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Dementia help on offer at Murwillumbah

THIS coming Wednesday there will be a free education session for families and friends who are caring for someone living with dementia.

Alzheimer's Australia and Northern Rivers group Social Futures are coordinating the Wednesday, December 7 Murwillumbah event as a way of providing information to those with dementia and their carers, and to link them with support options.

Social Futures training coordinator Gabe Morahan said the latest Alzheimer's Australia research indicated people who have dementia and their carers experienced greater levels of loneliness



SUPPORT: Course to be held next week. PHOTO: CONTRIBUTED

compared to other Australians.

He said it was imperative those people understood there was support on offer and that they were not alone in their fight.

"This free course will not only increase your

knowledge, awareness and coping strategies but will connect you to available resources and to other people who are walking a similar path," Mr Morahan said.

Dementia affects approximately one

Australian in 10 aged over 65 years, and almost half of people aged over 80 years.

Mr Morahan said more than 350,000 Australians were affected by dementia, with that figure expected to increase to almost 600,000 by 2030.

He said the course would educate people about dementia, provide effective communication techniques and help carers develop a greater understanding of the condition and its impact.

The session is at the Murwillumbah Golf Club from 9.30am to 2.15pm.

Contact Gabe Morahan on 6617 0007 for more information or to register interest.