

## **If Only I'd Known: Caring for Someone with Dementia**

### **Six individual two-hour workshops**

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These six workshops are for carers of people who have already received a recent diagnosis of dementia *or* people who think someone they care about may have dementia.

They have been co-produced by carers and ex-carers of people with dementia working alongside staff from SLaM's Older Adult services.

Each session covers a different topic and you can enrol in one, several or all of the workshops and they are all free of charge.

<b>Workshop 1: Signs to look for if you think someone may have dementia</b>		
Carers Support Centre Croydon	11am-1pm	Monday 16 March

<b>Workshop 2: How to get a diagnosis if you are worried someone may have dementia</b>		
Carers Support Centre Croydon	11am-1pm	Monday 23 March

<b>Workshop 3: Dealing with Social Care</b>		
Carers Support Centre Croydon	11am-1pm	Monday 30 March

<b>Workshop 4: Health of the Person with Dementia – Physical and Emotional</b>		
Carers Support Centre Croydon	11am-1pm	Monday 13 April

<b>Workshop 5: Care for the Carer</b>		
Carers Support Centre Croydon	11am-1pm	Monday 20 April

<b>Workshop 6: The Money Side of Things</b>		
Carers Support Centre Croydon	11am-1pm	Monday 27 April

## Venue Details

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### **Carers Support Centre**

24 George Street  
Croydon  
CR0 1PB

**By bus:** 264, 468, 50, 166, 455, 60, 109

**By rail:** East Croydon station is a 7 minute walk and West Croydon station an 11 minute walk from the Centre.

**By tram:** George Street

*Please visit our website at [www.slamrecoverycollege.co.uk](http://www.slamrecoverycollege.co.uk) for Google maps of each venue.*

## How to Enrol

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### **Online**

Visit our enrolment page at [www.slamrecoverycollege.co.uk/enrol](http://www.slamrecoverycollege.co.uk/enrol) to fill out the form online, or to download it.

### **Email**

Email us at [hello@slamrecoverycollege.co.uk](mailto:hello@slamrecoverycollege.co.uk) and we'll send you back a form.

### **Phone**

Call us on 020 3228 3643 and we'll take your details over the phone.