

# Dementia Support Australia

Funded by the Australian Government  
A service led by HammondCare

## Staying at Home

A Carer Wellbeing & Respite Program



**Helping people who live with dementia to stay at home longer**

### What is Staying at Home?

Staying at Home is a carer wellbeing and respite program. It provides carers with advice and practical training on how to support a person living with dementia to remain in their own home for as long as possible. People living with dementia are offered an introduction to respite, while carers participate in the educational program.



## How do I access the program?

If you are interested in knowing more or attending a Staying at Home program, please contact DSA.

## Why attend?

You will receive education and practical suggestions from experienced staff, including nurses, allied health clinicians and others.

Topics include:

- Demystifying dementia.
- Accessing community care services.
- Looking after yourself.
- Planning for the future.
- Understanding changes in behaviour associated with dementia.
- Support for transition into respite care.
- Meaningful engagement: how to continue enjoyable activities for longer.
- Managing the physical changes associated with dementia.



**Contact us 24-hours a day,  
365 days a year or chat with  
us now on our website**

 1800 699 799

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