

Big conversations every family should have about ageing, dementia & care

Talking about ageing, future care, and dementia is something most families avoid – until it's too late. But the families who have these conversations early often experience less stress, less guilt, and far more peace of mind as life changes.

That's why Friends of St Mark's is thrilled to welcome Melissa Levi, Clinical Psychologist, dementia and ageing specialist, and author of *We Need to Talk About Ageing*, for a special evening on Thursday, 18 September at 6pm.

Melissa has helped over 1,000 families navigate ageing, dementia, and care decisions. In this one-hour talk, she will share practical scripts, simple strategies, and powerful stories to help you talk with your family about the things that matter most – quality of life, family roles, medical treatment, aged care, and even end-of-life wishes. This event is proudly presented by St Mark's and is supported by a grant from Woollahra Council.

This is not just another lecture about ageing. It's a real conversation about how to set your family up for the best possible journey – whether you're fit and well, living with early dementia, or caring for someone you love. You'll leave feeling

calmer, more confident, and ready to talk about the future in a way that brings your family closer together, not tears it apart.

WHY ATTEND?

- Because silence costs families dearly. Waiting too long to talk about these things can lead to crisis decisions, family conflict, and unnecessary suffering.
- Because you can feel more in control. With the right words and approach, these conversations don't have to be scary – they can be a gift to your family.
- Because there is a better way. Melissa will show you how.

WHAT THE ORGANISERS SAY

"Too many families are unprepared for ageing and care," says Wendy Mulder, Coordinator of Friends of St Mark's. "Carers are often overstretched, isolated, and left to figure things out on their own. This talk will give families practical tools, hope, and connection. Most importantly, it will help families have honest, helpful conversations about ageing before things reach a crisis point. That's how we strengthen families and support the people we love. St Mark's is delighted to be offering this event as a way of supporting our community as they navigate the joys and challenges of the different stages of life."

A NOTE FROM MELISSA LEVI

"Most families don't talk about ageing, care,

or dementia until they're forced to. It's completely normal to put these conversations off – they're hard, emotional, and no one wants to think about ageing or decline. But I've seen, again and again, how with the right words and approach, these conversations can actually bring families closer and give everyone more peace of mind.

If you're lying awake at night, worrying about the future – whether it's for yourself or someone you love – please come. I promise you will leave with practical, easy-to-use tools that will help you feel calmer, more confident, and more in control of whatever lies ahead."

EVENT DETAILS

When: Thursday, 18 September, 6pm.

Where: St Mark's Anglican Church, 1 Greenoaks Ave, Darling Point.

Cost: This guest speaker event is being supported through a Woollahra Council grant, so the ticket price is only \$10 per ticket. It is one of a variety of Friends of St Mark's events held this year, all with the aim of connecting our community with each other and St Mark's.

To book your place at the talk and/or be placed on the mailing list to be notified about The Friends of St Mark's future events, please register at <https://stmarksdp.org/whats-on/> or click on the QR code.



Clinical psychologist Melissa Levi

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This Friends of St Mark's event is proudly supported by Woollahra Council.