Who we are

What is Dementia?

Dementia describes a collection of symptoms caused by disorders that affect the brain. There are many different types of dementia.

Dementia has physical, social and emotional consequences for the person with dementia, their family, friends and the community.

Dementia can happen to anyone. While most people with dementia are older, not all older people get dementia. Dementia can also affect people in their 40s and 50s.

A group of organisations and community members is working together to make Forest Hill a place where people living with dementia, and their family and friends, feel supported to participate in their community.

Over 98,000 Victorians and more than 1,400 people in Forest Hill are living with dementia.

The City of Whitehorse has the 4th highest prevalence of dementia in Victoria.

Most people with dementia live in the community.

Nothing about us, without us:

We will work with people living with dementia to make Forest Hill a more dementia friendly community.

More Information:
In 2017-18, we asked people living with dementia, their carers, and the community, what is important in a dementia friendly community.

We did 332 surveys and spoke to 43 people.

- 64% Female
- 52% spoke English
- 66% aged 70+
- 66% from Whitehorse

53% Told us Forest Hill is a place where someone with dementia could live a quality life.
77% Would like to know how to better support people living with dementia.
24% Are not knowledgeable about dementia.
53% Told us TV and radio is the most effective way of helping people to understand more about dementia.

People with dementia told us access to transport, support from family and friends, and responsive and respectful businesses, help them to enjoy activities in the community.

People with dementia told us poor health, difficulty moving about, poor signage, crowds and noisy places, make it difficult to do the things they enjoy.

61% Support to stay living at home
55% Social activities
55% Community awareness

Most important features of a dementia friendly community.

“Nothing about us, without us”