

Managing Memory 2gether Information Session Dates

0800 694 8800

Cheltenham – FRIDAYS - 2pm – 4pm

St Paul's Medical Centre, Swindon Road, Cheltenham GL50 4DP

Managing Memory	10 th September
Understanding Dementia	17 th September
Getting Help Services and Support	24 th September
Positive communication	1 st October
Understanding Dementia	15 th October
Managing Memory	22 nd October
Carers Breaks and Long Term Care	29 th October
Positive Communication	12 th November
Caring with confidence: Finding Your Way	19 th November 1.30pm-4.30pm

Gloucester – MONDAYS - 10.30am – 12.30pm

Carers Gloucestershire, Messenger House, 35, St Michael's Square, Gloucester, GL1 1HX

Managing Memory	20 th September
Understanding Dementia	27 th September
Getting Help Services and Support	4 th October
Positive communication	11 th October
Understanding Dementia	18 th October
Carers Breaks and Long Term Care	25 th October
Managing Memory	1 st November
The Brain and Behaviour	8 th November
Caring with confidence: Finding Your Way	15 th November 10am -1pm

Cirencester – WEDNESDAYS – 2pm – 4pm

Cotswold District Council Offices, Trinity Road, Cirencester GL7 1PX

Managing Memory	6 th October
Understanding Dementia	13 th October
Getting Help Services and Support	20 th October
Positive communication	3 rd November
Understanding Dementia	10 th November
Carers Breaks and Long Term Care	17 th November
Managing Memory	24 th November
The Brain and Behaviour	1 st December
Caring with confidence: Finding Your Way	8 th December 1.30-4.30pm (venue to be confirmed)

For more information or to book a place telephone

0800 694 8800 or email managingmemory@glos.nhs.uk

Managing Memory Together Information Sessions 0800 694 8800

Name of Session	Session Content	Aimed at:
Managing Memory	<ul style="list-style-type: none"> • How memory works • Types of memory • Coping with forgetting - aids and techniques to help your memory • Staying healthy 	People worried about their own memory or someone else's memory
Understanding Dementia	<ul style="list-style-type: none"> • Symptoms of dementia • Causes of dementia • The different forms of dementia • Who gets dementia • How dementia is diagnosed • Treatments available for dementia 	<p>People recently diagnosed with dementia who want to know more about the illness.</p> <p>People looking after someone with dementia</p>
Getting Help: Services, Support and Self help	<ul style="list-style-type: none"> • What help is available? • Who provides support and help? • How to access support and help? • How to complain 	People looking after someone with dementia
The brain and behaviour	<ul style="list-style-type: none"> • What it feels like to have dementia • How feelings lead to behaviours • What responses may be useful/not useful 	People looking after someone with dementia
Positive Communication	<ul style="list-style-type: none"> • Discuss the range of communication we use in everyday situations • How communication is affected for the person with dementia • Identify strategies which will help in communicating with the person with dementia 	People looking after someone with dementia
Carers breaks and Long Term Care	<ul style="list-style-type: none"> • Where to find out more – who to ask • How the assessment process works • Choosing a suitable home • What care is provided and how it is paid for • How the standard of care is regulated 	People looking after someone with dementia
<p>Caring with Confidence – Finding Your Way</p> <p>The first of a programme of free sessions coordinated by Caring with Confidence for more details contact 01452 500885/01452 386283</p>	<p>The introductory session gives carers the chance to:-</p> <ul style="list-style-type: none"> • Take time to think about their role as a carer • Listen and talk with other people who are caring for someone • Find out more about the other sessions in the programme 	People looking after someone who has an illness or disability.