

MEDIA RELEASE

Learn about dementia at Wodonga event

30 August 2023

There are currently an estimated 400,000 people living with dementia in Australia. Without a significant medical breakthrough, this number is expected to increase to more than double that in the next 25 years.

Murray PHN is presenting a free event in Wodonga during Dementia Action Week on Tuesday 19 September for community members interested in learning more about dementia.

This year's action week theme is *Act now for a dementia-friendly future* and encourages communities to take action to become more dementia-friendly.

Delivered by Dementia Australia, the community event is suitable for people living with dementia, carers, family members and people who are concerned they or someone they know may have dementia.

Event attendees will learn about types of dementia, signs and symptoms; the experience of living with dementia; available services and where to access support.

Murray PHN CEO Matt Jones said that while dementia is the second leading cause of death of Australians, there are things we can do to try and reduce our risk of getting it.

“Even though we can't change getting older, our genetics or family history, research suggests that changing certain health and lifestyle habits may make a significant difference to reducing or delaying the risk of developing dementia,” said Mr Jones. “We hope that everyone who attends this event takes away some information about dementia and the supports available to them.”

Bookings are essential. For more information and to RSVP, visit <https://UD19Sep23Wodonga.eventbrite.com.au> or call 0408 301 800.

About us:

Murray PHN is one of 31 PHNs (Primary Health Networks) around Australia working to increase the efficiency and effectiveness of primary health care and service systems. Across our region, we work with general practitioners (GPs), community health, Aboriginal Community Controlled Health Organisations (ACCHOs), pharmacy, aged care and allied health practitioners, and with acute services such as hospitals, specialists and emergency care.

The role of PHNs is to help to support and integrate the work of these important services to ensure that the people get the right care, in the right place, at the right time. In the Murray PHN region, which covers almost 100,000 sq km of regional Victoria, we work to develop and maintain sustainable models of primary health care for our communities.

Contact details

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Images of Matt Jones

- https://www.murrayphn.org.au/murray-phn-ceo_matt-jones_2021/
- https://www.murrayphn.org.au/murray-phn-ceo_matt-jones_2_2021/