



Carer Conversations

Community support group for carers of people living with frontotemporal dementia (FTD).

What is the Carer Conversations program?

Carer Conversations are **free, monthly online support groups** available to dementia carers at home, in various locations throughout Australia.

Each session offers a safe, welcoming space where you can:

- **Talk openly** with carers who understand frontotemporal dementia
- **Share challenges and successes** without judgement
- **Learn** through guided group discussions
- **Ask questions** in a supportive setting
- **Feel heard**, valued and understood.

Groups are facilitated by health professionals and supported by **Dementia Support Australia** consultants.



Get specialised support from people who understand.

By taking part, you'll gain:

- Practical tools for managing changes in mood and behaviour
- Clear, trusted advice from dementia specialists
- Greater confidence in daily decision making
- Improved emotional resilience and wellbeing
- Stronger skills to support yourself and the person you care for.



Support wherever you are.

Carer Conversations is available across Australia, with flexible session times in small and supportive groups.

NSW/ACT • VIC • QLD • WA/SA/TAS/NT

Is this program right for you?

This program may be right for you if:

1. You care for someone diagnosed with frontotemporal dementia, or with similar symptoms
2. You are an unpaid primary carer (partner, family member, child or close friend)
3. You're happy to adhere to the group guidelines and are a respectful contributor
4. You can join online with video using a phone, tablet or computer.

Getting started is simple.

1. Complete the online Expression of Interest form at **dementia.com.au/carerconversations**. If you have any questions you can email **carerconvos@dementia.com.au**
2. Tell us a little about your caring situation and location
3. We'll match you to a suitable group.

You may join short-term or long-term, just discuss your circumstances with us. Participation does not affect your other support services and/or groups.

1800 699 799

**[dementia.com.au/
carerconversations](https://dementia.com.au/carerconversations)**



Scan to view sessions and register your interest.