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## LEBEN MIT DEMENTZIMPULSE AUSTRIA

“When the dementia of the mother got worse and daily routines became challenging, the daughter started visiting the **Leben mit DemenzImpulse**. It was important to meet other caring relatives who share the same fate and challenges. The daughter also got to know the head of the day care centre, who organizes the meetings of **Leben mit DemenzImpulse**. After a familiarisation day, her mother started to visit the day care centre regularly for leisure activities and trainings to preserve her skills. When the dementia got worse, other caring relatives and caregivers in **Leben mit DemenzImpulse** helped the daughter with the decision to move her mother into the home for elderly for good.”

Caring for people with dementia can be very challenging, especially for relatives without the relevant professional background. Bringing together caring relatives of people with dementia and professional caregivers, **Leben mit DemenzImpulse** offers meetings four times a year in Wels and Salzburg.

The meetings provide attendees with the opportunity to talk to people in similar situations, exchange information and offer support. Topics often discussed include how to care for people with dementia, how to handle challenging behaviour or language loss, where to find specific information, emotional and/or financial support.

The work of **Leben mit DemenzImpulse** shows that after getting to know other caring relatives dealing with the same challenges and fears, people are more likely to seek the professional support needed to care for a relative with dementia as well as for themselves.

