

Carers Information Programme - Dove Cottage, DEBENHAM

Alzheimer's Society - East Suffolk Services

LOCATION	Dove Cottage, 39 High Street, DEBENHAM, Suffolk IP14 6QN	
DATES	1. Monday 7th June 2010	Understanding dementia
	2. Monday 14th June 2010	Financial & legal issues
	3. Monday 21st June 2010	Gadgets to help you in the house <i>and Who is there to help?</i>
	4. Monday 28th June 2010	Looking after yourself
TIMES	Between 10am and 12 noon	

This programme aims to help people who are caring for people with memory problems and/or confusion. It gives a chance for carers to meet other people in a similar situation. It will give you information about memory problems, legal issues and benefits and there will be advice about local services and where to seek help. There will also be practical tips about caring in the home, advice about carers looking after themselves and what sort of equipment (Assistive technology) can help make things easier for you and the person you care for.

Professionals from a wide-range of organisations are invited to share their experience and knowledge.

- ***The group is free of charge to carers and their families***
- ***All out-of-pocket expenses such as transport costs will be reimbursed to carers***
- ***We can arrange for someone to stay with the person you care for, to enable you to attend.***

Due to limited places, please cut off the attached slip and return as soon as possible, to:

Jon Lee
Alzheimer's Society - East Suffolk Services
Suites 7 & 8, Epsilon House Business Centre,
West Road, IPSWICH IP3 9FJ
Tel: 01473 237301

Alzheimer's Society Leading the fight against dementia

X _____
I/We would like to attend the Carers' Information Programme, at Dove Cottage, 39 High Street, DEBENHAM, Suffolk IP14 6QN 10am- 12 noon

NAME(S) _____

ADDRESS _____

TEL _____