

# 照顧者互助交流小組



Monash (蒙納殊) 及 Knox (諾斯)

如果您正在照顧患有腦退化症(癡呆症)的家人或朋友，您是否在尋找維多利亞州相關支持性服務機構時遇到了困難？

華人社區服務中心照顧者互助交流小組正是為您這樣的照顧者而設立

## 這個小組適合於

- \* 任何具有華裔背景的，正在照顧患有腦退化症（癡呆症）的家人或朋友的照顧者
- \* 居住於 Monash(蒙納殊)或 Knox (諾斯)

## 這個小組

- \* 將由專家提供有關腦退化症（癡呆症）的知識，照顧患者的技巧
- \* 介紹為照顧者及患者服務的相關主流服務機構及其服務流程
- \* 是照顧者彼此認識，互相支持，分享生活體驗的平台



時間: 10:00am –12:00pm

地點: Meeting Rooms 1 & 2

Link Health and Community

2 Euneva Ave, Glen Waverley

語言: 英文主講 (普通話翻譯) 或  
普通話主講

## 小組活動由下列講座構成 (2016年)

- \* 什麼是腦退化症，早期症狀及測試 (3月4日)
- \* 情緒和行為的變化和因素 (3月18日)
- \* 減少誘發因素及與患者的溝通技巧 (4月1日)
- \* 澳大利亞阿爾茲海默症機構的服務 (4月15日)
- \* 照顧者: 關愛自己 (5月13日)
- \* 照顧者支援及暫息服務 (5月20日 及 6月3日)
- \* 社區支援服務 (6月17日)

感謝以下機構提供的支持



UNDERSTAND ALZHEIMER'S  
EDUCATE AUSTRALIA



活動免費 (有茶點提供)，名額有限

請提前報名，資訊及報名請致電

9888-8671 或 0402 428 671 陳先生

## Carers' Support Group

In the City of Monash & Knox



If you are a carer looking after someone with dementia, do you have difficulty in navigating supportive services in Victoria?

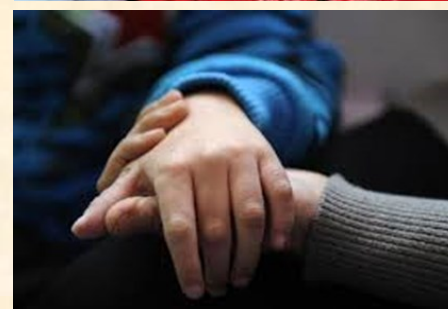
**The CCSSCI Carers' Support Group is the Group for you**

### This group is for

- \* Anyone with a Chinese background who has a caring role for a family member or friend who has dementia
- \* Living in the city of Monash or Knox

### The group

- \* Provide relevant information about dementia and caring skills
- \* Assist carers to access mainstream services
- \* Is a platform for mutual support and encouragement



**WHEN 10:00am - 12:00pm**

### WHERE

Meeting Rooms 1 & 2

Link Health and Community

2 Euneva Avenue, Glen Waverley

### Language

English with Mandarin Interpreting

Or Mandarin

### Planned Seminars 2016

- \* What is dementia, early signs & test (Mar 4)
- \* Emotional & behaviour changes & triggers (Mar 18)
- \* Strategies to minimise triggers and establish effective communication (Apr 1)
- \* Services of Alzheimer's Australia & Brain health (Apr 15)
- \* Caring for yourself (May 13)
- \* Carer support & respite (May 20 & Jun 3)
- \* Access and Support Services (Jun 17)

Special Thanks to the following organisations



UNDERSTAND ALZHEIMER'S  
EDUCATE AUSTRALIA

UnitingCare

lifeAssist

VILLAMARIA  
For your wellbeing and specialised care

Please register in advance (Free of charge)

Refreshments are available in each session

Contact us on

9888-8671 or 0402 428 671 Peter Chen