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| Information for Carers  Online Sessions |

Are you caring for someone living with dementia? Are you a family member with questions about a recent dementia diagnosis?

Sessions run on the first Thursday of each month from 14:45 – 16:15 and will cover the following topics:

**01/04 – Understanding & Supporting a person with dementia**

**06/05 – Looking ahead:putting plans in place**

**03/06 – Looking after yourself**

**01/07 – Managing continence**

**05/08 – Legal & Financial Matters incl. Lasting Power of Attorney**

**02/09 – Moving into Residential Care**

**07/10 – End of Life Care & Support**

**04/11 – Assistive Technology**

**02/12 – Christmastime for a person with dementia**

**Each session will be run by our Dementia Support Workers who will give the opportunity to ask questions.**

Contact us with any questions and to get the details of how to join the online sessions.

**T: 0115 9343811**

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