

MEDIA RELEASE

Learn about dementia at Shepparton events

20 February 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 800,000 by 2058.

Murray PHN is presenting two free events in Shepparton on Tuesday 7 March: one for community members interested in learning more about dementia and the second, specifically focusing on grief, loss and bereavement for carers and family members of people living with dementia.

The education programs focus on providing knowledge, strategies and support that is aligned with the various stages of dementia. All sessions are delivered by Dementia Australia's experienced facilitators who specialise in the delivery of education and support to people affected by dementia.

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 these sessions takes away some information about dementia and the supports available to them.”

Dementia Australia’s Victorian Client Services Manager Bronwyn Hall said it’s important people impacted by dementia are supported, across Australia.

“Our highly-skilled dementia support specialists run education courses across Australia and can help you to build on your understanding of dementia and learn effective coping strategies. The courses are also an opportunity for you to meet others who are in a similar situation, allowing time to socialise and share important links to local support services. These courses are designed to support people living with dementia, their families and carers to live well with dementia.”

For more information and to RSVP, visit <https://bit.ly/murrayphn> or call Veronica Denton, Palliative Care Project Coordinator on 0408 945 105.

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

- [Social media tile: Free dementia information sessions \(jpg\)](#)