



Northern Beaches
DEMENTIA FRIENDLY
COMMUNITY PROJECT

Dementia Friends Session

Information for High Schools

40% of high school students know someone living with dementia.

We are offering a free 40-minute presentation for Year 7 students to improve their understanding of dementia. In the session, students will learn about:

- dementia facts and myths
- the brain and how dementia impacts brain function
- practical dementia-friendly communication strategies
- how to be empathetic towards people living with dementia.

Students will receive a Dementia Friends badge for participation and join over 20,000 Australians who have become Dementia Friends.

Who organises the program?

The program was developed by Dementia Australia and is delivered locally by the Northern Beaches Dementia Alliance. The Alliance is a committee led by Your Side Australia and includes aged care, dementia and primary health professionals as well as community members, people living with dementia and their carers. The Alliance govern the Dementia Friendly Northern Beaches project activities which includes the Dementia Friends session in primary and high schools, education for community members, working with local businesses to become dementia-friendly and an intergenerational music program with primary schools and local aged care providers. The project is funded by Dementia Australia and the Northern Beaches Council. Our goals are to provide education and promote awareness about dementia and dementia-friendly communities.

Why are we doing this project?

- In Australia, there are more than 400,000 people living with dementia.
- In the Northern Beaches there are over 6,000 people living with dementia.
- By 2058 the prevalence of dementia in the Northern Beaches will increase by over 150%.
- People living with dementia desire to feel more connected to the community, to feel understood, safe and included.
- Research shows that 50% of the general public are frustrated because they are unsure of how to help someone with dementia.



CONTACT US

For more information about the project or to book an information session, contact us.

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