

Dementia-Friendly Central Coast Action Plan

Community well-being...
it's in our nature

OCTOBER 2017

1st Evaluation Date: 28 November 2018



Dementia-Friendly Central Coast
the reassurance, the promise

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ACKNOWLEDGEMENTS

The process of developing the Dementia-Friendly Central Coast Action Plan (the Plan) has brought together representatives from stakeholder groups related to dementia including, people living with dementia, carers, service providers, local government, local service clubs and community representatives.

Highest priority ideas/actions emerging from a Roundtable meeting of the working group held Wednesday, 13 September 2017 are included. By working collaboratively to reduce the negative social impacts of dementia, we will make the Central Coast a safer, more supportive and vibrant community for all.

THE DEMENTIA-FRIENDLY CENTRAL COAST ACTION PLAN WORKING GROUP - 2018

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*The Dementia-Friendly Central Coast project facilitated by the Central Coast Council (the Council).
The Plan has been prepared by Heidi Willard. Pages 6-9 provide background project information.*

ENGAGED

Social Planning Theme

Id	Local Priority	Action	Who?	Timings	Resources	Measure/indicator	2017-18 Evaluation
1	Social integration; and Access to services	Regular Memory (type) Café. Tasks include: 1. Investigate purchase of coffee machine 2. Seek support from service clubs 3. Planning including: identify venue/venues, facilitator, EOI 4. Schedule activities/workshops/events i.e. school group singers/speakers 5. Liaise with the Central Coast Adult Day Centre and involve nursing homes, community, carers and people with dementia, child care centres and schools 6. Promotions – upcoming and past events. Include social media, radio, newspaper and websites	Connect Café Project Team.	Short-term	Grants	# of café events held	Connect Café launched 26/06/18. #23 (weekly) cafes held to 28/11/18.
2	Carers	Advocate for increased overnight respite for people with dementia and carers	Working Group.	Long-term	Collateral	# opportunities identified	
3	Social integration	After school child care visits to aged care homes (UCCC)	Working Group.	Medium-term	Community bus	# of children visits	Regular attendance by school aged children - Connect Café.
4	Social integration	Community arts program – focusing on including people living with dementia	Sue Atkinson. CCC.	Medium-term	Grants	# of programs	Slipstream Circus (grant funded) 26/6/18-28/8/18.

INCLUDED							Social Planning Theme
Id	Local Priority	Action	Who?	Timings	Resources	Measure/indicator	2017-18 Evaluation
5	Access to services	<p>Dementia-friendly volunteers/businesses (identifier badges/stickers). Tasks include:</p> <ol style="list-style-type: none"> 1. Raising awareness/relationships in the community 2. Support from CCCI and service clubs 3. Recruit volunteers/businesses 4. Identify community/business champions 5. MOOC online training/training by Denise Chaston for business staff/volunteers 6. Business initiatives, i.e. 'quiet' times (no music), increased staffing levels at large businesses 7. Development of a unique identifying logo 8. Awarding business stickers and certificates 9. Promotions. 	Working Group.	Long-term	Grants	# of dementia-friendly volunteers/businesses.	<p>Project logo developed 21/12/18.</p> <p>Business Inclusion Training developed 30/08/18.</p> <p>Grant funding investigated 9/10/17 21/12/18 12/9/18</p>
6	Attitudes and integration	<p>Develop a social media campaign to raise awareness of dementia. Tasks include:</p> <ol style="list-style-type: none"> 1. Identify key message 2. Develop template 3. Schedule posts. 	Central Coast Council (CCC).	Short-term	Council collateral		Launched 7/6/18. See Connect Café Communications Plan.

LEARNING							Social Planning Theme
Id	Local Priority	Action	Who?	Timings	Resources	Measure/indicator	2017-18 Evaluation
7	Knowledge	Distribute related health brochures throughout community and at community hubs.	Working Group.	Short-term	Collateral	# of brochures distributed	
8	Knowledge; and Attitudes and integration	Kids4Dementia is a classroom-based short course being trailed in NSW. The program raises awareness and understanding among young people aged 10-12 years (Grade 5/6). Currently seeking ethics approval in Tasmania. Tasks include: 1. Recruiting schools 2. Opportunities for social interaction.	Dementia Support Service (DSS), Denise Chaston). CCC.	Medium-term	CHeBA resources/ research assistance	# of schools involved	Ethics Approved. Penguin District School expressed interest 12/4/18.
9	Knowledge	Create an information portal on the Council's website.	CCC.	Short-term	Council collateral		Project home page launched on Council website 31/5/18.
10	Knowledge	Training program/sessions 1. Empower people to participate and learn to deliver training to become Dementia Friends and Dementia Champions 2. Identify and engage with stakeholders to be involved with the training, i.e. business owners, schools 3. Engage with the broader community 4. Award certificates and window decals.	DSS, Denise Chaston. Tasmanian Health Services (THS), Alecia Phegan? Central Coast Adult Day Centre (CCADC), Lorise Evison. CCC.	Short-term	Collateral	# of training sessions held	Dementia Inclusion Training developed. 3 day sessions held in Ulv. by Family Based Care 10-24/5/18. Investigating Emergency Management training by Dementia Australia.

SECURE							Social Planning Theme
Id	Local Priority	Action	Who?	Timings	Resources	Measure/indicator	2017-18 Evaluation
11	Places and spaces	<p>Safe, easy to navigate spaces and pathways. Tasks include:</p> <ol style="list-style-type: none"> 1. Undertake audits of local communities 2. Investigate signage directing to location of carparks, toilets etc. 3. More visual cues to cater for aged/people with dementia – input from speech pathologist relating to comprehension. 	Working Group.	Long-term	Grants	# and type of improvement	Dementia Australia (DA) Environmental Audit Toolkit investigated 29/5/18.
12	Places and spaces	<p>Infrastructure improvements. Tasks Include:</p> <ol style="list-style-type: none"> 1. More seating 2. Signage, including visual cues 3. Wider footpaths 4. More pedestrian crossings 5. CBD traffic calming measures 6. Social hubs. 	Working Group.	Long-term	Grants	# and type of improvement	DAs Environmental Audit Toolkit investigated 29/5/18.
13	Places and spaces	Investigate providing support/improvements for existing sensory gardens.	<p>Working Group.</p> <p>CCADC, Lorise Evison.</p> <p>Belinda Schultz.</p>	Medium-term	Collateral	# gardens improved	DAs Environmental Audit Toolkit investigated 29/5/18.

ACTION PLAN

LOCAL PRIORITIES

Each action identified in the Plan is linked to one or more of the six local priorities recognised by the community as a dimension for change. These local priorities are identified in the Dementia-Friendly Central Coast Framework and are:

1. Knowledge
2. Attitudes and interactions
3. Access to services
4. Social integration
5. Places and spaces
6. Carers

By working collaboratively to reduce the negative social impacts of dementia, we will make the Central Coast a safer, more supportive and vibrant community for all.

TIMINGS

Short-term	One year
Medium-term	One to three years
Long-term	One to five years (+)



Connect Café: 20 November 2018

BACKGROUND

The Council is committed to enhancing community well-being and positive ageing in order to help the community to live its potential. The Council recognises that meeting the challenges of dementia will need a whole-of-community approach. The Dementia-Friendly Central Coast Framework was our first step in this journey, adopted by the Council in June 2017. A working group have since come together to develop this Plan that will guide the project into the implementation stage.

DEMENTIA-FRIENDLY CENTRAL COAST FRAMEWORK

In becoming a dementia-friendly community, the Council has sought to learn from promising practices around the world while also leaving room for innovation. The Dementia-Friendly Central Coast Framework is a guide and resource for the project, identifying a suite of tools that have been used world-wide. The Plan includes a selection of these tools along with actions and ideas that have emerged at the community level. indicators (or measures) will enable evaluation of implementation to determine whether positive progress is being made toward developing dementia-friendly communities.

Each action has been categorised into themes identified in the Social Planning Framework and one or more of the six local priorities recognised by the community as dimensions for change has been identified.

GUIDING PRINCIPLES

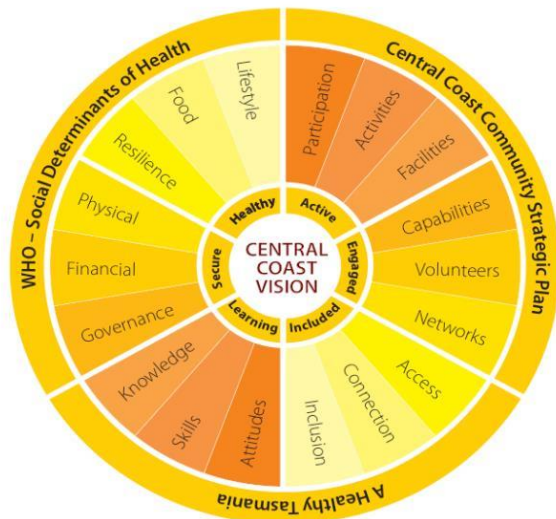
1. People living with dementia are valued and respected members of the Central Coast community;
2. Creating a dementia-friendly Central Coast is everybody's business;
3. Places, businesses and services are welcoming and enabling for people living with dementia;
4. Community decisions response to the needs and aspirations of people with dementia and their carers; and
5. Becoming a Dementia-Friendly Central Coast is a continuous process.

THEMES AND LOCAL PRIORITIES

SOCIAL PLANNING FRAMEWORK MODEL

The Social Planning Framework places the Central Coast community vision at the centre. The Framework model illustrated in Figure 1 links social planning themes with dimensions of the Council’s Strategic Plan 2014-2024, World Health Organisation Social Determinants of Health and the State Government’s Healthy Tasmania Plan to place-based needs.

Figure 1: Social Planning Framework Model



SOCIAL PLANNING THEMES

The Plan identifies actions and related tasks. These actions aim to achieve the associated local priority/s. Actions are categorised under the future direction themes identified by the Social Planning Framework to make a difference for Central Coast: engaged; included, learning; and secure.

Engaged

Capabilities and networks to volunteer our time and skills and engage in decisions that affect us.

Included

Connectivity and inclusivity for our communities to access services, shops, education, work and play.

Learning

The knowledge, skills and commitment to learning needed to participate fully in society and reach our potential.

Secure

Local work opportunities and affordable living in a well-governed and safe community environment.

KNOWING IF ANYONE IS BETTER OFF

The Council will take a Results Based Accountability (RBA) approach to measuring the performance of the Plan. This approach starts with the end ‘results’ desired for a community or population group and then identifies the indicators, which can be measured to quantify the achievement of desired results. A measure of how well a program, agency or service system is working involves three types of interlocking measures shown below:

1. How much did we do?
2. How well did we do it?
3. Is anyone better off?

Performance Measures

	Quantity	Quality
Effort	How much service did we deliver?	How well did we deliver it?
Effect	How much change/effect did we produce?	What quality of change/effect did we produce?