

Refresh Retreats

A Carer Wellbeing and
Respite Program

Education, support and respite for
carers and their loved ones living
with dementia

What are *Refresh* Retreats?

The *Refresh* Retreat program provides carers with knowledge and practical strategies that may be helpful when caring for somebody living with dementia. People living with dementia are offered an introduction to respite while carers participate in the education and wellbeing program

The Retreat runs over 3 days and 2 nights and includes meals and accommodation.



*Because
we care*

How do I access the program?

The *Refresh* Retreats are available to people living with dementia who are supported to remain at home, either from a co-residing carer or one residing at a separate address.

Please contact us on **1300 275 227** or email refreshretreats@baptistcare.org.au

This program is fully funded by the Australian Department of Health and Aged Care and there is no charge to attend.

Carer education topics include:

- Understanding and managing dementia
- Accessing community care services
- Looking after yourself
- Planning for the future
- Managing behaviour changes associated with dementia
- Support for transition into respite care
- Meaningful engagement: how to continue enjoyable activities for longer
- Managing physical changes: mobility, continence, communication.

Contact us

 1300 275 227

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 baptistcare.org.au/refreshretreats

