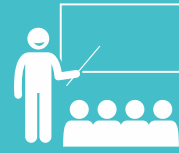


# Are you caring for a family member or friend with dementia?



Carers Leeds & My Homecare are offering a free workshop to help carers find out more about:

- Understanding dementia
- Coping with unusual behaviours
- Practical ways to support someone living with dementia.
- Looking after yourself
- Maximising your income
- Mental Capacity
- Planning ahead
- Support for the person with dementia
- Planning for an emergency



Where: My Homecare, Unit 13 Acorn Business Park, Killingbeck Drive, LS14 6UF \*please note this is up a flight of stairs.

When: Thursday 27th February 2024 10.30am - 3pm.  
A light lunch will be provided

These sessions are open to all unpaid carers in Leeds and are for carers only.



Pre-booking is essential. Please call Advice Line on 0113 380 4300 to book - we will need to register you with Carers Leeds

**Website** [carersleeds.org.uk](http://carersleeds.org.uk)

**E-mail** [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)

**Twitter**

[@CarersLeeds](https://twitter.com/CarersLeeds)

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