

**APPROACH
STAFFORDSHIRE**

Supporting your life, your way

Tel: 01782 214999

APPROACH STAFFORDSHIRE

REGISTER CHARITY NO: 1151038

Cauldon Chambers
10 Stoke Road
Shelton
Stoke-on-Trent
Staffordshire
ST4 2DP



Informal Carers
Dementia
Awareness Sessions

Information leaflet



Contact us

Gaynor Morton
(Training Officer)
Hannah Bridgwood
(Administration Officer)

Email:
gaynormorton@approachstaffordshire.co.uk
or
hannahbridgwood@approachstaffordshire.co.uk

Phone: 01782 214999
Mob: 07855 506155
Fax: 01782 289777

Email:
enquires@approachstaffordshire.co.uk
Website:
www.approachstaffordshire.co.uk



Informal Carers Dementia Awareness Training Sessions

Free Dementia awareness sessions are available for people caring for/ or supporting a person with a diagnosis of Dementia.

Our informal sessions aim to improve the health and well-being of the person with dementia, their family, friends and care giver, promoting independence at home and within the local community.

The three sessions are designed to support you when caring for someone with dementia or other related mental health needs. This information is delivered in a friendly, easy to understand and sensitive manner. This may help you to understand how a person with dementia can live well with the illness.

Aims:

By attending these sessions you will gain:

- A clear understanding of the issues related to supporting a person with dementia
- Practical skills and knowledge which may prove useful in your role as a caregiver
- An opportunity to meet and share experiences with other care givers

Sessions are held regularly in Stoke-on-Trent, Newcastle, Staffordshire Moorlands and in South Staffordshire.

Awareness sessions are also available in an evening.

For further information telephone: 01782 214999

Course content:

Session One:

Looks at the different types of dementia

Session Two:

Focuses on Dementia diagnosis and practical planning for the future

Session Three:

Looks at the individual person with dementia and supports the role of the care giver

