

DEMENTIA FRIENDLY

NOOSA COMMUNITY MEMORY SUPPORT PACK

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INTRODUCTION

Dementia describes a number of conditions that can affect the way people think, act and perform everyday tasks. The effects are gradual, often taking place over months or years.

A diagnosis of dementia can be overwhelming. Obtaining accurate information and support will help you understand what to expect and make plans for the future. We hope the information and resources provided in this pack, along with the *Dementia Priority Checklist* will give you and your family direction during the early stages after diagnosis.

NoosaCare's Dementia Friendly Advisory Board

DEMENTIA FRIENDLY COMMUNITIES

Currently, around 70 per cent of people with dementia live in the community and 44 per cent of them live alone. This is expected to grow as the prevalence of dementia in Australia is projected to increase to almost 1.1 million by 2058.

Our Noosa community recognises that it is every individual's right to continue to live their lives as they choose, to participate in community activities they enjoy and to be empowered, supported and included in these activities. We will continue to foster our Dementia Friendly Noosa towards supporting our locals who live with dementia and their carers.

“Losing the ability to communicate is one of the most frustrating challenges for a person living with dementia. As the illness slowly progresses, their ability to communicate becomes more difficult. A dementia-friendly community is a place where people living with dementia are supported to continue living their lives with purpose and meaning.

As a community we must educate ourselves to ensure the communication lines remain open for all. Let's continue to evolve our incredible community to an inclusive dementia friendly Noosa”.

Cassandra Whadcoat, R.N.

NoosaCare's Memory Support Community

GET REGULAR MEDICAL CARE

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It is important to find an understanding doctor who can guide you through the formal diagnosis process as well as provide ongoing support and understanding for you and your family. A good way to find a doctor with an interest in aged care is to talk to your family pharmacist.

Plan regular visits to your doctor to check your general health and wellbeing as they will be responsible for coordinating your care, enabling access to further assessment, support services and liaison with your pharmacist. Your doctor will be able to refer you to various specialists if required, such as Geriatricians, allied health professionals, community nursing, support services and complementary practitioners. You may find it helpful to bring a family member or friend to your appointment in order to better understand the disease and treatment. A trusted friend or family member can remember something that you missed or can act as your scribe and take notes for you.

Make a list of questions to ask your doctor, here are a few examples:

1. What type of dementia do I have?
2. Are there any medications that could help?
3. What support can I access?
4. Can I continue to drive?
5. How fast is the progression?
6. Where can I get support?
7. Is this illness hereditary?
8. Ask about diet & nutritional support including caloric and vitamin supplements. This is vitally important to maintaining brain-cognitive and bone-mobility health.
9. Depression is very often associated with the dementia process and left untreated can accelerate the symptoms and impairment. If you have concerns please talk to your doctor.

LOOKING AFTER YOU

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Although there is no single preventative treatment, creating a wellness plan that includes good nutrition as well as physical, mental and social activities can help slow the progression of dementia. Some days may be better than others. Be kind to yourself. Do the things you enjoy and focus on what you can do.

TALK - share your feelings and concerns with family and friends. Support from family and friends can be very beneficial in creating purpose and pleasure when things become difficult.

STAY CONNECTED IN THE COMMUNITY – Continue to enjoy visits and outings with family and friends. Maintaining a healthy social life is important for general health and wellbeing.

STAY ACTIVE - Physical activities such as walking, swimming and gardening stimulates your brain, strengthens your heart and reduces stress and anxiety.

NUTRITION – Eat a well-balanced diet including fruits, vegetables, whole grain products and vitamin supplements to support the health of your brain and body.

MENTAL HEALTH – Speak to your family and doctor if you are experiencing depression or increased anxiety.

ALTERNATIVE HEALTH OPTIONS - You may consider working with a holistic practitioner for a complementary approach to your mainstream medical treatment.

KEEP YOUR BRAIN BUSY - Listen to music, read and challenge your brain with word puzzles and a range of other creative and artistic activities.

ASK FOR HELP – Call the National Dementia Helpline (1800 100 500), open 9.00am to 5.00pm Monday to Friday excluding public holidays. www.dementia.org.au

HELP WITH DAILY TASKS

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Although you may feel uncomfortable asking for help with daily tasks, the additional support can actually help you maintain your independence while living in your own home.

- Ask family and friends to help you with transportation, cooking, mowing, paying bills or shopping. Alternatively, if unable to help due to work, location or other limitations, they could assist by arranging for a service provider to help with routine tasks.
- Use simple memory aids like a notepad, calendar on the wall or post-it-notes to remind yourself of tasks and a 7-day pillbox to keep medication organised.
- The following links provide access to information sheets to share with your family and friends:

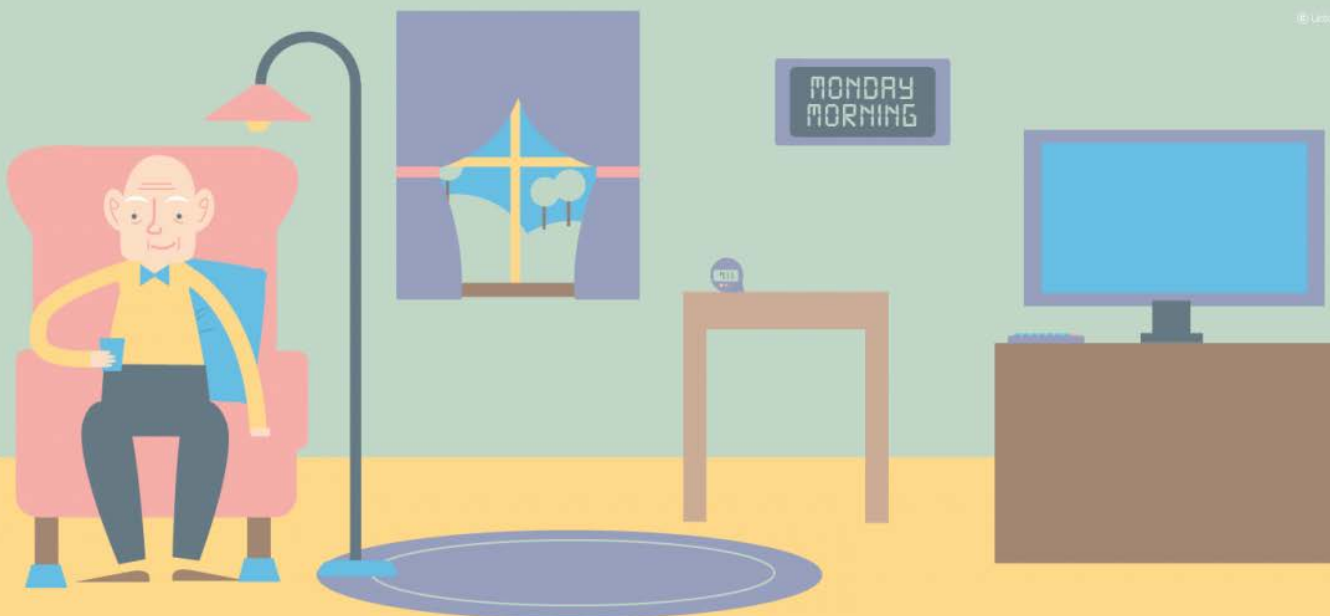
www.dementia.org.au/files/helpsheets/Helpsheet-TipsToAssistSocialEngagement01-TipsForFriends_english.pdf

www.dementia.org.au/files/helpsheets/Helpsheet-TipsToAssistSocialEngagement06_TipsForCaringFromADistance_english.pdf

www.dementia.org.au/files/helpsheets/Helpsheet-TipsToAssistSocialEngagement02_TipsForVisiting_english.pdf

PRACTICAL TIPS

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HELPING YOUR MEMORY

Keeping to your usual routines can help reduce anxiety and stress. You may find it helpful to use a diary for appointments or make lists of regular outings as well as daily, weekly and monthly activities and tasks. Create notes to tell you what you have to do or how to do it. Place the lists or diary on the fridge or in your 'Memory Station' (see below) and give copies to your close family and friends.

MEMORY STATION

Create a 'Memory Station' in your house near the phone or wherever you need it most. Your Memory Station will be a place where you keep all your important items and documents in one place for easy access. Items that you may like to add to your Memory Station could include:

- **medications and prescriptions**
- **photos of family and friends labelled with names**
- **medical documents e.g. history, referrals**
- **doctor and specialist contact details**
- **important contacts including family, friends and emergency numbers**
- **financial & legal information**
- **bills**
- **any other important information you need to have on hand**

LOCAL TRANSPORT SERVICES

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As your needs and capabilities change, you may like to consider alternative transport options. To maintain your health, wellbeing and social connections, it is important to continue to visit family and friends while participating in regular outings and activities.

In addition to asking family, friends and carers to assist you with transport, you may like to consider using one of the following options:

- MyAgedCare Services – after completion of the ACAT assessment, you may be eligible for transport services. To check your eligibility, phone 1800 200 422 or visit <https://www.myagedcare.gov.au/>
- Suncoast Cabs - (07) 5441 8888 or 131 008 (local call)
- ComLink is a Queensland not-for-profit organisation providing transport and care services for a small fee. Phone 1300 761 011.
- You may be eligible for the Taxi Subsidy Scheme (TSS). This service is available for people who are unable to travel on public transport without the assistance of another person. Phone 1300 134 755

LOCAL AGED CARE FACILITIES

<p>NoosaCare, Incorporated Carramar Residence in Tewantin 186 Cooroy-Noosa Road, Tewantin Phone: (07) 5449 8799</p>	<p>NoosaCare, Incorporated Kabara Residence in Cooroy 20 Topaz Street, Cooroy Phone (07) 5447 7355</p>
<p>Ozcare Noosa Heads Aged Care Facility 80 Cooyar Street, Noosa Heads Phone: 1800 692 273</p>	<p>Arcare Peregian Springs 33 Ridgeview Drive, Peregian Springs Phone: (07) 5351 2500</p>
<p>Japara Noosa Aged Care Home 119 Moorindil St, Tewantin Phone: (07) 5447 1840</p>	<p>Sapphire Noosa 3 Adensfield Ct, Cooroibah Phone (07) 5447 1832</p>

PRIVATE HOME CARE SERVICES

Homecare Assistance Noosa/Tewantin

In-home care provides seniors with one-to-one assistance in the comfort of their own home, which enables them to live independently.

Phone (07) 5491 6888.

Home Instead Senior Care Sunshine Coast

Home Instead CAREGivers provide compassionate and reliable home care services, helping to keep seniors living happily, safely and independently in the comfort of their own home. Home Instead provide a free guide for carers and families that can be downloaded from their website www.homeinstead.com.au/resources/dementia.

Phone (07) 5443 3562.



The Dementia Friendly Memory Support pack has been developed by NoosaCare's Dementia Friendly Community Advisory Board in partnership, and informed by people living with dementia, and their carers.

Enquiries

If you would like to speak to NoosaCare's Dementia Friendly Community Advisory Board, please call us on (07) 5449 8799.

Disclaimer

The information and statistics in this pack are provided as a guide only.

Acknowledgements

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