

You are Not Alone: Living Well with your Money

An 8-week FREE online course for people living with dementia to manage their money for as long as possible for themselves.

This course has been written, developed and delivered entirely by people living with dementia.

If you support a person/people living with dementia and think they would benefit from this course, please do get in touch and we will talk through how we can help them do the course, with you providing them support through the 8-week course.

For those who cannot access the online course or lack confidence being online. We will provide additional one-to-one support, including telephone calls, all course materials sent through the post, etc...to ensure the course can be accessed by all.



'You are Not Alone: Living Well with your Money' is brought to you by Deepness Ltd, a not-for-profit organisation run by people living with dementia to help people to live as well as possible with dementia.

The project has been funded by The MSE Charity.

If you are interested in this course but are not living with dementia, we may consider running a separate course in the future.

To find out more please visit our website - <https://www.deepnessdementiamedia.com>

To enrol on this course

EMAIL - michael@deepnessdementiaradio.com

Course Details

Monday 26th September - **Meet & Greet: Getting to know each other**

Monday 3rd October - **Introduction to the Course: Getting to know the course**

Monday 10th October - **When do you know it's time give up managing your money?**

Monday 17th October - **Initial Diagnosis: Managing your Money**

HALF TERM

Monday 31st October - **Getting Help with you money: Benefits, Grants, Funding, Travel**

Monday 7th November - **Planning money, what helps?**

Monday 14th November - **Living alone with dementia, money management - single persons'**

Monday 21st November - **Plenary Session - Learning & Feedback**

At the end of each week, on Friday, there will be a 1 hour Zoom session, from 11am to midday. The Live Zoom sessions will allow time for discussion, questions, thoughts and connecting with each other.

The course is accessed through our online Wellbeing College, and will consist of videos, reading, audio and exercises. Enrolment on this course is currently only available through the contact details below.

To enrol on this course or find out more contact

EMAIL - michael@deepnessdementiaradio.com