



THE DIBA



The official newsletter of The Dementia Inclusive Ballina Alliance



A Dementia-Friendly Community is friendly for everyone.



DEMENTIA ACTION WEEK 2024

Raise your awareness and understanding

- Around two-thirds of people living with dementia live in the community. Learning more about dementia can help you support them.
- A lack of knowledge and understanding of dementia may lead to people living with dementia experiencing stigma and discrimination in the community.
- People living with dementia are often told they 'don't look like they have dementia' because they don't present, speak or act in a way the community expects. What people can't see they don't understand and what they don't understand they tend to avoid.

Include, encourage, empower

- Create opportunities for people living with dementia to contribute so they stay connected and engaged in their communities.

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

dementiainclusiveballina@gmail.com
www.dementiainclusiveballina.org.au

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 - SEPTEMBER IS DEMENTIA AWARENESS MONTH

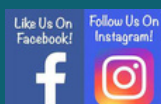
UPCOMING EVENTS - 2024

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

DEMENTIA CAFE
 10AM-12PM CAFE SEBASTIAN 2ND MONDAY MONTH

YOUNGER ONSET DEMENTIA CARER SUPPORT PROGRAM
 10-12PM EVERY 1ST FRIDAY OF THE MONTH,
 LOCATION: SUMMERLAND FARM, ALSTONVILLE

DEMENTIA INCLUSIVE BALLINA SYMPOSIUM
 25TH OCTOBER BALLINA RSL CLUB



- Communities play a critical role in encouraging inclusivity, respecting the rights of people with dementia and facilitating access to the services, supports, activities and spaces to which every Australian is entitled.
- Try to create opportunities for people living with dementia to contribute. This helps individuals stay connected and engaged in the community. People living with dementia can still participate in many activities, have hobbies and engage with community groups. Take the time to find out what someone might like to get involved in and how, and if they might need a little extra support in order to participate
- Sometimes the simple act of asking can make someone feel included, encouraged and empowered.

Communication is key

- Listen to people living with dementia with respect and an open mind. Body language can show that you are engaged and present.
- How people living with dementia will communicate may change over time and even from day to day. The more you can listen with respect and an open mind, the better you can adapt to changing needs.
- There are simple actions you can take to make someone living with dementia feel heard and included.
- Invite someone with dementia to share their ideas. Notice when someone needs more time or space to be an active contributor to the conversation.
- Take time to find things you may have in common and ask questions which could lead to an inclusive conversation, such as 'what made you want to move to this town?'
- Be in the moment and listen with the heart.
- You may need to use hand gestures and facial expressions to make yourself understood. Body language can show that you are engaged and present.

Help us to make our local environment dementia-friendly

- Find ways to connect and introduce yourself to people in your community. Simple gestures like saying 'hello' and showing kindness can make a big difference.
- Look for ways to connect and introduce yourself to people in your community who may be impacted by dementia.
- It can also be helpful to introduce yourself each time you meet with a simple greeting using both your name and theirs, such as 'Hi Joan, it's Chris from the hair salon, how are you?'
- If someone has stepped away from your services or community group, see if you can check in and see how they're going.
- There may be some simple actions each of us can do to support our community.

Want more information?

you can visit the Dementia Australia

website: <https://www.dementia.org.au/living-dementia/home-life/creating-dementia-friendly-home>

CO- CHAIR - Val Schache

Welcome to our Spring Edition of the DIBA

As Co Chair I attend activities as I am able. My advocacy role

with Dementia Alliance International continues with peer to peer support groups

I advocate all of us to join the Step Up for Dementia research

<https://www.stepupfordementiaresearch.org.au/> as it's a central body for dementia and more people of all ages and health are needed.



How it works

StepUp for Dementia Research connects people who want to participate in dementia-related research with researchers looking to recruit participants for their studies. Their software matches participants who have the relevant characteristics (location, age, health condition, etc). with researchers looking for those characteristics in their study participants.

When registering as a volunteer, you will be asked simple questions about yourself or the person you are registering. This includes address, date of birth, and a brief medical history. Once you have registered, you can revisit your record and add extra information at any time – this improves your chance of matching to studies. For example, you can list any medications you take or update sym

It's as easy as...



Please support the DIBA symposium with the emphasis on building resilience and reducing risk factors in dementia - mainstream now from pioneering researchers benefiting our future

Thank You especially to the key people in DIBA and the Young Onset Dementia group

WEDNESDAY ACTIVITY UPDATE - Meg Pickup

Since our June newsletter Wednesday activities have been busy with increasing numbers attending.

Our meetings are commenced by bringing everyone up to date on upcoming events, practical information, birthday wishes, greeting new members, followed by our exercises. Joan conducts us with a melody of singing before our morning tea and activities.

July started with our 2nd Birthday celebrations. The Aero Club venue was decorated with the tables laid out with fine China cups and saucers, lots of colour and an amazing Birthday Cake provided by Jeanette Dunn who also joined us. Ballina Mayor Sharon Cadwallader was a special guest and joined in with our singing, which was followed by a delicious morning tea and birthday cake.

We also held our Christmas In July party – again our volunteers prepared a lavish luncheon function. The luncheon and the room's festive décor had us all in a festive mood. Joan had us singing for our lunch with lots of Christmas songs and Robert had organised a very clever puzzle activity based on tangrams which had us all engrossed.

As part of the Birthday celebrations a Lucky Door raffle was held for a large Anthurium plant in a beautifully decorated pot done by Judy. The large group of members who attended expressed their thanks for our birthday celebration party

We celebrated our own Olympics with the 'LYMP-IC' flame doing several laps inside the club. We then all got down to the serious business of competing. Lots of laughs and friendly rivalry.

Planning is now underway for our 2025 Calendar. All members will be asked to paint, draw or create a page for the calendar. These will be submitted to the Activity Committee to choose 12 artworks for the Calendar that will go on sale towards the end of the year.

The DIB Committee and Advisory Group both made successful applications to Carers NSW for funding to hold a carers luncheon on October 18. We now have \$1000 to hold a joint luncheon, which has been booked at Crowley Care.

Dementia Action Week will be held from Monday 16 September to Sunday 22 September and this year's theme is "Act Now for a Dementia-Friendly Future."

As part of this, on Thursday 19th September we will be holding an Information Session from 9am to 3pm at the Ballina Fair Shopping Centre to hand out pamphlets and provide information on what DIB provide for both people living with dementia and their carers



ADVISORY GROUP CHAIR - Sandra Signorini

Fundraising helps to fund our Wednesday activities, and with Meg putting in an extraordinary effort we had several fundraisers over the last couple of months.



The fundraiser at the Tintenbar Up Front- **see photos below** was well attended with more than 80 people attending. A range of performers entertained us with belly laughs from Poet Tony Koelner, Indie folk singer Anon Brae, The Songbirds singing beautiful acapella harmonies and finished with Shannon & Malcom rendition of some much-loved songs.

Our volunteers excelled themselves in catering for this function – the spread was commented on by everyone. More than \$1200 was raised, a valuable addition to our coffers. We hope to hold two more fundraisers with Tintenbar Up Front next year in February and August.

We also ran two raffles with beautiful planted mosaiced pots created and donated by Judy This raised \$284.14 with the assistance of Copy That @ Profsec and Loida's Garden Centre Alstonville who sold the tickets on our behalf. Thank you, Judy, for the lovely pots.

We will also be holding a BBQ at Bunnings on September 14th with the support of Home Instead staff. A big thank you to Leigh Matthews from Home Instead for organising this for the second year.

Sandra Signiorini
Advisory Group Chair



Membership Update with KylieStrom



As the new membership coordinator, I have the very important job to keep our membership database updated. This requirement forms part of our constitution and involves keeping your details up to date to keep you abreast of dementia related local activities, topical articles or programs of interest and to also invite you to be an important part of our amazing initiatives!

Our membership cycle for renewal starts on December 1 each year except for people who joined from September 1 to November 30 in the same year. New members are very welcome

The annual subscription fees are as follows:

A. Individual Concession \$5.00 - Person with dementia, Carer/Advocate, Pensioner, Student

B. Doubles Concession \$5.00 - for two people: Person with dementia and carer /advocate

C. Full fee \$15.00 - All other individual membership

Fees can be deposited directly to:
Summerland Bank: Dementia Inclusive Ballina
 BSB: 728 728 Account number: 2233 4456

PLEASE NOTE YOUR INITIAL, FAMILY NAME AND MEMBERSHIP ON YOUR TRANSACTION
E.G., A SMITH MEMBERSHIP

DONATIONS ARE VERY WELCOME

If you have any feedback or wish to cease your membership, please do not hesitate to contact Kylie Strom on 0401 648 938 or email dementiainclusiveballina@gmail.com

I have also been busy with updating all our policy documents and making a concerted effort that our group has sound governance and meets the expectations of our members. Thanks to Meg and Ian for their support in these endeavors.



Younger Onset Dementia Carer Support Group by Dr Sabrina Pit



What have we been up to?

The last three months have again been busy! We thank all those who have helped us organise activities and supported our work.

- In July we completed a focus group on how the last 12 months have been and what the benefits and challenges are of our new group, and how we can improve. The results will be published.
- We have also been writing several grants. We have been successful in a carers week grant. We have also been shortlisted for another grant.
- We have promoted our group in a national Special Interest Group on YoD.
- In August, we had a cup of coffee and a chat in Alstonville.

All things evaluation

In 2024, we started a more formal evaluation of our work to see what kind of impact we have. In this newsletter we discuss our 1st aim.

Aim 1: Sharing information to help with navigating the caring journey

Carers emphasized the value of exchanging knowledge and experiences. The monthly guest speakers were well-received, with attendees finding great benefit in learning about successful strategies employed by others. This collaborative sharing of insights helped alleviate feelings of loneliness and offered reassurance that others faced comparable difficulties. Additionally, there was a strong emphasis on enhancing understanding of available support systems, such as the National Disability Insurance Scheme (NDIS), which many found to be particularly useful.

Whats next?

- **Every 1st Friday of the month 10-12 noon at Summerland Farm, Alstonville.**
- **4th October**, we will welcome Honeybee. The topic will focus on respite care and what it is like to be living in a home.
- **25th October**, we will host a YoD session at the Symposium at Ballina RSL to increase carers and professionals YoD knowledge
- **October, we will also host a carers lunch.** Place and time to be determined. This is funded by the NSW Government Department of Communities and Justice.
- Please check our website for event updates.

Our group is not limited to Ballina. People are from across Northern NSW, so please share with your patients, clients, friends and family. When you talk to others, it will help raise awareness of young onset dementia and we can find other people who may just need some social connections with other people to feel a little bit better and heard!

We love to hear from you, please contact Sabrina on 0429455720 or admin@dementiainclusiveballina.org.au:

- If you are a professional & would like to share knowledge at a meeting or promote our work with your clients
- If you would like more information about attending an activity or meeting
- If you are interested in providing funding or in-kind donations for future activities.

I FELT LIKE A DEER IN THE HEADLIGHT ' NOT KNOWING WHERE TO GO AND WHAT TO DO, THE SUPPORT GROUP HAS HELPED WITH THAT! - CARER

**WEDNESDAY ACTIVITY
CALENDAR
2024**

September to October 2024

September-Dementia Action Week

4th: Artwork + Mural

11th: Museum box discussions

14th: **Bunnings Bar-B-Que Ballina**

come and join us for a sausage

18th: BBQ Pop Denison Park Ballina Games

19th:**Promotion at Ballina Fair**

Information stall

25th:The 189th Oktoberfest will be held at Munich's Theresienwiese from September 21 to October 6 2024. Let's celebrate with them

October

2nd: Music – October Fest Theme

9th: October Games Day

16th: Lismore Show starts tomorrow.

Let's celebrate our own show day with carnival games like ring toss, bucket balls, bean bag toss, ball darts. Special treats available

18th: Carers Luncheon

23rd: National Garden Week is October 13-19 2024

30: Pre-Melbourne Cup Day Sweep – winners announced next week + Halloween

November

6th: Drumming

13th: Music

20th:Music Cooking – Scone day

27th: Bingo

**NORTHERN RIVERS YOUNGER
ONSET DEMENTIA CARER
SUPPORT PROGRAM**

WHEN:

- FRIDAY 6 SEPTEMBER 10-12 NOON
- FRIDAY 4 OCTOBER 10-12 NOON
- FRIDAY 1 NOVEMBER 10-12 NOON
- FRIDAY 6 DECEMBER 10-12 NOON

WHERE: SUMMERLAND FARM,253 WARDELL ROAD, ALSTONVILLE NSW 2477

SEPTEMBER TOPIC: COFFEE

OCTOBER TOPIC: CARE HOMES & RESPITE

NOVEMBER TOPIC: TO BE ADVISED

OCTOBER EXTRA: CARERS LUNCH, DATE AND TIME TO BE DETERMINED. CHECK WEBSITE.

Phone Dr Sabrina Pit 0429 455 720

WATCH THIS SPACE

Younger Onset Dementia Program

Please get in contact if you are a professional or business that would like to get involved, a person living with Younger Onset Dementia, a carer or an interested member of the community who would like to volunteer.

Contact Dr Sabrina Pit 0429 455 720 or admin@dementiainclusiveballina.org.au

REGISTER NOW FOR EARLY BIRD DISCOUNT BY 15 SEPTEMBER 2024 for the Dementia Inclusive Ballina Symposium. A special meet up for YoD carers and their supporters.

**Fostering Resilience to Dementia
Recognising and Reducing Risk**

October 25th Ballina RSL

Carers Luncheon

**October 18 Crowley Care Ballina
this is a FREE event**



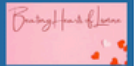
BALLINA AND SURROUNDS

SUPPORT FOR CARERS & PEOPLE LIVING WITH DEMENTIA

Every Monday
of school term
10am - 11:30am

BEATING HEARTS OF LISMORE

A SOCIAL GATHERING FOR OLDER PEOPLE
LISMORE HEIGHTS SPORTS, RECREATION AND COMMUNITY CLUB
HIGH STREET, LISMORE HEIGHTS
No need to register Not run on public holidays



2nd Monday of
month
10am - 12pm

DEMENTIA CAFE

FOR PEOPLE LIVING WITH DEMENTIA AND CARERS
CAFE SEBASTIAN, BALLINA FAIR
No need to register Not run on public holidays



3rd Monday of
month
2pm- 3pm

ONLINE CARER SUPPORT GROUP

FOR CARERS OF PEOPLE LIVING WITH DEMENTIA
ONLINE
[CLICK HERE TO JOIN MEETING](#)



Every Tuesday
of school term
1:30pm - 2:30pm

RALLY4EVER

FREE & FUN TENNIS FOR CARERS
BALLINA TENNIS CLUB, 69 BURNET STREET, BALLINA
[CLICK HERE TO REGISTER](#)



2nd Tuesday of
month
10am - 12pm

CARER SUPPORT GROUP

FOR CARERS OF PEOPLE LIVING WITH DEMENTIA
LISMORE WORKERS AND SPORTS CLUB, 202 OLIVER AVE, GOONELLABAH
No need to register



3rd Tuesday of
month
10am - 12pm

CASINO LIBRARY ACTIVITY

FOR CARERS AND PEOPLE LIVING WITH DEMENTIA
CASINO LIBRARY, 4 GRAHAM PLACE, CASINO
No need to register



Every Wednesday
10:30am - 12:30pm

DIB ACTIVITY GROUP

FOR PEOPLE LIVING WITH DEMENTIA AND CARERS
BALLINA AEROCLUB, GA ACCESS ROAD, SOUTHERN CROSS DRIVE, BALLINA
No need to register [VISIT WEBSITE FOR FURTHER INFORMATION](#)



3rd Wednesday of
month
10am - 12pm

THE CARERS COFFEE CLUB

FOR CARERS
HOTEL BRUNSWICK HEADS, 4 MULLUMBIMBI STREET, BRUNSWICK HEADS
Contact Emma White Phone: 66851629



Last Wednesday of
month
10am - 11:30am

BALLINA F2F PEER SUPPORT GROUP

FOR CARERS
CHERRY STREET SPORTS CLUB, 68 CHERRY STREET, BALLINA
Contact Chris de Brenni Phone: 0497176945



DEMENTIA INCLUSIVE BALLINA SYMPOSIUM 2024

FOSTERING RESILIENCE TO DEMENTIA - RECOGNISING & REDUCING RISK

An education event for professionals, carers, academics, and interested persons

- Renowned international presenters
- Latest evidence
- New insights
- Networking
- Lunch, morning & afternoon tea



Sponsors



Register Now

- Date**
25 October, 2024
- Time**
8:00am - 17:00pm
- Location**
Ballina RSL Club
1 Grant St Ballina NSW 2478

- Registration Fees**
Early bird by 15 Sept: Carer \$100, Professional \$180
Full fee: Carer \$120, Professional \$200
More Info: 0429 449 591

<https://events.humanitix.com/dib-dementia-symposium-2024>

www.dib.org.au

admin@dementiainclusiveballina.org.au



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

Beating Hearts of Lismore / LBH Ward C7 fundraiser

28th September 7pm Rochdale Theatre

<https://www.trybooking.com/events/landing/1280938>



BEATING HEARTS OF LISMORE

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

JOIN US:

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

Cost: FREE



Southern Cross University

