



DEMENTIA CAFE

DROP IN'S WELCOME!

Are you caring for a loved one who has a diagnosis of Dementia, do you feel that no-one understands what you are going through? The Dementia Cafe is a place where people with dementia and carers can be themselves, share stories, getting helpful hints and enjoy good company over a cuppa.

**WHERE: Tilley Reserve - John G Tilley building
416 Hancock Road, Surrey Downs**

(Transport available, in Council area only - \$7 per person)

WHEN: 1st Thursday of every month

TIME: 10am till 12pm

COST: \$2.00 per person

(Cafe style refreshments will be available to purchase at a small cost)

Please confirm your attendance by calling Natalie on 8397 7213



CITY OF
TEA TREE GULLY
Naturally Better

**JENIE AIKMAN
FACILITATOR**



Hi my name is Jenie Aikman and I am the Carer Consultant for older person's mental health services.

I have lived experience of caring for a loved one who has been diagnosed with Dementia. I am employed within mental health services as an integral member of the multidisciplinary team.

From 2008-2012 I cared for my husband Kym, who had a rare form of Alzheimer's disease, called familial Alzheimer's, as well as Lewy Body dementia, at the age of 41. Kym spent the last 2 and a half years of his life in an aged care facility. I am looking forward to facilitating the carers support group, where we can:

- Talk about your caring role
- Provide help and support for you
- Meet socialise and share experiences
- Find out about other services to help support you in your caring role
- Access information, advice and advocacy

For more information:

Older Persons Mental Health Service
North East Community Mental Health Centre
116 Reservoir Road, Modbury SA 5092
Telephone: 08 7425 6300 (Option 1)

www.sahealth.sa.gov.au