



Overnight wellbeing and respite program

for carers and people living with dementia



HammondCare's Staying at Home program provides an opportunity to pause life for a few days, enter a relaxed and welcoming respite cottage, and learn more about how to support someone living with dementia.

We welcome one participant to accompany a person living with dementia in the community; whether that be a partner, friend or child. **The program has been funded by the Australian Government and there are no costs to attend.**

Small interactive groups join aged care specialists and subject matter experts to discuss practical challenges that build confidence in your caring role.

Topics include:

- Self-care
- Navigating the aged care system
- Techniques for managing carer fatigue
- Transition planning for a care home
- Respite options (HammondCare's respite cottages and social clubs)
- Clinical changes associated with dementia.

While carers attend sessions, our professionally trained care team works with the person living with dementia to participate in a range of meaningful activities.

The Staying at Home program offers an opportunity to socialise with others who may be experiencing the same things. Through shared meals in a relaxed environment, social connections are built that extend beyond the duration of the program.

'I was blown away attending the Staying at Home program. I was so stimulated and enjoyed the conversations with all the great team from HammondCare. I actually found the "old" me. I felt I was valued for who I was as a person, it took years off me overnight! I now walk with a bit of a spring in my step.'



Pam, participant and carer

Staying at Home

A Carer Wellbeing & Respite Program
Funded by the Australian Government

For more information or to register to attend the Staying at Home program please contact us on 1800 826 126 or visit our website at hammondcare.com.au/sah