



Social Futures
Northern Rivers Social Development Council

For Immediate Release

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MEDIA RELEASE: Free dementia education course for families and friends in Grafton

Venue: South Grafton ex Services Club

When: 9:30am – 2:15pm, 8 November 2016

Social Futures (formerly the Northern Rivers Social Development Council) in partnership with Alzheimer's Australia NSW, is holding a FREE education session for families and friends caring for a person who is living with dementia in Grafton this month.

Dementia affects approximately one Australian in 10 aged over 65 years, and almost half of people over 80 years. Currently more than 353,800 people are affected by dementia, however by the year 2030 that number is predicted to rise to 591,500.

Caring for someone with dementia can be physically and emotionally challenging. Dementia can influence a person's behaviour including memory loss, wandering, depression, anxious or agitated states, aggression, hallucinations and false ideas, and loss of inhibition. Although these can be upsetting, there are many strategies that may help.

This course will focus on providing an understanding of dementia and effective communication techniques for carers. The session will help carers to obtain a greater understanding of the condition and its impact.

Attending this course can help you to:

- Better understand dementia and its impacts;
- Develop strategies for more effective communication between yourself and the person living with dementia;
- Explore a range of issues that impact upon your role;
- Plan for the future after a diagnosis of dementia; and
- Access information about local support services.

Registration is essential and light refreshments will be provided. **To register call Gabe Morahan on 6617 0007.**

NEW RESEARCH by Alzheimer's Australia finds people with dementia are the loneliest in Australia

New research conducted by Alzheimer's Australia and released in September found that people with dementia are the loneliest in Australia.



Key findings from the Loneliness and Dementia Survey 2016

- A person with dementia is more than twice as likely to have high levels of loneliness compared to the general public
- People with dementia and carers are significantly more lonely than the general public
- People with dementia (compared with carers and the general public) are:
 - More than twice as likely not to see any friends
 - More than three times more likely to not have a confidant
 - Almost three times as likely to not have a friend to call on for help compared with the general public
- People with dementia report significantly fewer relationships than carers, who have significantly fewer relationships than the general public. This difference is mainly driven by friendships
- More than 1,500 people responded to the survey.

“It is really important, especially in light of these statistics, to ensure that people with dementia, their family and carers know that there is help out there. This free course will not only increase your knowledge, awareness and coping strategies but will connect you to available resources and to other people who are walking a similar path. You are not alone,” says Gabe Morahan, Training Coordinator for Social Futures.

-Ends-

***Alzheimer’s Australia NSW** is the charity for people with dementia and their families and carers. As the peak body, it provides advocacy, support services, education and information.*

More than 353,800 people have dementia in Australia. This number is projected to reach more than half a million by 2030.

National Dementia Helpline: 1800 100 500

An interpreter service is available

@AlzheimersNSW

(The National Dementia Helpline is an Australian Government Initiative)

[Dementia is a National Health Priority Area](#)

www.fightdementia.org.au

***Social Futures** is a community-based not-for-profit organisation that promotes fairness and social inclusion in the Northern Rivers region of NSW.*

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