



**Rementia Together
in Berry, NSW**
Reimagining life with dementia

19 - 23 August, 2024

5-day retreat for people in the
early stages of dementia
and their support partner

**“Hope is the breath
of possibility”**

GHA is delighted to announce that our first regional Rementia Together retreat will take place from 19-23 August 2024 in Berry, nestled on the picturesque south coast of NSW.

The 5-day retreat provides people living with dementia and their support partners hope beyond their diagnosis, fostering a sense of optimism and possibilities for a brighter future.

The program provides innovative dementia education, shares tools and strategies to help you live well, and offers the opportunity to connect with others in a supportive and caring environment during the retreat and into the future. Accommodation, food and all retreat inclusions are at no cost to participants.

Other 2024 Retreats:

Sydney: 24-28 June, 22-26 July,
16-20 September, 14-18 October and 18-22 November

Topics include:

- Understanding dementia
- Strategies and tools for living well
- Creating cognitive ramps
- Human needs and how they can be impacted by dementia
- Communicating well
- Sexuality and intimacy
- Self-care
- Finding purpose and meaning
- Sleep, food and mood, exercise
- Your environment
- Community support
- Planning for the future
- Music, movement and meditation

**“Attending this retreat has been one of the
most positive experiences of our lives – and at
a time when we needed it the most.”**

Eric & Vivian

Funded by the Australian Government
A service led by Group Homes Australia



To find out more, contact **Donna Ward**
at dward@grouphomes.com.au,
call 1300 015 406 or visit grouphomes.com.au



**GROUP HOMES
AUSTRALIA**

**Rementia
Together**