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**Help us to help people living with dementia**

**Please register by phone or email**

**Phone:** 03 379 2590  
0800 444 776

**Email:** admin@dementiacanterbury.org.nz

3/49 Sir William Pickering Drive, Burnside,  
Christchurch  
PO Box 20567, Bishopdale, Christchurch 8543

www.dementiacanterbury.org.nz

## **Community Education Seminars 2021 (July—December)**

Free education sessions for care partners, family members and whanau supporting a person with dementia in the community.

**Please contact us to register as spaces are limited.**

**Note these Seminars will only take place under Level One of Covid-19 Restrictions. At any other Covid-19 Level, Seminars will be cancelled.**

**NB:** Limited parking available on site during the day and in neighbouring streets.

## Afternoon Seminars

**1.30—3pm**

***(unless otherwise stated)***

### **Residential Care Subsidies Plus Other Legal Issues & Dementia**

**Wednesday 7 July 2021**

Whether your family is currently facing the important decision regarding someone moving out of their own home and into residential care, or you want to be prepared for this eventuality, this is an opportunity to hear Fleur McDonald, Solicitor specializing in elder law, talk about the process.

### **Dealing with Financial Scams**

**Wednesday 4 August 2021**

People who live with a diagnosis of dementia can be more vulnerable to falling prey to financial scams. This is an opportunity to hear from Deirdre McGrath, from Age Concern, speak about financial abuse of the elderly and the strategies that can be put in place to minimize the risk of this occurring.

### **Talk Dementia with a Doctor**

**Wednesday 6 October 2021**

An opportunity to hear from Psychiatrist, Dr Jo Reeves, about dementia: If a person has memory problems is that dementia? Are Alzheimer's and dementia the same? Is dementia hereditary? How helpful are the medications for dementia? These and other questions will be answered.

### **Advance Care Planning**

**Wednesday 3 November 2021**

Advance Care Planning (ACP) is a way to help you think about, talk about and share your thoughts and wishes for future health care and your last days of life. Find out more about what ACP is, how it works and why it's a good idea to consider before you become seriously ill or are unable to make decisions for yourself.

## Evening Seminars

**7.00—8.30pm**

### **For Adult Children/Relatives of People with Dementia**

**Wednesday 8 September 2021**

Find out from Psychiatrist, Dr Matthew Croucher, about the impact of dementia within families such as changing roles and managing conflicts, as well as a word on genetic inheritance and dementia.

### **Dementia, Depression and Anxiety**

**Wednesday 20 October 2021**

Mental health symptoms such as depression and anxiety are common in people living with dementia and their care partners/support people. Find out from Lara Hitchcock, Registered Nurse at the CDHB Memory Clinic, why symptoms of depression are so common in dementia. Also, come and learn some practical, evidence based strategies to help manage and improve psychological health and promote wellbeing.

## Regional Seminars

### **ASHBURTON**

#### **Residential Care Subsidies, and other Legal Matters Pertinent to Seniors**

**Tuesday 7 September 2021**

**2pm—3.30pm**

Whether your family is currently facing the important decision regarding someone moving out of their own home and into a Retirement Village or into permanent Residential Care in a Rest Home or Hospital, OR you want to be prepared for this possibility, this is an opportunity to hear Fleur McDonald, an Elder Law specialist, talk about the process.

Fleur will also share her knowledge and experience regarding other legal matters as they relate to people with dementia, such as Enduring Powers of Attorney, (and what happens when there is no EPOA), Advance Directives, Wills, Family Trusts etc

**Venue is Community House Mid Canterbury, 44  
Cass Street, Ashburton.**

### **NORTH CANTERBURY**

**Seminar date and time yet to be confirmed**

**Venue: Stewart Room, John Knox Centre,  
Corner High & King Streets, Rangiora**