



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

At

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

**Starting Monday 5th November
1.00pm – 3.15pm**

**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.**