



**Dementia  
Australia®**

# Mild Cognitive Impairment: Thinking Ahead

Robina

Commences 18 Jan 2024

**This program provides:**

- information about mild cognitive impairment (MCI) and its symptoms
- practical tips to manage changes associated with MCI
- ways to improve brain health and minimise the risk of developing dementia
- information about services available to help you live well with MCI
- ways to maintain independence and make the most of daily activities
- the opportunity to connect with other people living with MCI.

**Suitable for:** People diagnosed with mild cognitive impairment. This program is not suitable for professionals employed in the health or aged care sectors.



**When:** This program runs across 5 sessions: 18, 25 January and 1, 8 and 15 February 2024  
9.30am - 12pm (2.5 hours)  
each session

**Where:** Robina

**Cost:** Free

**Additional information:**

This program is run in small groups (maximum 10 people) all living with MCI. Bookings are essential.

**Find out more**

Please contact National Dementia Support Program Team on 1800 588 699 or email [qld.booking@dementia.org.au](mailto:qld.booking@dementia.org.au)

Book on: [https://MCI\\_TA\\_Jan\\_Feb\\_24\\_Robina.eventbrite.com.au](https://MCI_TA_Jan_Feb_24_Robina.eventbrite.com.au)

This program was developed and adapted for Dementia Australia by the Healthy Brain Ageing Program at the Brain and Mind Centre, University of Sydney.

National Dementia Helpline **1800 100 500**

Find us online [dementia.org.au](http://dementia.org.au)



For language assistance  
call **131 450**



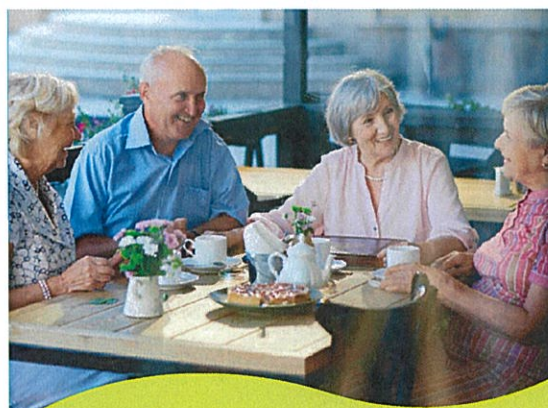
# Living With Dementia Program

Gold Coast  
Commences 25 January 2024

This program provides an overview of dementia and how to proceed after a diagnosis. It covers coping with change, relationships and communication, planning for the future and staying healthy.

This program is delivered interactively. you will be encouraged to share your experiences alongside other participants giving you an opportunity to develop new support networks.

**Suitable for:** People living with dementia and their family carers and family members. This program is not suitable for professionals employed in the health or aged care sectors.



**When:** This program runs across 4 sessions: 25 Jan, 1, 8 Feb 9.00am-2.30pm (5.5 hr sessions) and 15 Feb 9.00am-11.30am (2.5 hrs)

**Where:** Gold Coast

**Cost:** Free

**Additional information:**  
Bookings are essential.

## Find out more

Please contact 1800 588 699 or  
email [qld.booking@dementia.org.au](mailto:qld.booking@dementia.org.au)  
Book on: [https://lwd\\_GC\\_jan24.eventbrite.com.au](https://lwd_GC_jan24.eventbrite.com.au)

This program and the National Dementia Helpline are funded by the Australian Government.

National Dementia Helpline **1800 100 500**

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**Dementia  
Australia™**

# Understanding Dementia

Gold Coast  
Wednesday 17 Jan 2024

This session provides an introduction to dementia including an overview of different types of dementia, diagnosis, planning ahead and how to support someone living with dementia.

**You will gain knowledge in:**

- types of dementia, signs and symptoms
- the experience of living with dementia
- available services and where to access support.

**Suitable for:** People living with dementia, their family carers, family members, and people who are concerned they or someone they know may have dementia. This session is not suitable for volunteers, professional carers or people employed in the health or aged care industries.



**When:** 17 January 2024  
9:30am-12:00pm (2.5 hrs)

**Where:** Gold Coast

**Cost:** Free

**Additional information:**

Bookings are essential.

**Find out more**

Please contact National Dementia Support Program Team on 1800 588 699 or email [qld.booking@dementia.org.au](mailto:qld.booking@dementia.org.au)  
Book on: [https://UD\\_GC\\_Jan24.eventbrite.com.au](https://UD_GC_Jan24.eventbrite.com.au)

This program and the National Dementia Helpline are funded by the Australian Government.

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