Inclusive Wellbeing Initiative
An opportunity to share your thoughts

November 2020

Dear Resident

Lots of people live with dementia in our community, some in residential aged care homes, some in their own home and some with family.

How do you feel about communicating with people with dementia? Do you know what it is? Have you heard of Alzheimer’s Disease? Perhaps a loved one lives with dementia?

Dementia Friendly Tasmania is a not-for-profit association with the purpose of increasing awareness and understanding of dementia, a condition caused by more than 100 brain diseases that affect 11,500 people in Tasmania. Dementia symptoms can include difficulties coping with everyday tasks, forgetfulness and challenges in getting around.

A national community engagement grant from Dementia Australia has given us an opportunity for you to learn a bit more about how our community can be inclusive of people living with dementia and their family carers.

We are asking community members like you to give us feedback about dementia and to offer up ideas about how our community could be more inclusive.

Please look overleaf for a quick survey which will not take much of your time, and responses will be shared at a community forum in February 2021 that will inform our plans to set up some event opportunities later in 2021 for all of us. People living with dementia and their families and friends are particularly encouraged to contribute.

If the subject of dementia is distressing to you, please remember that **Dementia Australia** has a Helpline (8am-8pm Monday-Friday) which you are free to call on **1800 100 500** or email **helpline.nat@dementia.org.au****,** and they will put you in touch with local services.

Please ‘Like’ our Facebook page @DementiaFriendlyTasmania and make a comment. We would love to hear from you by email: DFTasmania@gmail.com

Thank you for your time in reading this and please remember to complete the survey over the page and return it to us by 11 December 2020, with Drop Boxes available at the Civic Centre, Hutchins Street, Kingston and the Kingborough Sports Centre.

**Inclusive Wellbeing Initiative Community Survey**

1. I rate my knowledge of dementia as: -
Please answer (a) to (d) by circling your response

1. **Not much *OR* Quite a lot *OR* Very good**
2. **I don’t know anyone with dementia**
3. **I have a family member living with dementia**
4. **I know someone living with dementia**

2. I would like to learn more about dementia (Please circle)

**Yes No Perhaps**

3. What barriers do you think exist in our community to people living with dementia? …………………………………………………………………………………………………………

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4. I have some suggestions that may help make our community more “dementia friendly” (e.g., more information about dementia available to more people; activities for people living with dementia; dementia friendly cafes etc.)
**a)**

**b)**

**c)**

5. I am interested in attending a 90-minute community forum in February 2021 to discuss these issues further, and I confidentially provide my email address +/or phone number to be contacted in late January 2021.

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6. Other comments……....................................................................................

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7. My postcode \_ \_ \_ \_

*Thank you for your time in completing this survey.***Please return by 29 January 2021 to a Drop Box at the Civic Centre, Hutchins Street, Kingston and the Kingborough Sports Centre, or post to
PO Box 69 Kingston Tas 7051 or scan and email** **DFTasmania@gmail.com**