



Northern Beaches
**DEMENTIA FRIENDLY
COMMUNITY PROJECT**

WHAT IS THE PROJECT PURPOSE?

The purpose of the project is to work towards becoming a dementia friendly community in the Northern Beaches.

We are working to achieve:

- Increased dementia knowledge and awareness in the local community
- Safer and more supportive environments for people living with dementia
- Opportunities for social participation for people living with dementia and their carers
- Social change and community cohesion through collective action

WHAT IS A DEMENTIA-FRIENDLY COMMUNITY?

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

- Dementia Australia

**Join us to
make a**

change

**Together we
can work towards
Dementia Friendly**



yourside.org.au/NBDFC



facebook.com/NBDFC/



dementiafriendly@yourside.org.au



WHO ARE THE NBDA?



Northern Beaches
DEMENTIA ALLIANCE

The Northern Beaches Dementia Alliance (NBDA) are a group of passionate dementia advocates who govern the action plan for the project. The NBDA is made up of community members, dementia and aged care professionals, primary healthcare professionals, people living with dementia and carers.

OUR ACTION PLAN

- Sustaining the NBDA and advisory group for people living with dementia and their carers.
- Free dementia education with local community members and groups
- Supporting local business and organisations to become dementia-friendly
- Delivering inter-generational education sessions in local primary and high schools
- Facilitating an inter-generational music program between local primary schools and aged care facilities

For more information or to get involved, contact us:

dementiafriendly@yourside.org.au

PROJECT PARTNERS

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