



THE DIBA

The official newsletter of The Dementia Inclusive Ballina Alliance



THE DEMENTIA INCLUSIVE BALLINA ALLIANCE IS AN INCORPORATED NOT FOR PROFIT COMMUNITY ORGANISATION. WE STRIVE TO WORK WITH THE COMMUNITY TO TAKE ACTION TO IMPROVE THE LIVES OF PEOPLE LIVING WITH DEMENTIA AND THEIR CARERS.



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DEMENTIA INCLUSIVE BALLINA ACKNOWLEDGES THE TRADITIONAL CUSTODIANS OF THE LAND ON WHICH WE LIVE AND CARE AND PAYS RESPECT TO THE ELDERS PAST, PRESENT AND EMERGING



IN THIS EDITION
FEATURE ARTICLE -

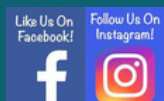
UPCOMING EVENTS - 2023

WEDNESDAY ACTIVITY GROUP
10:30AM - 12:30PM THE BALLINA AERoclUB

DEMENTIA CAFE
10AM-12PM CAFE SEBASTIAN 2ND MONDAY MONTH 2023
(THERE WILL BE NO APRIL CAFE DUE TO PUBLIC HOLIDAY)
8TH MAY, 12TH JUNE, 10TH JULY, 14TH AUGUST, 11TH SEPT, 9TH OCT,
13TH NOV, 11TH DEC

DIGITAL LITERACY TRAINING
ENROLLING NOW

DEMENTIA SYMPOSIUM
SAVE THE DATE
FRI 22ND & SAT 23RD SEPT



LET'S #EMBRACEEQUITY FOR CARERS THIS INTERNATIONAL WOMEN'S DAY

080323_IWD2023_Carers-Australia-Media-Release.pdf
(carersaustralia.com.au)

This International Women's Day 2023 encourages us to start conversations about why equal opportunity is not enough, what gender equity means, and how it can lead to equality. In celebration, Carers Australia is recognising the integral role women have as carers within Australia and that gender equity cannot be achieved without adequate support for carers. There are over 2.65 million carers in Australia and data show that 7 out of 10 primary carers are women. Across nearly all age groups, women carers outnumber men. Many women already face disadvantage due to ongoing discrimination on the basis of gender. This discrimination can take many forms such as the gender pay gap, barriers to full and equal participation in the workforce, and exclusion in relation to domestic and other family responsibilities. For the many women who also take on the role of carer to a family member or friend, they may face additional obstacles in accessing opportunities and maintaining their own wellbeing and financial security.

"Every day, carers do unpaid work that is essential to our society and our economy. The majority of the carers fulfilling this work are women." said Alison Brook, Carers Australia CEO. "They do not need to be facing additional disadvantage for undertaking this vital role." Despite the contribution carers make, carers encounter ongoing barriers impacting on their physical, mental, and financial wellbeing. Carers Australia's *Caring Cost Us* report found that: • Many carers struggle to maintain participation in paid employment. Working-aged carers are less likely than their peers to be employed, and carers are often underemployed. • Being a primary carer is associated with an average loss of \$392,500 in lifetime earnings and \$175,000 in superannuation at age 67. Additionally, the 2022 *Carer Wellbeing Survey* found that carers are heavily impacted by stress, with more than half of carers experiencing low wellbeing. "Understanding the impacts of the caring role is just the start," said Ms Brook. "We must make it a priority to provide accessible and sufficient supports for Australia's carers in order to enable their participation in society. Equitable action is necessary for inclusion and belonging. This is as true for carers as it is for women everywhere."

TO WHOM I MAY CONCERN – A PERFORMANCE SHARING A POWERFUL INSIGHT INTO LIVING WITH DEMENTIA.

<https://grouphomes.com.au/news-blog/to-whom-i-may-concern/>



In February 2023, the first public Australian performance of To Whom I May Concern® hit Sydney. A unique collaboration between Group Homes Australia, the Australian Chamber Orchestra and Dementia Australia, the live stage performance saw individuals share their poignant and uniquely personal experiences of living with dementia and mild cognitive impairment through verbatim theatre and music curated by the Australian Chamber Orchestra.

Group Homes Australia Founder and Executive Director, Tamar Krebs said: "We are proud to partner with the Australian Chamber Orchestra, UNSW and Dementia Australia to change the narrative around dementia diagnoses and highlight a need to reimagine living with dementia." In a bid to ignite conversations within the community, To Whom I May Concern® shifted perceptions and helped erase stigmas, redefining the possibilities for those living with dementia.

The result of several months of facilitated group conversations around personal experiences of life with dementia, To Whom I May Concern® distils these stories, bringing to the stage key moments; from noticing initial changes in their lives, to receiving and sharing their diagnosis with others, through to the process of learning to adjust their daily lives, and their hopes for the future. Congratulations to our co-chair, Val Schache, for her contribution to this collaboration.

NEW TOOL TO HELP GPs ASSESS ABILITY TO SAFELY DRIVE WITH DEMENTIA

<https://www.thesenior.com.au/story/8038593/driving-with-dementia-when-to-stop/>

How can a doctor gauge whether a person living with dementia can safely drive? University of Queensland researchers believe they have the answer.

They are working with people living with dementia to develop an online driver safety test that can be performed by GPs in their surgeries.

About 472,000 Australians have dementia and there is currently no clear line when driving is deemed unsafe.

Dr Theresa Scott, from the university's School of Psychology, said there are many negative impacts when people are forced to stop driving. "Flaws in current driving tests mean people living with dementia are sometimes given no formal assessment, or they are told they have to stop driving as soon as they are diagnosed even when they could continue driving safely. "Some people don't accept the decision to stop driving as they feel they haven't been fairly assessed, and continue driving, which puts them and others at risk.



Dr Theresa Scott and dementia advocate John Quinn discuss the online driver safety test. Picture supplied.

Our new fitness-to-drive assessment is the first reliable and valid test that incorporates real on-road footage and gives the person a 'behind-the-wheel' driver's perspective."

The video-based assessment is based on the hazard perception test, which was used as part of the Queensland Government's driver licencing system and was developed by UQ's Professor Mark Horswill and Dr Andrew Hill, who are also involved in this project. Limestone Medical Centre partner and UQ Faculty of Medicine's Emeritus Professor Geoff Mitchell said the assessment tool would be hugely beneficial for GPs when they assess people living with dementia.

"Current office assessments conducted by GPs are fraught with risk, but the fitness-to-drive tool will mean GPs won't have to rely on paper and pencil tests that have no association with on-road driving ability," he said.

"Currently the tools available are blunt instruments, and GPs heavily rely on memory tests and opinions of loved ones.

"To have a tool that is practical, accepted and reliable will be welcomed by all GPs who look after people with dementia.

"It will also help reduce the risk of fractured relationships with patients when refusal to grant a licence occurs or GPs have to refer the person for further testing."

Awarded \$1.3 million under the federal government's Medical Research Future Fund, the Navigating Fitness to Drive with Patients with Dementia project also involves UQ Professor Nancy Pachana and is expected to be available by 2025.

CO-CHAIR - Val Schache - Person Living with Dementia



Welcome to DIB newsletter No 2. It is important for our members and community to be updated with what the committee is doing. Please feel free to connect with us over any concerns, issues or ideas. My role as a PLWD Chair has gone from very hands on in 2016 to a more overseeing/ consultancy role as the committee has developed. I'm extremely proud of our achievements and tell of our alliance being incorporated and having charity status, a first, when talking with other alliance and dementia advocates. I'm active with many other state and national advocacy and research groups so can bring current views and issues to help guide our committee for best outcomes.

It has been a busy start to the year with the Australia Day celebrations where our Treasurer Kelli Potts and the DIB received public commendations for activities in the Ballina Shire in 2022. Chair, Anne Moehead and myself represented DIB to receive the award. The Music Muster was a success. We are grateful for sponsorship and grants and donations to hold more events. We use every opportunity including social media to inform and educate. The planning committee is very busy for events in 2023.

Monthly steering committee meetings are held where the vision, values and goals of the group are at the forefront of the agenda and outcomes and everyone's input is welcomed. The weekly Aero club meetings with the varied activities are valued. The Café Sebastian meetings for a cuppa and catch up on the 2nd Monday of the month at 10.00am continue and we enjoy the pikelets that are cooked by the owner's mother. Please be extra kind to yourself. Continue to be informed on best practices for people living with dementia and the supporters. Remember that a little bit of help can make a lot of difference as DIBA is doing at many levels. I wish you blessings and a safe time/ travel over the Easter Season and beyond. Val

WEDNESDAY ACTIVITY UPDATE - Meg Pickup



The Wednesday Activity Group has gone from strength to strength.

The purpose of the activity group is to provide opportunities for people living with dementia to thrive. Participants are encouraged to tell stories, jokes, sing, dance and play percussion instruments with the performers. These gatherings provide a welcoming and safe environment where people understand each other, share and connect. One carer has commented that she appreciates the opportunity to attend because she and her husband do not feel that they are being judged.

The program commences with gentle exercises followed by conversation over a delicious morning tea. People are then invited to participate in our choir and then share a joke or funny story. The choir singing is of such a good quality that we will be looking to do performances later in the year.

You are welcome to attend if you are a person living with dementia or care for a person living with dementia regardless of where you live.

WHERE: Ballina Aeroclub (located at the Ballina Byron Gateway Airport, off Southern Cross Drive near the Ballina Community Recycling Centre)

WHEN: Every Wednesday (except Public Holidays)

TIME: 10:30am - 12:30pm

COST: \$5 (DIB Members) \$7 (Non-Members) The cost for DIB Membership for a PLWD and their carer is \$5

I would like to thank the volunteers without whose support the activity group would not exist and the participants who help make the activity group a rewarding experience for all who attend.

DIGITAL LITERACY TRAINING OFFICER - Susan Burgess



It has been exciting to get our Digital Literacy Group starting their new digital learnings. The exciting aspect is that we can provide reliable online information to help those in the group to be able to safely connect with others online. Our first week involves an introduction to the program, accessing the internet and how to be safe when linking to websites. Our second week involves Internet Banking and meeting the individual goals of all participants. If needed we are able to loan Samsung Tablets to those in the group to enable them to practice their learnings at home and we have the ability to extend the program.



ADVISORY GROUP CHAIR - Gwen Mapstone

As Chair of the Advisory Group I have attended meetings of the Dementia Inclusive Ballina Alliance Committee via Zoom. The committee is very active and support the activities of our Wednesday Group. It's now March already and our activities for the first part of the year all begin with the letter **M**. 1/ **Movement** - our easy exercise program; 2/ **Music** - singing many melodies and our voices are getting stronger; 3/ **Musicians** entertaining; 4/ **Many drums** - a great time was had by all at the drumming activity; 5/ **Memories and Mind** - looking at pictures and thinking of what the picture represents to us - talking about the emotions that certain images evoke in us; 6/ **Making friends** - Meeting each week together. The highlight is 7/ **Morning Tea!** Thank you for everyone joining in and helpers who support our people living with dementia and their carers.

WATCH THIS SPACE



Digital Literacy Training - Enrolling Now!

We are putting a waitlist together of people that are interested in learning new or more skills about using mobile phones and computers, including cyber security, telehealth and much, much more. We will offer free sessions in the months ahead. All levels are welcome.

Registration:

dementiainclusiveballina@gmail.com

or phone Sabrina Pitt on 0429 455 720

Dementia Symposium - Save the date!

Friday 22nd & Saturday 23rd September, 2023

The DIB Committee is planning a two-day education event, 'Future Fit' our Dementia Community. The Australian Association of Gerontology (AAG) has agreed in principle to work with DIB to hold the event.

Day 1: For people living with dementia, their carers and interested community members.

Day 2: For professionals working in the field and interested others.

A range of dynamic speakers have accepted our invitation to present, and Mandy Nolan will MC the event. Stay tuned for further details regarding cost, registration process and presenters.

MEMBERS SAY



Thank you for this wonderful morning – really helps our lives. (Anon)

I look forward to coming here. I wouldn't miss it for anything. (Anon)

Thank you so much. I'm so lucky to belong to this wonderful group. (Robyn)

Great day. Great group. (Valda and Gordon)

The group is helping Percy a lot. Thank you. (Glenda)

Very well prepared. Love the whole lot. (Rod)

Keep up the singing. I loved the singing. YES! (Anon)

Love coming to a friendly morning helps carers as well as my husband to get out among others that understand and don't judge us. (Judy)

Thank you for accepting us into your happy group. (Lyn and Joe – first attendance of new members)

Thank you to Billy for making it another special day for all. (Judy and Dick)

I feel very welcomed. (Norma)




**CAFE SEBASTIAN
BALLINA FAIR SHOPPING CENTRE**

Dementia Cafe
For people living with dementia and their carers

A safe space for people to come together and make new connections

When: 2nd Monday of the month
(There will be no April Cafe due to Public Holiday)
8th May, 12th June, 10th July, 14th Aug,
11th Sept, 9th Oct, 13th Nov, 11th Dec
Time: 10am - 12pm
Where: Cafe Sebastian
Ballina Fair Shopping Centre
Contact Mel 6499 820 735
www.dib.org.au

Like Us On Facebook | Follow Us On Instagram





Dementia Inclusive Ballina & The Australian Association of Gerontology

Presents

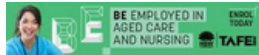
Future Fit Our Dementia Community Symposium

Friday 22nd September 2023
Event for People Living with Dementia, their supporters and other interested individuals

Saturday 23rd September 2023
Event for professionals working in dementia support

SAVE THE DATE!
MC - Mandy Nolan
More details coming soon

Like Us On Facebook | Follow Us On Instagram



NEED SUPPORT

MY AGED CARE

Information and access to aged care services
1800 200 422
www.myagedcare.gov.au

THE CARER GATEWAY

Information about emergency respite and carer support
1800 422 737

THE DEMENTIA OUTREACH SERVICE

Dementia advice and support
Ballina Community Health
02 6620 6274

CARERS NSW

Information for carers
02 9280 4744

DEMENTIA AUSTRALIA

24 HOUR HELPLINE
1800 100 500
www.dementia.org.au

FORWARD WITH DEMENTIA

Information for people living with dementia, carers and health professionals
www.forwardwithdementia.au

NSW ELDER ABUSE

HELPLINE
1300 651 192
www.eapu.com.au

BYRON SHIRE RESPITE CARERS COFFEE CLUB


Support group for carers
Emma White - 02 6685 1629



Wednesday Activity Calendar 2023
WEDNESDAYS, BALLINA AEROCUB
10:30AM - 12:30PM

- 29th March Drumming & Percussion Instrument Activity
- 5th April Easter Activity and hat parade
- 12th April Take Your Pick- Games, Art, Discussion
- 19th April Singing with Joan and Peter
- 26th April Anzac biscuit making
- 3rd May Drumming & Percussion Instrument Activity
- 10th May Joint mural making activity - "Beef and Reef"
- 17th May Singing with Joan and Peter
- 24th May Walk followed by BBQ in Missingham Park
- 31st May Bingo
- 7th June Take Your Pick- Games, Art, Discussion
- 14th June Joint mural making activity - "Beef and Reef"
- 21st June Singing with Joan and Peter
- 28th June Scone baking
- 5th July Connecting with emotions activity
- 12th July Joint mural making activity - "Beef and Reef"
- 19th July Singing with Joan and Peter
- 26th July Drumming & Percussion Instrument Activity

Cost: \$5 Members \$7 Non-Members
(with exception of certain activities requiring extra charges)
Contact Mel O'Reilly dementiainclusiveballina@gmail.com 0499 820 735
dib.org.au



BEATING HEARTS OF LISMORE
Is a FREE, volunteer led, weekly social gathering for older people living in the Lismore area.

Where: Lismore Heights Sports, Recreation and Community Club
High Street, Lismore Heights (downstairs, enter from carpark)

When: Mondays (excluding school and public holidays)

Time: 10-11.30am