

## How much will it cost

There is no cost involved with the Carer Support Group

For more information please contact our Manager/Client Services Officer on 08 9890 0700.

## Carer Support Group

The Carer Support Group is held once a month, usually the last Monday of the month , from 10 am to 12 noon at The Cottage of Jessie House on Clayton Road, Narrogin.

## Alzheimer Australia Dementia Helpline

**1800 100 500**

### Funded by:

The Australian Government Department of Health  
Commonwealth Home Support Program (CHSP)

### Governed by:

Shire of Narrogin

## A local service

*Country people  
serving country people*

### Narrogin Regional Homecare

Serving the Shire of Narrogin and region

❖  
The Cottage of Jessie House  
30 Clayton Road  
Narrogin WA 6312

Phone: 08 9890 0700

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[www.narrogin.wa.gov.au](http://www.narrogin.wa.gov.au)



# Dementia Carer Support Group



## **A Support Group provides an environment in which carers of people with dementia can discuss issues with people in similar circumstances in a safe and supportive environment.**

There are many benefits in joining a support group.

### **Emotional Support**

Share and express your feelings in a non-judgemental, confidential and respectful environment.

Learn to cope with issues such as loss and grief, guilt, resentment, anger, relief and other emotions that may arise.

Learn coping strategies and techniques to reduce stress and promote relaxation.

### **Peer Support**

Reducing social and emotional isolation.

A chance for carers to share, care and have fun.

Through this support group, carers regularly come together for networking, social support and a chance for some laughter.

### **Practical information, tips and resources**

Information and education about dementia.

Practical strategies to assist with everyday challenges from professionals and other carers based on experience.

Information about community services both Government and Non-Government and their role in assisting you as a carer.

Support and assistance when considering residential care

### **Eligibility**

Carers of HACC eligible clients can access this service.

Carers will need to be assessed as a client of Narrogin Regional Homecare.

Our friendly staff will arrange an assessment with the Regional Assessment Team for you.

To attend the support group is free.

### **Do you need respite to attend?**

If you need support to attend, or assistance with the care of your loved one whilst you attend, please contact Narrogin Regional Homecare to look at ways we can support you.

Confidentiality and respectful conduct is assured.