

2021

Dementia Information Sessions

Monthly on Zoom

Tuesdays 10.30 am – 12.30 pm

If you are a carer and would like to attend any of these sessions, but are not sure how to go online, or how to join a Zoom meeting, please contact [Donna Mulder](#) – see contact details below

27 April 2021 [Dementia - Making Sense of Senses and Behaviour](#)

Recognise the eight senses and how they can affect our behaviour, as well as the behaviour of those you care for. We can then begin to consider strategies that could have a positive impact from a sensory point of view on behaviours. This in turn could have a positive impact on the relationship you have with the person you care for. Come along to find out more.

25 May 2021 [Sensory Issues and Dementia](#)

Those with Dementia may also experience sensory challenges, such as:

- lack of spatial awareness or double vision
- hypersensitivity to noise
- loss of taste and / or smell

Come along to find out more.

29 June 2021 [Dementia and Sleep](#)

Good quality sleep is linked to good physical and cognitive health. People with dementia often have issues with sleep if their sleep-wake cycle is disrupted. Come along to this session to get some hints and tips from our NHS Occupational Therapist about the things that may help the person you care for, improve a healthy sleep pattern.

To book a place or for further information, please contact

Donna Mulder Training Co-ordinator

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Principle funders

