



CarersACT & St Ninian's UCA

Collaborative pilot of the Staying at Home Program

In collaboration with CarersACT, the Staying at Home Program which is usually run from CarersACT office at Holt will be run at St Ninian's UCA.

This program is available for those who are caring for a loved one who is living with Dementia or Alzheimer's whilst living at home. The program is facilitated by CarersACT who have the expertise to run the program for both the carer and the loved one living with the disease.

What's our purpose? Our purpose is to meet the needs of each individual in the various situations they find themselves in as there's a recognition that no two situations are the same. We also hope to be able to provide coping strategies for the carer in a forum that offers support from others.

What's involved? Both the carer and one living with the disease come to each session where you will be split into different rooms of the church hall where each group will experience different activities, by professional and caring people whose only desire is to help those who are journeying with the disease as either the one who is caring for someone they love or the person living with the disease.

When: September 11 – October 16th

Time: Friday afternoons 1-4pm

Cost: there is no cost involved therefore will have no impact on a care package.

Where: HALL at St Ninian's Uniting Church 150 Brigalow Street
Lyneham

If you would like more information, or attend please contact:

Rev Sharon Cutts: stninians@stninians.org.au

Mobile Phone: 0424 366 962