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Welcome to our Dementia Friendly Communities newsletter.

We'll keep you informed about the project and provide exciting opportunities for you to be involved in, including training and events.

Manjimup is set to be one of the first ever dementia friendly towns in its entirety. Using a whole of town approach (individuals, community groups, businesses and services), we know that we will be successful in achieving this goal.



Layla Riley
Project Officer



Manjimup Shire: Photo by Frances Andrijich

Manjimup Dementia Friendly News

Dementia Friendly Communities

A Dementia Friendly Community is a place where people with dementia are supported to continue living with meaning, purpose and value. Each Dementia Friendly Community will be different to the next, but will include at least one or more of the following:

- Businesses that provide accessible services for people with dementia, including staff who understand the disease and know how to communicate effectively with people with dementia
- Organisations that provide paid work
- Volunteering opportunities
- Sporting clubs and social groups that are welcoming and inclusive
- Environments that are enabling

Upcoming Events

Training

You asked for it Manjimup and we are delivering it to you. Free training for community members.

Learn:

- What is dementia
- How to recognise the symptoms
- How to communicate with a person living with dementia in your community and workplace
- Steps you can take to enrich your community and workplace

All attendees will receive a Certificate of Achievement.

If you are a business or service provider in Manjimup, especially if you are in customer service, we strongly encourage you to attend this training.

Date: 10 April 2018

Venue: Manjimup CRC, 45 Rose Street Manjimup

Time: General community: 2.00-3.30pm (afternoon tea provided)
Businesses and service providers / front line staff: 5.30-7.00pm (supper provided)

Cost: Free. This training is supported by the WA Country Health Service.

Attend this training and automatically go into the draw to win a \$100 voucher for Tall Timbers!

Dementia Friendly Communities Road Show

There are a number of free community talks coming up around the Manjimup Shire and beyond. These talks will include useful information around what is dementia, as well as information on dementia friendly communities and risk reduction strategies. Talks are about an hour and there will be an opportunity to ask questions. There is no need to book, just turn up. Refreshments will be provided.

- **Mt Barker:** 6 March 10.00am - Mt Barker Library (located in the CRC), Lowood Road Mt Barker
- **Augusta:** 7 March 10.00am - Augusta CRC, 66 Allnutt Terrace Augusta
- **Katanning:** 19 March 10.00am - Katanning Leisure Centre, 4 Pemble Street Katanning
- **Northcliffe:** 21 March 10.00am - Northcliffe Family Centre (adjacent to the Town Hall), 79 Zamia Street Northcliffe
- **Pemberton:** 22 March, 10.00am - Pemberton CRC, 29 Brockman Street Pemberton
- **Denmark:** 28 March 5.00pm - The Riverside Club, 34 South Coast Highway Denmark

Certificates of Commitment and Achievement

Are you working towards becoming more dementia friendly?

Have you made a change to your service or group that will have a positive impact on people living with dementia? If so, we would love to acknowledge this with a certificate.

Get in touch with Layla if you would like more information on how to be awarded a Certificate of Achievement or Commitment.

Volunteer Opportunities

There are plenty of volunteering opportunities to be involved in. Please get in touch with Althea or Layla if you would like more information, or if you have an idea that you would like to share with us.

The Dementia Friendly Communities Team

There has been a change to the team. Trish McCourt has moved to a new role with the Donnybrook Shire and we wish her all the very best. Thanks for your passion and commitment to dementia friendly Manjimup Trish!

Althea Gordon and Layla Riley continue to support Manjimup.

Althea Gordon

Community Development and Consumer Engagement Coordinator

Based in Perth, Althea supports dementia friendly communities across Western Australia and has been involved with various phases of the project since 2014. Althea is coordinating the dementia friendly community film that will assist with our evaluation and be a valuable future training resource. Althea also coordinates our Dementia Advocates program. If you would like to become an Advocate for Alzheimer's WA, have a chat with Althea.

P: (08) 6271 1049

E: althea.gordon@alzheimerswa.org.au



Althea Gordon

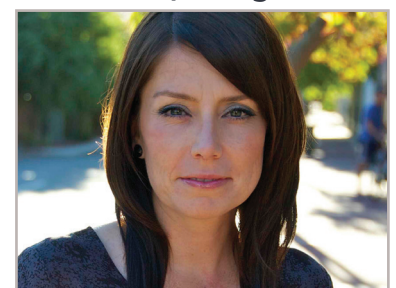
Claire Leeman & Casey Grogan

Videographers

They are still out and about filming. Claire and Casey are still keen to interview people, in particular people living with dementia, business staff and service providers in Manjimup. Please get in touch with Althea if you would like to be a part of this special film.



Casey Grogan



Claire Leeman

Layla Riley
Senior Project Officer

Based in Perth, Layla is managing the Dementia Friendly Communities project and will be producing end of project evaluation reports.

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Layla Riley

Dementia Advocates Program

People living with dementia and their carers can provide a powerful voice for change and a perspective on dementia no one else can provide. As a Dementia Advocate, you will join others living with dementia in the Dementia Advocates program and become an influential voice that can make a big difference in the Western Australian community.

How can a Dementia Advocate help?

Your voice matters. Alzheimer's WA values your voice and encourages you to share your story about dementia.

As a Dementia Advocate, you can help by:

- Sharing your dementia story with the media (radio, television, print and online)
- Speaking at forums, educational sessions and public events
- Helping researchers find better ways to support people living with dementia
- Using your experience to help improve services and government discussions
- Sharing your story to assist with fundraising campaigns

How do I become a Dementia Advocate?

If you would like to become involved or learn more about the Dementia Advocates program, please contact Althea or visit our website: alzheimerswa.org.au/dementia-advocates.

Case Studies

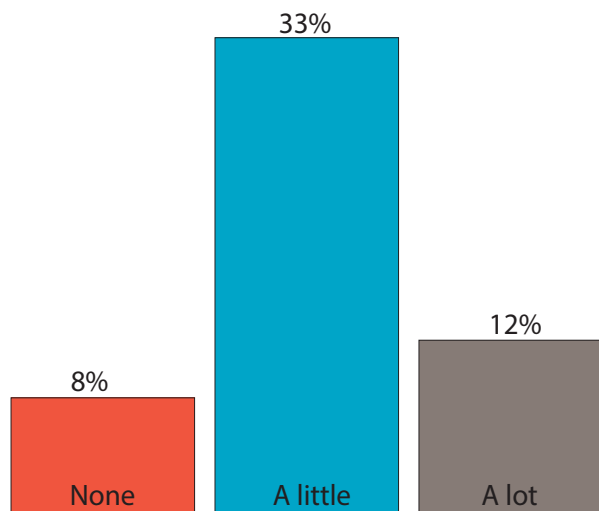
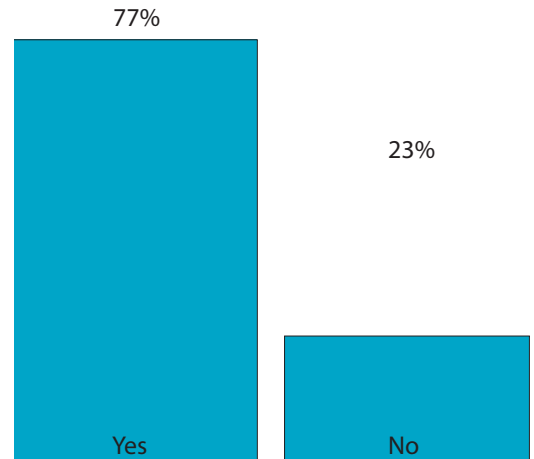
Have you benefitted from Manjimup becoming dementia friendly or know someone who has? We would love to hear from you. It is important that we capture any positive changes or impact on people's lives from this project. Do you have more understanding around dementia or have a story to share with us?

Get in touch at dfc@alzheimerswa.org.au.

Survey Results

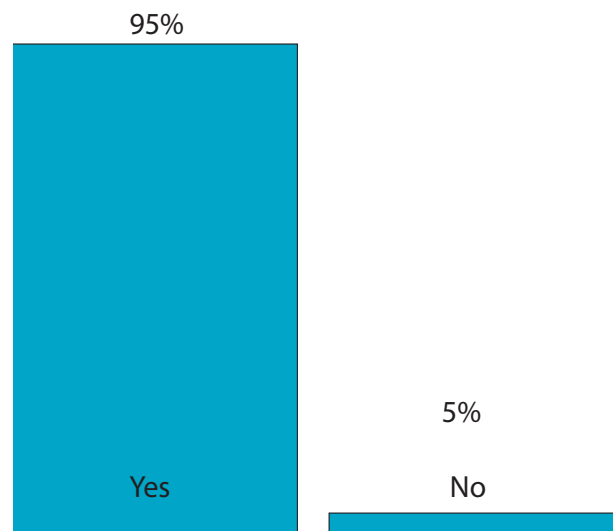
Thank you to everyone who commented on the pre-survey at the end of last year. We really appreciate your feedback. The same survey will be conducted again towards the end of the project, to see if there has been an increase in awareness, involvement and a reduction in stigma. Below is a summary of the results.

Have you heard that Manjimup is becoming a Dementia Friendly town?



Please identify how much stigma you think there is in Manjimup in relation to dementia.

Do you feel that Dementia Friendly Manjimup will have a positive impact on the community and those who need it the most?



Many people requested training and general information in order to become more aware about dementia friendly Manjimup and learn how to communicate with a person living with dementia.

Your comments will continue to shape dementia friendly Manjimup and provide us with a clear idea on how we can best support the community in continuing to become Australia's first dementia friendly town in its entirety.

Volunteer Opportunities

There are plenty of volunteering opportunities to be involved in. Please get in touch with Althea or Layla if you would like more information, or if you have an idea that you would like to share with us.

Thank You

Alzheimer's WA would like to give special thanks to Manjimup Community Resource Centre, Manjimup Shire, Manjimup Home and Community Care (HACC) and Baptist Care Moonya for their dedication and extra support of dementia friendly Manjimup.