START HERE

Not sure what to do next?

That's the most normal way to feel. Almost everyone we meet starts this way.

A dementia diagnosis — or even just a worry that something isn't quite right — can leave a family with more questions than answers. Now is the best time to reach out.

1. **Call or email us**
   Your first 15-minute phone call could make a huge difference in your lives. No cost, no commitment.
2. **We listen**
   You tell us what's been happening and what's feeling hardest right now.
3. **You choose what helps**
   By joining a dementia-friendly activity or a visit at home, attending a family carer workshop series or an information session on a variety of topics — whatever suits you the best.

You don't need the right words. You don't have to know what to ask, or have a diagnosis, or be "bad enough" to deserve help. Just tell us what's been going on.

LET'S HAVE A CHAT

We'd love to hear from you

Start with a 15-minute phone call. There's no cost and no pressure — just a chance to talk things through with someone who understands.

PHONE
0494 052 787

EMAIL
tess@dementiacommunity.com.au

WEBSITE
www.dementiacommunity.com.au

FACEBOOK
dementiacommunity.com.au

You don't have to work this out on your own.

COMMUNITY CONNECTION
DEMENTIA AWARENESS
RISK REDUCTION

Support for people living with dementia, their family carers, and the broader communities across the Albury and Wodonga region.

Tess Scarfe — Founder

HOW WE HELP — 01

Community connection

Living with dementia and caring for someone can be lonely. It doesn't have to be.

We help you find the people, places and services around you.

- **Meaningful activities** — that can be enjoyed together, like singing in a dementia-inclusive choir or joining a walk in nature.
- **Keeping active and engaged** – can slow progression and make each day more rewarding.
- **Local connections** — links to carer groups, social activities and community programs near you.
- **Finding your way** — help understanding respite, My Aged Care, and who to call for what.

Looking after the carer matters. When you are supported, the person you love is better supported too.

HOW WE HELP — 02

Dementia awareness

Understanding dementia makes caring for someone so much easier.

Much of what families find hardest becomes more manageable once you understand what's actually happening — and what isn't.

- **Community talks** — for workplaces, clubs, churches and volunteer groups wanting to be dementia-friendly and more dementia aware.
- **Family carer workshops** — offer a series of education and sharing sessions to help manage daily living.
- **Understanding changes** — why behaviour and memory shift, and how to respond with less stress.
- **Communication skills** — practical ways to stay connected when words become difficult.

Bring us to your group. We're happy to speak at community organisations across the region.

HOW WE HELP — 03

Risk reduction

What's good for your heart is good for your brain.

Not all dementia can be prevented — but research shows a significant share of the risk can be reduced, at any age.

- **Brain health basics** — movement, sleep, hearing, staying socially connected and mentally active are just some of the protective factors.
- **Information sessions** — plain-language talks on what dementia is, and what it is not. And how to reduce your risk with simple lifestyle changes.
- **Safer homes** — simple changes that reduce falls and help someone stay independent for longer.
- **Planning ahead** — starting the hard conversations early, while there's time and choice.

It's never too early or too late. Small, steady changes can make a real difference.