DEMENTIA AND OUR MOB

Danielle White
Alzheimer’s Australia NSW
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COLLABORATION AND PARTNERSHIP

THE SYMBOL

• Blue travelling dots represent the flow of information and understanding into the communities

• Red symbolises the flow of cultural understanding and awareness back into services, the changing colours represent partnership

• The boomerang represents the importance of the return of information and support back to the community
PROGRAM GOALS

• Information is culturally appropriate and focuses on ‘what you need to know’ information

• Acknowledges the importance of consultation and interactivity

• Give context to dementia specific learning and support needs
WHAT CAN CAUSE DEMENTIA?

- Alcohol and Drug Abuse
- Head Trauma
- Stroke
- Epileptic Fits
- Smoking
- High Blood Pressure

HOW CAN I REDUCE MY RISK OF GETTING DEMENTIA?

- Healthy Eating
- Healthy Lifestyle
- Exercise
- Learning New Things
- Keeping Your Brain Active
- Stay Social

DEMENTIA & OUR MOB

What you need to know!

- Currently the 3rd leading cause of death in Australia
- 2013 in Australia:
  - 321,000 people with dementia
  - 1,700 new cases each week
- By 2050:
  - 900,000 people with dementia
  - 7,400 new cases each week

Discuss your choices
WHAT IS THE ONE MEMORY YOU WOULD NEVER WANT TO FORGET?
DEMENTIA AND OUR MOB INTERACTIVITY
Your Story Matters Clip
https://www.youtube.com/watch?v=sCx_8tMnoDA

Your Story Matters Short Film Part 1
https://www.youtube.com/watch?v=9pFNRvC6LLU

Your Story Matters Part 2 What You Can Do
https://www.youtube.com/watch?v=cWRVZLUqQO0

Losing the Dreaming: Biripai Elder Bill O’Brien caring for his mother with advanced dementia
https://www.youtube.com/watch?v=A3sVqAc_v-Q
THE PILOT

THREE COMMUNITIES

• Booken Booken, Aboriginal Elders, Gloucester

• Armidale Aboriginal Community

• Bambana Group, Redfern
PILOT FINDINGS

PRE WORKSHOP

- Were aware dementia existed
- Did not understand what it is
- Were not aware of support pathways in general
- Not engaging with service due to lack of knowledge
- <9% could name 3 signs of dementia
- <10% identified support within their local area

POST WORKSHOP

- Gained an understanding
- Getting involved maintains brain health
- 100% able to identify minimum 6 signs/symptoms
- All were able to identify at least one service and why they would use it
DISCUSSIONS ELICITED

KEY CONCERNS

• Fear of removal from family and country upon registering and accessing support services

• Aboriginal youth currently using synthetic drugs and methamphetamines

• Shame through forgetting
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