

CARING FOR CARERS

A NEW WAY TO SUPPORT CARERS



ARE YOU THE MAIN CARER FOR SOMEONE WITH DEMENTIA?

**IS IT HARD TO ATTEND THINGS BECAUSE
OF YOUR CARING DUTIES?**

**DOES ISOLATION OR DISTANCE MAKE
IT DIFFICULT TO MEET PEOPLE?**

**WOULD YOU LIKE TO JOIN A FREE PROGRAM, FROM HOME,
AND MEET OTHERS IN A SIMILAR CIRCUMSTANCE?**

Carers are invited to join a chat-based six-week group program:

- » To connect with other carers in a similar situation
- » To chat from home in a relaxed, informal atmosphere
- » To learn and share information and experiences with others who understand.

FREE Program available to carers of people with dementia in a rural or regional area.

Program runs weekly, for six weeks, from your home, through videoconferencing.

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Funded by Australian Government
Department of Health Dementia and
Aged Care Services Fund: Research
and Innovation Grants. Grant
Opportunity 1: Support for existing
and emerging challenges in dementia.

cqu.edu.au/caringforcarers

BE WHAT YOU WANT TO BE

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