

## REFRAMING DEMENTIA

### Do you know or care for someone with dementia?

Many people are currently being diagnosed with one of the many forms of dementia. These are conditions in which, for various reasons, our brains start changing. Gradually we find we can't do things the way we used to, and we become less independent.

Over time, the quality of life of a person with dementia is entirely dependent on good care, yet there is little information or training for family or professional carers on communicating well with those with dementia. We want to change that.

People who 'live with dementia' include not only those who have been diagnosed but also those who share their lives. What makes living with dementia tough is that most people are not well informed: this can create fear, confusion and a sense of hopelessness - that helps no one. Dementia Reframed was set up in 2015 to help change people's understandings of, and attitudes to dementia, to counter the fear and negativity surrounding it, and to develop resources for carers of people with dementia.

Most people with a dementia diagnosis live in their own homes, and want to stay there. We provide information and communication skills to those who care, and other family and community members. We can work together to improve the experience of living with dementia for all.

Our workshops are distinctive. We focus on how carers can understand dementia in social/relational terms, and how they will experience the care relationship. We do not teach skills such as music or craft, but explain when and why such activities are useful. We help carers identify strengths and capacities - in themselves as well as in those they care for. We bring carers together to share creative ways of 'living with dementia'. We would be happy to run workshops in your community. No group is too small.

Dementia is a *social* experience. Living well with dementia means creating a caring and enabling society. So learning about dementia care means we all benefit.

### HELP US REFRAME DEMENTIA

through positive attitudes and improved care

## Dahlias for Dementia Day

1 MARCH 2020



### SPECIAL EVENTS

Sat 29 February and Sun 1 March 2020

Welby Garden Centre

### DAHLIA EXHIBITION BLOOMS

On show all weekend. A real treat - don't miss this opportunity

### RAFFLE

Drawn on Sun, 2.30 pm, tickets available from 12 February

### DEMENTIA INFORMATION DESK

Each day, all day

### DEMONSTRATION FLORAL ARRANGING

Each day 11.30am

### COMPETITIONS/GAMES FOR YOUNG VISITORS

Each day, all day

### BALLOON ART by Butterflies Florist

### LIVE MUSIC

provided by local musicians

### AUCTION

of floral arrangements, Sun 3.15 pm

### MORNING/AFTERNOON TEA

SAUSAGE SIZZLE, each day 12-2pm

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In addition to Dahlia events on 29th Feb and 1 March, we will have **Positive Thinking about Dementia** workshops throughout the Seniors Festival in the Southern Highlands, 12-23 February 2020.

AND don't miss the OWN (Older Women's Network) Theatre Group, performing **Don't Knock Your Granny**, at 2 pm, 12 Feb, RSL, Mittagong, sponsored by Dementia Reframed - a special treat!

Dementia Reframed is a not-for-profit registered charity that works to improve life for people with dementia by improving information for carers and families. Good care is essential - that means developing creative, positive attitudes; making people in our communities more dementia-aware; and providing supportive training for carers, especially communication skills.

See our websites for information, events, carer ideas and workshops. Get in touch, get involved, ask us to run workshops for your community or organisation.

Donations to Dementia Reframed are tax free.

Dementia Reframed



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Across the Southern Highlands of NSW  
we are celebrating the inaugural

## Dahlias for Dementia Day

1 March 2020



Dahlia growers, florists and local businesses  
are joining with Dementia Reframed to raise  
funds to enhance awareness and improve care

### Join us to celebrate this wonderful initiative

There is currently no cure for dementia. Learning how to live well and care well is essential. This means creating dementia-aware families and neighbourhoods, providing training and support for family and professionals. That is the work of Dementia Reframed. Our approach is distinctive. We help people think positively and creatively, and teach them to connect well with people for whom connection is vital but is becoming difficult.

Everyone is better supported.

And what better way to bring colour and vitality to dementia care than with colourful, vibrant dahlias.

Join us for fun family activities, dementia  
awareness, and stunning blooms

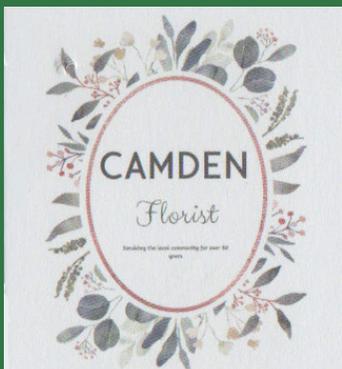
WELBY GARDEN CENTRE  
Sat 29 Feb-Sun 1 March 2020

See the weekend program overleaf

To our inspiring dahlia growers, participating florists and other businesses, and our host of volunteers - **THANK YOU!**

## Florists - where to buy your dahlias

Visit your florist in the Southern Highlands. For every bunch of dahlias sold, a donation is made to enable us to provide creative information and training for families and carers of people with dementia



Each day of our weekend, local florists will demonstrate their skill in floral arrangement. Arrangements will be auctioned at the end of the program on Sunday.

Organisations participating in

**Dahlias for Dementia Day** are committed to enhancing the care of those with dementia by improving understandings, and providing quality information and training for family, friends and care workers. A big thank you for your support and vision.

About dahlias . . . . .

A highlight of the weekend will be the exhibit of

**Ian Gay of Ignite Design Creative**, [ignitedesigncreative.com.au](http://ignitedesigncreative.com.au)  
Mrs Sarah Wallace  
Assoc Prof Jane Mears  
Mrs Glenie Rubin of Miss Olive May  
Tycho Hugh  
Stephanie

About the exhibition blooms . . . .

Wingecarribee Shire Council

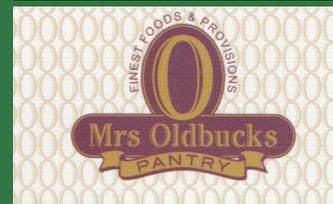
## Participating businesses/individuals

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