

MEDIA RELEASE



Friday, 13 September 2019

Verily helps Nyngan carers get and give support

Nyngan carers and interested community members are invited to come along to a free community forum on Tuesday 24 September to find out how Verily Connect can help Australians caring for a person living with dementia or memory loss.

Verily Connect is a place for carers to connect online and support each other in a virtual dementia friendly community.

Nyngan was one of only two communities in New South Wales chosen to trial the online technology.

La Trobe University Research Fellow, Dr Clare Wilding said the forum will provide an opportunity to share key findings from the trial, which was progressively implemented in 12 communities across Victoria, New South Wales and South Australia in 2018-19.

Overall 113 people were involved including 37 carers and 39 volunteers. Nearly half of these were carers who lived in the same house as the person they were caring for. A significant percentage were carers of parents or spouses.

“We highly value the feedback given by carers, which has helped us make sure that the technology is useful and easy to use,” said Dr Wilding.

“We want to share findings from the trial with the communities involved and continue the discussion about how to better support carers and make caring feel less isolating.”

Details for the forum are:

Date: Tuesday 24 September

Time: 10am – 11am

Location: Nyngan Health Service, 15 Hoskins St, Nyngan NSW 2825

ALL WELCOME!

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verilyconnect

For more information about the community meeting:

Email: kris.gottschall@newcastle.edu.au

Phone: (02) 6363 8438 or 0429 695 325

Verily Connect is an Australian Government initiative designed by the Centre for Rural and Remote Mental Health (CRRMH) and the John Richards Centre for Rural Ageing at La Trobe University.

For more information about Verily Connect, head to www.verilyconnect.org.au

If you or someone else is in immediate danger, call **000** or go to your nearest hospital emergency department. If you're concerned about your own or someone else's mental health, you can call the **NSW Mental Health Line on 1800 011 511** or **Lifeline on 13 11 14**.

For best practice guidelines on Mental Health Reporting, visit <http://www.mindframe-media.info/>

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MEDIA CONTACT: Jocelyn Johnston | Communications Coordinator

T: + 61 6363 8471

E: jocelyn.johnston@newcastle.edu.au

PO Box 8042 Orange East NSW 2800



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