

PORT MACQUARIE WHAT IS A DEMENTIA-FRIENDLY COMMUNITY

New England
Dementia
Forum

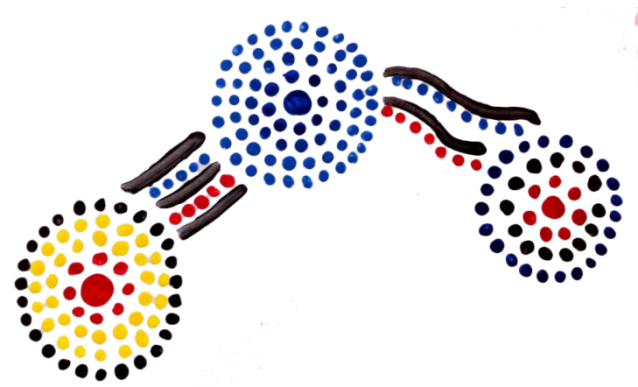


6 September 2017

Gary Thomas

Sector & Capacity Development Manager

Alzheimer's Australia NSW



ACKNOWLEDGEMENT

I would like to acknowledge the traditional custodians of the land on which we meet today.

I pay my respects to Elders both past and present; and thank them for sharing their wisdom.

ACKNOWLEDGEMENT

I acknowledge people living with dementia and carers of people living with dementia who contribute to our knowledge and understanding of the impact that dementia has on everyday lives.

WHY DOES DEMENTIA MATTER?

2017: more than 413,106* people in Australia
living with dementia

Without a medical breakthrough
by

2056: over 1,100,890

* NATSEM Report, *The Economic cost of dementia* | 15 Feb 2017

Dementia is the single greatest cause of disability in older Australians and the third leading cause of disability burden overall.

Dementia is the 2nd leading cause of death in Australia

Dementia will affect all of us in some way

Dementia Across Australia: 2011-2050, Deloitte Access Economics, September 2011 Keeping Dementia Front of Mind: Incidence and prevalence 2009 – 2050, Access Economics, August 2009 Causes of Death, Australia, 2009, Australian Bureau of Statistics, May 2011 AIHW, Dementia In Australia, 2012

**WHY IS A
DEMENTIA FRIENDLY
COMMUNITY
IMPORTANT?**

Quote from a person living with dementia

‘Sometimes people ignore me
completely, sometimes they talk
down to me’

Imagine if you have dementia....

What sort of society would you like to
live in?

Would you like to live in a community
that valued, accepted, included and
supported you?

THE REALITY

For many people living with dementia and their families and carers this is not the case.

The Australian ideal of a 'Fair Go' seems sadly lacking and instead we see stigma, discrimination and social Isolation.

188 Australians with dementia responded to a 2014 survey:

- 59% of survey participants thought that people avoided spending time with them because of their diagnosis of dementia
- 41% wished that they had more social contact with people in the community
- 48% said that they have difficulty communicating with staff in stores
- 35% explained that changes to community physical environments would improve their ability to access and interact within their community

IMPORTANT TO REMEMBER

- People living with dementia live in the community with the disease for between 5 – 20 years (only the last 1 – 2 years is in residential care, if at all)
- People living with dementia who stay socially involved and stay connected and included in their community have improved health outcomes and quality of life.

WHAT DOES IT MEAN TO BE DEMENTIA FRIENDLY?

‘A city or town where people with dementia are understood, respected, supported, and confident they can contribute to community life. In a dementia-friendly community people will be aware of and understand dementia, and people with dementia will feel included, involved and have choice and control over their day-to-day lives’

(Alzheimer’s Society, 2013)

It's about breaking down barriers by
reducing stigma, social isolation,
discrimination and disablement.

It includes a commitment to strive
towards community inclusion with a view
to improving the quality of life for people
living with dementia.

WHAT DOES IT LOOK LIKE?

It is a place where:

you can **find** your way around and feel **safe**

you can **use local facilities** e.g. banks, shops, cafes, cinemas, post offices, health and social care services

you can **keep your social networks** e.g. friendships, local clubs & groups

other people know about dementia and can support you

WHAT IS A DEMENTIA-FRIENDLY COMMUNITY PROJECT?

- A modality to change community perception of dementia with the aim of recreating **neighbourhood spirit** and change the common experience of social isolation & avoidance by family, friends and community.
- In order for communities to accept and incorporate changes into social norms, the community needs to own the project & the initiatives & activities designed to drive change.

EVIDENCE TO DATE SUGGESTS KEY COMPONENTS ARE:

- A strong local community leader who is able to draw in other community leaders from the whole of community
- Together develop a strong coalition
- People living with Dementia and family carer involvement is essential
- That ideas and action need to be local & locally driven
- Fostering of community ownership (the community drives and owns the project)

HAPPENED SO FAR IN PORT MACQUARIE

- An Idea (2011)
- Dementia-friendly Community Steering Committee (2012) was formed
- The Port Macquarie Guide was developed (2014)
- Dementia Education to frontline staff at Council and Services NSW.
- Submission to the draft Master Plans of the Town Green and Town Square
- Consultation on public toilets, accessible fishing platform, breakwall redevelopment,
- Busways, dementia training for bus drivers, and now across the state in orientation.
- Several guest lectures and seminars, by universities, international guest speakers...
- Dementia Mates program in partnership with Catholic Care of the Aged.
- Kids 4 Dementia pilot @ 2 St Agnes Parish schools

- Celebrate Creative Ageing festival during seniors week
- 100 books “Still Alice” given away and Big Community book club
- Glasshouse Regional Gallery art appreciation workshops
- iPad Alzheimer’s Art train the trainer workshops
- Group from Dementia Day Respite work with Council P&G
- Dancing with Dementia industry masterclass
- Time Slips training, Dr Anne Bastings, (Lisa Hort)
- Time slips program delivered locally
- Perils of Pauline, silent film with HDRC and TAFE
- Dementia Koala in the “Hello Koala” trail
- Dementia friendly garden at DMCC
- Port Macquarie airport audit
- Media, media, media, media – 69 media hits 2015/16 FY



'Can communities be dementia-friendly? Let's make sure that they are.'

'With a little thought towns' folk can be taught that a simple idea can spread far.'

From the chorus of one of my latest songs about dementia, 'Dementia-Friendly Communities'

Graeme Atkins



A GUIDE TO BECOMING A DEMENTIA-FRIENDLY COMMUNITY

REPORT, SEPTEMBER 2014

TALKING ABOUT ALZHEIMER'S
ACROSS AUSTRALIA
FIGHTDEMENTIA.ORG.AU

UNDERSTAND
EDUCATE

PORT MACQUARIE DEMENTIA FRIENDLY STEERING COMMITTEE

- Leslie Williams MP
- Julie Priest PMH Council
- Gary Thomas Alzheimer's Australia North Coast
- People with dementia
- Carers
- Anglicare
- Birpai Aboriginal Lands Council
- Busways
- Catholic Care of the Aged
- Chamber of Commerce
- Combined Churches
- Department of Education
- Hastings District Respite Care
- Home Instead
- Police LAC
- Port Base Hospital
- Rotary
- Seniors Rights Services
- Taxi's
- Uniting Care
- The Westport Club

Committee members with Hon John Ajaka the Minister for Ageing in NSW - 2013



LESLIE WILLIAMS COMMONWEALTH PARLIAMENTARY ASSOCIATION STUDY TOUR 2013

- Addressing challenges
- Strategic directions
- Inspirations
- Learnings



RACHEL LITHERLAND - VISITING UK DEMENTIA FRIENDLY EXPERT





Photo: Gary Thomas (Alzheimer's Australia NSW), Margaret and Peter Pulsford, Leslie Williams MP, and visiting UK dementia friendly expert, Rachel Litherland.



PORT MACQUARIE: BECOMING A DEMENTIA-FRIENDLY COMMUNITY

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



PORT MACQUARIE LAUNCH OF “HELLO KOALAS” WITH NSW PREMIER MIKE BAIRD

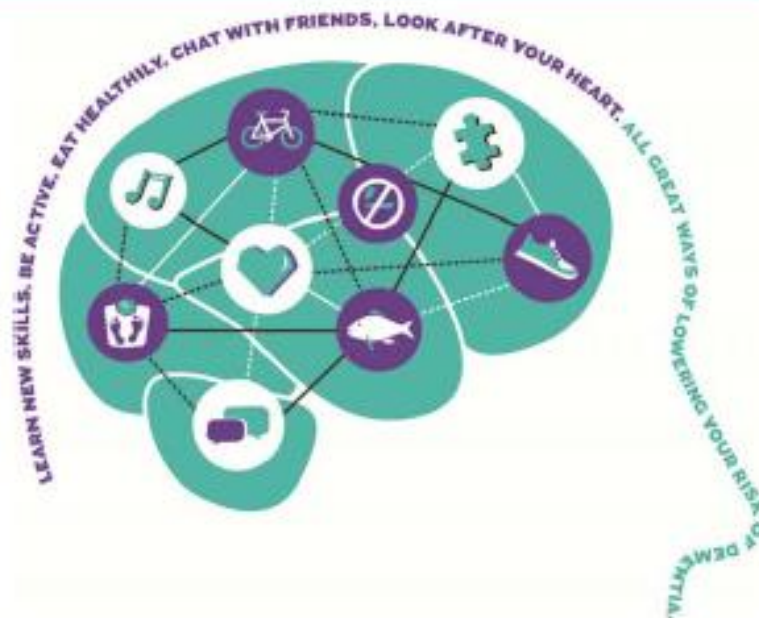
Artist Kerry Smith-Taughkin's
blue koala sculpture, titled
*Dementia – looking for the
key*

HEALTHY BRAIN AGEING SEMINAR

Alzheimer's Australia NSW and the University of Sydney's Brain & Mind Centre invite you to attend a free public seminar on Healthy Brain Ageing.

Learn how sleep, physical exercise, challenging your brain, diet and depression can effect and improve your memory, cognition and reduce the risk of dementia.

Speakers include Susan McCarthy, Prof Simon Lewis, Prof Sharon Naismith, Dr Loren Mowszowski, Dr Matthew Kinchington, and Dr Shantel Duffy.



Prof Simon Lewis



Prof Sharon Naismith



Dr Loren Mowszowski



Dr Shantel Duffy



Dr Matthew Kinchington



CELEBRATE CREATIVE AGEING

A festival of ideas, innovation, inspiration and imagination

15 - 29 MARCH 2015 PORT MACQUARIE-HASTINGS

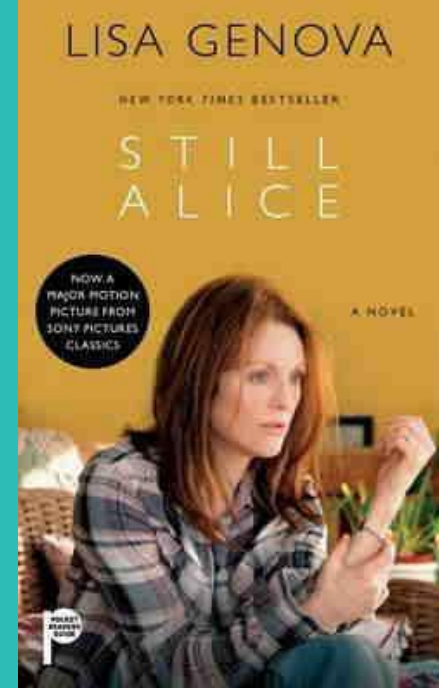


Aerial dance workshops,
Scottish Ballet, Luminate
Creative Ageing Festival
2014. Photo: Eoin Carey

A Festival for everyone to share and enjoy that will
Spark Ideas - Lead to innovative ways to 'ageing well'
Inspire achievement - Excite the imagination



100 “Still Alice” books given away and Big Community Book Club



DANCING WITH DEMENTIA INDUSTRY MASTERCLASS



**UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA**
FIGHTDEMENTIA.ORG.AU

TIME SLIPS – DR ANNE BASTINGS

[Sign Up](#)[Sign In](#)

TimeSlips[™]
CREATIVE STORYTELLING

[Stories](#)[Train](#)[Resources](#)[About](#)[Donate](#)[Contact](#)

Let your imagination soar.

Start telling stories

TimeSlips opens storytelling to everyone by replacing the pressure to remember with the freedom to imagine.

[Start a Story >](#)

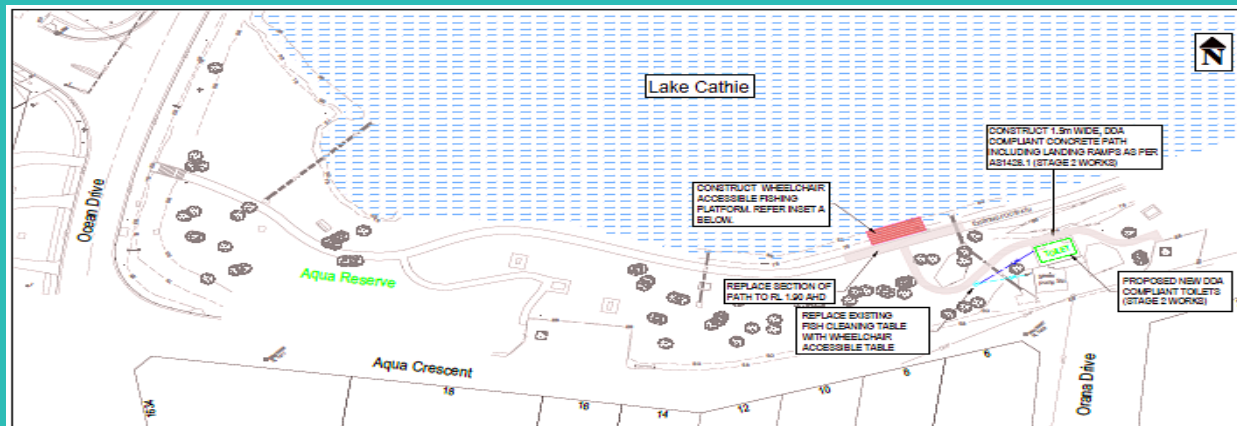
*Her name might be
Gloria Jean.
She looks happy.*

— By: Karen
[Read more »](#)

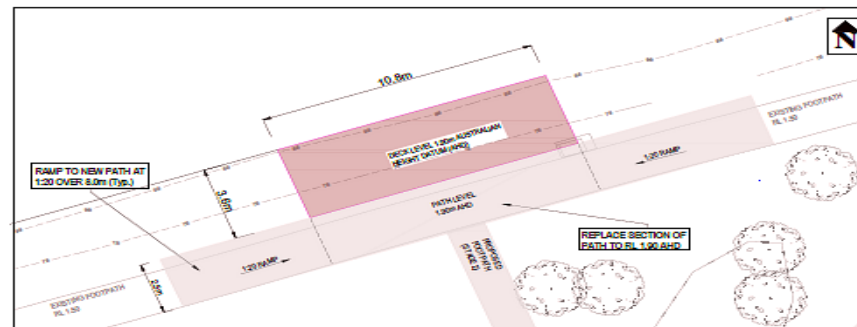


**UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA**
FIGHTDEMENTIA.ORG.AU

LAKE CATHIE ACCESSIBLE FISHING PLATFORM



PLAN - PROPOSED SHARED PATH AND ACCESSIBLE FISHING PLATFORM



INSET A - PROPOSED ACCESSIBLE FISHING PLATFORM



KEY

- ① New 5-6m wide shared concrete path
- ② 1:14 ramp with handrails both sides to meet AS1428
- ③ Steps
- ④ Road crossing in Sundowner delineated with road painted raised crossing.
- ⑤ Fishing Platform with seating
- ⑥ Covered seating- removeable shelters
- ⑦ Clusters of removeable seats around key nodes of activity and circulation. Rubbish bins are included.
- ⑧ Low retaining wall at base of slope. The slope is planted with massed native plants and shade trees.
- ⑨ Existing Navigational signage to be retained



PERSPECTIVE 1
ACCESSIBLE RAMPS AND STAIRS



PERSPECTIVE 2
FISHING PLATFORM

PMHC AIRPORT AUDIT

**PORT
MACQUARIE
AIRPORT**
AUSTRALIAN REGIONAL
AIRPORT OF THE YEAR 2008



APPROVED BUSINESSES

Bendigo Bank

Café Buzz PM

Coast Front Realty

Delphis Australia

Fat Fish Café

Home Instead Senior Care

MBC Recruitment

Port Historical Museum

Port Macquarie Base Hospital

Port Macquarie-Hastings Council

Port Macquarie Taxis

Port Macquarie X-Ray

Settlement City Shopping Centre

Silver Service Hire Cars

St Agnes' Parish

Top Spot Café and Cakes

UNDERST
EDUC

CREATING DEMENTIA- FRIENDLY COMMUNITIES BUSINESS TOOLKIT



UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA
FIGHTDEMENTIA.ORG.AU

IS IT DEMENTIA

A RESOURCE FOR RECOGNISING THE SIGNS OF DEMENTIA

DEVELOPED FOR THE INDUSTRIES BELOW



UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA



UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA
FIGHTDEMENTIA.ORG.AU

Dementia does not only affect older people
living with Dementia

It affects our whole community

WHERE TO FROM HERE...

1. **National Dementia Friends (DF) program - online & face to face information and awareness learning modules.**
2. **National Resource Hub - DF modules, information, best-practice guides and tool kits, community forums, and resources for creating & identifying local dementia-friendly organisations and communities.**

WHERE TO FROM HERE...

From late 2017

<https://www.dementiafriendly.org.au/>
will be the direct link to the Hub.



QUESTIONS?

If you had dementia:

- **How would you like to be treated?**
- **What could be changed in your local community to make your life better?**

THANK YOU

Gary Thomas

Ph: 6584 7444

Email: gary.thomas@alzheimers.org.au