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MEDIA RELEASE

CREATIVE WAYS TO CARE FOR PEOPLE WITH DEMENTIA

The Wimmera Carer Respite Centre is facilitating free workshops to educate relatives and friends of people with dementia in improved ways of communicating with the person that they care for.

The workshops will be held at the Grains Innovation Park in Natimuk Road, Horsham on 30th March, 6th April and 13th April, 2011 between 10:00am – 4:30pm with morning tea and lunch provided.

Caitlin Kerry from the Carer Respite Centre said that changes in behaviours, abilities and interests are a common aspect of dementia.

“Workshop attendees will discover new ways of using everyday activities to connect and share meaningful time with a person with dementia. The program teaches strategies that may minimise behaviours associated with dementia that can be distressing, irritating or unsafe. Strategies learnt can assist with wandering, restlessness, repetitiveness (of speech and actions), lack of motivation and boredom” she said.

Ms Kerr said that education would be provided through three hands on workshops covering the topics of reminiscence; stimulating and soothing the senses; and music and creative arts.

“Attendees will develop their own ‘grab bag’ of resources to help them apply the strategies they learn. Written information will also be provided and there will be an opportunity to exchange ideas and receive support from people who may be experiencing similar challenges” she said.

Ms Kerr said that to be eligible for the program, the person with dementia that is being cared for must be living in the community or have only recently entered an aged care facility.

Queries and expressions of interest should be directed to the Carer Respite Centre on 5381 9336 before Friday 25th March, 2011.

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