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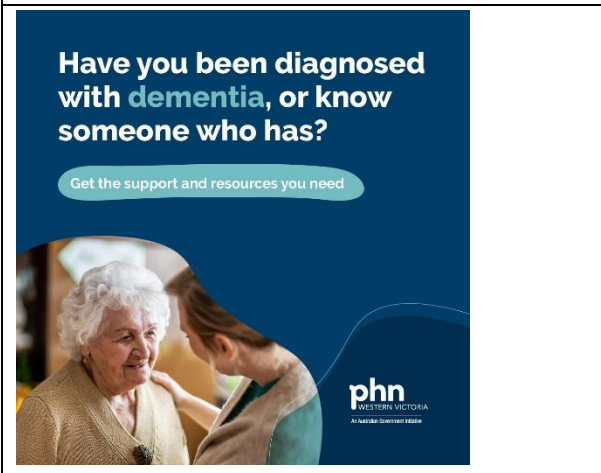
KEY MESSAGES

- If you've received a dementia diagnosis or are caring for someone with dementia, you can download our new dementia brochure and also access a localised dementia directory that can help you to help you better navigate a dementia diagnosis.
- It's estimated that nearly half a million Australians are living with dementia, with nearly 29,000 diagnosed with early onset dementia (including people in their 30s, 40s and 50s), while 1.6 million Australians are involved in the care of someone living with dementia. ([Dementia Australia statistics](#))
- If you're worried about a dementia diagnosis, then your first visit should be to your GP.

SOCIAL MEDIA TILES

The post text may need adapting if your dementia consumer resource brochure and link to localised dementia supports and resources are located on different pages.

<p>phn WESTERN VICTORIA AN AUSTRALIAN GOVERNMENT INITIATIVE</p> <p>Have you been diagnosed with dementia, or know someone who has?</p>	<p>Get the support and resources you need. Visit link to website to find our downloadable dementia brochure and local supports and resources for your region.</p>
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 <p>phn WESTERN VICTORIA At Auslander Government House</p> <p>Have you been diagnosed with dementia, or know someone who has?</p>	<p>Get the support and resources you need with our new downloadable dementia brochure and lists of local supports and resources.</p> <p>Links to brochure and resources</p>
 <p>Have you been diagnosed with dementia, or know someone who has?</p> <p>Get the support and resources you need</p> <p>phn WESTERN VICTORIA At Auslander Government House</p>	<p>Get our new dementia brochure or find supports and resources for your region link to website</p>
 <p>Have you been diagnosed with dementia, or know someone who has?</p> <p>Get the support and resources you need</p> <p>phn WESTERN VICTORIA At Auslander Government House</p>	<p>Get the support and resources you need. Visit link to website to find our downloadable dementia brochure and local supports and resources for your region.</p>

Consumer-focused media release

FOR IMMEDIATE RELEASE

DATE: ??/??/2023

New Resources for People Diagnosed with Dementia

New resources designed to support people who have been diagnosed with dementia have been released this month by the Victorian and Tasmanian Primary Health Networks (PHNs).

Created as part of a collaboration between five Victorian Primary Health Networks (PHNs) – Western Victoria, North Western Melbourne, Eastern Melbourne, Gippsland and Murray – and the Tasmanian PHN, the resources were funded by the Federal Government with the aim of supporting people to live well in their community for as long as possible.

The resources include a brochure – Dementia: Resources and support to help you live well – aimed at people who are in the process of being diagnosed with dementia and their families or carers. Designed for people who may be experiencing some cognitive decline, it outlines the process of getting a dementia diagnosis, including suggestions for important questions to ask your GP. The brochure also has information about other dementia supports and resources, including links to a localised Dementia Directory that includes information on local supports or resources across Victoria and Tasmania.

Western Victoria Primary Health Network (WVPHN) CEO, Rowena Clift, whose organisation was part of the collaboration, said the resources were developed as part of the Federal Government’s response to the Royal Commission into Aged Care Quality and Safety.

“There is estimated to be nearly half a million Australians who are living with dementia, while around 1.6 million Australians are involved in the care of someone with dementia. As more Australians live longer, these numbers are expected to increase significantly, which is why these resources are a valuable addition to the supports that people, diagnosed with dementia, can access,” Ms Clift said.

“Receiving a diagnosis of dementia can be an extremely challenging and overwhelming experience for anyone, so having access to good quality information and resources in an easy-to-understand format is really important,” Ms Clift said.

Dr Anne Stephenson, a GP who works in Geelong and who is a carer for a family member who is living with dementia, said that as our population ages, dementia is becoming one of the biggest health and social challenges of our time and is affecting people worldwide.

“The Dementia: Resources and support to help you live well brochure will help people understand the treatment, support and services that are available. This will help people access valuable information about how they can live their best possible life with dementia and plan for the future,” Dr Stephenson said.

“Managing dementia doesn’t end with a medical diagnosis. It requires an understanding of the bigger picture of supporting the person with dementia and the people supporting them, and these new tools seek to do exactly that,” Dr Stephenson said.

“If you’re experiencing any issues like memory problems, increased confusion, changes in personality, apathy or depression, and you are concerned about possible dementia, then the first person you should see is your GP,” Dr Stephenson said.

As part of the PHN collaboration, new resources to support health professionals have also been created. These include updating the dementia information on HealthPathways, a clinical management and referral resource used by GPs and supported by PHNs, with the latest dementia assessment, management and referral information. A new workforce dementia training program called Demystifying Dementia, has also been developed in conjunction with Dementia Training Australia, with the program designed and facilitated by GPs for GPs, GP registrars, Practice Nurses, Nurse Practitioners and other health professionals.

The downloadable version of the brochure and the localised **insert PHN** Dementia Directory can be found at www.insert-web-address.com.au

ENDS

For further information contact: ???