A MILE IN OUR SHOES
MAKE A DIFFERENCE AT THE 2012 MEMORY WALK AND JOG

FIGHT THE GOOD FIGHT
JOIN OUR CAMPAIGN TO END DEMENTIA

IN TOUCH
THE QUARTERLY NEWSLETTER OF ALZHEIMER’S AUSTRALIA NSW
AUTUMN 2012. ISSUE 80

SERVICES • EDUCATION • Q&A • PEOPLE • NEWS

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SAVE AUSTRALIA
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CHAIR’S MESSAGE

A YEAR TO REMEMBER

The AGM in November was a success. Attendance was good and the business was disposed of quickly, after which AlzNSW Honorary Medical Advisor Professor Henry Brodaty AO spoke to us with his usual fluency and panache. We really enjoyed his presence.

We are very fortunate to have appointed Dr Richard Matthews AM to the Board. Dr Matthews was, until the middle of last year, the Deputy Director General of Health in NSW. He has never ceased his clinical attachments and was instrumental in our head office moving to the delightful building in which we are now housed.

Thanks to Dr Matthews we are on the correct campus and close to our own resource centre. He is a pleasant man to work with and is going to be very important to us strategically as we plan the next phase of our expansion.

We are very pleased with the new marketing campaign. Neither our old logo nor our old marketing had the impact we wanted, and we have embraced our new marketing strategy enthusiastically. Our latest campaigns urge governments to understand the immediacy of the threat facing us; they seem not to understand at present, or they seem unwilling to respond effectively.

Our new campaign uses contrasts to state what the issues are and make the point that we have not stopped fighting and working for more information, for more tools and for more progress. It uses television commercials, a march, print advertisements and a postcard campaign.

Our supporters including National President Ita Buttrose, AlzNSW Honorary Ambassador Sir Michael Parkinson CBE, Sophie Pieters-Hawke and Professor Brodaty all appear in the television commercial we launched in November, and our March on Parliament in October generated a lot of good publicity. Once again Ita Buttrose was prominent, and Ita and our National CEO Glenn Rees met with Prime Minister Julia Gillard in December.

Carers and people with dementia outlined their Christmas wishes in our newspaper advertisements and online campaign ‘12 Days ‘Til Christmas’ in December. In the new year we ran another advertisement and online campaign featuring six carers and people with dementia asking Federal MPs to make 2012 a year to remember by making an investment in dementia funding.

For Valentine’s Day we had a postcard campaign for Federal politicians. The message in that campaign was ‘What would you do if your loved one could not remember you?’ We are anxious to make constituency politicians aware of what dementia means for the areas they represent in the hope that appropriate funds are allocated in the 2012/13 Federal Budget, to be announced in May.

My belief is that this organisation is more important than any individual. It is time, after five years, that another person succeeds me as Chairman and I gave twelve months’ notice of my intention to resign at the November Board Meeting. There is no designated successor and my fellow Directors will work out who should be our next Chair.

The Hon. Prof. Peter Baume AC, Chair, AlzNSW

CEO’S MESSAGE

LOOKING AHEAD

Welcome to 2012!

We expect it to be another big and important year for AlzNSW.

The Memory Walks and Memory Jogs are happening again this year, kicking off with the Sydney Memory Walk and Memory Jog on Sunday 6 May.

The event was a great success last year with almost 1000 people taking part and helping us raise more than $110,000. We hope to build on that success this year, with funds raised helping our Memory Vans travel around the state to provide vital information and referral services in regional and metropolitan areas.

Regional Memory Walks will be taking place in September, around Dementia Awareness Week.

The Memory Walks and Memory Jogs are a great way for the community to get involved and support people living with dementia and their families and carers.

I thank those who have supported the events in the past and look forward to working with you to make this year’s events the best yet. You can find out more information about the Sydney and regional walks on page 8.

Thank you also to all of you who have supported our Fight Dementia campaign. Our recent significant campaign activities have coincided with the Christmas and New Year period, as well as Valentine’s Day.

All the activity is aimed at making the Federal Government aware of the looming dementia epidemic and securing a better and more appropriate level of government funding for dementia. You can read more about the campaign’s recent activities on page 7.

Due to the success of last year’s Planning Ahead forums, held in the Tweed in northern NSW and Smithfield in Sydney’s west, we are planning to hold five more forums this year.

It is important to make sure your wishes about how you would like your health and legal affairs handled are set out in a legally binding document should you lose the capacity to make those decisions in the future.

You can find out more information about the Planning Ahead forums on page 4.

Thank you for your continued interest in and support for our fight against dementia.

The Hon. John Watkins, CEO, AlzNSW
PERCY STREET SINGERS

For more than three years, the intergenerational Percy Street Singers have been coming together every Friday morning for song, fun and friendship at the Hunter Dementia and Memory Resource Centre.

Lois, the intrepid leader and pianist with a passion for music, has lovingly compiled over 100 of the best songs, and each is always performed with vigour and passion.

“We don’t call ourselves a choir,” Lois says. “We are a group of friends coming together for fun and, if a song or two is shared, all the better!”

Arthur, a carer for his wife, attends each week to share the music they grow up with. Arthur often collaborates with Lois using a range of instruments including the flute, a treat that often has the room listening silently.

Betty enjoys playing the piano, and her passion for music and years of experience make her an integral part of the group. Betty loves to recall the history of Newcastle, and the songs often trigger memories and have her sharing her local knowledge.

For more information, or to get involved, contact the Hunter Dementia & Memory Resource Centre.
T: (02) 4962 7000

MEMORY VANS

The AlzNSW Memory Vans have been clocking up the kilometres travelling around NSW to raise awareness of dementia and risk reduction, visiting all of the towns and cities marked on the map, right.

FOLLOW THAT VAN!

To find out where the Memory Vans will be in upcoming months, visit the Fight Dementia website.
W: www.fightdementia.org.au

Invite a Memory Van to your community event by contacting Kim Wilson or Susan Newton.

Hunter and Mid North Coast:
Contact: Kim Wilson
T: (02) 4962 7000
E: kwilson@alznsw.asn.au

Rest of NSW:
Contact Susan Newton
T: (02) 8875 4637
E: snewton@alznsw.asn.au

PLANNING AHEAD FORUMS

AlzNSW will hold five Planning Ahead Forums between April and June this year in Dee Why, Chester Hill, Bankstown, Campsie and Fairfield/Canley Heights.

These free forums will focus on the importance of planning ahead and explain how to ensure that specific wishes regarding health and legal decisions are fulfilled in the future.

The forums will look at issues related to losing the capacity to make decisions regarding one’s own health due to illness, highlight what kind of plans can be put in place and describe in simple terms the legal instruments available to people and what they provide.

According to a Pfizer Health Report, although many Australians have clear ideas about what they would like to happen should they become terminally ill, 49 per cent have not documented those plans.

There are three crucial decisions that must be considered by Australians early on: who to trust with their financial decisions; who to trust to make decisions about their future care and the type of care that they want at the end of their lives.

“Having a will is one of the easiest ways you can ensure your decisions regarding where you would like your estate to go are fulfilled,” CEO of AlzNSW The Hon. John Watkins says. “Yet a recent Newspoll suggested only 55 per cent of people in NSW have a will.

“We all need to make sure if we get to a point where we can no longer make our own decisions, that our wishes about our health care and financial plans have been set out in a legally binding document,” he said.

“The forums will look at issues related to losing the capacity to make decisions regarding one’s own health due to illness, highlight what kind of plans can be put in place and describe in simple terms the legal instruments available to people and what they provide.”

In 2011, AlzNSW conducted two Planning Ahead Forums, which were attended by approximately 200 people. Responses from attendees, whether older individuals or service providers working in the health and aged care sectors, were very positive about the information provided.

Presenters at the 2012 Planning Ahead Forums will speak about aged care, financial planning, legal services, local health services, support and more.

For more information about dates and venues of the forums, contact AlzNSW.
T: (02) 9805 0100

PLANNING RESOURCE

The NSW Government has a new website to help you plan ahead, called Planning Ahead Tools. It aims to help Australians plan for future legal, health and asset decisions.
W: www.planningaheadtools.com.au
A KNITTING GIFT
BY CHARLOTTE MITCHELL
In the final five years of his life, AlzNSW member Bruce Stubington-Mitchell, from Eastwood, knitted more than 240 jumpers for Indigenous children in Australia as well as for children living in Africa.

“Bruce first started knitting when he was a young boy, and it’s something he has always enjoyed doing,” explains his wife, Rhonda.

In 2010 Bruce moved into an aged care facility and was no longer able to knit as often. “But in the four years leading up to that, when Bruce was living at home, he would spend all day knitting,” Rhonda says.

“Knowing that Bruce made such a contribution to help children in need has made Rhonda and her family very proud.”

NEW DVDS FOR CALD COMMUNITIES
Two new DVDs designed to encourage acceptance of dementia as a medical condition, not a shameful part of ageing, in culturally and linguistically diverse (CALD) communities have been released. Created for Assyrian and Croatian communities, the DVDs, titled It’s not a disgrace – it’s dementia, address myths and stigma about dementia, and emphasise the importance of seeking support.

“If people recognise dementia as a distinct medical condition, they may be more encouraged to seek out advice, assessment and support,” says Robyn Faine, General Manager Services at AlzNSW.

The DVDs feature carers of people living with dementia giving personal accounts of their experience, along with health professionals who talk about the condition. Each is about 15 minutes in length and both have English subtitles. They will be available as education resources for health and community workers and services.

They are part of a series of resources being developed for Sydney’s Assyrian and Croatian communities.

The DVDs were produced thanks to the Commonwealth Department of Health and Ageing, in conjunction with the Multicultural Communities Council of Illawarra and Why Documentaries.

To order copies of the DVDs, contact AlzNSW’s Library and Information Service.
E: lisa@alznsw.asn.au
T: (02) 9888 4212

EDUCATION FOR AGED CARE STAFF
AlzNSW is collaborating with Guardian Funerals on a new project providing a series of dementia education workshops for aged care staff.

The program began last year with sessions focusing on key areas of communication, as well as managing behavioural and psychological symptoms of dementia.

This year we will expand the project to include sexuality and palliative care in a dementia context.

With a shared goal to improve quality of life, Guardian Funerals and AlzNSW embarked on this project to increase care workers’ limited access to dementia education.

SOCIAL NETWORKS

COFFEE AND CHAT
What: People with dementia and carers meet monthly throughout the state to share information and ideas.

Toronto
Contact: Clare Coyle
T: (02) 4962 7000

Eleebana
Contact: Bev Watson
T: (02) 4962 7000

CALD, St George District
Contact: Julie Sinnis
T: (02) 9531 1928 or 0418 815 041

Sutherland Shire
Contact: Julie Sinnis
T: (02) 9531 1928 or 0418 815 041

Wingecarribee
Contact: Nina Eagle
T: (02) 4869 5651

Merimbula, Batemans Bay and Narooma
Contact: Lizzie
T: (02) 6492 6158

Cooma
Contact: Verity
T: (02) 6452 3961

Laurieton and Port Macquarie
Contact: Julie-Ann
T: 6584 7444

Great Lakes
Contact: Ellen
T: (02) 6554 5097

Coffs Harbour
Contact: Marg
T: (02) 6651 7101

CARERS’ SUPPORT GROUP
What: Wingecarribee Dementia Carers Support Group
When: Second Tuesday each month
Where: Suite 1, The Queen Street Centre, Queen Street, Moss Vale
Contact: Angela Lowman
T: (02) 4869 5651

AD-HOC
What: Monthly functions for people with dementia and carers
When: Saturdays, 31 March, 29 April, 26 May and 30 June.
Where: Vincent Fairfax Family Resource Centre, 120 Coxs Road (Cnr Norton Road), North Ryde
Cost: $10 per meeting
Contact: Patrice or Amanda
T: (02) 9888 4268
AlzNSW and the Department of Veterans' Affairs have joined together to offer a series of free presentations on the Alzheimer’s Australia national dementia risk reduction program, Mind your Mind. The Mind your Mind program is designed to help reduce the risk of developing dementia and promotes a ‘brain healthy’ lifestyle – one that is physically, mentally and socially healthy.

Commencing in February and running until June, the presentations will take place at 18 locations across the Hunter region. The free presentations are supported by AlzNSW, the Department of Veterans’ Affairs and Men’s Health Peer Education program, and people of all ages are encouraged to attend.

Following the Mind your Mind guidelines does not guarantee that you won’t develop dementia, but research shows it may help reduce your risk and may even delay the onset of dementia, which currently affects an estimated 280,000 Australians.

CONGRATULATIONS
Janet Godsell from AlzNSW has been awarded the Diversional Therapy Australia Professional Development Award. This is a well-deserved acknowledgement of Janet’s commitment and achievements in her field.
The past few months have been busy for the Fight Dementia Campaign team. The most recent activity shared the love with politicians on Valentine’s Day – key Federal MPs received heart-shaped postcards calling for their support for people with dementia – and this followed hot on the heels of activities run to coincide with Christmas and New Year.

In the “12 Days ‘Til Christmas” campaign, 12 members and supporters let their fellow Australians know their Christmas wish: that the Federal Government commit to $500 million funding over five years to address the dementia epidemic. An advertisement in The Australian newspaper and video messages on the Fight Dementia website prompted many members of the public to get in touch and get behind our work.

On 3 January, six more supporters and members took part in the “Make 2012 A Year To Remember” campaign, again asking the Federal Government to commit $500 million to the Fight Dementia Action Plan. A second advertisement ran in The Australian newspaper and video messages were again loaded on the Fight Dementia website.

The latest action was on Valentine’s Day. Parliament House in Canberra was swamped with thousands of heart-shaped postcards from members and supporters around Australia asking the Prime Minister Julia Gillard, Treasurer Wayne Swan, Minister for Finance Senator Penny Wong, Opposition Leader Tony Abbott, Shadow Treasurer Joe Hockey and Shadow Finance Minister Andrew Robb what they would do if their loved ones could not remember them.

The postcards asked the politicians to support the $500 million Fight Dementia Action Plan in the upcoming Federal Budget for 2012/13, due in May. The campaign has been gathering strength and getting noticed where it counts, with speeches about the issue being made by MPs and Senators in Federal Parliament over the past few months. Alzheimer’s Australia President Ita Buttrose and National CEO Glenn Rees also met with Prime Minister Julia Gillard in December; the Prime Minister greeted Ita and Glenn with the words: “Now what about this Fight Dementia campaign?”

Thank you to all those who have supported the campaign either by becoming a Dementia Champion, writing to your Federal MP by lending your voices to the Christmas and new year campaign activities, by sending Valentine’s Day postcards to Parliament House or by helping us spread the word. We really would not be able to do this without you.

Alzheimer’s Australia has one Christmas wish: that the Federal Government invests $500 million over five years to address Australia’s dementia epidemic.

We call on the Federal Government to make a New Year’s resolution of its own: to make 2012 a year to remember.

Australia needs $500 million over five years to address the dementia epidemic.

How will you make 2012 a year to remember?
The 2012 Memory Walks and Memory Jogs are on across NSW! Following the huge success of last year’s event, registration is now open for the Sydney Memory Walk and Jog on Sunday 6 May. We would like to thank Bupa for their support in making the Memory Walk and Jogs bigger and better than ever. As well as the Sydney event, regional Memory Walks will be held in Newcastle, Wollongong, Port Macquarie and other areas around September’s Dementia Awareness Week.

The Memory Walk is a community event aimed at raising awareness and supporting those living with dementia.

This year’s Sydney Memory Walk and Memory Jog will start at Leichhardt Oval 3, Leichhardt Park, Lilyfield, and then follow the path of the Bay Run. The 2011 Memory Walk, held at the same location, was an overwhelming success. Almost 1000 people registered for the event and more than $110,000 was raised for AlzNSW.

There are a number of ways you can get involved in the Memory Walk, which is supported by Leichhardt Council. You can either do the 2km Family Fun Walk, the 7.5km Memory Walk or the 7.5km Memory Jog. People can take part individually, organise a team of friends or family, or get their workplace involved to help raise money for AlzNSW.

The success of this event relies on our wonderful volunteers; this year we expect we will need lots of volunteers for roles including course marshals, parking monitors and registration volunteers.

Following the Memory Walk and Jog, there will be food stalls, live music, arts and crafts stalls, a jumping castle, raffles and information stands at Leichhardt Oval 3, and an awards ceremony.

All funds raised by the Memory Walk will go towards supporting AlzNSW’s Memory Vans, a mobile service that provides information for people with dementia and their families, and allows AlzNSW to reach out to and educate the public. This is an especially important resource in regions where services are scarce.

There is still a lot of stigma attached to Alzheimer’s Disease. People are scared by it and don’t want to talk about it. But the Memory Walk is a chance for the issue to be discussed, for people to unite and raise awareness about dementia.
IN THEIR SHOES

Barbara Ford, whose mother and sister both have dementia, participated in the Memory Walk last year with 30 of her family members. The team was called The Tapper Memory Joggers after her mother’s maiden name.

Barbara says the Memory Walk is an important event to her family. “My mother and sister took part in the walk, so it was very special that my whole family came together to support them as well,” she said.

“There is still a lot of stigma attached to Alzheimer’s disease,” says Barbara. “People are scared by it and don’t want to talk about it. But the Memory Walk is a chance for the issue to be discussed, for people to unite and raise awareness about dementia.”

Barbara intends to bring together her team once again for this year’s Memory Walk and Jog on 6 May.

REGIONAL WALKS

For more information on regional Memory Walks to be held around the state in September, keep an eye on the Memory Walk website.

W: www.memorywalk.com.au

Proudly supported by:

Bupa
RESEARCH

RECENT FINDINGS

BETTER TREATMENTS, EARLIER DIAGNOSES, LOWER RISK – RESEARCHERS AROUND THE WORLD ARE WORKING HARD FOR ALL THREE.

A STEP CLOSER TO IDENTIFYING ALZHEIMER’S BIOMARKERS

Swedish researchers have identified three possible biomarkers for Alzheimer’s disease. The levels of the three cerebrospinal fluid biomarkers (total tau, phosphorylated tau and beta amyloid) of 137 patients who had already been diagnosed with mild cognitive impairment were tested, with follow-up ten years later.

At follow up, 90 per cent of those who had originally had pathologic levels of the cerebrospinal fluid biomarkers had developed Alzheimer’s disease. Source: Archives of General Psychiatry. 2012;69(1):98-106.

DISCUSS THE SCIENCE: BIOMARKERS

Biomarkers are chemical or biological signatures indicating the presence of a disease. Testing for biomarkers is often an inexpensive, non-invasive method of identifying people at risk of a disease, or helping to confirm a diagnosis.

Alzheimer’s disease researchers are particularly interested in identifying the biomarkers that can be detected in the very early stages of the disease, even before symptoms arise. Biomarkers are commonly identified by comparing blood or tissue samples from healthy individuals with samples from individuals with the disease in question.

Testing for biomarkers never guarantees a 100 per cent accurate diagnosis; two main types of errors can occur. False positives occur when an individual tests positive for the biomarker but doesn’t have the disease, and false negatives occur when an individual tests negative with the biomarker but does have the disease.

Scientists aim to produce accurate biomarkers that provide reliable results. A biomarker for Alzheimer’s disease could enable diagnosis before symptoms appear, and provide opportunities for researchers to test treatments that could be used earlier in the disease.

NOW RECRUITING

A new medication, designed for use in conjunction with an existing donepezil (Aricept) program, is being trialled in five states as part of an international study.

Researchers are calling for participants who are:
• over 55 years of age
• diagnosed with mild to moderate Alzheimer’s disease
• on a stable dose of donepezil
• able to attend clinical visits with a carer

Over the course of nine and a half months, participants will be given daily doses of either the new drug or a placebo, and will attend regular clinical visits to monitor the effect of the drug.

Recruitment ends 31 March. To find out more or to participate, contact the study hotline.

T: 1800 884 271
**FUNDRAISING**

**LIFE SUPPORT**

There are many ways to support ALZNSW’s life-changing work, from raffles and barbecues to donations and storytelling.

**Q&A**

**Q** My husband was diagnosed with dementia last year, and has begun to wander. Why is he wandering and can I do anything to stop him?

**A** Start by working out whether it is aimless wandering, agitated pacing or wandering away, and schedule a physical check-up to identify whether illness, pain or discomfort has triggered it. If there is no medical reason there are several things you can try.

Try to ensure that your husband carries some form of identification in case he does get lost and install a lock on your gate to make the garden a safe spot for walking around. You can also install bells and buzzers that sound when external doors are opened. Reduce the number of objects in sight that might remind your husband of going out, such as mail for posting and outdoor clothing, and plan regular exercise and visits to favourite places.

For more ideas or to ask about our identity bracelets (Safely Home) or our GPS locating device (Safe2Walk) visit the AlzNSW website or call the National Dementia Helpline.

**Thank You**

The QBE Foundation donated $10,000 to the AlzNSW Hunter Memory Van.

Thank you very much to the foundation for the generous donation and to Joanne Mawer who applied for the funding on behalf of AlzNSW.

**Raffle Winners**

The 2011 Rotary Christmas Treasure Trove Raffle was drawn on 16 January at the Merrylands Bowling Club.

1. Toyota Yaris Car or $16,000 Cash
   Ticket: RDR 01 798
   Winner: J Cranney, Banora Point

2. $1,000 worth of jewellery
   Ticket: RCR 18 130
   Winner: T Davies, Glenmore Park

3. Netbook Computer
   Ticket: RFR 06 561
   Winner: S Stavrou

**In Lieu of Gifts**

Planning a birthday, wedding or anniversary? Instead of gifts, encourage your guests to donate to AlzNSW.

Donations in lieu of gifts are a memorable way to celebrate a special occasion and will make a practical difference to people and families living with dementia.

We will recognise your generous gift with a receipt, as well as appropriate acknowledgement and thanks.

E: events@alznsw.asn.au
T: (02) 8875 4626

**In Memoriam Donation**

A donation in memory of a loved one ensures their memory lives on by helping others. You can also celebrate the life of a loved one by requesting donations to AlzNSW in lieu of flowers.

In memoriam envelopes can be made available at the funeral, church, wake or service where friends and family can make a donation to AlzNSW.

A receipt will be sent to the donor and, with their permission, a letter will be sent to the family to advise them of the kind gift. The amount of the gift will remain confidential and gifts $2 and over are tax deductible.

E: fundraising@alznsw.asn.au
T: (02) 8875 4673

**Community Fundraising**

Planning on running a community fundraising event? If you would like to raise money for AlzNSW by putting on your own community event, like a movie night, barbecue, trivia night or garage sale, please contact the Community Events Team.

E: events@alznsw.asn.au
T: (02) 8875 4626

**Send Us Your Story**

Some members help our fundraising and awareness-raising efforts by sharing their stories of dementia, whether funny, tragic, empowering, uplifting, inspirational or sad.

If you would like to help our fundraising and awareness-raising efforts by telling your story, please contact Karen.

E: (02) 9805 0100

Thank you very much to the foundation for the generous donation and to Joanne Mawer who applied for the funding on behalf of AlzNSW.

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**SERVICES**

**COURSES**

THE ALZNSW EDUCATION PROGRAM OFFERS COURSES FOR CARE WORKERS, FAMILY CARERS AND VOLUNTEERS, AS WELL AS A NATIONALLY RECOGNISED COURSE IN REHABILITATIVE THERAPIES.

**FAMILY CARER EDUCATION**

Three-evening carer course  
Hunter  7, 14, 21 March

Four-evening carer course  
Miranda  5, 12, 19, 26 April
North Ryde  7, 14, 21, 28 May

Three-day carer course  
Narellan  8, 15, 22 March
Yass  15, 22, 29 March
Hunter  17, 24, 31 May
Eurobodalla  19, 26 April, 3 May
Bega Valley  2, 9, 16 May

One-day carer course  
Coffs Harbour  15 March
Nambucca Heads 26 March

Impact of dementia  
Hunter  13 June

Sons and daughters, family and friends  
North Ryde  12 June

Friends, family and neighbours  
Armidale  6 March
South Grafton  13 March
Forster  23 April
Kempsey  7 May
Taree  5 June

**CARE WORKER COURSES**

Role play and activities workshop – techniques to minimise behavioural symptoms  
Hunter  28 March

Living, loving and dementia  
Hunter  3 May
Toronto  29 March, 29 May

Meeting health and hygiene needs in dementia care  
North Ryde  21 March

Engaging people with dementia in activity  
North Ryde  21 March
Coffs Harbour  19 April

Experiencing dementia  
North Ryde  30 April
Tweed Heads 5th 28 March
Forster  24 April
Taree  20 June

Person-centred care and communicating with a person living with dementia  
North Ryde  8 May

Working with people who have an intellectual disability and dementia  
North Ryde  23 May

Palliative care and dementia  
North Ryde  19 June

Communicating with a person living with dementia  
Armidale  8 March
Coffs Harbour  19 April

Managing behavioural symptoms of dementia  
Armidale  8 March
Tweed Heads 5th 28 March
North Coast  24 April
Taree  20 June

**SUPPORT GROUP LEADERS’ WORKSHOPS**

Introduction to group work leadership  
North Ryde  28 and 29 March
Narrabri  6 and 7 August
North Ryde  23 and 24 August

Advanced group leadership  
Orange  16 and 17 April
Kempsey  30 Apr and 1 May
North Ryde  4 and 5 June

Grief, loss and dementia in a carer support group  
Newcastle  9 and 10 May
Ballina  21 and 22 May
Punchbowl  25 and 26 June

Group leaders’ forum  
(for current, experienced group leaders)
Port Macquarie  26 March
North Ryde  2 April
Narrabri  9 July
Penrith  16 July
Nowra  31 July
Newcastle  28 August

For more information or to register for a Support Group Leaders’ Workshop, contact Monica Cole.
E: education@alznsw.asn.au
T: (02) 8875 4682

**ACCREDITED COURSE IN REHABILITATIVE THERAPIES – DEMENTIA**

Port Macquarie  
Unit 1  3 and 4 April
Assessment  29 May

ACT  
Unit 1  17 and 18 April
Assessment  20 June

North Ryde  
Unit 1  26 and 27 April
Assessment  22 June

This is a nationally recognised training course. Prerequisites apply. For more information contact Gail Longhurst.
T: (02) 9805 0100
E: education@alznsw.asn.au

**ACCREDITED COURSE IN REHABILITATIVE THERAPIES – DEMENTIA**

Port Macquarie  
Unit 1  3 and 4 April
Assessment  29 May

ACT  
Unit 1  17 and 18 April
Assessment  20 June

North Ryde  
Unit 1  26 and 27 April
Assessment  22 June

This is a nationally recognised training course. Prerequisites apply. For more information contact Gail Longhurst.
T: (02) 9805 0100
E: education@alznsw.asn.au

**VOLUNTEER COURSES**

Volunteer education  
Armidale  7 March
Coffs Harbour  4 April
South Grafton  1 May
Ballina  2 May

Dates and locations may be subject to alteration. Fees apply for some courses. For more information or to register for a family carer, volunteer or care worker course, contact AlzNSW.
E: education@alznsw.asn.au
T: (02) 8875 4640 or (02) 8875 4651
10 WAYS ALZN NSW CAN HELP

ALZN NSW IS HERE TO SUPPORT PEOPLE WITH DEMENTIA, THEIR FAMILIES AND CARERS. LET US COUNT THE WAYS!

1 Support at time of diagnosis helps you and your family to make sense of the diagnosis and the next steps.

2 Practical advice helps you minimise the impact of dementia.

3 Living with Memory Loss programs for people in early-stage dementia increase knowledge and confidence for managing memory loss.

4 Individual and family consultations help you plan for the future.

5 Education programs help you understand and live well with dementia.

6 Up-to-date information and resources about dementia and access to the members’ lending library keeps you and your family informed.

7 Connections with other people living with dementia enable you to share information and experiences.

8 Social and creative activities provide opportunities for meaningful participation.

9 Recommendations and advice about dementia support services in your area ensure suitable care.

10 Our provision of information to GPs and other health care providers helps them improve their care and support for you.

NEED ANSWERS?

Do you have a question for AlzNSW? Contact the National Dementia Helpline.

E: helpline@alznsw.asn.au
T: 1800 100 500

Recent AlzNSW campaigns, such as the Christmas, New Year and Valentine’s Day activities, have rallied the public and lobbied the government to improve dementia funding and care.

YOUNG PEOPLE’S SUPPORT GROUP

BY CHARLOTTE MITCHELL

The Young People’s Support Group provides young people over the age of 18 who have a parent with Younger Onset Dementia (YOD) with an opportunity to connect with, support and share experiences with other young people in similar circumstances.

Bimonthly meetings are a chance to discuss coping with a parent living with YOD and access information about community resources and support options.

“Many young people find it challenging, exhausting and isolating trying to balance caring for their parent along with fulfilling their own work, home life or study commitments,” says Coordinator Lyndell Huskins.

For several years Sian Woodmore struggled in the wake of her father Richard’s YOD diagnosis. “I felt very alone and that there was no one who could really relate to what I was experiencing,” said Sian.

For nearly three years, Sian has benefited from the support that the meetings provide. In the group no one is isolated, Sian explains. Everyone can share their experiences, voice any problems or concerns they may be encountering, and, in turn, receive support and guidance from others who truly understand what they are going through.

“I used to worry a lot that I wouldn’t be able to cope with the challenges ahead, but since becoming part of the support group, I’ve found it really reassuring that if someone else can get through it, so can I,” says Sian.

There are several dementia-specific support groups for people of all ages throughout NSW. For more information, contact the National Dementia Helpline.

T: 1800 100 500
For more than a year, Teresa Fisher has been working as the coordinator of the National Dementia Helpline in NSW, a telephone counselling, support and information service staffed by both health and allied health professionals with backgrounds in counselling, psychology, nursing or social work.

The Helpline assists people across NSW who are experiencing memory loss and dementia, while also providing support for the family and carers of those living with dementia. Approximately 70 per cent of the 9000 calls to the Helpline each year are from family members and carers, and health and aged care professionals also call the Helpline.

“Callers are often very distressed when they call in,” says Teresa. “To begin with, the Helpline counsellors will concentrate on actively listening to the caller’s situation, acknowledging their feelings and concerns.”

People ring in to the Helpline with questions relating to a wide variety of issues including concerns over a loved one’s behaviour, confusion about a diagnosis, inquiries about the different types of dementia, questions about financial and legal issues, tips for planning ahead for the future, and information about what support is available to carers who may be feeling overwhelmed.

“We also get a lot of calls from members of the general public, asking about how the risk of dementia can be reduced,” Teresa said.

After listening to a caller’s situation, the Helpline counsellor will then discuss the various options available to the caller, which may include the AlzNSW counselling service and early intervention program Living with Memory Loss.

Information about external services such as local Aged Care Assessment Teams and dementia advisors is also often provided.

Last year, the Helpline conducted a customer satisfaction survey and found that more than 90 per cent of callers were either satisfied or very satisfied with the support and assistance provided by the Helpline.

If you would like to talk to a health professional about diagnosis, support services, financial or legal issues, planning ahead or any other matter related to dementia care and support, phone the National Dementia Helpline.

**T:** 1800 100 500
IN MEMORIAM

WE OFFER OUR CONDOLENCES TO THE FAMILIES WHO HAVE LOST THEIR LOVED ONES. WE ALSO THANK THEIR FRIENDS AND FAMILIES WHO HAVE DONATED TO ALZHEIMER’S AUSTRALIA NSW.

Alan Aggett
Grazia Alfonsi
Nancy Allen
Pasquale Barbaro
Melva Jean Bernasconi
Lilwyn Mary Beveridge
Steve (Sydney George) Blatchford
Margaret Elaine Borradale
Salvatore Bottazzo
Helen Christine Boyd (nee Comins)
Marjone Brett
Marie Florence Brown
Eva Cole Buchanan
Gordon Cameron
Leslie Alwyn Cheetham
Dominica Ciarcello
Phillip Cotter
Walter Leslie Craft
Joan Davis
Maria De Grandis
Joan Marie Enright
Pearce William Falconer
Hazel Cecily Ferrier
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Steve (Allan Stephen) Fryer
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Clarence Gatti
Alice Antoinette Gauci
Beryl Dawn Gibson
Colin Gleeson
Helen Elizabeth Goodsr
John Archibald Grahame
Mary Grills
Mary Haddrell
Pamela Mary Harris
Lenore Clarice Hartnett
Eric Harvey
Eric Guy Hebbelwhite
Ronald Samuel Hedges
Joan Hicks
Johanna Cornelia Hoving
Doreen Irwin
Stephen James Jones
Jean Kemp
Judith Kollosche
Helenie Petra Koorey
Emma Frances Grace Little
Marie Joan Livingstone
June Mansfield
Ted Mansfield
Thomas Manwaring
Kathleen Marshall
George Brian E.D. Miller
Edna Mavis Minett
Joseph (Joe, Mondi) Misson
Gary William Mitchell
Owen Monaghan
Samuel Allan Morris
John Anthony Neale
Judith Mary Nicholas
Arne Nielsen
Helenie Petrova Koorey
Maureen Therese Oborn
Joan Overs
Lidia Palombit
John Papalazarus
Marjorie Olive Patterson
Maria Ascencio Periera
Audrey Poole
Raymond (Boy) Powe
Shirley Alice Pringle
Agnes Katherine Robinson
Ronald Charles Rudd
Gennaro Sallustio
Noelene Ruth Saxby
Gwendolyn Victoria Small
Shirley Smith
Carolina Spadaro
Ellen Barbara Stephenson
Bruce Stubington-Mitchell
Elpiniki Vidalis
Edna Kaye Halcro Walters
Maurice Keith White
Shirley White
Violet Caroline White
Phyllis May Whiteman
Peter Arthur Wilson
Ross Wilson

Alzheimer’s Australia would like to acknowledge and thank the families and executors of the recently received bequests from which people with dementia, carers and their families have received lasting benefit.
AUDIO
Mindfulness meditation
Through research studies and Jon Kabat-Zinn’s work at the University of Massachusetts Medical School, where he is founder of the world-renowned Stress Reduction Clinic, mindfulness is being recognised as a highly effective tool for dealing with stress, chronic pain and other illnesses. This three-CD set includes Mindfulness for beginners, Guided mindfulness meditation and Meditation for optimum health.

BOOKS
I’m Still Here
by John Zeisel
Recognising the place for joy in living with Alzheimer’s disease, John Zeisel explores non-pharmacological approaches to treatment, concerned with how we can access the senses, structure the environment and adapt relationships to promote quality of life. The book leaves us enthusiastic for dementia care and helps us recognise that, despite disabling conditions, we have the capacity to experience pleasure, respect and empowerment.
Reviewed by Marg Coutts, Dementia Advisor, Coffs Harbour.

To Love What Is: A Marriage Transformed
by Alix Kates Shulman
In this elegant memoir, Shulman describes the ongoing anxieties and risks, as well as the surprising rewards, she experiences as she reorganises her world to care for her husband and discovers that what might have seemed a life sentence to some has evolved into something unexpectedly rich. This book has been highly recommended by one of our Greater Southern Health Area Dementia Advisors, who reports that members of the local support group found it moving and helpful.

Letting Go Without Giving Up: Continuing to Care for the Person with Dementia
by Jenny Henderson and Maureen Thom
The idea for this book grew from concerns expressed by carers who felt they were no longer allowed to have a role in caring for a person who had entered long-stay care. This booklet is aimed at carers who want to continue their involvement in the lives of the people they have cared for, even if they are no longer responsible for their day-to-day physical care needs.

CROSSWORD

Across
1  Thorny berry plant
6  Greenish blue
10 Uncovered
11 Authorised reps
12 Grinding (teeth)
14 Annoys
16 Sparkle
18 Crooner, Frank ...
20 Lift
22 Split second
23 Canadian leaf symbol
25 Cigar receptacles
28 Dusk
29 Sedate (character)
31 Dispatch
32 Errand-boys

Down
1  Infant
2  Atmosphere
3  Honour & glory
4  Anger or love
5  Havens
7  Game fowl
8  Helpers
9  Skating venues (3,5)
13  Sound
15 Deals
17 Mockery
19 Weepy
21 Come forth
22 Sniffs
24 Infidel
26 Expanded (of dough)
27 Tots up
30 Had a meal

NEED ASSISTANCE?
NOT SURE WHAT YOU WANT?
ASK THE LIBRARY!
Monday to Friday 9am–4pm
E: lis@alznsw.asn.au
T: (02) 9888 4218

Keep up to date with all new items in the Library, including books, DVDs and journal articles by visiting the Library News blog.
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Choose from more than one million general titles, as well as a wide range relating to dementia and Alzheimer’s disease, at the Alzheimer’s Australia Online Bookshop.
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