

Mindful Dementia Care

The Mindful Dementia Care is a person-centred, comprehensive and integrated dementia care program offering practical, emotional and social support to people living with mild to moderate dementia and their family carers.

Family carers can participate in the program in the form of information sessions, discussion groups or seek assistance in managing practical, emotional and social aspects of dementia care. Various social activities/ events are available for both, the person living with dementia and their family carers.

The centre will be open from Monday – Friday

Attendance: 10am – 2pm

Morning tea and lunch will be provided.

For enquiries, contact the Client and Community Engagement team on:

1300 327 434

Email: MyAgedCare@3bridges.org.au



Activities for the person with dementia

- Psychosocial therapy
- Psychomotor therapy
- Music and art therapy
- Validation
- Reminiscence
- Recreational activities
- Social activities



Activities for the carer

- Emotional support – group and individual
- Practical support
- Social support
- Educational sessions
- Respite

Fees*

This program is free of charge subject to illegibility criteria

*The program is kindly funded by the Department of Health and Aged Care.

Contact Details

Address: 320 Liverpool Rd, Ashfield

Email: MyAgedCare@3Bridges.org.au

Phone: 1300 327 434