Enhancing the Safety of People Living in the Community with Dementia & Other Chronic Conditions

What is dementia & prevalence
Emotional issues
Stigma
Diagnosis
What can you do now?
Normal signs of ageing vs early dementia

An Australian Government funded project helping Australians with dementia and their carers
Understanding dementia

Not a disease
Set of symptoms
Loss of mental function in two or more areas
Prevalence of Dementia in Australia

![Graph showing prevalence of dementia by age group and gender.](image)
Emotional Issues

I don’t want to be a burden on my family

I know there’s something wrong but I don’t know what it is

I am confused

anxiety, depression, grief, despair, terror
Stigma & Stereotypes

Ageing generally
Dementia is framed very negatively
Seen as a ‘living death’
There is no cure
There is a lack of information and public awareness
Diagnosis

Issues for health practitioners and older people and families
A diagnosis is important because...

Address other causes of memory loss, infections, medicines side effects, depression

It is a relief – understand what is going on

Cannot access some services without it

Planning for the future
What can you do now to plan for your future?
Community services and supports

Aged Care Assessment Teams

1800 052 222

Commonwealth Respite and Carelink Centre

An Australian Government funded project helping Australians with dementia and their carers
Putting “the Powers” in Place

Enduring Power of Attorney
Enduring Power of Guardianship
Medical Power of Attorney
Anticipatory Direction
Legal Services Commission
82-98 Wakefield Street, Adelaide
LEGAL HELP LINE 1300 366 424
Seniors Information Service
76 Waymouth Street, Adelaide
8168 8776
ask your solicitor
Alzheimer’s Australia (S.A.)

Resources, Information, Support

27 Conyngham Street
GLENSIDE SA 5065

(08) 8372 2100
Mind your ...
Brain
Diet
Body
Health checks
Social life
Habits
Head

An Australian Government funded project helping Australians with dementia and their carers
What’s normal vs what’s not

Forgetting names or appointments occasionally

vs

forgetting more often and unable to recall the information later

An Australian Government funded project helping Australians with dementia and their carers
Occasionally forgetting why you walked into a particular room or what you wanted to say **vs**

it is hard to complete everyday tasks like preparing a meal, making a telephone call, playing a game
Sometimes having trouble finding the right word

vs

forgetting simple words or using unusual words
Forgetting the day of the week or where you were going vs getting lost in your own neighbourhood, forget how you got where you are, not knowing how to get home
Occasionally making a questionable decision

vs

showing poor or decreased judgement
Sometimes feeling weary of work or social obligations

vs

becoming very passive, sleeping more than usual, not wanting to do usual activities
Occasionally feeling sad or moody
vs
rapid mood swings, from calm to tears to anger, for no apparent reason
Your personality changes a little with age

vs

becoming extremely confused, suspicious, fearful or dependent on a family member
If you are always forgetting where you put your car keys ....
Don’t worry! it’s when you forget what keys are for that you should be concerned.
“you must really love your job”