

# Grief, Loss and Dementia

## Free session for carers of people with dementia exploring grief and loss

This session is focused on the carer. It provides an overview of the grief, loss and emotional impact of the changes caused by dementia. It provides information about the kinds of change and loss experienced with dementia, the ways people may experience and express their grief, and emotional coping strategies for family carers of someone living with dementia.

### You will gain knowledge in:

- your own responses to grief and loss
- tools to help with support,
- networking and
- stress management strategies you can put in place to support your wellbeing.

When a loved one is diagnosed with dementia, it's likely that the losses have already begun some time before. Stretching ahead of family members and the person themselves is an uncertain future, with loss and grief that both comes and goes and comes and stays.

This session is intended for people caring for or supporting a family member in the early, mid and late stages of living with dementia. This session is not suitable for people living with dementia.

This session will be facilitated by an experienced Bereavement Counsellor from The Australian Centre for Grief and Bereavement, in collaboration with healthAbility.

Light refreshments provided.



**When:** 29 September 2022

**Time:** 10:30am – 12:00 pm

**Where:** healthAbility, 917 Main Rd Eltham

**Cost:** Free

**Bookings:** Essential

via <https://www.eventbrite.com.au/e/grief-loss-and-dementia-tickets-355601873777>



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## For more information

For more information, or to discuss how we can make this session accessible for you, please call Council's Positive Ageing Officer on 9433 3345 or email [positive.ageing@nillumbik.vic.gov.au](mailto:positive.ageing@nillumbik.vic.gov.au)

**Phone:** (03) 9430 9100 | **Email:** [contact@healthability.org.au](mailto:contact@healthability.org.au)

**Box Hill:** 43 Carrington Road, Box Hill, VIC 3128

**Eltham:** 917 Main Road, Eltham, VIC 3095

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