

10 May 2024

Support For the Community with Dementia and Younger Onset Dementia

On Tuesday 14 May, Wentworth Healthcare, provider of the Nepean Blue Mountains Primary Health Network, is holding a **Dementia and Younger Onset Dementia Community Event** in the Blue Mountains. This event will provide an opportunity for people with dementia, younger or early onset dementia, their family, friends and carers, to learn about the services and supports available, how to keep the brain active and slow the progression of the disease.

The event has been made possible through funding from the Department of Health and Aged Care as part of their Aged Care reforms and brings together speakers and representatives from local support organisations, as well as those with lived experience of caring for loved ones with dementia.

Dementia touches many people in addition to those living with the disease. There are up to 350,000 people in Australia who provide care for someone living with dementia. As our population is ageing, the rates of dementia are expected to rise, increasing the need for more information, services and support to be available in our community.

Ms Lizz Reay, CEO of Wentworth Healthcare highlighted that events such as these are essential for our community.

“Healthy Ageing has been a focus for us over the past few years and we were pleased to receive dedicated Aged Care funding from the Department of Health and Aged Care, which has allowed us to work with services and provide initiatives like this community event,” said Ms Reay.

“We have gathered valuable feedback from our community that has identified a gap in support for those experiencing younger onset dementia. Through this event, we are working with the community to support improved education and information on how to access services for those experiencing dementia. With the right support from services, family and friends, those living with dementia can live well in the community for many years,” she added.

During the event, participants will hear about the changes that dementia will make to all aspects of everyday life, how to plan ahead and what they can do to stay healthy and active. This will include learning about the types of activities that can keep the brain active and slow cognitive decline. A carer with lived experience will share their personal account and participants can make connections with local support services that assist those living with dementia, as well as their carers.

“We look forward to welcoming our community to this event. If people are looking for more information or resources, you can go to our My Health Connector website at MyHealthConnector.com.au. This free online directory provides information about local health and community services available to support people living in our region. There are specific services and supports for people with dementia that can be accessed via the **Dementia icon** on the homepage,” Ms Reay said.

The Dementia and Younger Onset Dementia Community Event will be held on Tuesday 14 May from 6:00pm to 8:30pm at Katoomba RSL, 86 Lurline Street, Katoomba. Register for the event by visiting nbmphn.com.au/Community-Workshops or call 4708 8100.

