

# Support and Education for Family Carers of People Living With Dementia in Wakefield and 5 Towns

Join us for 8x free two-hour sessions at Wakefield Hospice where we will share tips, information and useful tools and resources that you can take away to help support you in your caring role at home.

The person you are caring for is also invited to attend and will be supported in our Day Care Unit whilst you attend the sessions in a different room.

## Programme (all sessions run 1pm-3pm):

Session One:	Fri 21st October 2022	How to support someone living with dementia with <b>washing, dressing &amp; mouth care</b>
Session Two:	Fri 28th October 2022	How to support someone with dementia with <b>eating and drinking</b> including texture of diet and hydration
Session Three:	Fri 4th November 2022	How to support someone living with dementia with <b>skincare</b> including what to look for in <b>pressure area care and continence</b>
Session Four:	Fri 11th November 2022	How to support someone with dementia to be <b>safe with moving, getting in and out of a chair, bed, car.</b>
Session Five:	Fri 18th November 2022	How to support someone with dementia <b>maintain safety</b> , including Herbert Protocol and trackers. <b>Delirium &amp; Dementia experience</b>
Session Six:	Fri 25th November 2022	How to support someone with dementia with <b>Planning for the future including advance care planning/best interests discussions. Carers Contingency planning</b>
Session Seven:	Fri 2nd December 2022	<b>Namaste Dementia Care</b>
Session Eight:	Fri 9th December 2022	<b>Looking after you and programme evaluation</b>

At the end of the sessions we hope you have increased your knowledge, confidence and skills to help you in your caring role. All sessions present the Opportunity to meet and share ideas and experiences with others caring for someone who is living with dementia.

To find out more or to book a place, call the Dementia Team on **01924 331400** or email either [debby.veigas@wakefieldhospice.co.uk](mailto:debby.veigas@wakefieldhospice.co.uk) or [sandra.wild@wakefieldhospice.co.uk](mailto:sandra.wild@wakefieldhospice.co.uk)

Alternatively contact Rebecca Dunford, Social Prescribing Services Manager: **01924 255363**