

Adjusting to Change Program

Do you or someone you know have early stage dementia?

The Adjusting to Change Program provides relevant information, emotional support and practical assistance for people in the early stage of dementia and their support person (family member or friend).

This free program covers a range of topics including:

- » Symptoms and diagnosis
- » Planning for the future
- » Relationships with family and friends
- » Practical strategies
- » Staying positive
- » Communication
- » Community services

Join the program to:

- » Meet and share experiences with others who are in a similar situation
- » Discuss different coping strategies
- » Maintain and enhance skills and abilities
- » Consider future options
- » Express feelings and emotions in a safe, small group environment
- » Feel valued and accepted



**By your side on your
dementia journey**

Next program:
Rockingham, starting
January 2020

For further information, or to join this program please contact us on **1300 66 77 88** or support@alzheimerswa.org.au or visit alzheimerswa.org.au