DEMENTIA AWARENESS WEEK
STATE-WIDE CAMPAIGN BRINGS DEMENTIA TO THE FORE

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WAYS TO HELP ALZNSW

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This is the last contribution to In touch that I will write as Chairman. It is a genuine belief of mine that organisations run better if there is a regular change of people in special positions. After the AGM it is my intention to stand down as Chairman. I will remain an active supporter of Alzheimer’s Australia NSW (AlzNSW) and will remain on the Board.

It has been such a pleasure to watch the organisation grow. When I joined, Dr Richard Matthews helped us move to the Gibson-Denney Building here at the Macquarie Hospital campus. You will recall that Alistair Bell and the late Sue Sackville oversaw the complex refitting and move of premises that culminated in a grand opening by the Premier. Now all our staff is together on one campus.

We have increased our assets and our staff numbers – something of a real achievement in these difficult times. During the Global Financial Crisis AlzNSW’s CEO The Hon. John Watkins devised a strategy that maintained, when other organisations were shedding numbers, all but one position in the organisation.

The other great memory of my time as Chair was the recruitment of John as Chief Executive Officer. Some of you may not know that he arranged to have coffee with me some months before his appointment and was informed that there was a vacancy, but with very tough competition. He has been an inspiration to people here since he arrived. The National Office calls on his skills frequently, which also uses people from NSW including many of our General Managers. During my time it was necessary to maintain a balanced Board and to move from a good self-help organisation to what we are today.

There are three ‘groups’ on the Board – those who have management and governance skills, those who are experts on dementia, and those whose skills and experience are in both areas. We need them all and the Board has worked well as a unit. Together they provide a mix that works well for the organisation. They work together and reach sensible and considered conclusions on some difficult matters. I have had such good support from John Morrison as my Deputy and from him and Ian Horton as Chairs of important financial committees of the Board.

My successor will be Jerry Ellis of BHP fame. Not only was he Chairman of BHP, but he was Chancellor of Monash University and is a long-standing personal friend. He has the AO as well. He now lives in Sydney and wishes to assist us. He will be a good replacement and will be a good person on the National Board as well. He was found after a search that was conducted so well by a custom-made Nominations Committee under the Chairmanship of Ian Horton and with the help of Jane Bridge at Boardroom Partners, a search firm in the City.

I would like to pass on our deep gratitude and thanks to our outgoing Chairman, Peter Baume AC, who has provided such wonderful guidance, skill and care as Chair of our Board over several years. We are sad to see him step down from this position, but very pleased that he will be staying on as a member of the Board. Peter, like all of our Board Members who do this job voluntarily, is a very valued member of the AlzNSW team.

It is with great pleasure, however, that I welcome our new Chair, Jerry Ellis AO. Jerry comes to us with a distinguished career in business, is the former Chancellor of Monash University, former Chairman of BHP on the Board of many publicly listed companies and has been the Chairman of not-for-profit organisations including Landcare Australia and Golf Australia. We are very fortunate that Jerry has accepted our offer to become our new Chairman, and his vast experience and compassion will stand us in good stead for the next three years. Welcome Jerry.

We also had some very welcome news in August when the State and Territory Governments, including our State Government in NSW, voted to make dementia the ninth National Health Priority. This is a momentous moment in the history of our fight against dementia. Read all about it on page 7.

Thank you to the NSW Health Minister, The Hon. Jillian Skinner MP for supporting this proposal and to everyone who has been supporting our Fight Dementia campaign, especially the NSW Minister for Ageing The Hon. Andrew Constance MP.

I would also like to thank everyone who participated in Dementia Awareness Week in September. A vast number of events were held across NSW during this important time, which we use to help raise awareness of dementia, its effects and important risk reduction messages. You can read more about it on pages 8-10.

Finally, I would like to thank all our supporters who continue to give us the assistance we need to help people with dementia, their families and carers in NSW. We could not do the important job we do without you. I would also like to pay tribute to all those people living with dementia in NSW who deal with this difficult condition with dignity, grace and courage.

May the coming festive season be a safe and restful one that you are able to share with the ones you love. I look forward to seeing you all again next year.

The Hon. John Watkins, CEO, AlzNSW
The President of Alzheimer’s Australia, Ita Buttrose, launched a new community awareness resource at this year’s Ageing Well Expo in Coffs Harbour. Worried About Your Memory? includes three short scenarios outlining what people can do if they are worried about their own, or somebody else’s, memory. The resource was funded by AlzNSW and developed and produced in Coffs Harbour with local volunteers as actors.

Bupa aged care homes around the country have been hosting Memory Walks as part of Bupa’s global challenge, which aims to help people live longer, healthier, happier lives. Bupa, a proud supporter of AlzNSW, sponsored these Memory Walks in recognition of Dementia Awareness Week. DIY Memory Walk kits, which were delivered to Bupa aged care homes, included a step-by-step guide to organising a Memory Walk.

Forty-nine Bupa aged care homes have so far taken part, with about 3000 people participating. In a fantastic effort, together these events raised more than $15,000, an amount which is set to climb.

Participants of the Berry (top) and Berwick (above) Bupa aged care homes after their successful Memory Walks.

DVD LAUNCHED BY ITA BUTTROSE

The President of Alzheimer’s Australia, Ita Buttrose, launched a new community awareness resource at this year’s Ageing Well Expo in Coffs Harbour. Worried About Your Memory? includes three short scenarios outlining what people can do if they are worried about their own, or somebody else’s, memory. The resource was funded by AlzNSW and developed and produced in Coffs Harbour with local volunteers as actors.

The DVD will be distributed to local GP surgeries, Centrelink offices and pharmacies, and will be available online.

Presented by the Coffs Coast Community Expo Working Party, the Ageing Well Expo included information for older people and their carers on how they can enhance their quality of life and access services that will help them live more independently.

Ms Buttrose spoke about the impact of the caring role on health and social life and about the importance of ageing well.

The free expo was proudly supported by AlzNSW, Department of Human Services, Mid North Coast Commonwealth Respite and Carelink Centre and C.ex Coffs.

The filmmakers and Coffs Harbour volunteers who acted in the DVD, Worried About Your Memory?, along with Judy Bartholomew from AlzNSW who was the project manager.
Moving a loved one with dementia into residential care is often the most difficult, stressful and emotional time of the caring experience, a new discussion paper has found.

The Hon. John Watkins, the CEO of AlzNSW, said the discussion paper, *The Most Difficult Decision: Dementia and the Move into Residential Aged Care*, by AlzNSW, identified the profound impact moving into residential care can have on people with dementia, their families and carers.

"Many tell us that even if they find a great facility for their loved one, the decision to make the move and then the days leading up to the change are some of the most difficult days of their lives," John said.

"But what we have found is that when it is managed the right way, it can be much smoother and a much less stressful experience than expected and can help alleviate some of that grief and guilt that is so often associated with this time."

The discussion paper contains several recommendations to help make the transition easier, including that the Australian Government fund a network of key workers to support the carer and person with dementia, and that standardised application and information forms are developed.

Recommendations also include that service providers enable staff to work with the person with dementia and their carer in their planning, decision-making and service delivery and that the State Government works with Local Health Districts to develop service pathways for the person with dementia and their carer to plan for a future that may include residential care.

"While many people with dementia and their families and carers would like to stay in their own home for as long as possible, there comes a time for a lot of people when there is a need for the sorts of care that residential aged care facilities provide," John said.

The discussion paper was launched at an event held at NSW Parliament House in October.
FINANCIAL PLANNING AND DEMENTIA

In this edition of In touch, we commence a regular commentary on Financial Planning by Phillip Cormack. Seeking financial planning advice at any stage of life is an important consideration and establishing a strategic financial plan can lead to financial well-being.

The importance of good financial planning is especially relevant for those with dementia. It’s critical to ensure your finances are in order so that time can be devoted to the well-being of those living with dementia.

Whilst it is good practice to seek financial planning advice early, it is never too late. One way of making the process simpler is to consider talking to a financial planner. If you do engage a financial planner, it is important to engage someone with whom you are comfortable. This may require a discussion with more than one planner. The good news is that most financial planners provide an obligation free initial consultation at no cost.

When choosing a financial planner it is essential to assess their experience, education and qualifications. A quality adviser will be recognised as a Certified Financial Planner and be a member of the Financial Planning Association. You can also check that the financial planner has appropriate testimonials from satisfied existing clients.

A good financial planner can assist in providing a range of advice services including:
- The establishment of Enduring Powers of Attorney and Guardianship,
- Estate Planning,
- Nursing Home considerations including eligibility assessment, bond payments, government assistance and social security,
- Superannuation and other advice.

In future editions of In touch, I will expand on a range of issues important to planning ahead.

Phillip Cormack FINA; SF Fin Financial Planning Specialist Authorised Representative Godfrey Pembroke Limited Tel: 02 9231 5611; Email: pcormack@godfreyembroke.com.au

AlzNSW CELEBRATES 30 YEARS

AlzNSW celebrated its 30th year with a function to thank volunteers and supporters at Government House with AlzNSW Patron NSW Governor Professor Marie Bashir AC, CVO.

The Hon. John Watkins, the CEO of AlzNSW, said it was an important milestone and thanked the many people who had worked so hard over the 30 years, including the countless volunteers, without whom the organisation would not be what it is today.

“We have grown from a public meeting of 500 people in 1982 with donations collected in a shoebox to an organisation with a workforce of more than 100 serving people in need across NSW,” John said.

“Dementia affects memories, lives, relationships and futures and we remember the many touched by this illness who have lived each day with courage and determination.”

AlzNSW has come a long way over 30 years, but John concedes there is still much more to do. “We remain committed to working towards a world without dementia,” he said. “Until then, we will continue working to ensure that those living with dementia, their families and carers, are able to live with the best quality of life possible, with appropriate care and support.”

The event also served as a celebration of a new project, a series of online videos to help others going through the same journey to show that nobody is alone. “There are others facing similar challenges and difficulties,” John said. “There is help – there are people out there who care and understand just what they are going through.”

CONSUMER ADVISORY GROUPS

AlzNSW is calling for new members to join our consumer advisory groups.

Are you a person with dementia or a family carer (current or former) of a person with dementia?

Are you a member of AlzNSW or would you like to become one?

Can you travel to one of our venues throughout New South Wales for twice-yearly meetings with our representative from the Policy, Research and Information Department?

Can you spare the time to provide feedback on papers and reports through the year and occasionally participate in extra consultations in your region?

Then you can be part of our network. “This organisation was founded on the voice of our consumers,” AlzNSW CEO The Hon. John Watkins said. “At the grass roots level, hearing the experience, stories and responses from consumers has been a great asset. These groups are integral to the running of our organisation and part of our core business.”

ARE YOU INTERESTED?

Contact Jo-Ann Brown
E: jo-ann.brown@alzheimers.org.au
T: (02) 8875 4636
Please inform others who may be interested in helping us.
DEMENTIA RECOGNISED AS A NATIONAL HEALTH PRIORITY AREA

Alzheimer’s Australia congratulates the Commonwealth Government on the decision by the Australian Health Minister’s Advisory Committee to make dementia a National Health Priority Area. This means that dementia will now be addressed across both the health and aged care systems.

Ita Buttrose, National President of Alzheimer’s Australia, said the decision marks a significant shift in health policy in recognising dementia as a chronic disease.

“Up until now, dementia has been regarded as an older person’s disease and as a natural part of ageing – which it isn’t,” Ms Buttrose said. “The decision makes for an historic day for Australia. For the first time we have an opportunity to address key failures in the health system in regards to dementia, such as access to timely diagnosis, quality of care in hospitals and raising community awareness about risk reduction strategies for dementia.”

The announcement, coupled with the Commonwealth Government’s commitment of $268.4 million over five years to tackle dementia as part of the Living Longer Living Better aged care reform package, creates new opportunities to address areas that have long been neglected, including research through the National Health and Medical Research Council.

“Compared to all other major chronic diseases dementia is grossly underfunded,” Ms Buttrose said.

“Investment in dementia research is an area that was not addressed in the Living Longer Living Better package and in the 2013 Budget it will be the priority area for Alzheimer’s Australia.”

MEMORY VANS

The AlzNSW memory vans have been busy over the past few months, travelling around the state to raise awareness of dementia and risk reduction.

Representatives hopped on board and visited the cities in the map below.

FOLLOW THAT VAN!

To find out where the Memory Vans will be in the upcoming months, visit the Alzheimer’s Australia website.

W: www.fightdementia.org.au

Invite a Memory Van to your community event.

Hunter and Mid-North Coast: Kim Wilson
T: (02) 4962 7000
E: kim.wilson@alzheimers.org.au

Rest of NSW: Susan Newton
T: (02) 8875 4637
E: susan.newton@alzheimers.org.au

MP VISIT

The Hon. Greg Combet MP, Member for Charlton, dropped in on the AlzNSW stall at a recent seniors expo. The Minister for Climate Change and Energy Efficiency and for Industry and Innovation is pictured with Clare Coyle from AlzNSW’s Hunter office.

FORSTER MEMORY LANE GROUP

The Forster Memory Lane Activity and Cafe Club enjoyed a special day out at the Artesian Art Gallery at Monrook, near Taree. Everyone who attended had a wonderful time viewing the unique display of artwork, ranging from stainless steel animals to intricate woodwork carvings and puzzles. There was also a collection of brooches and jewellery depicting Australian native animals. The group then enjoyed a morning tea together, before travelling to Wauchope RSL for a fantastic lunch, followed by a leisurely browse of the local shops.
Thousands of people took part in Dementia Awareness Week in September with memory walks, seminars and information booths set up around the state, as Alzheimer’s Australia strives to bring awareness to the dementia epidemic.

The TV commercial, There’s a Difference, aired across NSW as well as on selected cinemas across the state. This was supported by press advertisements targeting community language newspapers.

Marquee in Martin Place
The marquee in Martin Place promoted the Your Brain Matters campaign and provided a point of reference to those people concerned about memory loss.

Events were held every day including physical fitness demonstrations, circus entertainment and a Guinness World Record attempt. Free blueberries were also handed out thanks to the Brain Foundation.

Your Brain Matters
International dementia expert Dr Serge Gauthier helped Alzheimer’s Australia launch the world-first public brain health program, Your Brain Matters. The program is influenced by studies that have found that looking after your brain, body and heart can help reduce your risk of developing dementia.

Your Brain Matters is the first dementia risk reduction program to be publicly funded, made possible by the Federal Government funding received in the 2012 budget.

Iita Buttrose, National President of Alzheimer’s Australia said Your Brain Matters has the power to be a game changer. “We may be able to help ourselves reduce our risk of dementia in our everyday lives,” Ms Buttrose said.

Combat the Stigma
The World Alzheimer’s Report by Alzheimer’s Disease International (ADI) found that one quarter of people with dementia has admitted to hiding their diagnoses from others because of the stigma.

The ADI report included a number of recommendations to overcome the stigma including improved education, information and awareness, national dementia plans and encouraging people with dementia to speak out.

However, The Hon. John Watkins, the CEO of AlzNSW, said Australia has a long way to go to combat the stigma associated with dementia. “We all need to work harder at making sure people with dementia, their families and carers are not marginalised, that people with dementia are empowered to self advocate and that they are supported appropriately to help them live with dementia while enjoying the best quality of life possible.”

Facing the Future
According to the Dementia in Australia report by the Australian Institute of Health and Welfare (AIHW) around 900,000 people will be living with dementia by 2050. The report demonstrated that the dementia epidemic is prevalent in Australia, and we must face the future of the condition now.

“Dementia in Australia argues for a much higher priority for dementia research, which is the key to developing new treatments and identifying ways to reduce the risk of developing dementia,” The Hon. John Watkins said.

Recognising that dementia research is grossly underfunded, Alzheimer’s Australia launched phase two of the Fight Dementia Campaign – Towards a World Without Dementia. Launched during DAW, Towards a World Without Dementia demands a government investment of $200 million for dementia research.
Over 400 sites across Sydney promoted a brain healthy message throughout September with street banners whipping in the wind. The banners called on people to connect the dots.

A bus-side campaign also took place throughout September and October with many Sydney buses displaying the Alzheimer’s Australia message.
AROUND THE STATE

COFFS HARBOUR
AlzNSW and Coffs Harbour Health Campus staff manned a table in the foyer of the hospital. More than 100 people, both from the community and hospital staff approached the table to speak with the team.

A free dementia seminar was also held. Free blood pressure tests were offered to attendees, as well as a presentation by specialist Dr Ian Bruce, which featured a couple speaking about their experiences of living with dementia. There was also an information session giving tips on how to live a brain healthy lifestyle.

PORT MACQUARIE
A free seminar on Your Brain Matters was held with guests including Biripi Elder Uncle Bill O’Brien and Member for Port Macquarie Leslie Williams MP, co-convenor of NSW Parliamentary Friends of Dementia.

WOLLONGONG
Approximately 250 people attended the public seminar and expo, Unravelling the Myths About Dementia which was opened by Member for Cunningham, The Hon. Sharon Bird MP. Alzheimer’s Australia Ambassador Sue Pieters-Hawke, the author of the best-selling book Hazel’s Journey, the story of her mother Hazel’s experience with Alzheimer’s disease, gave the keynote address and geriatrician Dr Clair Langford from the Illawarra Shoalhaven Local Health District spoke about the facts and myths of dementia. People were also on hand to talk about local services available to those with dementia, their carers and their families.

SHOALHAVEN
The Forget-Me-Not Exhibition was opened by Ambassador for Ageing Noeline Brown and was visited by more than 300 people. There were more than 180 pieces of inspirational artwork on display, including quilts, paintings, collages, craft, short stories, and photographs.

ARMIDALE
Artworks created by people living with dementia and their carers were on display in the Armidale exhibition, opened by local MP, The Hon. Richard Torbay.

MEMORY WALKS

HUNTER
More than 1200 people gathered at the inaugural Hunter Memory Walk and Jog to show their support. Over $70,000 has been raised. “This is the first time we have run this event in the Hunter and we have been blown away by the number of people who turned out in support of people with dementia,” AlzNSW CEO The Hon. John Watkins said.

ILLAWARRA
McLeod’s Daughter’s actress and AlzNSW Ambassador Doris Younan played host as over 500 people attended the Illawarra walk at Stuart Park, Wollongong raising more than $30,000.

PORT MACQUARIE
A fun run and walk was held with almost 150 people in attendance. The walk was held thanks to the Port Macquarie Triathlon Club, and participants were treated to food and entertainment, a Nemo jumping castle and Port’s Mr Whippy, whilst the Tacking Point Lions were also in attendance.

TWEED
The Tweed Memory Walk, held at Chris Cunningham Park, saw local residents take part and show their support to people living with dementia, their families and their carers.
A recent review by the University of NSW and the University of Sydney studied older friendships and social networks among people with dementia, specifically focusing on individuals living in residential aged care facilities. People with dementia living in residential and aged care facilities often feel lonely, socially isolated and frustrated.

The study conducted a review on older adult friendships among people with dementia and found that social networks can influence brain structure. PhD candidate Anne Cole Casey who was involved in the study said that the review provides an insight into how social relationships evolve for residents with and without dementia.

Qualitative studies found a positive effect for friendships between individuals with dementia. These included a reduction of anxiety, agitated behaviour and feelings of loneliness.

“No matter whether somebody is wheeled through the door or walks through the door, they don’t leave their social identities at the door ... they are still the same person and they still have the same socio-emotional needs,” Anne said.

The information can be used to focus care practice on the emotional needs of residents.

The use of anaesthesia as a component of surgical practice is a trusted procedure in Australia. Associate Professor Brendan Silbert from the Centre for Anaesthesia and Cognitive Function in Melbourne recently presented the potential association between anaesthesia, cognitive function and dementia.

In his presentation, Associate Professor Silbert highlighted that a large body of research demonstrates that cognitive function does decline in older people after anaesthesia and surgery.

He also noted that there have been studies in older rats indicating a decreased ability to negotiate memory tasks several weeks after anaesthesia.

However, Associate Professor Silbert did suggest that there is still a lot of work to do. “The challenge for anaesthesia is to identify if the natural course of Alzheimer’s disease is initiated or exacerbated by anaesthesia and surgery,” he said, noting the major clinical implications if concerns about the long-term cognitive outcomes were correct.

A research project funded by the National Health and Medical Research Council (NHMRC) assessed the effect of environmental design on quality of life for people living in residential age care facilities, especially those with dementia.

An audit of 20 aged care facilities was conducted analysing environments that promote familiarity, enable positive stimulus and allow access to outside areas amongst other things.

The audit found that only 55 per cent of aged care facilities promote safety in their environment design and only 30 per cent allowed for visual access.

Professor Ian Forbes, Director of Designinc Group for Health Architecture and Planning at the University of Technology, Sydney, said the importance must be on comfort and safety. “From an architect’s perspective the outcome for a dementia specific design must be the creation of places where people can feel comfortable, safe and familiar.”

This can be done by designing places with a stress-free environment that reduces anxiety and behavioural problems.
SERVICES

2013 COURSES

THE ALZNSW EDUCATION PROGRAM OFFERS COURSES FOR CARE WORKERS, FAMILY CARERS AND VOLUNTEERS.

SUPPORT GROUP LEADERS’ WORKSHOP

Introduction to Group
Work Leadership
North Ryde 4 and 5 March
Coffs Harbour 25 and 26 March

Advanced Group Leadership
North Ryde 6 and 7 May

Grief, Loss and Dementia in a Carer Support Group
Coffs Harbour 20 and 21 May

Group Leaders’ Forum (for current, experienced group leaders)
Queanbeyan 9 April
Western Sydney 22 April
For more information, and for a full program for 2013, or to register, contact Monica Cole
E: groupdevelopmentnsw@alzheimers.org.au
T: (02) 8875 4682

FAMILY CARER EDUCATION

Three-day carer course
North Ryde 7, 14 and 21 February

Sons and Daughters & Family and Friends
North Ryde 23 April

Four-evening carer course
North Ryde 7, 14, 21 and 28 May

LIVING WITH MEMORY LOSS PROGRAMS

North Ryde, Fridays 8 March – 26 April
Hurstville, Thursdays 21 March – 9 May
North Ryde (Younger Onset Dementia), Thursdays
2 May – 13 June
Liverpool, Wednesdays 8 May – 26 June

VOLUNTEER COURSES

Volunteer Education
North Ryde 24 April

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: nsw.education@alzheimers.org.au
T: (02) 8875 4640 or (02) 8875 4651

CARE WORKER COURSES

Understanding Dementia and Communicating with a Person Living with Dementia
North Ryde 19 February

Challenging Perceptions of Behaviour Associated with Dementia
North Ryde 20 March

Person-Centred Care and Communicating with a Person Living with Dementia
North Ryde 15 April

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www.brightsky.com.au

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Order in small or large quantities
Clinical nursing advisory service
Online shopping
Can I use AlzNSW services if my husband has vascular dementia? Is there a difference?

AlzNSW offers services to anyone who is concerned about any form of dementia, including vascular dementia. Dementia describes symptoms that are caused by disorders affecting the brain. Alzheimer’s disease is the most common of the dementias but the next most frequent is vascular dementia. AlzNSW offers a range of services including: the National Dementia Helpline, counselling, the Living with Memory Loss program, education, activities and a dementia-specific Library.

I think my mum, who has dementia, has problems with her teeth but she becomes upset when I try to take her to see our dentist. What should I do?

Poor dental health can affect a person’s wellbeing – their comfort, appearance, nutrition or behaviour – and people with dementia are very susceptible to dental problems. Finding a dentist who is experienced in treating people with dementia can be helpful. You can call before the visit to talk about your mum and her preferences.

**10 Ways AlzNSW Can Help**

AlzNSW 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.

Q&A

**Q** Can I use AlzNSW services if my husband has vascular dementia? Is there a difference?

**A** AlzNSW offers services to anyone who is concerned about any form of dementia, including vascular dementia. Dementia describes symptoms that are caused by disorders affecting the brain. Alzheimer’s disease is the most common of the dementias but the next most frequent is vascular dementia. AlzNSW offers a range of services including: the National Dementia Helpline, counselling, the Living with Memory Loss program, education, activities and a dementia-specific Library.

**Q** I think my mum, who has dementia, has problems with her teeth but she becomes upset when I try to take her to see our dentist. What should I do?

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**Need Answers?**

W: www.alzheimers.org.au
E: nsw.helpline@alzheimers.org.au
T: 1800 100 500
LIFE SUPPORT

DONATE, LEAVE A GIFT IN YOUR WILL OR FUNDRAISE THROUGH ACTIVITIES. NO MATTER HOW YOU DO IT, SUPPORTING AlzNSW FINANCIALLY WILL HELP THOUSANDS OF PEOPLE.

BEQUESTS
As our population ages we constantly need to extend our services to meet growing demand. Leaving AlzNSW a gift in your will can give us the long-term financial confidence to maintain and extend our vital support services, continue to educate carers and health professionals, and invest in research to stop this deadly disease.

Make a will or update your existing will and include a bequest to AlzNSW.
You should always seek the services of a solicitor or trustee company to prepare your will to ensure that it is correctly drafted and is practical in meeting your wishes.

To find out more about how you can help AlzNSW by leaving a gift in your will, contact us.
T: (02) 8875 4631
E: diana.waring@alzheimers.org.au

IN LIEU OF GIFTS
Planning a celebration to mark a birthday, wedding or anniversary? Instead of gifts, encourage your guests to make a donation 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.
T: (02) 8875 4673
E: marina.agostino@alzheimers.org.au

IN MEMORIAM DONATION
By making a donation in memory of a loved one you ensure his or her memory lives on by helping others. You can also celebrate the life of a loved one by asking for a donation to AlzNSW in lieu of flowers.
In memoriam envelopes can be made available at a 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.
T: (02) 8875 4673
E: marina.agostino@alzheimers.org.au

TRUSTS AND FOUNDATIONS
It has been a great year with many trusts and foundations coming on board to support us in our fight against dementia. They enabled the AlzNSW Memory Vans to visit numerous locations throughout NSW, discussing the risks of dementia and advising communities on strategies which can reduce the risk of dementia. We achieved tremendous results.
Thanks to:
• IMB Foundation
• Aussie Farmers Foundation
• Harcourts Foundation

We also received a great amount of additional support from the Macquarie Group Foundation to go towards the National Dementia Helpline and our counselling service.
T: (02) 8875 4552
E: serena.stewart@alzheimers.org.au

COMMUNITY FUNDRAISING
Planning a fundraiser in your local community or workplace? We are revitalising our community fundraising program and are looking for support from passionate fundraisers. We can guide and support you in preparation for your event, from morning teas to gala balls.
T: 02 8875 4625
E: megan.thomas@alzheimers.org.au

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.
T: 1300 636 679
E: karen.carran@alzheimers.org.au

DEMENTIA FIGHTER
Join AlzNSW as a Dementia Fighter and improve the lives of people living with dementia.

Being a Dementia Fighter is a new and exclusive way for you to contribute towards our work.

Each month our wonderful Dementia Fighters give a regular gift, contributing to a pool of guaranteed, ongoing income which allows AlzNSW to plan for increased demand for our services and make sure we’re here for everyone who needs us.

The more people who join, the more we can do – together.

Sign up as a Dementia Fighter today!
T: 1300 636 679
E: megan.thomas@alzheimers.org.au

STAY IN TOUCH
If you are not already on our email database and would like updates about all the news on our upcoming events please contact Megan.
T: (02) 8875 4625
E: nsw.events@alzheimers.org.au
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.

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.
RESOURCES

AlzNSW LIBRARY

LIBRARY AND INFORMATION SERVICES
COORDINATOR MICHELLE DE MARI REVIEWS THE NEW ADDITIONS TO THE AlzNSW LIBRARY.

BOOKS
We can, we can, we can: Purpose and pleasure for people living with dementia
Activity must meet our need for meaning and connection, and provide an outlet for creativity, spirituality, joy, fun, and relaxation. Every one of us has leisure and recreation preferences. Not all want to sing in a group, join a club or make and create. Some love company, while others prefer time alone. This collection of activities respects that diversity, as well as the need for a person-centred approach to activities. Our Social and Therapeutic Activities staff have high praise for this book.

Montessori Methods for Dementia: Focusing on the Person and the Prepared Environment
By Gail Elliot
This book focuses on helping people learn about innovative approaches that are aimed at engaging people with dementia in life and living. As Gail quotes in her book, “the purpose of life is a life with purpose.” Applying Montessori Methods to the world of dementia care contributes to positive changes for those individuals living with dementia, as well as for their providers of care.

JOURNALS
The Journal of Dementia Care
The Journal of Dementia Care provides a strong editorial commitment to improving the quality of care provided for people with dementia in hospitals, residential and nursing homes, daycare and homecare settings. It also raises the profile of all professionals working in this specialist field and it presents the ideas and opinions of professionals working with people with dementia.

Australian Journal of Dementia Care
The Australian Journal of Dementia Care is a multidisciplinary journal for all professional staff working with people with dementia, in hospitals, nursing and residential care homes, day units and the community. The journal is committed to improving the quality of care provided for people with dementia, by keeping readers abreast of news and views, research, developments, practice and training issues. The Australian Journal of Dementia Care is grounded firmly in practice and provides a lively forum for ideas and opinions.

NEED ASSISTANCE?
NOT SURE WHAT YOU WANT?
ASK THE LIBRARY!
Monday to Friday 9am–4pm
E: nsw.library@alzheimers.org.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.
W: www.alzheimersnslibrary.blogspot.com

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.
W: alz.seekbooks.com.au T: (02) 8206 9035

CROSSWORD

ACROSS
1. Catastrophic
6. Surgical sponge
10. Older person
11. Female activists
12. Frozen shipping hazards
14. Spending binge
16. Motivate
18. Holy day of rest
20. Public speakers
22. Invaded
23. Hindu teacher
25. Small ornamental carp
28. Amounting to
29. Do well (at)
31. Soapy water
32. Wedding attendant

DOWN
1. Union fees
2. Dejected
3. Rub vigorously
4. Adjudicator
5. Reveals
7. More prudent
8. Entreat
9. Unserviceable
13. Country, ... Rica
15. Large luxury cars
17. Adored
19. City, Buenos ... 
21. Wetter
22. Helped
24. Pointed (gun)
26. Pines
27. Snow vehicle
30. Washington-based spy group (1,1,1)