Hermannsburg Brain Health Afternoon; planning a brain health information session for an Aboriginal Community.

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Hermannsburg Brain Health Afternoon

- History
- Design and planning
- Facilitation
- Outcomes
Project History
Project History

- ACAT and the Memory Clinic
- Client demand
- Brain health education
Project History

- Initial community visit
- Client meetings
- McDonnell Shire Aged Care Centre
Hermannsburg - Ntaria
Hermannsburg - Ntaria
Project Design & Planning

- Looking out for Dementia
Project Design & Planning

- Mind Your Mind
Project Design & Planning
Project Design - Language

- Mind you Brain
- Mind your Diet
- Mind your Body
- Mind your Health Checks
- Mind your Social Life
- Mind your Habits
- Mind your Head

- Healthy Brain
- Healthy/Unhealthy Foods
- Healthy Body
- Health Checks
- Healthy Social life
- Stop Bad Habits
- Mind your Head
Healthy Brain

- Keep your mind busy
- Try something new
- Keep learning & share your knowledge

Mind your Head

- Protect your head from injury
- Wear a helmet
- Be careful
Healthy Body

- Walk instead of drive
- Play sport
- Enjoy the outdoors
- Keep your body moving

Healthy social life

- Talk to people
- Be part of your community
- Help others
Health Checks

- Visit your clinic for health checks twice a year
- Health checks can help stop illness before you get very sick

Stop Bad Habits

- Drinking too much grog or smoking can cause disease and damage to your brain and body
- If you’re not sleeping well, see your clinic
Healthy Brain Foods

Healthy brain foods:

- Help protect your brain from dementia and memory problems
- Look after your heart as well as your brain
- Help keep you whole body working properly
Eating too many high fat and high sugar foods can put your heart and brain at risk.

Too much salt can increase your blood pressure, putting your heart and brain in danger.

Unhealthy foods don’t have all the goodness your body needs to grow and be healthy.
Program Planning

- Interagency liaison
- Funding
- Venue & Transport
- Advertising

Free Lunch and Activities at the Aged Care Centre

Monday July 30th from 12.30 pm

Healthy lunch
Games and Puzzles
Talking about memory problems
Learning about your brain

UNDERSTAND ALZHEIMER’S EDUCATE AUSTRALIA FIGHT DEMENTIA.ORG.AU
Project Facilitation - The Fun Bit!
Project Outcomes

- An unexpected audience
- A social interaction opportunity
- Community involvement
- New awareness raising project in the NT
- YOD Key Worker position
Questions?