Unique crowd funding initiative aims to bring fun to the lives of people with dementia using video game technology

ALZHEIMER’S AUSTRALIA VIC and Opaque Multimedia recently headed to the Game Developers Conference in San Francisco where they announced the launch of a Pozible crowd funding campaign. Funds raised will support the development of The Forest Project - a sensory therapy application designed to improve the quality of life of people living with dementia through the use of video game technology. The aim of the campaign is to raise AUS$90,000 (US$82,000).

Crowd funding is the collection of finance to sustain an initiative from a large pool of backers, usually made online.

“Imagine being able to take a person with dementia out of their everyday experience and into a virtual environment through which they will experience awe, wonder, giggles, amazement and joy. Using computer game technology we can do this,” said Maree McCabe, CEO, Alzheimer’s Australia Vic.

The Forest Project utilises cutting-edge technology which, using smart TVs aims to turn a living room or a lounge in a care centre into an enchanted space that both stimulates the senses and engages through interactivity. Currently in development, The Forest Project is targeted to be released on multiple platforms in early 2015.

“We are building the forest using the same next generation technology behind some of the most visually impressive video games of recent years,” said Norman Wang, Opaque Multimedia director.
GREETINGS AND welcome to our first edition of The Memory Matters for 2014. And what a lot of exciting news we have to share with you!

The work of Alzheimer’s Australia Vic would simply not be possible without the myriad of wonderful fundraising activities hosted each year and the sheer generosity of all who participate.

In this edition you will read about our exciting and unique Pozible crowd funding campaign, The Forest Project - a sensory therapy application designed to improve the quality of life of people living with dementia through the use of video game technology. This is Alzheimer’s Australia Vic’s first foray into crowd funding - the collection of funds to sustain an initiative from a large pool of backers, using an online system.

Innovations like this are made possible entirely by the generosity of our community – members of the public who wish to be part of something special. If you would like to make a difference to the lives of people living with dementia, read all about The Forest Project on pages one and three of this edition. If you would like to contribute or find out more about how this works please do not hesitate to call our General Manager of Fundraising, Evan Gordon on (03) 9816 5743.

In May we will host our ‘A Night To Remember’ fundraising dinner at Melbourne’s RACV City Club – five remarkable chefs, delicious courses with matching wine, an impressive array of entertainment and a culinary feast that will be long remembered. It would be fabulous to see you there. Details of how to purchase tickets can be found on the back page of this edition.

We are also gearing up to host our national fundraising campaign Bring It To The Table this June. I encourage you – our valued supporters - to host an event for family, friends or work colleagues in order to raise vital funds for Alzheimer’s Australia Vic. Whether it be a high-tea, sit-down dinner, picnic or games night, join in the fun and raise money at the same time.

For both of these initiatives the funds raised will be directed to developing an educational program for children living with parents or grandparents living with dementia.

I would like to offer my congratulations to Alzheimer’s Australia Vic Administration Officer Dawn Gill who is celebrating a particularly special milestone with us this year. Dawn has spent 15 years with the organisation and we are truly grateful for her ongoing dedication and commitment. I am mentioning Dawn again this time because in our previous edition we mistakenly listed a five year contribution. My apologies for this error. Dawn, on behalf of everybody within this organisation, thank you so much for all you do to make a difference to the lives of people living with dementia, their families and carers.

I hope you are all having a happy and successful 2014 so far and I look forward to the many exciting opportunities ahead.

Maree McCabe, CEO
Spanish speaking community says ‘Bienvenido’ to BrainyApp

SPANISH-AUSTRALIAN COMEDIAN and actor Simon Palomares joined Alzheimer’s Australia Vic at El Patio Spanish Language School in Melbourne for the launch of the Spanish language version of the award-winning BrainyApp.

Developed in partnership with the Bupa Health Foundation, the original BrainyApp was launched in late 2011 as the world’s first risk reduction app in the global fight against dementia.

The new Spanish version, BrainyApp español, is the first non-English translation of BrainyApp, which helps users to monitor and improve the physical, mental, dietary and social aspects of their lifestyle.

“As a Spanish speaker myself, I am delighted that this innovative and vital resource has been made accessible to the Spanish-speaking community,” Simon said.

Based on scientific research that links brain health to a reduced risk of developing dementia, BrainyApp and BrainyApp español assist people in monitoring and improving their Brain-Heart health.

“The development of a Spanish version of BrainyApp demonstrates our commitment to improving healthcare outcomes for everyone in our community, including people from culturally and linguistically diverse backgrounds,” Bupa Health Foundation spokesperson, Dr Daniel Valle Gracia, said.

BrainyApp español is available as a free download from the App Store for users of iPhone, iPod and iPad devices as well as for Android phones and tablets from the Google Play Store. For more information, go to www.brainyapp.com.au

Unique crowd funding initiative...

Mr Wang said that by getting behind this initiative, supporters will be helping to break new ground in the use of virtual sensory therapies for people with dementia.

The Forest Project is a beautiful, calming and highly interactive environment designed from the ground up specifically for people with dementia. It is intended to improve their quality of life by providing an engaging sensory experience.

Sensory therapy is a form of therapy that engages the senses in different ways. It aims to provide a relaxing activity, designed to create feelings of safety, novelty and stimulation which are all under the user’s control.

Ms McCabe said that Alzheimer’s Australia Vic is constantly looking out for the game changers – the innovations that will make a difference to the quality of life for people living with dementia. “Whilst the first interactive virtual experience we have created is that of a forest, moving forward we will look at a variety of other possibilities such as a beach or even a seasonal Christmas themed scenario.”

“Imagine if we could make this technology available for smart TVs in aged care and private homes across the globe, for everybody to enjoy. Together we can make a real difference and bring some fun back into the lives of people living with dementia,” said Ms McCabe.

To support The Forest Project campaign visit http://pozible.com/virtualforest4dementia before 16 May 2014 or contact Evan Gordon, Alzheimer’s Australia Vic’s General Manager, Fundraising on (03) 9816 5743.
Is it dementia or old age?

As we grow older, many of us become worried that changes we are experiencing to our memories may be the beginnings of dementia. It is important to have these changes investigated so that they can either be treated, or the person can access appropriate support and services that will assist in planning for their future. This seminar, due to be held by Alzheimer’s Australia Vic at Springvale Reserve Hall, Corner Ericksen Street & Newcomen Road, Springvale covers what is involved, where to go and how you can encourage a person to seek a diagnosis.

The event will take place on Thursday 19 June between 2.45pm and 4.30pm. Visit www.fightdementia.org.au/victoria/free-evening-seminars.aspx

Memory walk and jog comes to Victoria

ALZHEIMER’S AUSTRALIA’S Memory Walk and Jog is going national this year. “The event is one of our major fundraising and awareness raising activities,” Alzheimer’s Australia National President, Ita Buttrose said.

“What’s more, physical activity is also an excellent way to keep your brain, body and heart active and help to reduce the risk of dementia.”

The inaugural Victorian event will take place at Geelong. Keep your eyes peeled for more details, with information being announced via the website - www.memorywalk.com.au

Donations roll in

TERRY TSAKIRIDIS IS a Design Engineer at CitiPower and Powercor and, as a reward for recently completing an innovation challenge, received $1,000 to donate to a charity of his choice. Mr Tsakiridis chose to donate his reward to Alzheimer’s Australia Vic.

“I am very grateful for the opportunity to donate to Alzheimer’s Australia Vic. My father-in-law is living with dementia and I have witnessed how debilitating the disease can be. Knowing that my donation will assist with the services Alzheimer’s Australia Vic provides to people impacted by dementia is of personal significance,” Mr Tsakiridis said.

Meanwhile, the Gowanbrae Retirement Village raised $4,000 from a fete held last November. It was decided by ballot that the funds raised should be donated to Alzheimer’s Australia Vic.

Thank you to all involved for your support of our work.

Alzheimer’s Australia Vic comes to Moama

Join us to find out how memory works, common memory changes that occur with ageing, health factors that can impact on memory function and when memory difficulties need to be investigated. This session will also provide tips on how to improve your memory. Held on Tuesday 6 May at 1pm, the event will take place at Moama Bowling Club, 6 Shaw St, Moama.

Presented by Dr Kathryn Nicholson, Facilitator, Alzheimer’s Australia Vic will help participants develop an understanding of Lewy body disease and its implications for the person with this type of dementia and their carers.

The event will be held at BRACE Conference Centre, 602 Urquhart Street, Ballarat at 1pm on Tuesday 15 April. For more details email donna.watmuff@alzheimers.org.au or call (03) 9816 5756

Dementia & Lewy body disease session-Ballarat

Dr Kathryn Nicholson, Facilitator, Alzheimer’s Australia Vic

ABOVE: L-R - Kristin Marshall of Alzheimer’s Australia Vic and Terry Tsakiridis of CitiPower and Powercor

ABCDE
A visit to the Melbourne dog squad

As a facilitator in the Learning & Development department, it is common practice to deliver workshops to various audiences, however, one recent session was particularly unique. Alzheimer’s Australia Facilitator Andrew Italia delivered a two hour session to the Victoria Police Dog Squad at Atwood due to the increasing numbers of police officers receiving an increased number of calls for missing persons living with dementia. The session aimed to give officers a greater understanding of dementia and why people living with dementia may wander.

It was important to point out that although we may perceive wandering as meaningless and aimless, most people with dementia are walking with a purpose in mind. Therefore, from a search perspective, identifying that purpose might give clues about possible destinations or directions.

As the use of police dogs are involved in searches, appropriate communication strategies were discussed, as well as a person’s response to the dogs and police officers in uniforms.

The Hen That Laid The Golden Omelette

Barbara Potter AM and Barbara Davison were joined by Ms Georgie Crozier MP, Parliamentary Secretary for Health, for the launch of The Hen That Laid The Golden Omelette, a book that tells the story of the inspiring Sefton Art Project which introduced art classes to people living with dementia.

“Over the past ten years the Sefton Art Project has resulted in people living with dementia experiencing the joy of creativity through watercolour painting,” Barbara Potter AM said.

“Our book shares their stories, challenges the assumption that people with dementia can no longer live productive lives and offers practical advice for others who would like to implement similar projects.”

The Hen That Laid The Golden Omelette is filled with examples of the art work created, the stories behind them and heart-warming anecdotes. The book gets its title from a painting by the late Bunty Rutherford who, aged 92 years, was asked what she would like to call her piece. Barbara Potter recalled that there was a long pause as Bunty considered her answer. “You could see her searching in her brain and then she found what she was looking for. With a huge crooked smile she said The Hen That Laid The Golden Omelette.”

The Hen That Laid The Golden Omelette is priced at $35 and is available at http://www.fightdementia.org.au/understanding-dementia/the-hen-that-laid-the-golden-omelette.aspx. All proceeds will go to Sefton Club Day Centre.

National Fellowship Program

The Dementia Training Study Centres are pleased to offer health professionals from all disciplines and care settings the opportunity to participate in a national Fellowship program commencing in May 2014 for 12 months.

The program aims to:
- Increase awareness and knowledge on the topic of caring for people living with dementia
- Support health professionals in translating evidence into practice in the care of people with dementia
- Improve practice in the care of people with dementia
- Build capacity amongst health professionals in translating evidence into practice.

For more information and to download the application form visit www.dtsc.com.au
IT WAS WITH great sadness that Alzheimer’s Australia Vic received news of the passing of Carmel McGrath. Alongside her husband Rob, Carmel was committed to educating the public about dementia. As well as being heavily involved with media, Carmel and Rob sat on the Consumer Advisory Committee, spoke at numerous events and through their dedication made a real difference to the lives of people living with dementia, their families and their carers. The team at Alzheimer’s Australia Vic would like to pass on our condolences to Rob and the rest of Carmel’s family at this time and to publically say thank you to Carmel for her outstanding contribution.

Your story matters
ALZHEIMER’S AUSTRALIA has launched an Australian-first dementia risk reduction program for Aboriginal and Torres Strait Islander communities (ATSI), in response to growing dementia prevalence. Dementia affects the ATSI community earlier in life, with 73% of dementia cases amongst Aboriginal Australians occurring between the ages of 60 and 70, compared to 70+ years for the majority of non-Aboriginal Australians.

Chair of the National Aboriginal and Torre Strait Island Dementia Advisory Group (NATSIDAG), Fred Tanner said, “Delaying or preventing the loss of many of the stories and traditions that are carried verbally through generations can have a considerable impact on the community.”

“The Your Brain Matters program aims to improve the brain health of all Australians. There is no cure for dementia, but we know that keeping mentally stimulated, fit and healthy and looking after our hearts can help reduce the risk of cognitive decline.”

The resources include culturally relevant brochures and a video presented by respected members of Aboriginal communities, including Shari Sebbens from the hit film The Sapphires.

For more information visit www.yourbrainmatters.org.au/news/closing-gap-dementia

Hawthorn Christmas community appeal
THANK YOU TO everybody involved with the Christmas Wishes Hawthorn Community Appeal for Dementia led by Mr Ted Baillieu MP, Member for Hawthorn. All proceeds of the appeal have been donated to Alzheimer’s Australia Vic in the form of virtual vouchers which have now been distributed to families living with dementia to spend on a treat of their choice. Family carer Sarah Duke (pictured) received a treatment courtesy of Your Indulgence Skin Clinic as part of the initiative.

Join the TREAD Study
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.

This project aims to screen 10,000 community-dwelling, healthy volunteers by using internet-delivered computerised cognitive tests. Participation will be conducted online without the need to attend a clinic or research facility.

If you are interested in getting involved as a volunteer visit http://tread.florey.edu.au/
KEEPING YOU INFORMED

Delirium Clinical and Research Day (DECLARED) 2014

THE AUSTRALIAN Delirium Society symposium provides a unique opportunity to hear about research and clinical work in the field of delirium. The keynote speaker at this one day event will be Dr Daniel Davis, University College London who will present his topic “Interaction between delirium and dementia neuropathology.” Held on 27 May 2014 from 9am at Melbourne Brain Centre, Ian Potter Auditorium, Kenneth Myer Building, 30 Royal Parade, Parkville. Registration costs $160 and includes morning tea, lunch and afternoon tea.

For more information email declared2014@gmail.com

Advance care planning

HAVE YOU discussed your future health care wishes with your family? Who would you want to speak for you if you could no longer communicate your wishes? How would you write this down? Advance Care Planning helps you to tell your family, friends and doctors ahead of time what you would want if you became ill. If you would like help with this, Respecting Patient Choices at the Austin Hospital is offering this service for people recently diagnosed with dementia until the end of April.

You can find more information at www.advancecareplanning.org.au

Terence Donovan backs new partnership

WELL KNOWN AUSTRALIAN actor Terence Donovan has launched an important partnership between Alzheimer’s Australia Vic and RACV that will see people living with dementia, their families and carers supported when it comes to the challenges associated with driving.

People living with dementia can remain safe and competent drivers, particularly in the early stages of the condition. As the condition progresses, however, it can have serious effects on memory, reactions, perception and the ability to perform tasks. At some point, a driver with dementia will need to stop driving. The Changed Conditions Ahead kit, developed as part of the RACV and Alzheimer’s Australia Vic partnership, aims to help drivers with dementia to know when and how to step out of the driver’s seat and find ways to stay active, mobile and connected.

The kit includes a guide for families and carers, a dedicated webpage and a series of video interviews with carers and people with dementia. It is available by phoning the National Dementia Helpline on 1800 100 500 or at www.fightdementia.org.au/dementiaanddriving. The project will also include community information sessions on dementia and driving delivered in nine locations across metro and regional Victoria throughout the year. The free sessions will be interactive, flexible to the needs and interests of participants, and provide opportunities for questions and discussion.

For more details visit fightdementia.org.au/services/vic

If you have dementia and drive a car, researchers at the University of Wollongong would like to invite you to participate in a telephone survey. All participants will be mailed a free information booklet on driving and dementia. The aim of the study is to seek your feedback on this booklet. For more information about the study contact - john.carmody@sesiahs.health.nsw.gov.au
Can coconut oil help treat or prevent dementia?

COCONUT OIL IS currently being promoted as having a wide range of health benefits, including for Alzheimer’s disease. What the magazine articles and sellers of coconut oil often omit, however, is the fact that health organisations around the world advise against consuming large amounts of coconut oil because of its very high saturated fat content. Saturated fat consumption is associated with high cholesterol, increased risk for heart disease, and increased risk for dementia. There are some arguments about the type of saturated fat in coconut oil being different to other saturated fats, but we do not know enough to say whether the saturated fat in coconut oil is less dangerous. Hence, health authorities worldwide recommend against increasing consumption.

The idea that coconut oil might help people with Alzheimer’s disease began with an American, Dr Mary Newport, who claimed that her husband diagnosed with Alzheimer’s disease showed remarkable improvement after consuming large doses of coconut oil daily. She published a book titled Alzheimer’s Disease: What If There Was a Cure? However, there has been no independent verification of her claims and no other research trials of coconut oil as a treatment for dementia, or for preventing dementia. So there is in fact no scientific evidence that supports the use of coconut oil to treat or prevent dementia.

A recent study published in the Journal of Alzheimer’s Disease in January suggested coconut oil improved the survival of brain cells affected by amyloid (one of the proteins involved in Alzheimer’s disease). This sounds promising, but the brain cells in question were rat brain cells in a petri dish, not those of a human being living with Alzheimer’s disease. A great deal of further research is required to determine whether or not coconut oil could ever be used safely and would be helpful for people with dementia. A clinical trial has recently commenced in the USA which will investigate the effects of coconut oil in people with mild to moderate Alzheimer’s disease. This small study will not provide all the answers we need, but it is a good start.

Can vitamin E slow decline in Alzheimer’s disease?

A NEW STUDY suggests that vitamin E supplements may be helpful for people with mild to moderate Alzheimer’s disease. However, before we get excited about this result, it must be pointed out that it contradicts previous findings showing no benefits from vitamin E.

In the most recent study, published in the Journal of the American Medical Association in January, those who took vitamin E were better able to carry out activities of daily living like getting dressed, bathing and having a meal than those who took a placebo. Vitamin E did not seem to have an effect on memory or thinking skills. The researchers estimated that the improvements allowed those with Alzheimer’s disease to care for themselves for about two extra hours per day, and that the benefits translated to about a six-month delay in disease progression.

Participants in the study included 561 older veterans, mostly men, who were receiving care at one of 14 Veterans Affairs medical centres around the USA. Their mean age was 78, all had mild to moderate Alzheimer’s disease, and all were taking a cholinesterase inhibitor medication. The study participants were randomly assigned to one of four groups. One group took vitamin E, another group took vitamin E and memantine (another Alzheimer’s medication), another took memantine plus a placebo, and the final group took only the placebo. After a follow-up period of about two years, participants in all four groups showed declines in memory and activities of daily living. But those taking vitamin E alone scored higher on tests to measure activities of daily living than those taking a placebo. Those who were taking vitamin E with memantine, or memantine alone, did not see the same benefits.

The researchers stressed that more research is needed to determine whether vitamin E is truly effective in treating mild Alzheimer’s disease. Because the group in this study who took memantine and vitamin E did not show the same benefit, and because other studies have not shown benefits of vitamin E for people with dementia or mild cognitive impairment, this latest result is not enough for us to recommend vitamin E be taken by people with dementia. High doses of vitamin E have also been linked to other health risks and it is very important to always discuss using vitamin supplements with your doctor.

RESEARCH NEWS

Do you know someone who may be interested in participating in dementia research?

A list of dementia research trials currently recruiting participants is available on our website fightdementia.org.au/victoria/current-dementia-research-projects-in-victoria, or by calling the National Dementia Helpline on 1800 100 500. Studies range from surveys to clinical drug trials and may be for people with dementia, their carers or healthy older people. Please share this information with anyone you feel may be interested in supporting dementia research.
YOUR BRAIN MATTERS

Brain Health: It’s never too early or too late to start!

OVER 332,000 AUSTRALIANS are living with dementia. Without a medical breakthrough this figure is estimated to reach 900,000 by 2050. There is no cure for dementia, so our best chance at the moment is prevention.

Growing evidence shows people can reduce their risk of dementia and other chronic diseases, like diabetes, heart disease and cancer by adopting healthier lifestyles.

Keeping your brain healthy is essential for living a fulfilling, healthy, long life and it is never too early or too late to start. Alzheimer’s Australia’s evidence based program, Your Brain Matters, has 5 Simple Steps to Maximise Your Brain Health:

Step 1: Look After Your Heart

What’s good for heart is good for the brain. Research shows the risk of developing dementia increases due to conditions affecting the heart or blood vessels. It is important to ensure your blood pressure, cholesterol, blood sugar and body weight are at healthy levels. Have regular health checks and treat medical problems as they arise. Studies also show smoking increases the risk of dementia. There is no safe level of smoking, so if you do smoke we recommend you seek assistance to help you quit.

Step 2: Be Physically Active

There is strong evidence that regular physical exercise is associated with better brain function and reduced risk of dementia. It increases blood flow to the brain and stimulates the growth of brain cells and connections between them. We recommend following the Australian Physical Activity Guidelines; try to accumulate 2 ½ to 5 hours of moderate intensity activity each week. Walking, swimming, dancing, cycling and gardening are all great ways to be physically active.

Step 3: Mentally Challenge Your Brain

Challenging the brain with new learning helps to build new brain cells and strengthens the connections between. This helps to give the brain a “reserve” or “back up” so it may continue working properly if brain cells are damaged by disease.

Step 4: A Healthy Diet

The brain needs a range of nutrients to function properly. Eat a diet high in antioxidants, polyunsaturated and monounsaturated fats and includes vegetables, fruit, fish, grains, nuts, legumes, reduced fat dairy and lean meat. If you drink alcohol try and limit it to no more than two standard drinks on any day.

Step 5: Enjoy Social Activity

To help look after your brain health it’s important to be social with people whose company you enjoy and in ways that interest you. Better yet, combine social activities with mentally challenging or physical active ones.

By following these 5 Simple Steps, you’ll be taking positive measures to improve the health of your brain, your body and your heart.

For more information on Your Brain Matters visit www.yourbrainmatters.org.au or visit our Facebook page www.facebook.com/YourBrainMatters to find out other ways you can maximise your brain health. Your Brain Matters is supported by funding from the Australian Government under the Chronic Disease Prevention and Service Improvement Fund.


National Dementia Helpline 1800 100 500 fightdementia.org.au/vic
WHAT’S NEW IN THE LIBRARY

Our library is 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?

Dementia Positive: For everyone wishing to improve the lives of those with dementia
John Killick (2013)
This book looks at communication and relationships – two key areas in supporting people with dementia. The publication describes the authors experience working with people living with dementia and also includes quotations from people with dementia, their supporters, and professionals. This widens the perspective and complements an approach which demonstrates ideas and attitudes through example rather than exhortation.

Dementia: A Global Approach
Edited by Ennapadam S. Krishnamoorthy, Martin J. Prince, Jeffrey L. Cummings (2010)
As the burden of dementia in non-Western cultures grows, developing nations are expected to overtake developed nations in terms of dementia prevalence. Insights from developing nations and transcultural considerations are, nevertheless, neglected in the published literature. Dementia: A Global Approach fills this gap by integrating contemporary cross-cultural knowledge about dementia.

The Memory Handbook: Strategies and activities to aid memory
Robin Dynes (2013)
This handbook is full of practical ideas to use with anyone who is experiencing mild to severe memory difficulties. The suggestions and activities can be used when working with individuals or groups.

For further resources for younger readers and other topics of interest visit our library blog Dementia Resources - http://dementiaresources.wordpress.com/

WHAT’S ON

Will you Bring It To The Table?
Throughout the month of June, thousands of people across Victoria will host an event for family, friends or work colleagues. Whether it be a high tea, sit-down dinner, picnic or games night participants will help raise awareness of dementia and vital funds for services and research. To register visit www.bringittothetable.com.au

Sign up for Run Melbourne today
Held on Sunday July 27 you can participate in a 5km run or walk, a 10km run or a half-marathon. Each event starts and finishes at Federation Square in Melbourne. Visit www.runmelbourne.com.au to register and make sure you select Alzheimer’s Australia Vic as your chosen charity. You will then be given the option of joining Alzheimer’s Australia Vic’s “Brain Runners” team.

Get involved
There are lots of opportunities to get involved with Alzheimer’s Australia Vic as a community fundraiser. Whether it’s an endurance or personal challenge or whether you fancy putting those event planning skills into action, we would like to hear from you. For more detail on how we can support you to support us get in touch with Kristin Marshall on (03) 9816 5746 or Kristin.Marshall@alzheimers.org.au
April to June 2014
Alzheimer’s Australia Vic is a Registered Training Organisation.
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

Free sessions

Your Brain Matters™
The Your Brain Matters program guides you on how to look after your brain health. To live a brain healthy life, you need to look after your brain, body and heart. This program will show you how.

Tue 17 Jun
2.00pm – 3.30pm
Venue: 98-104 Riversdale Rd, Hawthorn

Worried about your memory?
As we grow older, many of us become worried that changes we are experiencing to our memories may be the beginnings of dementia. It is important to have these changes investigated, so that they can either be treated, or the person can access appropriate support and services that will assist in planning for their future. This seminar covers what is involved, where to go and how you can encourage a person to seek a diagnosis.

Wed 28 May
2.00pm – 3.30pm
Venue: 155 Oak Street, Parkville

Dementia Care Programs

Leadership tools to support person-centred practice change
Transferring the theory of person-centred care into everyday practice in a way that creates a positive culture of care in dementia services requires effective leadership. This workshop explores a range of leadership strategies that will help participants develop teams that support positive dementia practice.

Wed 30 April
9:30am – 4:00pm
Cost: $240 ; $225 Members
Venue: 155 Oak Street, Parkville
CNE points: 6

Depression and dementia
Understand the impact of depression on people with dementia, how to identify ‘at risk’ individuals and develop appropriate strategies and interventions.

Wed 7 May
9:30am – 12:30pm
Cost: $160 ; $150 Members
Venue: 98-104 Riversdale Rd, Hawthorn
CNE points: 3

Younger onset dementia (YOD)
This workshop is designed to provide participants with a better understanding of the impact dementia has on the younger person and their family, as well as their distinctive care needs.

Thu 5 Jun
9:30am – 12:30pm
Venue: 155 Oak Street, Parkville
Cost: $160 ; $150 Members
CNE points: 3

Lifestyle & Leisure

Meaningful activities for men
Provides participants with inspiration and support in developing activities which encourage communication and new ways of engaging men living with dementia.

Thu 15 May
9:30am – 12:30pm
Venue: 98-104 Riversdale Rd, Hawthorn
Cost: $160 ; $150 Members
CNE points: 3

Activities for people in various stages of dementia
Understand the capacities and abilities of people in moderate to advanced stages of dementia and learn how to best engage them through activities for meaning and pleasure using a strength-based approach.

Wed 11 Jun
9:30am – 12:30pm
Venue: 155 Oak Street, Parkville
Cost: $160 ; $150 Members
CNE points: 3

Palliative Care Unit CHCPA402B
Plan for and provide services using a palliative approach
Understand the knowledge and skills required to contribute to the development, implementation, evaluation and communication of a care plan for clients with dementia in a team environment, using a dementia palliative approach.

Wed 23 Jul plus assessment
9:30am – 4:00pm
Venue: 155 Oak Street, Parkville
Cost: Fully Funded
CNE points: 6

Become a member today from as little as $15. Call Kristin to find out more on 9816 5746
Please accept my donation of $____

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- Please debit my credit card

Please debit the above amount from my credit card:

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- This time only
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- AMEX
- Diners

Expiration date

Cardholder’s name

Signed

If you are interested in raising funds and awareness for Alzheimer’s Australia Vic visit www.everydayhero.com.au/event/communityfundraiseAlzVic

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