



PORT MACQUARIE: BECOMING A DEMENTIA-FRIENDLY COMMUNITY

A dementia-friendly community is a place where people living with dementia are supported to live a high quality of life with meaning, purpose and value.

**UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA**
FIGHTDEMENTIA.ORG.AU

DO YOU HAVE DEMENTIA OR KNOW SOMEONE LIVING WITH DEMENTIA?

Dementia can affect anyone: a loved one, spouse, parent, grandparent, friend, neighbour, or perhaps someone in your community group.



Photo: Gary Thomas (Alzheimer's Australia NSW), Margaret and Peter Pulsford, Leslie Williams MP, and visiting UK dementia friendly expert, Rachel Litherland.

WHY PORT MACQUARIE NEEDS TO BE A DEMENTIA-FRIENDLY COMMUNITY?

Imagine if you woke up tomorrow and were told you had a diagnosis of dementia. How would you like people to view you? Would you like to be still included in your local community, or told you could not participate anymore? (Graeme Atkins).

- Dementia is now the second leading cause of death in Australia and there is no cure.
- Of the 93 state electoral seats of NSW the Port Macquarie seat has the 3rd highest prevalence rate of dementia.

WHAT ARE WE DOING ABOUT IT?

We have:

- Hosted forums with people living with dementia and their carers to understand what, for them, would make Port Macquarie more dementia friendly
- Developed a plan, informed by people living with dementia and their carers, that will help Port Macquarie become more dementia friendly.
- Formed the Dementia Friendly Port Macquarie Steering Committee, made up of people living with dementia, family carers, community leaders and organisations.
- Trained organisations like Port Macquarie Hastings Council's frontline staff in working with people living with dementia.
- Submitted comments on the draft plan for the Town Green and Town Square redevelopment.



Photo: Community consultation in action.

WHAT CAN YOU DO?

- If you are a business or organisation you could ask Alzheimer's Australia NSW about becoming a dementia-friendly organisation.
- If you are part of a community group you could learn more about dementia so that you can support people in your group who may have dementia.
- Checkout the dementia-friendly website and the other Alzheimer's Australia websites below.

Let's work together to reduce the stigma and social isolation experienced by people living with dementia.

CONTACTS:

NATIONAL DEMENTIA HELPLINE

1800 100 500

The National Dementia Helpline is an Australian Government initiative

Alzheimer's Australia NSW Mid North Coast office | T: (02) 6584 7444

WEBSITES:

www.dementiafriendly.org.au

www.fightdementia.org.au

www.dementiadaily.org.au

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WORKING TOWARDS



DEMENTIA FRIENDLY

A dementia-friendly community can be described as:

'A city, town or village where people with dementia are understood, respected and supported, and confident they can contribute to community life. In a dementia-friendly community people will be aware of and understand dementia, and people with dementia will feel included and involved, and have choice and control over their day-to-day lives (Alzheimer's Society (UK), 2013).