



**ST VINCENT'S
HOSPITAL**
SYDNEY

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

St Vincent's Hospital Sydney Limited
ABN 77 054 038 872

**PSYCHOGERIATRIC MENTAL HEALTH AND
DEMENTIA SERVICE**

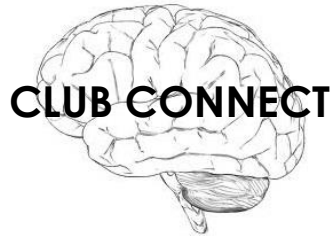
O'Brien Centre, Burton St
Darlinghurst NSW 2010

T +61 2 8382 1540

F +61 2 8382 1402

E SVHS.Psychogeriatrics@svha.org.au

E; SVHS.Dementia@svha.org.au



- ❖ **Club Connect** is a group program which provides an opportunity to learn strategies aimed at improving memory, thinking skills and day-to-day function. It is an initiative of the St Vincent's Hospital Psychogeriatric Mental Health Service.
- ❖ **Club Connect** sessions are held weekly, for ten weeks. Each session will be two hours in duration, and each week we will investigate and discuss different topics relevant to memory and day-to-day function.
- ❖ Participants will have the opportunity to engage in computer-based cognitive training, with assistance from the group facilitators. These sessions provide an opportunity for you to express your own concerns, learn new strategies, and offer your insights into what works when dealing with memory problems.
- ❖ **Club Connect** will cover topics such as:
 - The brain and the impact of ageing on our memory and thinking skills
 - The impact of lifestyle factors on memory and thinking skills
 - Coping with day-to-day concerns around memory and thinking skills
 - Internal strategies to help learn and remember new information
 - Compensatory strategies to help minimise the effects of memory loss
- ❖ For more information please contact us on **8382 1540 / 0410 602 039** or email us at [**psychogeriatrics@svha.org.au**](mailto:psychogeriatrics@svha.org.au).