

**HEALTHY**  
**NORTH COAST**

**phn**  
NORTH COAST  
An Australian Government Initiative

# LIVING WITH DEMENTIA ON THE NORTH COAST BOOKLET

September 2023



# Healthy North Coast

Healthy North Coast covers the combined geographical regions of Northern NSW local health district and Mid North Coast local health district

Approximately 520,000 people live on the North Coast spread across the region in diverse locations.



# Healthy North Coast

The role of the PHN is to:

- Assess the health care needs of the community we service
- Support health providers to connect with each other in order to ensure integrated health services to create a better experience for people (eg Clinical Societies)
- Encourage better use of health resources and eliminate service duplication.
- We commission projects to enable access to GP's and specialists, develop quality improvement tools & keep accurate and evidence-based health pathways to be used by primary health providers.
- Developing an Ageing Strategy

# Healthy North Coast

Some Commissioned services:

[North Coast Health Connect](#) 1800 198 888

24/7 RN helpline

Care finders: [EACH](#) and [Footprints](#)

Help for vulnerable older people to access support and services

[Head to Health](#) 1800 595 212

Mental Health support and referral



# HNC dementia resource

## Background

- All 31 PHNs received funding from DoHAC to develop a 'consumer pathway'. To include national, state and local information on services and supports
- HNC Engagement – significant input within the sector and people living with dementia and families / carers **(thank you)**

**Feedback:** local supports to be included, not a big book, need for printed copies.

- Health professionals not providing information when diagnosed



### Learning to live with dementia and steps on the journey

If you have recently been diagnosed with dementia, there is a lot of information and resources out there to help. While everyone's journey will be different, following Steps 1-5 in particular in the first six months after your diagnosis, can help you to plan ahead.

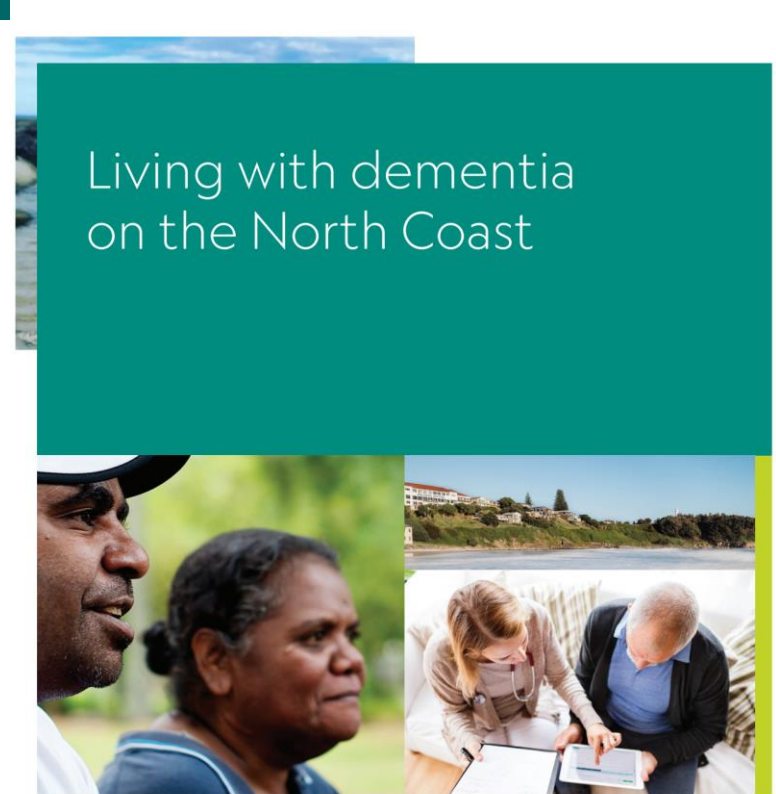
#### Steps on the journey

- Step 1. Who can I talk with?
- Step 2. Working with your local health teams
- Step 3. Getting around
- Step 4. Planning your future
- Step 5. Staying healthy and active
- Step 6. Staying safe
- Step 7. Adapting as your health changes

# PHC dementia resource

## Delivery

- ✓ Booklets printed (**5,000**) and distributed to GPs, pharmacies, libraries
- ✓ [Dementia webinar](#) to promote to GPs
- ✓ Evaluation and monitoring framework completed and underway
- ✓ Embedding of consumer pathway into general practice through newsletter and [Quality Improvement](#)
- ✓ E.version of the [booklet](#) on HNC website



## Evaluation to date:

- Very positive feedback:
  - Survey to people living with dementia and carers, GPs and service providers
  - Request for additional copies from 7 GPs/specialists
  - 8 GP Quality Improvements undertaken (MNC)
  - Roughly 100 copies left
  - First quarter increase to HealthPathways dementia related section of 267% from previous year.
- <https://hnc.org.au/programs/healthpathways/>
- 127 downloads of e.version

### Next Steps:

- Incorporate any feedback from DAW events
- Second Print run
- More webinars in November and 2024



**Living with dementia on the North Coast**

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North Coast PHN Program  
hnc.org.au

**Have you or a family member recently been diagnosed with dementia?**

The *Living with dementia on the North Coast* booklet provides an outline of the steps to take on the dementia journey.

**Access the booklet at:**  
[hnc.org.au/resources-and-education/#community-member](https://hnc.org.au/resources-and-education/#community-member)

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The *Living with dementia on the North Coast* booklet has been developed by Healthy North Coast and funded through the North Coast PHN Program. The PHN Program is an Australian Government initiative.

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# HNC Team Contact details

Judy Bartholomew

Healthy Ageing Coordinator MNC: [jbartholomew@hnc.org.au](mailto:jbartholomew@hnc.org.au)

Ashleigh Childs

Healthy Ageing Coordinator NNSW: [achilds@hnc.org.au](mailto:achilds@hnc.org.au)

Bron McCrae

Healthy Ageing and Nursing Adviser: [bmccrae@hnc.org.au](mailto:bmccrae@hnc.org.au)

Vanessa Gee

Senior Manager Palliative and End of Life Care: [vgee@hnc.org.au](mailto:vgee@hnc.org.au)

- Website: <https://hnc.org.au/>