ALZHEIMER’S AUSTRALIA VIC Launches flagship project

IT IS with great excitement we share with you that Alzheimer’s Australia Vic is on the move in 2013 to what will be a new Dementia Learning Centre in Parkville. The new location will be shared with the Florey Institute of Neurosciences and Mental Health. The building is owned by the Victorian Government with whom we have a non-commercial lease agreement.

We will continue to have a presence on Riversdale Road, Hawthorn and within these buildings we will focus specifically on all aspects of our client counselling services.

Here at Alzheimer’s Australia Vic, for a number of years, we have been aware of a need to source a new location. We have outgrown our main site in Hawthorn and have had an overflow site at leased premises to manage this, while trying to find an appropriate solution.

We have also needed to address the extension of the services we provide to meet the growing needs of our community.

In fact as part of our Strategic Directions 2011-2014 document we identified this project with the objective to link consumers, research and services into a prominent collaboration with the capacity to ...continued page 3
We are now well into the New Year and I do hope you have all had a great start to 2013.

It has been a busy few months here at Alzheimer’s Australia Vic, not least because we are entering the final stages of planning for our exciting move to our new flagship site in Parkville. Later in 2013 this move will not only accommodate our growth as an organisation but will also lead the way in showcasing a dementia friendly environment. This has been in the planning stages for quite some time, and we are thrilled that we can now share the details with you. More information about the project can be found elsewhere in this edition.

We rounded off 2012 by hosting our AGM. Despite soaring temperatures on the day, the meeting was well attended and enjoyed by all. We were particularly pleased to welcome Federal Ambassador for Ageing Noeline Brown who addressed guests with a lively and informative speech about her views on ageing well and the vital role older Australians play in today’s society. Noeline is certainly a great role model in regard to positive ageing.

And 2013 got off to an exciting start for us, as our National President Ita Buttrose was named Australian of the Year. On behalf of everyone at Alzheimer’s Australia Vic, I would like to congratulate Ita on this remarkable and well deserved achievement.

On Valentine’s Day we took to Federation Square to collect memories from the public and sign up additional Dementia Champions to our Fight Dementia campaign, Stage 2 of which aims to secure additional Federal government funding for dementia research. I particularly enjoyed the opportunity to interact with the public and talk directly with them.

And finally, I would like to acknowledge three valued members of our team who celebrate five years with us this year - Geelong Counsellor Ruth Dwinger, Community Learning & Development Program Manager Laurel Gourlay and Learning & Development Program Coordinator for Traineeships Erica Wise. My personal thanks for your hard work and dedication and the difference you make.

All that remains for me to say is that I hope you enjoy this edition of The Memory Matters and I wish you all a happy, safe and successful 2013.

Maree McCabe, CEO
ALZHEIMER’S AUSTRALIA VIC LAUNCHES FLAGSHIP PROJECT

...continued from page 1

deliver on quality dementia care leadership’.

In 2013 it is estimated there are 74,500 people living with dementia in Victoria and that is projected to almost double by 2030, increasing to more than 141,000. We are fully aware of the need to plan for the future of our organisation.

This, we believe, is a major step forward for our organisation and will positively impact now and in the future on the lives of people with dementia, their carers and families.

We also recognise this will also be a significant move for our staff and volunteers and will impact on about 60-70 staff members.

To support the change we are developing a capital works fundraising program to source the funds to assist in the refit of the offices.

We are very excited about this opportunity to become part of the brain and mental health research precinct of Melbourne. Our Parkville neighbours will be the Melbourne Brain Centre, the National Ageing Research Institute, the Florey Institute of Neurosciences and Mental Health and Commonwealth Serum Laboratories.

The focus of our plan is to seize the opportunity to showcase a dementia friendly environment. The main public access areas will use dementia friendly design, colours, textiles, signage and layout. This is yet another way in which Alzheimer’s Australia Vic is striving to lead by example. The aim is to provide a world leading centre for best practice dementia learning and development in Australia.

With around three million people projected to develop dementia between now and 2050, Alzheimer’s Australia Vic, as the peak body, is committed to providing the best learning environment and programs to be able to train staff who work in the aged care and health sectors. These staff will be empowered to provide the best care possible for people living with dementia in our community.

The Dementia Learning Centre will be a major step towards providing a world class dementia care system for all Victorians.

Throughout the year we will endeavour to keep you informed of our progress and we look forward to inviting you to visit when the move is complete. If you would like more information about the project or a copy of our Strategic Directions 2011-2014 please call 1800 100 500.

NATIONAL PRESIDENT ITA BUTTROSE NAMED AUSTRALIAN OF THE YEAR

ALZHEIMER’S Australia Vic was delighted when our National President, Ita Buttrose, was named Australian of the Year.

Maree McCabe, CEO of Alzheimer’s Australia Vic, said: “We are all thrilled that Ita has been honoured in this way. Throughout her groundbreaking media career she has made immense contributions to the Australian community through tirelessly championing medical education and health care.”

Since Ms Buttrose took on the role of National President in 2011, she has led the Alzheimer’s Australia Fight Dementia Campaign, advocating for the more than 300,000 Australians with dementia to tell their stories and urging the government to put in place a plan to tackle dementia.

Maree McCabe continued: “Ita has been steadfast in her commitment to improving the quality of life of people with dementia, taking every opportunity to raise awareness of the issues.

As a highly skilled communicator she has succeeded in getting dementia talked about across the country and, in doing so, has promoted a greater understanding of the stigma and isolation that can result from a diagnosis of the condition.”

Since Ita became President of Alzheimer’s Australia, historic changes in dementia policy have been achieved, including the designation of dementia as Australia’s ninth National Health Priority Area.
PLANTING MEMORIES ON VALENTINE’S DAY

This Valentine’s Day our team descended on Federation Square to collect memories from the general public. Passers by were asked to fill out their favourite memory onto love-heart shaped cards. Over 200 memories were then displayed on a six foot ‘Memory Tree’.

At the same time, members of the public were also invited to sign our online petition for $200 million worth of research funding from the Federal government over five years.

In 2012-2013, the National Health and Medical Research Council allocated $21.5 million for dementia research compared with $162.4 million on cancer research, $93.6 million on cardiovascular disease research, $63 million on diabetes research and $55.1 million on mental health research.

Without a significant breakthrough, the number of people with dementia is set to reach one million Australians by 2050. The public needs to act now in order to ensure adequate research is in place and help work towards a future without dementia.

RUN MELBOURNE

Why not join thousands of other Victorians and sign up for The Age Run Melbourne, which is set to take place on July 21 2013?

Register for the event at www.runmelbourne.com.au and don’t forget to select Alzheimer’s Australia Vic as your chosen charity. And, make sure you send a link to your fundraising page to all of your contacts so they can support your efforts.

DOES MEMORY DECLINE WITH AGE?

A TEAM of Melbourne researchers has set out to focus on the perception that the memory declines with age. The Trajectory-Related Early Alzheimer’s Database (TREAD) Study is an internet based screening tool for people with memory concerns.

Although there are an increasing number of people living with dementia across Australia, for most people with concerns about their memories dementia is not the issue.

This project aims to screen 10,000 community-dwelling, healthy volunteers by using internet-delivered computerised cognitive tests.

Participants will be asked to perform online tests at regular intervals over several years. Each person’s own performances will then be compared to detect whether there is a decline in memory over time.

Participation will be conducted online without the need to attend a clinic or research facility.

The study is collaboration between the Florey Institute of Neuroscience and Mental Health, University of Melbourne, CogState, Austin Health and Alzheimer’s Australia Vic.

For more information visit http://tread.florey.edu.au/

CLINICAL EXPERTISE IN DEMENTIA CARE FORUM

Join us to address the clinical issues across the care continuum for the quality dementia care of persons living with dementia.

Alzheimer’s Australia Vic will host the Clinical Expertise in Dementia Care Forum on Tuesday 16 April at Encore in St Kilda.

Keynote speaker is Dr Bradley Ng, Consultant Psychiatrist, Older Persons Mental Health and Assistant Professor, Faculty of Health Sciences and Medicine Bond University. Dr Ng will discuss the issues surrounding the discontinuation of antipsychotics in dementia treatment.

Tickets are between $167 and $195. For more information call 9815 7800.

KEEPING YOU INFORMED

ARE YOU A DEMENTIA CHAMPION YET?

www.fightdementia.org.au

ABOVE: Our Memory Tree in Federation Square on Valentine’s Day

Encore, St Kilda
OUR LIBRARY …

SINCE the library at Alzheimer’s Australia Vic opened in the early 1980s, it has been committed to providing access to quality dementia related information and resources.

Our wide range of books, journals, DVDs and videos provide an essential resource, not only to people living with dementia, but also to health professionals caring for those with dementia, students and the broader community wishing to learn more about this disease and how to support those living with dementia.

The library is open to everyone, with Alzheimer’s Australia Vic members having the added advantage of being able to take resources home with them. Members do not need to come to us as we are able to send resources out upon request.

Recently, we have upgraded the display and seating areas which provides greater comfort and increased ease of browsing. There are also computers available for use to conduct internet searches and photocopying facilities.

Additionally, the library provides advice on resources to meet individual needs, reading lists and information sheets by topic.

If we don’t have what you are looking for at our Victorian branch, we can access libraries in other states on your behalf. Feel free to browse our library catalogue online at www.fightdementia.org.au.

We are constantly looking for recommendations on resources to add to our collection, so please drop us a line about something you have seen or read.

The library is based at our Riversdale Road office in Hawthorn and the opening hours are 9.00am to 5.00pm, Monday to Friday. For more information contact us on 03 9815 7800 or email aav.library@alzheimers.org.au

ALZHEIMER’S AUSTRALIA VIC OFFERS SUPPORT TO CARERS IN CALD COMMUNITIES

ALZHEIMER’S Australia Vic has launched its Carers Peer Support Groups within eight different Culturally and Linguistically Diverse (CALD) communities. The objective of this program is to support the carers of people living with dementia within the community in their day-to-day lives.

The program will invite carers from Japanese, Korean, Turkish, Spanish speaking, Croatian, Serbian, Lithuanian and Mauritian communities to engage in activities aimed at improving their health and wellbeing including physical exercise and mental stimulation. Most importantly they will be provided with social and emotional support.

For more information contact Claire Emmanuel on (03) 9816 5794 or Claire.Emmanuel@alzheimers.org.au

NOELINE BROWN PAYS A VISIT …

WE were delighted to welcome Federal Ambassador for Ageing and popular Australian actress Noeline Brown, who addressed guests during our Annual General Meeting in November last year.

Noeline spoke about ways to ensure healthy ageing, focusing on the importance of exercise, a good diet, mental stimulation and social activities.

Ms Brown was vocal about her views that older Australians are often undervalued by the rest of society. “I believe that the younger generations should be looking at us older Australians as a valued commodity, a valued social resource,” she said.

“Growing older is not something to worry about,” she continued.
KEEPING YOU INFORMED

ABOVE: “One of the pieces produced during the Creative Connections sessions”

CREATIVE CONNECTIONS
THROUGHOUT February, people living with dementia in the Ballarat area have been participating in “Creative Connections” – an art based project which is a joint initiative between Alzheimer’s Australia Vic and Ballarat North Salvation Army Neighbourhood House.

The program focuses on what participants are able to reveal about themselves through the medium of art.

For further information on future programs, please contact Glenda Hipwell at Alzheimer’s Australia Vic on (03) 5331 8571.

SAFE2WALK STILL AVAILABLE
HAVE you heard about Safe2Walk? The device is a mobile phone with in-built GPS personal alert and location service that was developed by Alzheimer’s Australia WA in a bid to provide independence to people living with dementia, while offering peace of mind to the carer and family members. Since the official launch of the Safe2Walk service in August 2011, many people living with dementia and their families have benefited from the service.

Based on consumer feedback from users of the service, some changes have been made to the earlier technology, such as a louder speaker and microphone quality, and improved GPS map interface. We believe these changes continue to keep our device ahead of the market in terms of having a GPS phone that is specifically designed for people with dementia. We currently have several devices available for short term lease for a weekly fee, with a discount for Alzheimer’s Australia Vic members.

Anna Burke MP ADDRESSES CONSUMER ADVISORY COMMITTEE
IN DECEMBER Anna Burke MP, Federal Member for Chisholm and Speaker of the House of Representatives, addressed Alzheimer’s Australia Vic’s Consumer Advisory Committee.

The Consumer Advisory Committee is comprised of family carers of people with dementia across Victoria. They provide a crucial perspective in advocating for improved government services. Discussion included system flexibility and integration, in particular the acute care sector and its interface with the aged care and other sectors, which the committee sees as requiring priority attention.

The committee also raised the point that, whilst the Living Longer Living Better reform package rightly supports people to live independently at home, the government must also be mindful of social isolation.

Other points for discussion included inadequate research funding for dementia, career support for younger carers returning to the workforce post-caring and inadequate provision of palliative care for people with dementia in hospices, residential aged care or at home.

A letter detailing the contents of this discussion was passed on by Ms Burke to The Minister for Mental Health and Ageing, the Hon Mark Butler MP.

For more information on the Consumer Advisory Committee please contact Dianne Biermann on (03) 9816 5786 or visit www.fightdementia.org.au/victoria/consumer-advisory-committee

For details call 1800 100 500, email safe2walk@alzheimers.org.au, or visit the website www.safe2walk.com.au
MARYBOROUGH TO MARYBOROUGH

A GROUP of 14 cyclists from the Maryborough Victoria area are busy training and gathering support for a fundraising ride which will see them cycle 2,100 kilometres over 19 days. They will begin their journey at Maryborough Victoria on Friday 26 April and will reach their final destination of Maryborough Queensland on Wednesday 15 May.

The group is hoping to raise $5,000 for Alzheimer’s Australia Vic and are already well on the way to reaching this goal. If you would like to support their efforts visit https://give.everydayhero.com/au/team-m2m.

TRIVIA SUCCESS

Shepparton resident Keira Tracey and her family held a successful trivia night in November 2012, which saw 70 guests raise $4000 for Alzheimer’s Australia Vic. This is the second event of this kind Keira and her family have held in Victoria in recent years and they are busy planning their next event to be held later this year. Thank you Keira!

PADDLING FOR A CAUSE

Jeremy Ratcliffe battled extremely hot weather to paddle his kayak from Hume Weir to the mouth of the Murray River between December 27 2012 to January 27 2013. Jeremy had great support from his family and friends and raised more than $1,000 for Alzheimer’s Australia Vic.

GRANTS AWARDED

The Alzheimer’s Australia Dementia Research foundation - Victoria recently awarded two $50,000 grants for projects aiming to improve the lives of people with mild cognitive impairment and early dementia. Dr Celia Harris and colleagues will investigate what kinds of support systems help people to remember in daily life, especially as their memories start to fail. Dr Bridget Regan and colleagues will develop and evaluate an individualised early intervention program for people with cognitive impairment and their family supporters. We look forward to seeing the results in 2014.

GREAT DAY FOR CRAFT

COMMUNITY fundraiser Michelle Frost-Stevenson and her supporters raised more than $1,000 for dementia research as a result of a ‘Craft Away’ day, held in Maffra in November 2012. Michelle also presented Alzheimer’s Australia Vic East Gippsland Counsellor Diane Scott with 25 Memory Books, which she had made. These will be distributed to members of the local carer’s group.

Following the success of the event, Michelle has decided to make this an annual occurrence and is busy planning for her next event on the last Sunday in November.

VITAL VOLUNTEER PROGRAM RECEIVES $35,000

ALZHEIMER’S Australia Vic has received a generous donation of $35,000 from State Trustees Victoria.

Our CEO Maree McCabe said: “It is extremely generous of State Trustees Victoria to contribute to our volunteer program which provides ongoing training and the coordination of 124 active volunteers who in the last year contributed a massive 5,100 hours of their time.”

Vicki Hood, General Manager Sales and Marketing at State Trustees Victoria, said: “We are delighted to be supporting this program, the good work of Alzheimer’s Australia Vic and helping to make a difference to the lives of people with dementia, their families and carers.

“Many of our clients have dementia and it is great to be able to give something back to the volunteers.

ABOVE: Fundraiser Michelle Frost-Stevenson (right) presented Alzheimer’s Australia Vic counsellor Diane Scott with Memory Books she had made.
FIRST GUIDELINES PUBLISHED FOR BRAIN AMYLOID IMAGING

ONLY recently has it become possible to create images of the amyloid plaques in the brain characteristic of Alzheimer’s disease in living people, using positron emission tomography (PET) scans.

To provide guidance for doctors, individuals and families affected by Alzheimer’s, and the public, the Society of Nuclear Medicine and Molecular Imaging and the US Alzheimer’s Association have jointly published the first criteria for the appropriate use of this imaging technology to aid in the diagnosis of people with suspected Alzheimer’s disease. The criteria were recently published online in Alzheimer’s & Dementia and in The Journal of Nuclear Medicine. The authors include Professor Christopher Rowe from Austin Health who has been at the forefront of research into this new technology and its use as a diagnostic tool.

The new guidelines define the types of patients and clinical circumstances in which amyloid PET could be used. They describe a general sequence for using amyloid PET scans:

i. evaluation by a dementia expert to assess the need for diagnostic testing, and appropriateness of including amyloid PET

ii. referral to a qualified provider of amyloid PET services

iii. performance, interpretation and reporting of the amyloid PET result according to established standards

iv. incorporation of the PET result into the clinical assessment process by the dementia expert

v. disclosure of the PET result by the dementia expert to the patient and carers, along with discussion of the result and its management consequences

Doctors, patients and families should keep in mind that amyloid imaging alone cannot make a diagnosis of Alzheimer’s disease. It is just one possible test in a comprehensive clinical assessment.

According to the guidelines, amyloid PET imaging may be appropriate for individuals who have a confirmed cognitive impairment, possibly due to Alzheimer’s disease, but where the diagnosis is uncertain and where the knowledge of the presence or absence of amyloid pathology is likely to increase diagnostic certainty and alter management. If all of these characteristics apply, amyloid PET imaging is appropriate for:

• Patients with persistent or progressive unexplained mild cognitive impairment (MCI)

• Patients satisfying clinical criteria for possible Alzheimer’s disease, with an atypical clinical course or mixed presentation

• Patients with atypical younger onset dementia, with a progressive impairment that has features of Alzheimer’s dementia as well as a non-Alzheimer’s dementia

According to the guidelines, amyloid PET imaging is not appropriate for patients with a typical clinical presentation and typical age of onset who meet criteria for probable Alzheimer’s disease, or for people with no symptoms or who are worried about a family history of dementia.

This new technique for identifying Alzheimer’s disease pathology in the brain is not yet readily available in Australia. It is being used in some research centres, but not for clinical diagnosis. Last year, the US Food and Drug Administration approved a compound that is used in amyloid PET scanning for clinical use. With this new compound and the new guidelines, amyloid PET imaging will start to make its way into clinical practice over the next few years.

Antioxidants may not protect against dementia

We often hear that antioxidants in the diet are important for our brain health and may reduce the risk of developing dementia. But a new study of 5,395 people, published in Neurology, found no association between antioxidants and the risk of dementia or stroke. The participants provided information about their diet at the start of the study and were followed up for an average of 14 years. Those consuming the most antioxidants were no more or less likely to develop dementia or stroke, and also showed no difference in their brain volume. This study highlights that we still have a great deal to learn about the influence of our diet on brain health.

FAMILY CARER’S SURVEY

Family carers of a person living with dementia anywhere in Australia are invited to participate in an online survey conducted by researchers at LaTrobe University.

Any questions may be directed to Project Investigator Linda McAuliffe (Phone: 03 9479 6006; Email: l.mcauliffe@latrobe.edu.au)
YOUR BRAIN MATTERS

ALZHEIMER’S AUSTRALIA LAUNCHES HEART Y♥UR BRAIN

YOUR Brain Matters is Alzheimer’s Australia’s evidence based program encouraging people to protect and improve their brain health by stimulating their brain, body and heart.

Research suggests that certain lifestyle factors are good for brain health and can help to reduce the risk of developing dementia. Your Brain Matters aims to inform Australians about the actions we can take and the lifestyle we can adopt, to improve our brain health.

To keep our brains healthy we need to keep our bodies and hearts healthy. The health of your brain, body and heart are all connected. What’s good for the body and heart will also be good for the brain.

Brain: Keep your brain active and be socially active. Challenging the brain with new activities helps to build new brain cells and strengthen connections between them. Being socially active helps to contribute to building brain reserve which can contribute to reducing dementia risk.

Body: Eating healthy food and participating in regular physical activity are important for a healthy body and a healthy brain. Physical activity is associated with better brain function and reduced risk of cognitive decline and dementia. It increases blood flow to the brain and stimulates the growth of brain cells and connections between them. A healthy and balanced diet helps to maintain brain health.

Heart: What is good for the heart is also good for the brain. Ensuring blood pressure, cholesterol, blood sugar and body weight are at healthy levels for you. Smoking should also be avoided.

On 11 March 2013 we launched the HEART Y♥UR BRAIN: 21 Days to Brain Healthy Habits. This challenge asks people to start something new to benefit their brain health. The challenge encourages people to take small steps to improve their brain, body and heart health.

Improving your brain health can be as simple as starting a painting, dancing or language class or going for a daily walk with a friend – it’s never too early or too late to build upon your brain health.

It’s never too late to take up the challenge – a commitment to your brain health, however small, will go a long way.

For more information on HEART Y♥UR BRAIN: 21 Days to Brain Healthy Habits visit www.yourbrainmatters.org.au/challenge

BRAINYAPP SUCCESS

We are delighted to announce that more than a quarter of a million people worldwide have downloaded our BrainyApp - the world first dementia risk reduction app, developed by Alzheimer’s Australia, in partnership with Bupa Health Foundation.

This week the number of downloads hit 250,447, averaging about 200 per day.

For more information visit www.brainyapp.com.au
WHAT’S NEW IN THE LIBRARY

Our library sits within the Dementia and Memory Community Centre at 100 Riversdale Road, Hawthorn. It’s packed with books, videos, DVDs and journal articles. Here are a few of our newest items. Why not pay us a visit?

Designing balconies, roof terraces and roof gardens for people with dementia
Mary Marshall, Emeritus Professor, University of Stirling (2010)
AS LAND values increase and people wish to remain in familiar inner city areas, we are more likely to see higher multi-storey care homes. This book describes practical ways in which new and existing buildings can maximise opportunities for people with dementia to access outside space.

Designing outdoor spaces for people with dementia
Edited by Annie Pollock and Mary Marshall (2012)
THIS book discusses how to effectively use outside spaces for people with dementia. The book is not an academic guide to research but a book for people in practice. It is filled with case studies of real examples from all over the world.

Gardens that care: planning outdoor environments for people with dementia
Cochrane, Tara Graham (2010)
GARDENS designed specifically to support people with dementia provide therapeutic activities designed to maximise retained cognitive and physical abilities and lessen the confusion and agitation often associated with the condition.

WHAT’S ON

DRIVING & DEMENTIA

The issue of driving for many people living with dementia can raise a wide range of moral, ethical and legal concerns. This can pose challenges for the person themselves, their family and friends and health professionals.

This free seminar will raise awareness of the issues that can arise in relation to driving and dementia, in particular:
• What the research tells us about the issues associated with driving and dementia;
• What legal assessment requirements are necessary for older drivers;
• What is the process for getting assessments and what do these involve;
• Where to go for further information.

Speakers include Anne Fairhill, Carer ; Melinda Congiu, Manager, Road User Behaviour, RACV ; Tricia Williams, Senior Program/Policy Adviser Older Drivers, VicRoads ; Jennine Melville, Southern Health and Dr Morris Odell, Senior Forensic Physician, Victorian Institute of Forensic medicine.RACV has generously donated the venue.

Driving & Dementia; Thursday 2 May 2013; 9am until 12pm; RACV Club, 501 Bourke Street Melbourne; Bayside Rooms 5 and 6, Level 2

For more information or to book call 03 9815 7808 or email: vic.education@alzheimers.org.au
**APRIL 2013 TO JUNE 2013**

All workshops and courses take place at Alzheimer’s Australia Vic, 98–107 Riversdale Road, Hawthorn (Melways ref: 45 D12) unless otherwise advised.

**Bookings are essential:** Call 03 9815 7808 or email to vic.education@alzheimers.org.au

**Registration forms and details:** fightdementia.org.au/vic

**Registration:** 15 minutes prior to course commencement

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**Free sessions**

**Worried about your memory?**

Explore how memory works, common memory changes that occur with ageing and when memory difficulties need to be investigated. This session will also provide tips on how to improve your memory.

**Wed 10 Apr**

2:00pm – 3:30pm

**Dementia prevention – myth or reality?**

Join us to find out what causes dementia and how to protect your brain health and reduce your risk of dementia.

**Thur 30 May**

10.00am – 12.00pm

**Presenter:** Dr Maree Farrow

**Venue:** City Memorial Bowling Club, Warrnambool

**The truth about dementia**

Join us for a discussion of what causes dementia, how to reduce the risk of getting it, what the research is telling us and what new advancements are being made.

**Tues 18 June**

10:00am – 12:00pm

**Venue:** Mildura Information Centre, Mildura

**How memory works and what to do when it doesn’t**

Join us to find out how memory works, what happens to our memory as we get older and how health and lifestyle can influence memory. This seminar will provide you with techniques for managing memory and ideas for making our homes and work places more memory-friendly.

**Wed 26 June**

5:30pm – 7:30pm

**Venue:** Karralyka Centre, Ringwood

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**Dementia Care Programs**

**Pastoral care and dementia**

It is often assumed the person with dementia is ‘no longer there’. What is the meaning of compassionate person-centred care in this context? How may we recover the person’s spirit? This interactive session includes case studies and the latest research into spiritual pastoral care. It is designed for all carers who wish to increase their knowledge and confidence in this essential component of holistic care.

**Wed 17 Apr**

9:30am – 12:30pm

**Cost:** $160 Members: $150

**CNE points:** 3

**Lewy Body disease**

Develop an understanding of dementia with Lewy bodies and its implications for the person with the condition and their carers.

**Presented by Dr Kathryn Nicholson.**

**Thur 2 May**

9:30am – 12:30pm

**Cost:** $160 Members: $150

**CNE points:** 3

**Dementia, pain recognition, assessment and management**

Evidence suggests that a significant number of older people with cognitive impairment and loss of verbal communication skills may have unrecognised pain. This course enables professional care providers in residential and community care settings to better recognise and manage pain.

**Thur 6 Jun**

9:30am – 12:30pm

**Cost:** $160 Members: $150

**CNE points:** 3

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**Lifestyle & Leisure**

**Child and animal representational therapy plus pets**

Understand the use of child representational/doll therapy, animal representational therapy and use of live pets in reducing behavioural and psychological symptoms of dementia. Design implementation programs to provide meaningful communication, validation, reminiscence and tactile/sensory experiences for people with dementia to express their emotions.

**Wed 3 Apr**

9:30am – 4:00pm

**Cost:** $240 Members: $225

**CNE points:** 6

**Introduction to the Eden Alternative – giving and receiving care can be different**

The Eden Alternative is a cultural change process which focuses upon resident directed care and the elimination of loneliness and boredom.

**Mon 6 May**

3:00pm – 1:00pm

**Cost:** $195 Members: $185

**CNE points:** 4

**Life stories and toolkits for reminiscing**

This is a practical hands-on workshop teaching a variety of methods to develop life stories and reminiscence toolkits for meaningful communications that recognise the important memories and uniqueness of each individual with dementia.

**Wed 19 Jun**

9:30am – 4:00pm

**Cost:** $240 Members: $225

**CNE points:** 6
Alzheimer’s Australia Vic and the Rotary Club of Manningham would like to thank our 2012 A Night to Remember major sponsors

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Improving the lives of people with dementia is important to me.

Please accept my donation of $  
☐ My cheque is enclosed OR ☐ Please debit my credit card

Please debit the above amount from my credit card:
☐ Monthly ☐ Quarterly ☐ Half yearly ☐ This time only  
☐ Mastercard ☐ VISA ☐ AMEX ☐ Diners

Expiry date ___________________________  
Cardholder’s name ___________________________  
Signed ___________________________

☐ I would like to find out more about making a bequest to Alzheimer’s Australia Vic  
☐ I have already included a gift to Alzheimer’s Australia Vic in my Will  
☐ Please contact me about organising my own fundraising event  
☐ I would like more information about becoming a member

Title ___________________________  
First Name ___________________________  
Family Name ___________________________  
Organisation (if applicable) ___________________________  
Address ___________________________  
Postcode ___________________________  
Telephone ___________________________  
Mobile ___________________________  
Email ___________________________  

Donations of $2 or more to Alzheimer’s Australia Vic are tax deductible.

Please send your donation to: Locked Bag 3001, Hawthorn 3122  
For more information contact: Telephone 03 9815 7800  
Facsimile 03 9815 7801