



## Understanding Dementia

### A Resource for Carers and their Families

#### A five week course covering

- What is dementia
- Brain, behaviour and memory
- The ageing senses and stages of dementia
- Communication and coping strategies for carers
- Resource session- Finances, Social Care and Support Networks

#### **Courses will start on Tuesday 6<sup>th</sup> February**

**Daytime course (1:00pm – 3:15pm)**

at

Sunderland Carers Centre, Thompson Park, Thompson Park Road  
Sunderland. SR5 1SF

**Evening course (6:00pm – 8:15pm)**

at

The Essence Service, The Sir Thomas Allen Centre, Mill Hill Road,  
Doxford Park, Sunderland, SR3 2ND

**This course is for Carers and other family members who are caring for someone with a dementia.**

**Spaces are limited so please telephone the Essence Service on  
0191 522 1310 to book a place.**

