Thank you for sharing our video “Dementia Doesn't Discriminate. Do you?” This video has been developed to help support Dementia Action Week events and outlines forms of discrimination and how it is experienced.

These notes have been created to provide additional information when presenting the video, in order to create a conversation and discussion around dementia-related discrimination.

The below is some information around dementia that your audience may not be aware of – please feel free to share these, to provide context to the significance and importance of this conversation:

- Nearly half a million people in Australia are living with dementia
- It is the second leading cause of death in Australia. It is the leading cause of death in women.
- Almost 1.5 million people in Australia are involved in the care of someone with dementia.
- 70 per cent of people living with dementia live in the community

What is Dementia?

- Dementia is the term used to describe the symptoms of a large group of illnesses which cause a progressive decline in a person’s functioning.
- It is a broad term used to describe a loss of memory, intellect, rationality, social skills and physical functioning.
- There are many types of dementia, including Alzheimer’s disease, vascular dementia, frontotemporal dementia and Lewy body disease.
- Dementia can happen to anybody, but it is more common after the age of 65.
- Dementia affects thinking, behaviour and the ability to perform daily tasks Nobody chooses to have dementia but we can choose how we respond to the people in our lives and in our community who are living with dementia.

Definition of discrimination:

Discrimination is where people are treated differently in a negative way or unfairly because of their backgrounds personal characteristics. Discrimination can be by anyone, including family, friends, other people in the community or in a workplace, by doctors and other health professionals, by government departments or companies. It can be unintentional.
QUESTIONS

Below are some questions you can use to create a discussion around dementia and discrimination. We understand that these questions may create some emotional responses and generate a lively discussion around a topic that has many sensitivities.

During your discussion remember to provide opportunity for all voices to be heard and create an environment of trust and support. To guide the conversation, we recommend that you familiarise yourself with the materials available at https://www.dementia.org.au/dementia-action-week/understand-more

1. Discrimination can be unintentional – does that mean that it is not discrimination?
2. In the video, were there any of the quotes that you thought might not be discrimination? Why?
3. In the video, were there any of the quotes or scenarios that resonated with you? Why?
4. What can we as individuals do to help stop discrimination towards people with dementia?
5. Think about yourself, and people you may have come across, who may have had dementia. How did you behave? What could you change about your behaviour?

If this a workplace event:

6. Ask your attendees to think about the policies and procedures you might have today in your workplace and how they might be considered discriminatory for people who are living with dementia?

If this is a clubs/social group:

7. Ask your attendees to think about what actions do you take to ensure people living with dementia are able to participate, and be engaged and involved in your activities?

For friends/family members of people who are living with dementia

8. Consider the way you interact with your person living with dementia. Are there things you might be doing that could be considered discrimination? What do you think you can do differently?

Please share photos of your event on social media #dementiadoesntdiscriminate and tag Dementia Australia.

* You can find the references to statistics on our Key Facts and Stats sheet

Dementia is a National Health Priority Area
  dementia.org.au/dementia-action-week