

# Dementia Support Australia

Funded by the Australian Government  
A service led by HammondCare

## Staying at Home

A Carer Wellbeing & Respite Program



## What is Staying at Home?

Have you recently received a diagnosis of dementia or are you caring for someone who has been recently diagnosed?

Staying at Home is a carer wellbeing and respite program designed to support carers in helping people living with dementia to remain in the community.

The program provides practical advice, training, and carer support. During the overnight respite retreats the person living with dementia receives tailored respite care and opportunities to engage in meaningful activities.

**All programs are provided  
free of charge.**



## Program options

### Overnight respite retreats

- Free two-night resort-style setting with all meals and accommodation included.
- Focus on respite, peer connection, and dementia care strategies.
- Expert guidance on managing dementia and self-care.
- For carers and people living with dementia.

### It takes a village – online webinar

- A free four week, 90-minute session for flexible, at-home learning.
- Covers behaviour management, respite planning, and engagement strategies.
- For carers who can't attend a retreat or prefer to learn at their own pace.
- Expert advice and peer support.

### Information sessions

- Free short, in-person local sessions.
- Expert-led discussions on dementia care and available support.
- Practical strategies for improving care
- Connect with other carers in a supportive setting.

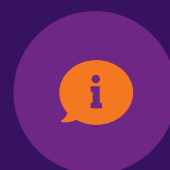
## Topics covered

Learn from experienced clinicians, including nurses and allied health professionals. Topics include:

- Demystifying dementia
- Accessing community care services
- Looking after yourself
- Planning for the future
- Understanding behaviour changes
- Support for transition into respite care
- Meaningful engagement

## How do I access the program?

Interested in learning more or attending a program? Contact Dementia Support Australia to register your expression of interest.



**Contact us 24-hours a day,  
365 days a year or chat with  
us now on our website**



**1800 699 799**



**dementia.com.au/sah**



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