

25. August 2022

Social

Staying "connected" despite dementia

Competence day for family caregivers and professionals of people suffering from dementia // Friday, September 23, from 1:30 p.m. at the Stadtparkasse Bocholt // Dementia Network invites you to attend

On Friday, September 23, the Bocholt Dementia Network invites relatives, affected persons and professionals who deal with people suffering from dementia to an event on the premises of the Stadtparkasse Bocholt (Neutorplatz 1). Experts will report on the background of the disease and give practical tips for everyday life. The event begins at 1:30 p.m. with a standing coffee. Admission is free.

Registration is accepted by the municipal office for senior citizens until September 16 by phone 02871 953-758.

Dementia" theme week

The event is part of the Dementia Theme Week, which will draw attention to the situation of dementia patients, relatives and caregivers with a wide variety of offers and activities from September 19 to 25. This year, the Dementia Awareness Week is themed "Dementia - Staying Connected."

Today, around two thirds of dementia sufferers are cared for and looked after within the family. One important task is to absorb the stresses that arise for caregivers. Above all, the emotional burdens such as disappointment, despair, feelings of guilt and sometimes resignation increase over the years.

Lectures and tips

The challenges of caring for a person with dementia will be addressed by speaker Huub Buijssen, psychogerontologist and clinical psychologist, in his presentation, "The Magical World of Alzheimer's."

The second speaker will be Dr. Tim Stuckenschneider (German Sport University Cologne), who will talk about the contribution that sport and exercise can make to everyday life. His contribution is entitled "Exercise as support for relatives and those affected - effects and implementation options".

The event will also include tips on coping with stress, aimed specifically at caring relatives. Mayor Thomas Kerkhoff will open the event on September 23 with a welcoming speech.

Background: The Dementia Network Bocholt

The goal of the network is to expand and bundle care services for people with dementia and their relatives. Much has been achieved by the network since 2008: lectures, theme weeks, information and seminar events as well as special campaigns (such as the "dementia backpack" in the municipal library) have contributed to bringing the socially increasingly important topic of "dementia" out of the shadows, removing fear and offering concrete support formats for those affected and their relatives.

Further information on the Dementia Network can be obtained from the Bocholt Senior Citizens' Office by calling 02871 953-758.





*"Verbunden bleiben", so lautet die Themenwoche Demenz, die im September in Bocholt stattfindet. (Symbolfoto)
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