

Dementia
together:
a Staying at Home Program
by CatholicCare

Connection & Care

to help navigate the early dementia journey

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



Dementia Together is a wellness retreat and education based program that provides dual-care to anyone living with the early stages of dementia and their carer.

Providing advice and practical training, the program 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 who have been diagnosed with dementia within the past two years, 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, call 1300 523 985
or visit www.catholiccarecq.com

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