

FREE TRAINING FOR DEMENTIA FRIENDS

We provide a free 6 hour training program that equips the Dementia Friend with all the information, skills and resources they need to be able to make their group Dementia Friendly.

Training is delivered by Alzheimer's Australia, NSW.

Dementia Friends will learn skills to engage and communicate effectively with people with dementia.

They will also receive insight into ways to make their community group more dementia friendly, which can then be shared with their community group.

Part 1 Dementia Awareness	
Date	Thursday November 5
Time	10am-1pm
Venue	Kiama Anglican Church

Part 2 Dementia Friends Education	
Date	Friday November 6
Time	10am-1pm
Venue	Kiama Anglican Church

Key training points include:

- ▶ Education on dementia
- ▶ The importance of community participation
- ▶ Effective communication
- ▶ Opportunities to hear from people living with Dementia about their experiences.

HOW TO GET INVOLVED

For further information about the Dementia Friendly Kiama Project or to get involved please contact:

Melissa Andrews

Project Officer
Dementia Friendly Communities
Kiama Municipal Council

council@kiama.nsw.gov.au
(02) 4232 0444

For more information about other local dementia activities and services visit:

www.dementiais.com

For general dementia information and advice call:

Illawarra Dementia Advisory Service
4296 6747 or

The National Dementia Helpline
1800 100 500



www.dementiais.com

DEMENTIA FRIENDS INITIATIVE



Dementia
Illawarra Shoalhaven

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KIAMA MUNICIPAL COUNCIL
Your council. Our community.

GLOBAL CHALLENGES | **UNIVERSITY OF WOLLONGONG**
AUSTRALIA

NSW GOVERNMENT | **Family & Community Services**

G LOCAL GOVERNMENT NSW

This project is made possible with the support of
NSW Department of Family and Community Services and
Local Government NSW.

DEMENTIA FRIENDLY KIAMA

Kiama Municipal Council, the University of Wollongong and Alzheimer's Australia are working with people with dementia in Kiama, as well as their carers, supporters and interested members of the community to make Kiama more dementia friendly.

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

Become a Dementia Friend and help make Kiama one of the best places in the world to live for People with dementia.

RESEARCH IN THE KIAMA AREA

Research was undertaken by the University of Wollongong in 2014 with people living with dementia and their supporters, dementia service providers, local businesses, community organisations and the general public.

This research found that overall, the Kiama area is a good place to live given the beautiful natural environment, the village atmosphere, and the range of local shops and community groups. The research also found that improvements could be made for people living with dementia including:

- ▶ better community understanding about dementia
- ▶ improved access to appropriate activities and services

THE IMPORTANCE OF COMMUNITY INVOLVEMENT

People with Dementia who are able to maintain their activities post-diagnosis report higher quality of life than those who withdraw or are isolated. As a result, supporting meaningful social involvement for people with dementia has been highlighted as a key priority in making Kiama one of Australia's first Dementia Friendly Communities.



With your help we can help we can continue to make Kiama an even better place to live for people living with dementia! Helping people remain active in their community post-diagnosis could be as easy as ensuring your community group has clear signage, or calling a member to remind them that an activity is coming up.

The Dementia Friends Initiative is looking for representatives from existing community groups, clubs and sporting groups to receive training that they can use to help people with Dementia remain involved in community activities for as long as possible. The skills learned as a Dementia Friend will also give you the ability to identify ways to make small modifications to your group that will make it easier for people with dementia to stay active for longer.

WHAT IS A DEMENTIA FRIEND?

A Dementia Friend is a representative from a community group, club or group who is the key contact in that group for anyone with Dementia who is already involved in the group or is interested in joining.

A Dementia Friend will be a contact in your group that will assist people with dementia already in your community group, or to help new members to become involved as active and valued participants.

They may do this by being a regular welcoming face, by providing guidance and orientation, or by advising the group on ways to be more dementia friendly.

A Dementia friend wants to learn more about dementia, how it affects people's lives and how they can make a positive difference to people living with dementia. They have an interest in making sure that their group is dementia friendly and inclusive.

As a Dementia Friend, you will share information with your community group about ways to include people with dementia. You will be aware of the needs of people living with dementia and understand the importance of remaining active in the community.

This is not a caring role. You will not be providing respite. You will simply be a key person within your existing community group who has a passion for inclusion, who is a helping hand and friend to people living with dementia.

WHO CAN BECOME A DEMENTIA FRIEND?

To become a Dementia Friend, you need:

- ▶ Good communication and interpersonal skills.
- ▶ To be passionate about inclusion.
- ▶ Commitment to making Kiama Dementia Friendly Community.
- ▶ To be willing to participate in training.

Nominate yourself, or someone from your community group to be a Dementia Friend.

There will be ongoing support for Dementia Friends and for groups who wish to become Dementia Friendly.