan	Update in Dementia
23 Feb	Nursing Care in Dementia
29 Mar	Mind-stimulating activities in Dementia
19 Apr	Food and Nutrition
17 May	Medications in Dementia
5 July	Coping with Behaviour Changes in Dementia
2 Aug	Managing Sleep in Dementia
13 Sept	Providing Comfort & Quality of life in end-stage Dementia
11 Oct	Falls Prevention & Home Safety
8 Nov	How to Motivate myself whilst caring-keeping my batteries recharged

- * There will be no session in June and December.
- * Topics may be subjected to last minute changes.