



22 June 2016

For immediate release

## **Free dementia education course for families and friends in Yamba**

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 Yamba this month.

**The Yamba dementia education session is on 29 June at 9.15 am – 2.00pm at the Yamba Bowling Club.**

Dementia affects approximately one Australian in 10 aged over 65 years, and almost half of people over 80 years. Currently more than 353,800 people are affected by dementia, however by the year 2030 that number is predicted to rise to 591,500.

Caring for someone with dementia can be physically and emotionally 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.

This course will focus on providing an understanding of dementia and effective communication techniques for carers. The session will help carers to obtain a greater understanding of the condition and its impact.

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.

Attending also provides participants with the opportunity to meet with other carers, families and friends who share a similar experience and will provide links to local support services.

Registration is essential and light refreshments will be provided. To register call Gabe Morahan on 6620 1810.

**-Ends-**



*Alzheimer's Australia NSW is the charity for people with dementia and their families and carers. As the peak body, it provides advocacy, support services, education and information.*

*More than 353,800 people have dementia in Australia. This number is projected to reach more than half a million by 2030.*

**National Dementia Helpline: 1800 100 500**

**An interpreter service is available**

**@AlzheimersNSW**

(The National Dementia Helpline is an Australian Government Initiative)

**[Dementia is a National Health Priority Area](#)**

**[www.fightdementia.org.au](http://www.fightdementia.org.au)**

***Northern Rivers Social Development Council (NRSDC)** is a community-based not-for-profit organisation that promotes fairness and social inclusion in the Northern Rivers region of NSW.*

**Media enquiries contact:** Amanda Shoebridge, Communications and Marketing Officer, Northern Rivers Social Development Council (NRSDC). Ph. 0428 242675 e: [communications@nrsc.org.au](mailto:communications@nrsc.org.au)