

# Carers Groups

## Because We Care For Carers Too

Caring for someone at home is often the quiet, steady work of spouses, sons, daughters and friends. When that person is living with dementia, the demands can feel heavier and isolating.

We support carers through regular groups where experiences are shared, practical ideas exchanged and a caring community grows.



# A Space to Share and Breathe

Our carer connection groups offer calm, welcoming spaces where you can share openly, make sense of what's happening and feel genuinely heard. Each session invites a gentle shift in perspective, guided by experienced staff and our Dementia Advisor. Meeting monthly keeps the support practical and sustainable, fitting naturally into everyday life.

**Our Dementia Advisor also provides one-to-one guidance tailored to what you're facing, including:**

- **Approaches that bring more ease to daily interactions and changes in behaviour.**
- **Support in finding the services you need, when you need them.**
- **Guidance that helps you see fresh options where things once felt stuck.**



## Connect With Us

Ready to explore what's possible?  
Get in touch with us today.

**Call (03) 8809 4979**

Email [dementiaprogram@basscare.org.au](mailto:dementiaprogram@basscare.org.au)

Located at 6 Faversham Road, Canterbury

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