



THE DIBA



The Official Newsletter of The Dementia Inclusive Ballina Alliance



WELCOME TO OUR SPRING EDITION

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 - DEMENTIA AWARENESS WEEK 2025

UPCOMING EVENTS - 2025

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

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 AWARENESS WEEK 15-21ST SEPTEMBER NOBODY CAN DO IT ALONE

Dementia doesn't just impact the person living with the condition and their immediate carers; it also impacts their friends, family and wider social network. People living with dementia tell us that friends and family often drop away, not knowing how to interact with them once they have a diagnosis.

This leads to social isolation and loneliness and can further drive stigma and discrimination. With an estimated 433,300 Australians living with dementia and 1.7 million people involved in their care, chances are you know someone who is impacted by dementia.

This Dementia Action Week we challenge everyone in the community to reach out and reconnect to someone impacted by dementia because nobody can do it alone.

Global Statistics

- There are over 55 million people around the world living with dementia. Someone develops dementia every 3 seconds.
- The number of people living with dementia is predicted to rise sharply to 78 million by 2030 and 139 million by 2050.
- Dementia will be the 3rd leading cause of death globally by 2040.
- The economic burden of dementia is US \$1.3 trillion dollars every year, a figure that will more than double by 2030.
- 88% of people living with dementia indicate experiencing discrimination.
- More than 90% of carers and respondents from the general public said they would be encouraged to get a diagnosis if a disease-modifying treatment was available for dementia.

Global Statistics

- More than 80% of the general public believe that they can change the support provided to people with dementia through their vote.
- Over 50% of carers globally say their health has suffered as a result of their caring responsibilities even whilst expressing positive sentiments about their role.
- 50% of the costs for dementia are related to informal care.
- Globally, the annual number of unpaid informal care hours provided to people with dementia living at home is the equivalent of 67 million full-time workers.
- Women are most likely to provide care to people with dementia, both professionally and informally, with around two thirds of primary caregivers overall being women. This figure is significantly higher in low- and middle-income countries (LMICs), areas which will account for 71% of the global prevalence of dementia by 2050.
- Two thirds of people living with dementia are women.
- In LMICs, 90% of the care for those living with dementia occurs in the home.

Research shows that by responding to 14 modifiable risk factors, up to 45% of dementia cases could be delayed or even prevented. New diagnostics and disease-modifying treatments for Alzheimer's disease are being developed. The treatments can slow the progression of the condition. Health and care systems will need to adapt in order to ensure that those living with Alzheimer's disease can access them.

National Dementia Plans can act as a foundation to enable governments and healthcare systems to prepare.

SOURCE: [Alzheimer's Disease International](#)

FACTORS LINKED TO DEMENTIA RISK

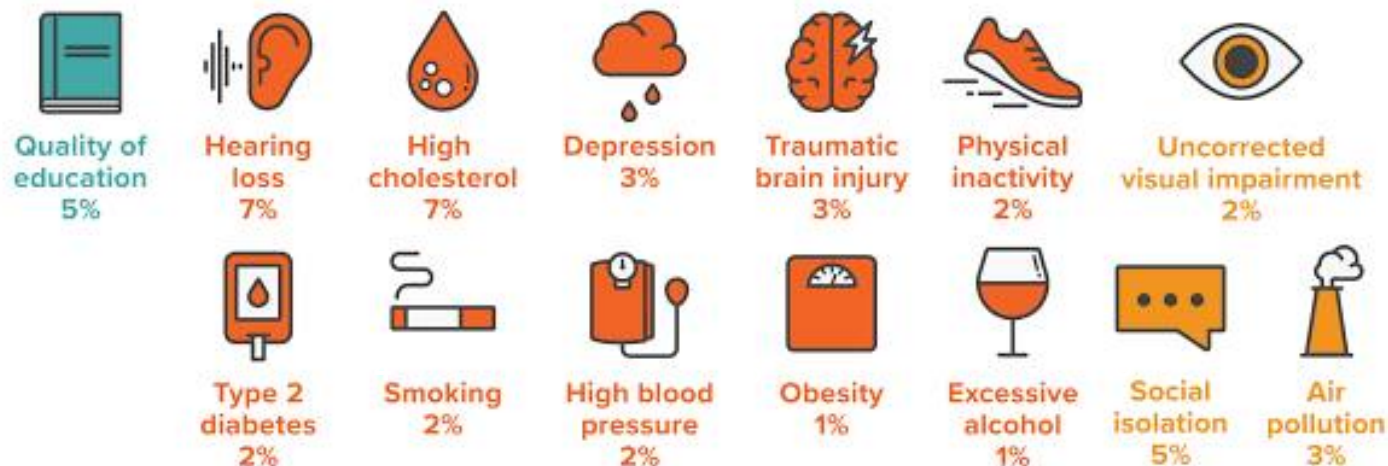
EARLY LIFE



MID-LIFE



LATER LIFE



The percentage figure refers to the reduction in worldwide cases if this risk factor were eliminated. In the UK, a 1% reduction = 10,000 people.

Adapted from The Lancet standing commission on dementia prevention, intervention and care, 2024.

ALZHEIMER'S RESEARCH UK **FOR A CURE**

Registered charity numbers - 1077089 & SC042474



CHAIR - Anne Moehead**SPRING BRINGS A FRESH VIEW OF LIFE**

We hope this newsletter reaches all our readers in good health following the recent cold and wet winter.

The coming months will be eventful, with September designated as Dementia Awareness Month and our fourth annual symposium on the importance of Social Connectedness scheduled for October 17th. **Scroll down to page 10 to register.**

Our planning team has been working hard for the past 8 months to ensure we will deliver an innovative and stimulating event. We are very fortunate to welcome an outstanding lineup of expert speakers, including keynote speaker Professor Henry Brodaty, UNSW Centre for Healthy Brain Ageing; Professor Vicki Flood, University Centre for Rural Health, University of Sydney; Ms Gautami Motupally, Program Manager – Western Sydney Alliance: Social Connectedness in Western Sydney; Dr Rachel Jones, Northern NSW LHD Geriatrician; Associate Professor Margaret MacAndrew, School of Nursing QUT; Dr Jennifer Mann, Healthy Ageing for Aboriginal and Torres Strait Islander people; local GP Dr Hilton Koppe and Dr Sabrina Pit, Work, Health and Ageing Researcher, for the Younger Onset Dementia Panel. I encourage all our readers to come along and join us for the day. I feel sure you will not be disappointed.

We are grateful to have recently received generous donations from the Scope Club of Ballina, Ballina Lions Club, and Summerland Bank Staff, as well as grants from Australia Post Community Grants and the Australian Government 2024-25 Volunteer Grants Program. As a volunteer organisation without ongoing funding, these contributions are essential in enabling us to provide support, resources, information, education, and activities to the Ballina community.

Our vision is: To respect, support and empower people living with dementia and their carers. Our team is confident that we are achieving results that exceed expectations given our current resources.



WEDNESDAY ACTIVITY UPDATE - Meg Pickup

The Activity Group continues to meet the needs of people living with a dementia and their carers. We are still averaging 30 people attending each week. The group has the feel of a warm and welcoming family gathering. The feedback is positive with the people commenting on the variety of activities. They value the commitment made by the volunteers some of whom are carers and others who give of their time to help make the Activity Group a valuable meeting place.

The usual program of gentle exercise followed by choir singing and morning tea then an activity that varies from week to week is working well. Morning tea is always a treat with some people saying that this is the best part of the day. Jeanette Dodd continues to make the most delicious cupcakes, which she often themes, Valda cooks beautiful cakes, slices and biscuits and Rosemary provides gluten-free treats.

Since the last newsletter the group has participated in scone making, reminisced with the museum box, listened to a presentation on the Kokoda Track as part of armchair travel and celebrated our third birthday on July 2 where in addition to our usual activities, we served a well-received meal of pies, mushy peas, mashed potato and gravy. The birthday cake, a highlight of the day, was made by member Anne and iced by her daughter Corinna. Anne also made three small gluten-free cakes. Helen Jarvis entertained us. Another highlight of the month was celebrating Christmas in July. Tables were set with white table clothes, and red and green serviettes. We used our sets of matching cups, saucers and plates. We catered with dips, chips, Christmas cake and chocolates and a main meal of ham, turkey, tossed salad, rice salad and coleslaw followed by plum pudding and custard. Chris Carroll, former professional musician, entertained the group playing guitar and singing Christmas carols and other songs. The group expressed their appreciation to the efforts of the volunteers to create such an enjoyable occasion.

The group has started creating artworks for the 2026 calendar. We are also enjoying playing Scattergories a new game donated to the group by Michael Powys. Music with Stan Blundell is still popular with some people getting up to dance causing Stan to change the music he planned to play.

I cannot thank the volunteers enough for their support each week. The team is like a well-oiled machine, making the group the success that it is. Their commitment to the group is priceless. People know what needs to be done and there is always someone ready to take on tasks. The group fulfils such a need that it is the highlight of the week for me. May it continue to go from strength to strength.



ADVISORY GROUP CHAIR - Sandra Signorini

As we welcome the vibrant blooms of spring, we are reminded of the beauty and resilience that life brings, even in the face of challenges. Just as flower bulbs emerge from the ground, so too do the opportunities to enhance the lives of those living with dementia and their caregivers. This season let's explore how we can nurture these connections and bring a little goodness into our daily routines.

Caring for someone living with dementia can be both rewarding and challenging. As their condition evolves, it's essential to understand how changes in their environment can significantly impact their well-being. Simple adjustments, such as creating a calming space filled with familiar items or incorporating sensory elements like flowers and plants, can make a world of difference.

While the responsibilities of caregiving can be overwhelming, it's crucial to take a moment to appreciate the joys that come with it. Celebrate the small victories, whether it's sharing a laugh, enjoying a sunny day outdoors, or simply holding hands. These moments of connection can be incredibly fulfilling and serve as a reminder of the love that binds us.

As caregivers, it's easy to forget about your own needs amidst the demands of caring for others. Remember, taking time for yourself is not just important; it's essential. Whether it's a quiet cup of tea, a walk in nature, or engaging in a favourite hobby, self-care helps recharge your spirit and enhances your ability to provide care.

Our DIBA (Dementia Inclusive Ballina Inc) Advisory Group is committed to identifying the concerns and needs of individuals living with dementia and their caregivers. Through ongoing discussions and feedback, we aim to address the challenges faced by our community. Your voice matters! If you have insights or suggestions, please don't hesitate to reach out. Together, we can create a more inclusive environment for everyone.

Don't forget that you are not alone on this journey. Our community offers a wealth of resources designed to support caregivers. From respite services to support groups, there are many avenues available to help lighten your load. We encourage you to explore these options and reach out for assistance when needed.

As we embrace the beauty of spring, let's commit to nurturing both our loved ones and ourselves. Together, we can create a supportive and loving environment for those living with dementia. Thank you for your continued dedication and compassion.





CWA RECIPE SEASONAL VEGETABLE SLICE

Preparation

Line a slice pan with baking paper
Temperature: moderate oven 180C
Total Time: 30-40minutes

Ingredients

400g of mixed seasonal vegetables
or whatever is your favourite(roughly chopped)
1 medium onion (chopped)
2 slices of ham
1 cup self-raising flour, sifted
Salt and pepper to taste
½ cup of oil
4 eggs

Method

Mix vegetables, onion, cheese, ham,
sifted flour salt and pepper together.
Add oil and eggs, lightly beaten.
Spoon mixture into pan and
cook in a moderate oven for 30-40 minutes

Enjoy!

from 'Love food, Hate waste'.



GOVERNANCE UPDATE - Kylie Strom

We've recently updated our Privacy Policy to make sure we're meeting the requirements of the Australian Privacy Principles (APPs) under the Privacy Act 1988 (Cth).

You can read the updated policy on our website:

👉 <https://dementiainclusiveballina.org.au>



At DIBA, we're committed to continuous improvement and keeping our policies up to date. This helps us support best practice for our community, members, volunteers, and the steering committee.

Thank you for being part of our dementia inclusive community.

A WORD ON MEMBERSHIP

Please encourage people in the community to join us....Your membership is what keeps us going.

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: 22334456

PLEASE NOTE YOUR INITIAL, FAMILY NAME AND MEMBERSHIP ON YOUR TRANSACTION

**E.G., A SMITH MEMBERSHIP
DONATIONS ARE VERY WELCOME**

For enquiries re membership contact

Kylie Strom on 0401 648 938

or email dementiainclusiveballina@gmail.com



Getting to know our committee: Ian Johnston

I am eighty years old and a retired Clinical Geropsychologist, I have lived in the Northern Rivers area since 1998 when I moved here to work for the Northern Rivers Health Service. In my profession I was responsible for the diagnosis and management of all types of dementia. My interests since retirement are Yachting, Golf and Bridge. I have been married for 56 years, have two sons and eight beautiful grandchildren. I hope through participating in the Dementia Inclusive Ballina Alliance, I can continue to offer some guidance and assistance to both the carers and people living with dementia.

Younger Onset Dementia Carer Support Group by Dr Sabrina Pit

What have we been up to?



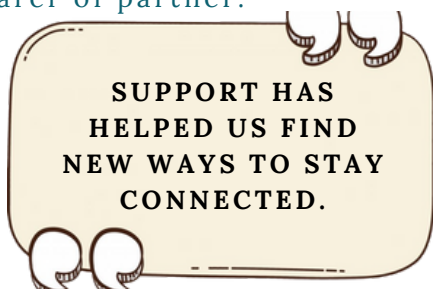
All things evaluation

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 aim around caring for the carer to avoid burnout

Aim: Improved self-care

Hot tips from other carers:

- *"It took a lot to convince me to go on a trip to Europe with my sister. But I loved it and do not regret it all."* Mother of child with Younger Onset Dementia
- *"The NDIS Support keeps me able to keep working, I don't want to retire just yet."* Male carer of partner.



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 younger 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 be 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
- If you are interested in providing funding or in-kind donations for future activities.

- We have been busy this winter. We thank Australia Post for funding many of our activities in 2024 and 2025.
- **5 September**, we had Sarah and Karen from Careworks Disability Support as guest speakers to discuss various aspects of NDIS services, including the different aspects of registered and unregistered NDIS service providers. Many questions were answered!
- **1 August**, we held a coffee meeting informal chats.
- **4 July**, Caitlin from Able and Rose did a talk on support coordination and plan management. Discussions centered around the recent NDIS changes, how to build people's capacity, and how to manage NDIS plans effectively.
- We were successful in securing a grant from Carers NSW to celebrate Carers week and will have a lunch 10 October. We welcome all people who have a loved one with younger onset dementia to join us, including children.

Whats next?

- **Every 1st Friday of the month 10-12 noon at Summerland Farm, Alstonville.**
- Please check our website for event updates and presenters.
- Carers can join our **WhatsApp group** to easily share updates, events, and thoughts with each other or seek advice or support.
- **10 October**, FREE Carers Lunch funded by Carers NSW held in Ballina. Place to be confirmed. RSVP.
- **17 October**, Younger Onset Dementia Panel at the Annual Symposium at Ballina RSL (attended by over 120 people to raise awareness in the community). **Book tickets for full day event at:** <https://events.humanitix.com/dementia-inclusive-ballina-annual-symposium-2025>

SEPTEMBER, 2025

WEDNESDAY ACTIVITY CALENDAR AERO CLUB BALLINA

SEPTEMBER 2025 - DECEMBER 2025

September

3rd: Fathers Day activities

10th: Reminiscing with museum box

17th: BBQ at Missingham Park

24th: Carer Gateway presentation

October

1st: Oktoberfest – Music with Stan

8th: Music with Guest performer

15th: Carers Lunch

22nd: Annual Duck Race – Dress our duck

29th: Melbourne Cup – sweeps, hat parade, trivia

November

5th: Drumming – Melbourne Cup aftermath

12th: Music with Stan

19th: Scone making

26th: Bingo

December

3rd: Christmas Craft

10th: Christmas Cooking

17th: Christmas Lunch

24th: Christmas Traditions around the world

31st: New Years Eve Informal gathering @ Café Sebastian's



2025 SYMPOSIUM:

SOCIAL CONNECTEDNESS

Optimising Well-Being through Social
Prescribing and Connectedness

October 17th 2025 Ballina RSL

VOL.25.3

NORTHERN RIVERS YOUNGER ONSET DEMENTIA CARER SUPPORT PROGRAM

WHEN:

- FRIDAY 5 SEPTEMBER 10-12 NOON
- FRIDAY 3 OCTOBER 10-12 NOON
- FRIDAY 7 NOVEMBER 10-12 NOON
- FRIDAY 5 DECEMBER 10-12 NOON

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

SEPTEMBER TOPIC: NDIS Services

OCTOBER TOPIC: Coffee

NOVEMBER TOPIC: TBA

DECEMBER TOPIC: Coffee

10 October: FREE CARERS LUNCH IN
BALLINA

Phone Dr Sabrina Pit 0429 455 720



DEMENTIA INCLUSIVE BALLINA ANNUAL SYMPOSIUM 2025



OPTIMISING WELLBEING THROUGH SOCIAL
PRESCRIBING AND CONNECTEDNESS



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

- Renowned international presenters
- Latest evidence
- Interactive sessions
- New insights
- Networking
- Morning tea and lunch

Register Now

Date
17 October, 2025

Time
8:00am - 17:00pm

Location
**Ballina RSL Club
1 Grant St Ballina NSW 2478**

Registration Fees

Early bird by 19 SEPT: Carer \$100, Professional \$190

Full fee: Carer \$120, Professional \$220 **CLOSES 10 OCT**

More Info: 0429 449 591

<https://events.humanitix.com/dementia-inclusive-ballina-annual-symposium-2025>

admin@dementiainclusiveballina.org.au

www.dementiainclusiveballina.org.au

GOLD SPONSORS



OUR SPONSORS



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

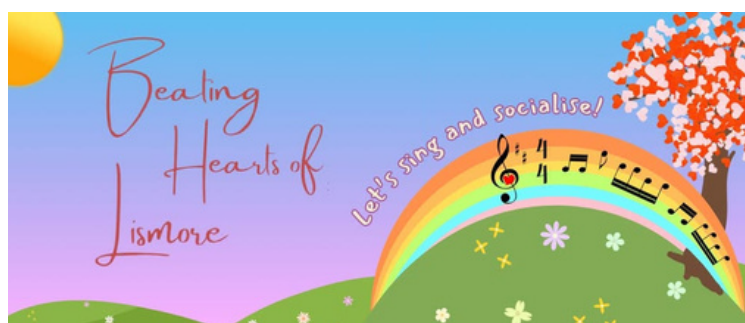
HELPLINE
1300 651 192
www.eapu.com.au

BYRON SHIRE RESPITE CARERS COFFEE CLUB

Support group for carers
Emma White - 02 6685 1629

DEMENTIA AND ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

Information, advice and support on dementia for Aboriginal and Torres Strait Islander people.



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

"The mental health benefits are every bit as prevalent and we've seen reduced rates of social isolation, increased connectedness, lower rates of depressed mood, and improved behaviours in regard to complex dementia."

Beating Hearts of Lismore founder,
Rachel Jones

