

What can cause memory loss and forgetfulness?

- Stroke.
- Dementia.
- Infection.
- Depression.
- Age.
- Type 2 diabetes.
- High blood pressure.
- Smoking.
- Alcohol use.
- Brain injury.
- Trauma/Transgenerational Trauma.



What factors can protect a person from memory loss?

- Healthy diet and exercise.
- Not smoking.
- Avoiding alcohol use.
- Preventing head injuries through wearing helmets when riding a bike, and wearing a seat belt in the car.
- Going to school when younger, and lifelong learning.
- Happy and stress free childhood.
- Strong social networks and staying connected with family, community and cultural practices is important for maintaining brain health.

Who can I contact for help?

Aboriginal Community Controlled Organisations in the Grampians Region are:

- Ballarat and District Aboriginal Co-operative (BADAC)**
Phone: 03 5331 5344
Web: badac.net.au
- Budja Budja Aboriginal Co-operative**
Phone: 03 5356 4751
Web: budjabudjacoop.org.au
- Goolum Goolum Aboriginal Co-operative**
Phone: 03 5381 6333
Web: goolumgoolum.org.au
- Bendigo and District Aboriginal Co-operative (BDAC)**
Phone: 03 5406 0237
Web: bdac.com.au



Additional Information:

Dementia Australia
National Dementia Helpline
Phone: 1800 100 500
Web: dementia.org.au

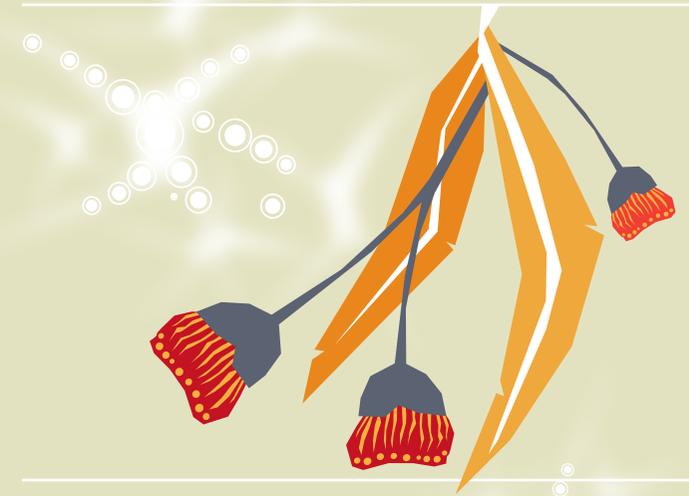
My Aged Care
Phone: 1800 200 422
Web: myagedcare.gov.au



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Do you or a loved one struggle with loss of memory?

Memory information and support for First Nations Peoples



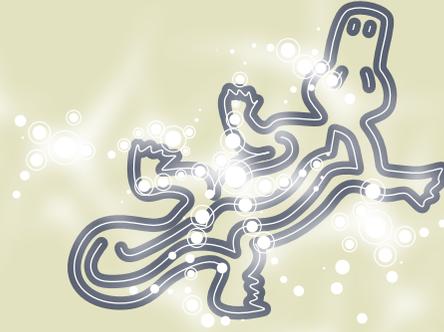
The **Grampians Sector Development Team** acknowledge all First Nations Peoples as the Traditional Custodians of the lands and waters of Australia, and pay respects to Elders past, present and emerging.

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Aunty seems to be forgetting a lot lately...

- ❁ I tried to speak to her a couple of times about her memory but she gets upset and frustrated.
- ❁ The rest of the mob don't want to talk about it either.
- ❁ I saw a poster at the Co-op the other day and it said that memory loss can be helped.
- ❁ I might give the Co-op a call and see if they can help support Aunty.



Memory Checklist

If you or your loved one ticks some of these boxes, chat with your doctor or health team.

- Forgetting what happened yesterday.
- Struggling to find the right word.
- Not remembering what day it is.
- Loved ones notice a change in behaviour and appearance.
- Forgetting where to put things.
- Driving a car becomes difficult.
- Difficulty remembering how to cook favourite recipes.
- Preferring to spend time alone, when socialising was once enjoyable.
- Thinking through problems is a struggle.

What can you do?

A few simple tips to support your loved one who has memory loss.

- ❁ **Try not to argue.**
Try to come alongside them and join the conversation in their reality.
- ❁ **Talk about the good old days.**
If your loved one wants to talk about a past event, share this time with them.
- ❁ **Keep your conversations simple.**
Use short, clear statements and questions. "Would you like eggs for breakfast?" is easier to answer than "What would you like to eat?"
- ❁ **Be understanding.**
Know that your loved one feels frustrated with memory loss at times. Forgive them and move on.
- ❁ **Stay calm.**
Getting upset is common for someone experiencing memory loss. Encourage your loved ones to talk about their feelings and frustrations.

