

Walk with Me

Thank you for registering for Walk With Me 2020!

By registering for this event, you've shown support for thousands of Australians living with dementia. Thanks for joining our mission!

Due to COVID-19, our usual 3km walk will operate a little differently in 2020. In place of a physical gathering, we will unite online for our first ever **'virtual' walk for dementia**. This way, we can start the conversation about destigmatising dementia while social distancing.

In this pack, you'll find...

- **Information on how to participate**, including advice on how to plan your own walking event.
- **A purple selfie poster**: taking a selfie featuring the poster while on your walk and posting it to our Facebook event page (Walk With Me 2020) will put you in the draw to win a **Fuji Instax mini 11 Instant Film Camera and a 100 pack of film**. Full participation details are included in this pack, see our website mbwalkwithme.com.au for full T&Cs
- **Tools for conversation**: we've included a list of conversation starters and a game of walking bingo to help you get the conversation started.

Dementia Action Week: 21-27 September, 2020

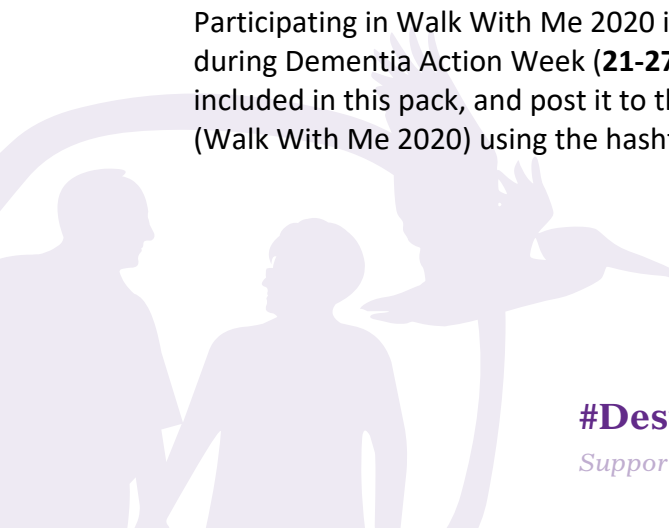
Beginning on World Alzheimer's Day, Dementia Action Week is our annual chance to start a conversation about destigmatising dementia; a collection of cognitive impairment symptoms affecting about 400,000 Australians and over 46 million people worldwide.

Because it's heavily stigmatised and looked down on in our communities, dementia is often hidden away or not spoken about, especially when those affected are most in need of support.

This Dementia Action Week, it's time to get talking and start the process of destigmatising dementia.

How to participate

Participating in Walk With Me 2020 is easy. Just head out for a walk in your local community during Dementia Action Week (**21-27 September 2020**), take a picture with the purple poster included in this pack, and post it to the Moreton Bay Dementia Alliance Facebook event page (Walk With Me 2020) using the hashtags **#DestigmatisingDementia** and **#WalkWithMe2020**.



#DestigmatisingDementia

Supporting those living with dementia

Walk with Me

This doesn't just help raise awareness for those impacted by dementia – it also enters you in the draw to win a Fuji Instax Mini 11 Instant Film Camera and a 100 pack of film, valued at almost \$200.

We also ask that you **like our page** and **follow the walk on Facebook**, further raising awareness for dementia, and creating a caring community of supporters.

Walking together

Although restrictions in Queensland are gradually being lifted, we've chosen to forgo our traditional walk this year to help prevent the spread of COVID-19 in the Moreton Bay community. Instead of walking with a large group this year, try some of the following:

- **Walk with friends virtually** – Think about using Zoom, Skype, Facetime, or another virtual platform to connect with friends and family while walking.
- **Choose a small team** – Instead of a large gathering, consider walking with a partner or in a small group.
- **Create a treasure hunt** – Try hiding something special and giving a friend instructions to find it.
- **Make your own memory walk** – Visiting places you remember fondly is a great way to start a conversation about destigmatising dementia.
- **Start a scavenger hunt** – Use the points on the bingo sheet included in this pack, or create your own!
- **Just talk** – Use our talking points for ideas, or come up with your own!

We encourage everyone to keep practicing social distancing throughout the event. By keeping safe, we can beat COVID-19 and destigmatise dementia together.

Next Steps

- **Follow the walk:** join us on Facebook [@moretonbaydementiaalliance](#) to be involved in the conversation, and get updates on the **Walk With Me 2020** event.
- **Wear purple!:** dress up in purple (the colour for dementia awareness) to show your pride for Dementia Action Week. Be creative – anything goes! Remember to post your purple look to our Facebook page.
- **Start the conversation:** use the resources in this pack to help raise awareness and start destigmatising dementia.

Thank you for supporting those living with dementia!

Moreton Bay Dementia Alliance

#DestigmatisingDementia

Supporting those living with dementia

