

# Quali-tea morning for dementia awareness

**Alise McIntosh**

'A LITTLE support makes a big difference' for those in the community that suffer with dementia and for all those involved in their care, and this is exactly why the Neighbourhood Centre hosted a Dementia Action Morning tea on Wednesday, September 21.

This morning tea was part of Dementia Action Week which aims to provide information to increase Australians' understanding of dementia and in turn, help eliminate discrimination.

Dementia describes a collection of symptoms caused by disorders affecting the brain, and can include symptoms such as memory loss, confusion and changes in mood and personality.

Service manager at the Neighbourhood Centre Therese Short, said that the morning tea was to raise awareness of the issues that can surround dementia.

"There's a lot of stigma and discrimination with people who are suffering from dementia, for both themselves and their carers, and this morning tea is about getting

the message out there as to how we can support all those people," she said.

The morning tea aimed to connect those affected by dementia in the Bathurst community with people and services that can improve their quality of life.

"It's about people and humanity and helping people to know that they have a sense of belonging in a community," Ms Short said.

"We just need to treat people with kindness, empathy and patience."

The event was set in conjunction with Bathurst Regional Council to provide information on the amount of people living with dementia in the Bathurst community.

There are over 1000 local people with dementia, though nurse manager at Aged Care assessment services Leah Crow said this is likely an underestimation.

"There's millions of people in Australia and worldwide that suffer with dementia," she said. "Because we have a population that's living longer, there's more people in the older bracket which means the chances of dementia is more prominent."



Therese Short with volunteer presenter on 2MCE for senior citizens, Maree Curtis. This year's theme was 'A little support makes a big difference'. Pictures by Alise McIntosh