

Future Priorities

Priorities for the Action Plan include:

- ▶ Conduct a program of educational events to raise community awareness and reduce stigma about dementia.
- ▶ Provide dementia education for local community organisations and businesses.
- ▶ Support the work of the Dementia Advisory Group to increase social opportunities and support for people living with dementia and their supporters.
- ▶ Develop a 'Dementia Friends' program that will train volunteers to support people living with dementia participating in community groups (e.g. existing clubs, local choirs or walking groups).
- ▶ Promote dementia friendly activities via the Dementia Illawarra Shoalhaven website (www.dementials.com). Also the creation and promotion of a printed directory for those who may not access information online.
- ▶ Take action to improve access to transport for people living with dementia.
- ▶ Ensure participation of people living with dementia in Kiama Council's accessibility committee.
- ▶ Conduct a 'Dementia and Driving' workshop for people living with dementia and their supporters.



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.dementials.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



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Dementia Friendly Kiama

It is estimated that 1200 people are living with dementia in the NSW Kiama Electorate (approximately 300 within the Kiama Council Area). This number is projected to increase to almost 4000 by 2050.

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.

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 highlighted the challenges around:

- ▶ Better community understanding about dementia.
- ▶ Improved access to appropriate activities and services.
- ▶ More public or community transport options.
- ▶ The importance of infrastructure that assists people with dementia to remain actively involved in their community.



Local Action Plan

Two local groups are involved in the development and implementation of a Dementia friendly Kiama Action Plan.

The Dementia Alliance includes people with dementia and their supporters, and other stakeholders (e.g. members from Kiama Council, transport services, service organisations). The Dementia Advisory Group includes people with dementia, their supporters and interested community members. It informs the activities of the Dementia Alliance.

The group organises informal gatherings on a monthly basis, styled on the idea of a social picnic, with people getting together to relax in a non-threatening atmosphere. For more information email: info@southern.org

Activities Undertaken:

- ▶ Consultation with and information sessions for local stakeholders and groups (including services, clubs, community groups, carer groups).
- ▶ Public information sessions to increase community awareness and understanding about dementia and the Dementia Friendly Kiama project.
- ▶ Participation by local organisations in the Alzheimer's Australia Dementia Friendly Business pilot program.
- ▶ The Dementia Illawarra Shoalhaven website (www.dementia15.com) provides information about local services and events for people living with dementia and their supporters. This website will continue to develop as new information becomes available and events are planned.
- ▶ Local newspapers and the Dementia Illawarra Shoalhaven website have published several positive stories about people with dementia in the local area.



Photo: Dementia Alliance International