



## What participants have to say...



*“Fantastic, can’t fault it.*

*We have such a laugh with the staff.*

*George – Recently diagnosed with dementia*

*“The view is beautiful; the staff are  
beautiful. I’ve learnt many things;  
I’ve learnt to ask for help.*

*Dot – Wife & carer*



### CatholicCare’s Vision

To be the first-choice provider of  
professional community services in the  
Catholic Diocese of Rockhampton.



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# Dementia together:

a Staying at Home Program  
by CatholicCare

Wellness retreat & education program

Specialised support for those in their  
first 1–2 years post diagnosis



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## Receiving a dementia diagnosis can be confronting.

Often bringing a whirlwind of emotions, ranging from fear and confusion to grief and frustration, a dementia diagnosis can lead people to experience a loss of identity, a sense of vulnerability, and a feeling of isolation. The impact of a dementia diagnosis on someone's daily life can be significant, affecting their independence, relationships, and overall well-being.

As a carer, witnessing a loved one go through these challenges can be just as difficult. There is a critical need for comprehensive support services for not just the person diagnosed, but for carers as well.

CatholicCare's Dementia Together program is designed to foster a greater sense of well-being, empowerment, and connection for both the diagnosed and their carer by providing the practical tools and information needed to navigate the challenges together.

Through collaborative efforts and a compassionate approach, Dementia Together strives to create an environment that addresses the complexities of dementia with dignity, respect, and care for everyone.



# Connection & Care

## to help navigate the early dementia journey



**Dementia Together** is a wellness retreat and education based program that provides dual-care to anyone living with a recent diagnosis of dementia (*within the past 2 years*) and their carer.

Providing information, advice, and practical training, CatholicCare's Dementia Together empowers people to remain in the comfort of their own home for as long as possible.

**Developed as a two night retreat**, participants join other carers and people with a recent dementia diagnosis in a supportive peer environment.

### The retreat and education program focuses on:

- Understanding and managing dementia
- Accessing community care services
- Looking after oneself
- Planning for the future
- Managing dementia-related behaviour changes
- Transition into respite care
- Continuing to participate in enjoyable activities
- Managing physical changes in mobility, continence, and communication

To register your interest or find out more...

Call **1300 523 985** or visit **[www.catholiccarecq.com](http://www.catholiccarecq.com)**

