



UNDERSTANDING DEMENTIA & DEMENTIA FRIENDLY COMMUNITIES

PART 2

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Chair - Northern Beaches Dementia Alliance**

PART TWO

- **About the national Dementia Friendly Communities (DFC) initiative (Dementia Australia)**
- **About the Northern Beaches DFC project - previous and future activities**
- **Become a Dementia Friend**

DEMENTIA-FRIENDLY INITIATIVES

Worldwide

Australia	Indonesia	Slovenia
Austria	Ireland	Spain
Bangladesh	Italy	Sri Lanka
Belgium	Japan	Switzerland
Bulgaria	Namibia	TADA Chinese Taipei
Canada	Netherlands	Turkey
Cyprus	New Zealand	UK - England
Finland	Nigeria	UK - Northern Ireland
France	Norway	UK - Scotland
Germany	Portugal	UK - Wales
Ghana	Republic of Korea	USA
India	Singapore	



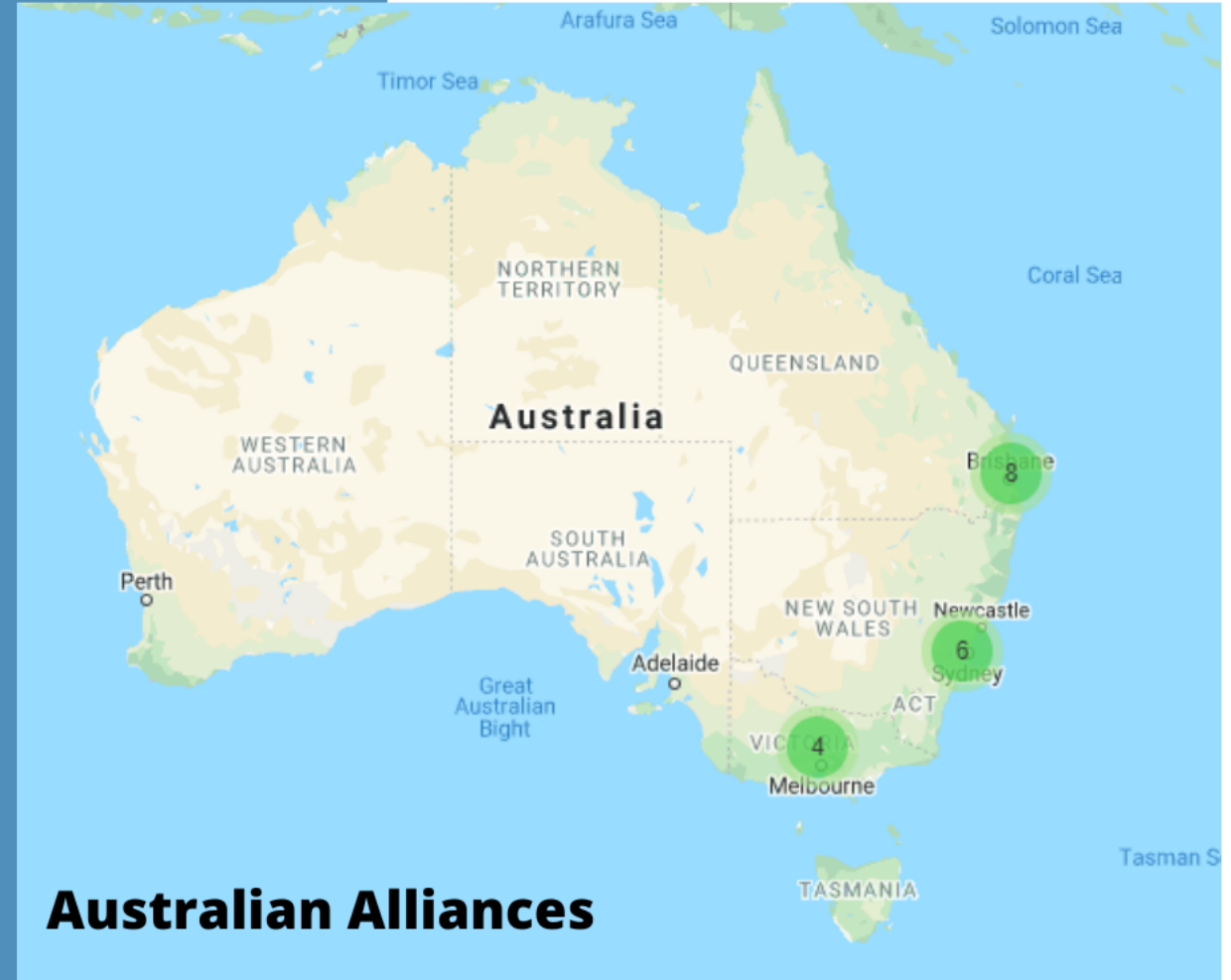
AUSTRALIAN DEMENTIA-FRIENDLY INITIATIVES

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dementiafriendly.org.au



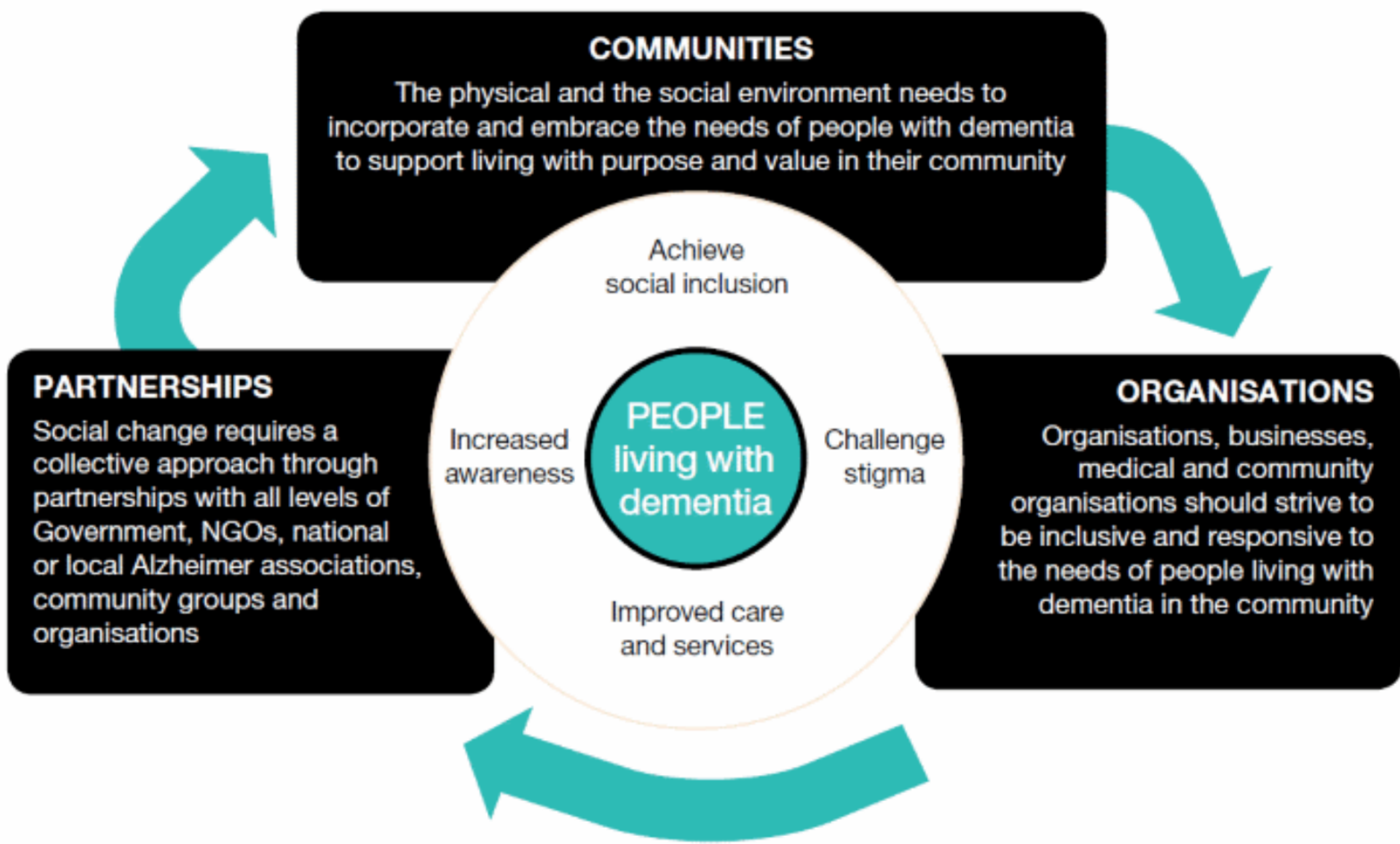
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WHAT IS A DEMENTIA-FRIENDLY COMMUNITY

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

- DEMENTIA AUSTRALIA

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WHY ARE WE DOING IT?

**INCREASING
PREVALENCE &
INCIDENCE**

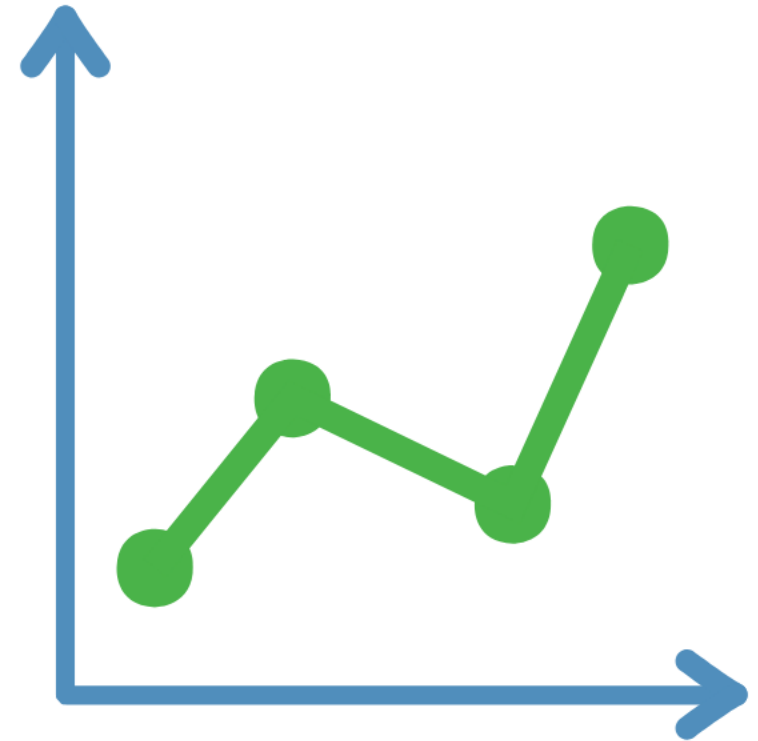
**COMMUNITY
ATTITUDES**

**EXPERIENCES OF
PEOPLE LIVING
WITH DEMENTIA**

**IMPROVING
QUALITY OF LIFE**

INCREASING PREVALENCE & INCIDENCE

- There are 6,313 people living with dementia in the Northern Beaches
- By 2058, this will increase by over 150%
- 70% of people living with dementia are living in their own homes and communities



COMMUNITY ATTITUDES

- 40% believe that dementia is a normal part of ageing
- 30% believe that the terms dementia and Alzheimer's are unrelated
- Half of respondents associated terms such as 'confronting' and 'awkward' with dementia

Dementia Australia (2018)



EXPERIENCES OF PEOPLE LIVING WITH DEMENTIA & CARERS

- "I feel lonely and and people are uncomfortable around me."
- "I have lost friends and family."
- "People talk about me to my wife as if I'm not there."
- "Education is the key as people want to understand."
- "We're like everyone else. We just want respect, empathy, patience, acknowledgement and consideration."

Dementia Australia (2018)

QUALITY OF LIFE

- 41% of people living with dementia wished they had more contact with people in the community.
- 48% of people living with dementia have had difficulty communicating with staff in stores.
- 57% of people living with dementia are afraid of becoming lost.

Dementia Australia (2018)





Northern Beaches
DEMENTIA FRIENDLY
COMMUNITY PROJECT

WORKING TOWARDS



DEMENTIA FRIENDLY
2019-2020



Northern Beaches
DEMENTIA ALLIANCE

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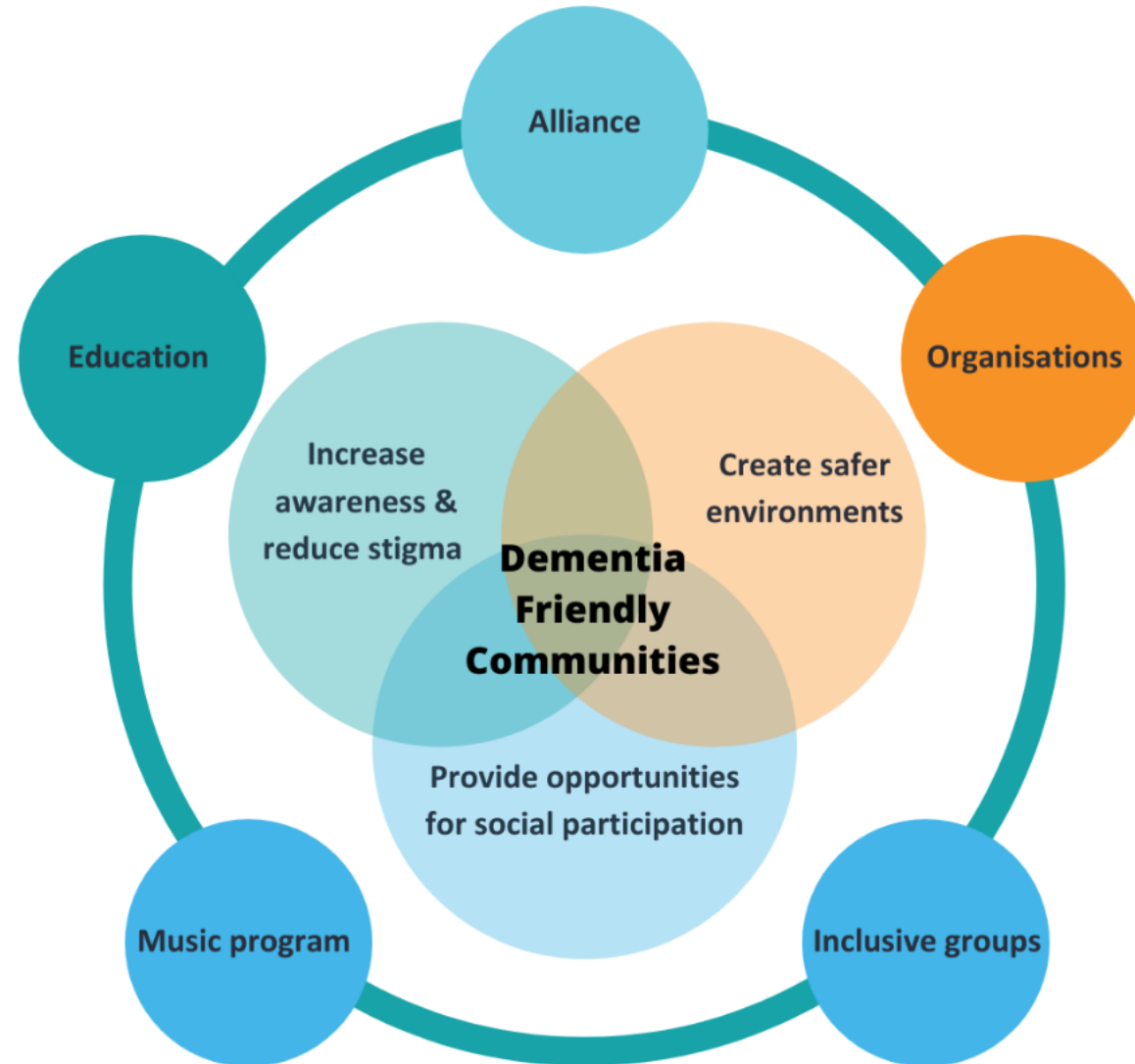
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OUR OBJECTIVES & ACTION PLAN



2020 Activities

Increasing awareness and reducing stigma

COMMUNITY
EDUCATION

EDUCATION IN
SCHOOLS



2020 Activities

Create safer environments

DEMENTIA-FRIENDLY ORGANISATIONS



Opportunities for social participation

DEMENTIA INCLUSIVE GROUPS



DEMENTIA ADVISORY GROUP



INTERGENERATIONAL MUSIC PROGRAM





Northern Beaches
DEMENTIA FRIENDLY
COMMUNITY PROJECT



EMAIL

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FACEBOOK

facebook.com/nbdfc



WEBSITE

yourside.org.au/nbdfc

WHAT IS A DEMENTIA FRIEND?

"Someone who wants to make a positive difference to the lives of people living with dementia through increased awareness"

Dementia Australia (2018).



WHY BECOME A DEMENTIA FRIEND?

- increase your understanding of dementia and how it impacts people
- people living with dementia report challenges in community participation due to lack of knowledge and understanding
- you can help a family member, friend or neighbour who is living with dementia or caring for someone with dementia
- complete the form to receive your certificate



Dementia Australia (2018).

PART THREE

- **Tips for being a dementia-aware provider**
- **Principles of Person-Centred Care**
- **Communication strategies for staff**
- **Professional development opportunities**
- **Important contacts for providers**



QUESTIONS & MORE INFORMATION

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