



Dementia Action Week

Information and resources



**POSITIVE
AGEING**



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Why is Dementia awareness important?

Awareness, support and tackling the stigma around dementia are important to Whitehorse as we have the fifth highest prevalence of dementia in Victoria and are estimated to climb to the fourth highest within 30 years.

(Source Dementia Australia, research undertaken by AIHW).

Whitehorse City Council is supporting the *National Dementia Action Plan 2024–2034* through the following actions:

- Tackle stigma, improve awareness and promote inclusivity.
- Empower individuals and communities to minimise risk.
- Support carers of people living with dementia.

What is dementia?

Peak organisation Dementia Australia tell us that, "Dementia describes a collection of symptoms caused by disorders affecting the brain. Dementia is not a normal part of getting older, and it isn't one specific disease. Instead, it's a broad term that covers the effects on people of a number of different medical conditions.

"The effects of dementia vary from person to person, but generally, dementia affects your mood, memory, thinking and behaviour. Dementia can happen to anybody, but it is much more common after the age of 65.

"There are things you can do to reduce your risk of developing dementia. There's currently no known cure for dementia, but there are treatments for many of the symptoms. Some people with dementia lead active and fulfilling lives for many years after their diagnosis."

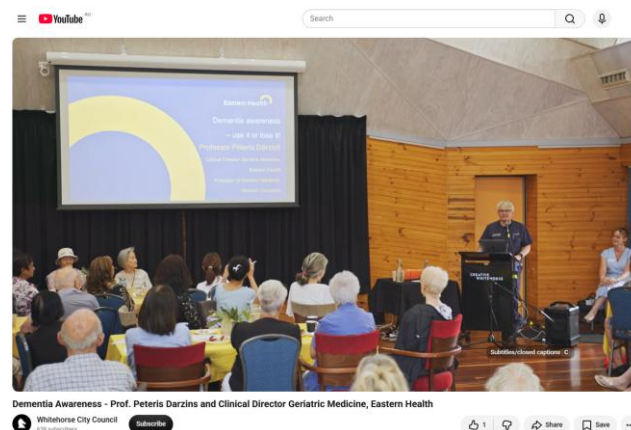
Supporting our community

The Whitehorse Positive Ageing team regularly holds events providing information and helpful lifestyle advice from expert presenters.

On demand presentations

Available on the Whitehorse YouTube channel, search for Dementia (link below):

- Highlights - Information Session Feb 2025
- Research - Prof. Peteris Darzins, Clinical Director Geriatric Medicine, Eastern Health
- Nutrition - Nikki Haar, Clinical Dietitian, Eastern Health
- Support and inclusion - Kirsty Porter, CEO of Umbrella Dementia Cafes
- Coming soon: Being active – Peter Mellow, Director, Learning and External Partnerships



Key organisations (links below)

- Dementia Australia
- Dementia Support Australia (DSA)
- Umbrella Dementia Cafés
- Multicultural Dementia Care & Support Program
- University of Tasmania – Wicking Dementia Research & Education Centre

Links available at: www.whitehorse.vic.gov.au/dementia-awareness



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Dementia Action Week events

Information session - Whitehorse

Join us for an informative and supportive session exploring dementia, available support services and resources for people living with dementia, their families, carers and the wider community.

Presentations from:

- Dementia Australia about Dementia
- Villa Maria Catholic Homes Carer Support
- Whitehorse Connect and Support Service

Date: Wednesday 23 September

Time: 10.00am – 12.30pm

Location: Nunawading Community Hub, Studio 2

Cost: free, registration essential (for catering)

Book here: www.trybooking.com/DNAKG

Week of Wicking Webinars

Join the Wicking Dementia Centre for a special week of free lunchtime webinars from Monday 21 to Friday 25 September 2026.

Across five engaging sessions, you'll hear from leading experts, gain valuable knowledge, and learn how each of us can help build more dementia-friendly communities. Register today!

For more information via their newsletter, visit <https://mooc.utas.edu.au/page/1512/subscribe>

National Umbrella Dementia Cafe Directory

Launching on 21 September, this directory brings together independent dementia cafés from the community, private and not-for-profit sectors - together under one umbrella. It will showcase organisations that actively connect people living with dementia and their families within their local community.

Visit: <https://umbrelladementiacafes.com.au/the-cafes/independent-cafes/>

Eastern Metro Roadshow

Supported by Councils across the Eastern Metropolitan Region of Melbourne.

Understanding after diagnosis - Monash

Join us to explore the range of supports and services available after a dementia diagnosis. This session also provides practical guidance on living well with dementia and planning confidently for the future.

Tuesday 22 September, 10am - 12 noon

Venue: Wheeler's Hill Library

Book here: Call (03) 9518 3555 or online

www.trybooking.com/events/landing/1608899

Living well with dementia - Maroondah

Families, friends and people living with dementia are invited to learn about services and support available. Hear from local services, including Caladenia, Donwood, Central Ringwood Community Garden, MATCH, Olivet, Pathway for Carers and Your Library.

Thursday 24 September, 9.30am to 12.30pm

Venue: Maroondah Federation Estate

Book here: www.maroondah.vic.gov.au

Click on What's On and search for Dementia

Dementia Awareness - Manningham

Presentations by Dr Nic Radcliffe, an experienced Geriatrician specialising in dementia diagnosis and management options, and Mr Yixin Nie, Occupational Therapist, specialising in supporting and facilitating independent living at home for people with dementia and their carers.

Date: held on Tuesday 15 September

To be request an email of the presentation

slides, please contact info@manninghamuc.org



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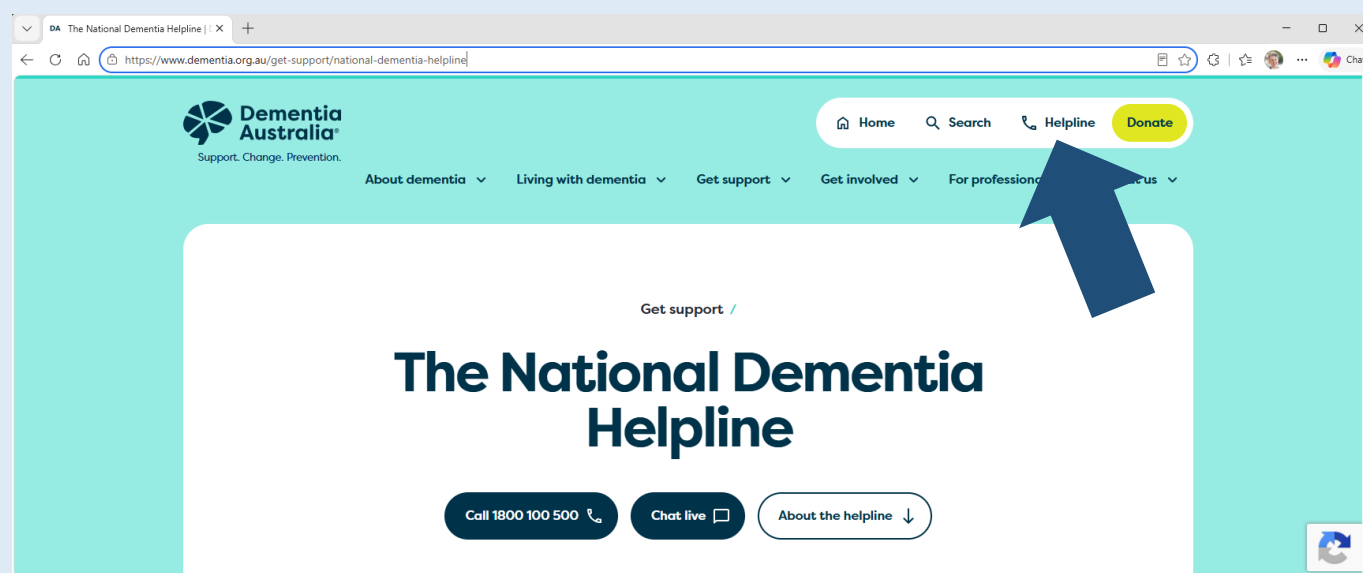


The National Dementia Helpline - call 1800 100 500

Free and confidential, the National Dementia Helpline, provides expert information, advice and support, 24 hours a day, seven days a week, 365 days a year. No issue too big, no question too small, including:

- provide emotional support and guidance
- connect you to Dementia Australia, support services and programs
- discuss government support, including My Aged Care, National Disability Insurance Scheme (NDIS), Carer Gateway and Dementia Behaviour Management Advisory Service (DBMAS).

Visit www.dementia.org.au, click on helpline for options or email helpline@dementia.org.au



I need support, where can I find it?

Our Connect and Support team is here to listen and help you discover the many options available to you. We can help residents of Whitehorse

- connect you to social groups, community programs, and activities
- learn about the aged care system, including the intake and assessment process
- find out about local service providers
- find carer support services and networks
- refer you directly to advocacy and support services

Phone 03 9262 6333 or email

ConnectandSupport@whitehorse.vic.gov.au

Positive Ageing in Whitehorse

We promote and support healthy ageing and social connection for those who live, work or visit Whitehorse.

**Scan the QR Code
to visit our Carer
Information Hub**



Contact us

Phone 03 9262 6333 or email

PositiveAgeing@whitehorse.vic.gov.au