

## **Pole Depot Carers Support Service**

# **Carer Experience Course**

**Do you care for a family member with dementia (Alzheimer's Disease and other types of Dementia)?**

Pole Depot Carers Support service is running a course for unpaid carers who live in the local Government areas of Kogarah, Rockdale and Hurstville.

The course covers the following topics:

- What is Dementia?
- Behaviours of people with Dementia
- Grief and Loss
- Resilience
- Future Planning
- Information and available services

**Dates:** 6 Mondays starting from 23rd April to 28th May 2012

**Time:** 10.30am - 1.00pm

**Venue:** Pole Depot Community Centre - 23 St Georges Road, Penshurst

**Cost:** \$2.00 a session for morning tea

**RSVP: 13th April 2012**

**Respite can  
be organised**

**For more information or to register,  
contact the Carers Support Team  
on 9580 0688**

**23 St Georges Road Penshurst NSW 2222**

**T (02) 9580 0688 F (02) 9580 4487**

**[www.poledepot.org](http://www.poledepot.org)**