

Thursday 8 October 2020

Dementia Help Sheets to navigate COVID-19 now available in 38 languages

In response to the COVID-19 outbreak, Dementia Australia released four Help Sheets which have now been translated into 38 languages.

The four Help Sheets outline tips for people living with dementia, carers, families and friends of people living with dementia, residential care providers and home care providers.

With an estimated one in eight Australians living with dementia not speaking English at home and around 18% of people in residential aged care from non-English speaking countries¹, Dementia Australia CEO Maree McCabe said these translations are much needed to reach culturally and linguistically diverse communities.

“The translation of these Help Sheets will assist people from non-English speaking backgrounds living with dementia, their carers, families, friends, community groups and providers to achieve the best possible outcomes during this pandemic,” Ms McCabe said.

“People from diverse communities sometimes face difficulties with language and a lack of knowledge of the service systems available to people living with dementia in Australia.

“At this time, people living with dementia are some of the most vulnerable groups in society. The needs of all people living with dementia must be a priority in response to the coronavirus COVID-19 outbreak.

“Since releasing these Help Sheets in March, feedback has been overwhelmingly positive. We are delighted to be releasing these translated Help Sheets, which will help people to navigate complex conversations about dementia and COVID-19 in their own languages.

The Help Sheets are available now in 38 languages and include:

- **Tips for people living with dementia** – outlines the coronavirus COVID-19 symptoms, hygiene tips, the importance of having a good support network, ideas to remain active and engaged while in self-isolation, and where to go for help.
- **Tips for carers, families and friends of people living with dementia** – outlines the coronavirus COVID-19 symptoms, hygiene tips, helpful tips for primary carers, as well as for family, friends or neighbours, ideas for remaining active and engaged while in self-isolation, and where to go for help.
- **Tips for residential care providers** – outlines the impacts coronavirus COVID-19 may have on residents, tips on alternative activities and how to support continued engagement with families and carers.
- **Tips for home care providers** – outlines the impacts coronavirus COVID-19 may have on a person living with dementia, tips to reduce heightened anxiety and where to go for help.

Dementia Australia Advocate Joe Coppi cares for his wife Joyce and knows how important translations are for culturally diverse groups such as his Italian community.

“It is extremely important that the whole community is advised of the issues and risks we are facing and the path forward, including those who come from different parts of the world,” Mr Coppi said.



“With continued misunderstanding and misinformation about COVID-19 it is essential that everyone has the same information.”

For more information and resources in 38 languages, please visit www.dementia.org.au/languages
You can find the COVID-19 Help Sheets under the relevant language sub-heading.

Please call the **National Dementia Helpline 1800 100 500** for information and support.
If you need an interpreter you can contact the National Dementia Helpline through the **Telephone Interpreting Service on 131 450**.

Funding for this project was provided by the Australian Government Department of Health.

Dementia Australia is the source of trusted information, education and services for the estimated half a million Australians living with dementia, and the almost 1.6 million people involved in their care. We advocate for positive change and support vital research. We are here to support people impacted by dementia, and to enable them to live as well as possible. No matter how you are impacted by dementia or who you are, we are here for you.

For support, please contact the **National Dementia Helpline on 1800 100 500**. An interpreter service is available and the Helpline is open 8am to 8pm Monday to Friday excluding public holidays. The National Dementia Helpline is funded by the Australian Government. People looking for information can also visit **dementia.org.au**

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Media contacts: Gabrielle Prabhu, Media and Communications Manager, 0447 253 583, gabrielle.prabhu@dementia.org.au

When talking or writing about dementia please refer to [Dementia-Friendly Language Guidelines](#).

ⁱ Department of Health (2019) Actions to support older Culturally and Linguistically Diverse people: A guide for aged care providers.
<https://www.health.gov.au/sites/default/files/documents/2019/12/actions-to-support-older-cald-people-a-guide-for-aged-care-providers.pdf>