



- Resources for dementia in the Gippsland area –were not up to date or relevant (mainly Melbourne based). As there are over 100 diseases under the umbrella of dementia it doesn't necessarily follow a clear path, so a resource that could be used at varying times throughout the life of the disease by the PLWD (person living with dementia), carers, family and support workers was needed with access to services and support that was available 24/7. As a Carer, I took on the role of advocating for PLWD and their supporters.
- I formed a Carers support group in 2009 that still meets monthly to share, laugh, cry, eat or drink coffee/tea.
- I developed a paper directory for use within the local shire that listed relevant information e.g. services, phone nos., resources
- I continually provided constructive feedback on the lack of relevant resources available and difficulty locating local information to many agencies within Gippsland including Council, Health services, care package providers and basically anyone who would listen.
- I wrote to the Health Minister & Aged Care Commissioner about issues.
- I attended forums and completed surveys and encouraged others to provide feedback on what was lacking to assist our caring roles.
- In 2011, I was asked to represent carers on the Gippsland Dementia Plan that was developed through the Dept. of Health & Human Services and Latrobe Community Health Services which involved meetings with health professionals discussing issues, involving carers and the PLWD through surveys & discussions to make recommendations to improve access and locate up to date and relevant information within the Gippsland area.
- 17 strategies evolved which included developing a service directory, GP pathway, relevant training to care workers and improving services within the Gippsland area
- To my delight, in 2014 the dementiagippsland website was launched. At times I thought it would never happen but persistence and patience do pay off!
- As a consumer I felt that I had to be the voice for PLWD and advocate on their behalf as well as their carers as it is overwhelming to watch your loved one deteriorate before your eyes and feel as though you have nowhere to go and no one to turn too. The grief is ongoing. The website is www.dementiagippsland.com.au Please link it to your websites.