



The Port Macquarie electorate has nearly 2,500 people living with dementia, which is the 2nd highest prevalence rate in Australia.

You may be wondering, is it dementia or is it just being forgetful?
Here are early signs of dementia to be aware of:

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|  Memory loss disrupting daily life |  Problems with abstract thinking |
|  Repetitive behaviour |  Loss of initiative |
|  Difficulty doing familiar tasks |  Poor or decreased judgement |
|  Social isolation |  Language problems |
|  Confusion about time and place |  Other behavioural changes |

If you are concerned about someone and want to know more, there's lots of help available.



www.dementia.org.au



1800 100 500

Take a step to help make Port Macquarie and surrounding areas a dementia friendly community. Become a Dementia Friend today at

www.dementiafriendly.org.au/get-involved/register

If you would like to become involved in our local Dementia Friendly Alliance, please feel free to email us at DementiaFriendlyPortMacquarie@gmail.com

We would love to hear from you!

