Free Carer Education

CREATIVE WAYS TO CARE
STRATEGIES FOR CARERS OF PEOPLE LIVING WITH DEMENTIA

Empowering carers with skills, knowledge, resources and confidence to implement diversional strategies at home

WORKSHOPS LOCATED AT: 22 MELODY STREET, JAMBOREE HEIGHTS QLD 4074
LIGHT SUPPER PROVIDED

WORKSHOP 1: INTRODUCTION & DEMENTIA, BEHAVIOUR AND ACTIVITIES

- Learn about the Creative Ways to Care program
- Learn about causes and behavioural symptoms of dementia
- Explore activities and methods to understand or respond to triggers of dementia

Date: Wednesday 12th July  Time: 5:00-8:00pm (3 hours)

WORKSHOP 2: REMINISCENCE

- Learn techniques that prompt the person with dementia to recall past events, feelings and experiences that are important to them
- Learn how to create a Life Story Book

Date: Wednesday 26th July  Time: 5:00-8:00pm (3 hours)

WORKSHOP 3: STIMULATING AND SOOTHING THE SENSES

- Explore how engaging the senses in daily life can promote wellbeing
- Identify personalised activities that affect the sensors
- Learn how to use aromatherapy and practical techniques e.g. hand massage

Date: Wednesday 9th August  Time: 5:00-8:00pm (3 hours)

WORKSHOP 4: MUSIC

- Identifying meaningful music and understanding its significance.
- Develop techniques of using music with the person with dementia

Date: Wednesday 23rd August  Time: 5:00-8:00pm (3 hours)

CONTACT: CENTACARE DARRA, LEVEL 1, 2506 IPSWICH ROAD, DARRA, QLD 4076
p: (07) 3362 8700  e: admin.darra@bne.centacare.net.au
1300 236 822
WORKSHOP 5: CREATIVE ARTS

• Learn and discuss techniques to “restore the means of creative self-expression”
• Using art and warm up techniques to assist in initiating creative activity

Date: Wednesday 13th September  
Time: 5:00-8:00pm (3 hours)

WORKSHOP 6: REVIEW

• Review of strategies including the rationale underlying them and their benefits.
• Reflect on experiences of applying approaches and strategies
• Completion of progressive evaluation forms.
• Reflection and celebration of course completion

Date: Wednesday 4th October  
Time: 5:00-8:00pm (3 hours)

For more information please contact: Delfina Serantes or Cheree Pattison
S.H.A.R.E. The Care Program, Centacare Community Services, Darra.

p: 07 3362 8700  e: Delfina.Serantes@bne.centacare.net.au
    Cheree.Pattison@bne.centacare.net.au

If you would like to register please fill in and return below slip

Please PRINT clearly and tick ✓ the boxes that apply to you

“Creative Ways to Care” Workshops

Name: ___________________________  Telephone: ___________________________

☐ I would like to attend the Creative Ways To Care Workshops
   I require Respite Care to attend:  ☐ Yes  ☐ No
   I require transport to attend:  ☐ Yes  ☐ No
   I have dietary requirements:  ☐ Yes  ☐ No

(please specify): ___________________________

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