

PROJECT CARER MATTERS PRESENTS

# CAREGIVER PROGRAMS

**MARCH 2021**

**24  
March**  
Wednesday

## CARERS

This program provides education, support and skills training to family caregivers of persons with dementia. It focuses on problem solving skills and practical approaches, using role play.

**2 hours per week, 8 weeks**

**27  
March**  
Saturday

## Understanding Dementia

This program provides education on dementia, will help caregivers understand the nature of Behavioural and Psychological Symptoms of Dementia (BPSD) and teach basic skills to manage challenging behaviours.

**90 min, 1 session**

**30  
March**  
Tuesday

## Self Care

This program aims to empower family caregivers to recognize the importance of self-care and learn applicable self-care tips.

**90 min, 1 session**

All programs are conducted 'live' via ZOOM.  
Scan the QR code to register your interest.

