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# Session to help with dementia challenges

THE Northern Rivers Social Development Council, in partnership with Alzheimer's Australia NSW, is holding a free education session for families and friends caring for a person who is living with dementia in Ballina this month.

The session will be on Wednesday, March 23, from 6pm–8pm at the Ballina RSL Club.

Caring for someone with dementia can be challenging. Dementia can influence a person's behaviour, including memory loss, wandering, depression, anxious or agitated states, aggression, hallucinations and false ideas, and loss of inhibition.

Although these can be upsetting, there are many strategies that may help.

Attending this course can help you to better understand dementia and how it can affect the person, develop strategies for more effective communication between yourself and the person living with dementia and explore a range of issues that impact upon your role.

Registration is essential. To register, call Gabe Morahan on 6620 1810.