

Help at hand for community members impacted by Dementia

Community members who have a relative or friend living with dementia are being encouraged to attend a free carer support group held monthly at Amana Living's St George's Nursing Home in Bayswater.

Organised in partnership with Alzheimer's Australia (WA), the monthly sessions provide members of the local community with the opportunity to discuss the disease and the challenges that come with having a relative affected by dementia.

Occupational Therapist of St George's Nursing Home, Elizabeth Oliver, said the small group sessions were very well received and that more members of the local community were invited to attend if dementia was an issue in their life.

"We cover what to expect, how best to manage, and how to cope with the changes and transitions which are common when a member of the family or a friend is diagnosed with dementia," she said.

"Our sessions include advice, group counselling and dementia education in a safe and friendly environment, and are held in the St George's main hall on a monthly basis. It also gives families a chance to network and offer support and advice to each other".

The next dementia session will take place at 2 Essex Street, Bayswater, on 20 April at 2pm, followed by Monday 11 May and Monday 8 June.

Further details can be obtained by contacting Deb Worth, Manager of St George's Nursing Home on 9370 1199.

Amana Living operates 17 retirement villages, 10 hostels, five nursing homes and three day clubs throughout Western Australia. It provides specialised care for residents with dementia and their families, as well as a wide range of community services to people living in their own homes.

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MEDIA RELEASE

Note to editors:

"Amana Living" should not be shortened to Amana as this is a registered name of another company.