



# Multicultural Dementia Care & Support Centres

A free support  
program for carers  
and their loved ones  
living with dementia

# Our Multicultural Dementia Care & Support Centres provide meaningful support for both carers and individuals living with dementia.

## Benefits for Carers:

- Enhance personal wellbeing and reduce stress.
- Small group sessions to share experiences and ideas.
- Skill development sessions to strengthen at-home care abilities & boost confidence.
- Information sessions to improve knowledge of dementia care.
- Referrals to relevant services.
- Make connections with other carers in a relaxed environment.
- Enjoy a delicious morning tea & lunch!

Carers and their loved one who are living with dementia, are welcome to join our centres at no cost.

Centre locations options in:

- > Metro Melbourne
- > Greater Geelong

**FREE**

- > Transportation support available upon request
- > Morning tea & lunch

## Benefits for Individuals living with Dementia:

- Fun activities in a friendly & welcoming environment.
- improve quality of life
- Assistance with ways to stay at home longer

## LEARN MORE

