

Media Release

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New Alzheimer's support group for Whitsundays

Whitsunday Health Service is starting an Alzheimer's Support Group in March.

Senior Social Worker Draz Stanko said the health service had identified a need for people dealing with the condition to come together.

"The aim is to provide a space and opportunity for people living with Alzheimer's and their carers to share their experiences and feelings," Ms Stanko said.

"It will be an opportunity to discuss practical strategies and learn new ways to cope with the stress of changed behaviours," she said.

Education and peer support will also be a focus.

Alzheimer's disease is the most common form of dementia, affecting up to 70% of all people with dementia.

More than 300,000 people live with dementia in Australia and half of these also experience a mental health problem.

Ms Stanko said research showed that carers were at a significantly greater risk of having mental health problems.

"We believe it will be really useful for the Whitsunday community to have a way of getting together for support from each other and health professionals," she said.

Ms Stanko said the group would meet every second month at Proserpine Hospital. The first meeting is Wednesday March 4 from 10am-12pm.

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