

10 Helpful Hints for carers

This informal day for carers will allow you to:

- Find out about practical ways of coping
- Meet other carers
- Ask questions
- Have lunch

Wednesday 23rd May 2018

10:30	Registration and Tea/Coffee
11:00	Welcome and Housekeeping <ul style="list-style-type: none">• About the DSDC and the project
11.15	Creating a relaxing environment
11.45	Recognising & Understanding Depression
12:15	Questions
12.30	Lunch
13.30	Understanding & Coping with Behaviour
14:15	Improving Communication
14:45	Questions
15:00	Close