

ACT ANNUAL REPORT 2013-14

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Scott Chamberlain - resigned 13 August 2013

John Fely

Gayle Sweaney

Chief Executive Officer

Jane Allen

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Alzheimer's Australia ACT Incorporated ABN 66 342 708 600

An Australian Government Initiative



ALZHEIMER'S AUSTRALIA ACT ANNUAL REPORT 2013-14

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A society committed to the prevention of dementia, while valuing and supporting people living with dementia

PURPOSE

Provide quality services to, and be the strong and credible voice for people with dementia, their families, carers and the ACT community

VALUES

Integrity

Empowerment

Professionalism

Diversity

CONFRONT ALZHEIMER'S ADVANCE AUSTRALIA

Alzheimer's Australia ACT Inc. Strategic Plan 2012-2015

Our Vision

A society committed to the prevention of dementia, while valuing and supporting people living with dementia.

Our Purpose

Provide quality services to, and be the strong and credible voice for people with dementia, their families, carers and the ACT community.

Our Values

Integrity Professionalism Empowerment Diversity

Objectives		Key Strategies			
1.	Improve advocacy and empower consumers.	1.1	Maintain involvement in, and improve effectiveness of, appropriate consumer forums to ensure we understand the needs of those in the ACT whose lives are affected by dementia.		
		1.2	Maintain and develop strong and effective working relationships with key stakeholders to position Alzheimer's ACT as the leading, credible and influential voice for those in the ACT whose lives are affected by dementia.		
		1.3	Collect and disseminate relevant research and information designed to inform, educate and empower consumers.		
2.	Improve the effectiveness and quality	2.1	Deliver high quality dementia support and services.		
	of dementia support and services.	2.2	Utilise consumer forums and other research to identify new opportunities to enhance or expand our dementia support and services.		
3.	Promote and support dementia research.	3.1	Contribute to and support Alzheimer's Australia research and other national and international dementia research activities.		
		3.2	Apply and communicate research outcomes to enhance individual and community awareness and understanding relevant to dementia cause, cure and care.		
4.	Ensure Alzheimer's ACT is a high performing, well governed and financially sound organisation.	4.1	Ensure Alzheimer's ACT has sound budget arrangements to support its programs and operational requirements.		
		4.2	Strengthen the governance framework.		
		4.3	Recruit, develop and maintain a high-performing and flexible workforce to support the delivery of quality dementia support and services.		
		4.4	Ensure Alzheimer's ACT has the appropriate premises, facilities and tools to support business requirements.		
		4.5	Collaborate with Alzheimer's Australia to identify and explore opportunities to achieve national consistency in relevant areas.		
5.			Continue the implementation of Alzheimer's Australia rebranding.		
	organisational positioning nationally and locally.	5.2	Participate in relevant national campaigns.		

LETTER TO MEMBERS

Dear Members

On behalf of the board, management and staff we are delighted to present this report on Alzheimer's Australia ACT services, activities and achievements over the past year.

The 2013-2014 year has been very busy, somewhat challenging but highly successful. The financial statements show a surplus achieved by implementing program and administrative efficiencies and increased income from donations and fundraising. Fundraising activities including Bring It To The Table and the Memory Walk and Jog have helped raise our profile in the community, raise awareness of dementia and much needed discretionary funds.

Excellent progress has been made on achieving the goals of our Strategic Plan 2012-2015. Every year we are building on our successes and adapting to a changing political, economic and social environment. We have refined our governance systems and processes and reframed services to meet growth in dementia and the increasing expectations and needs of our consumers. We will review our Strategic Plan in February 2015 to ensure we remain responsive to the dynamic environment in which we operate.

The incoming Commonwealth Government continued to implement the aged care reforms established by the previous administration and extended a number of our funding agreements for 12 months while new public policy and programs are developed and transitioned under the Home Support Program and the National Disability Insurance Scheme.

We have kept abreast of systemic change and participated in relevant government consultations and workshops to advocate strongly for people living with dementia and their carers. We have been proactive in keeping our consumers informed and engaged about the reforms to aged care and the National Disability Insurance Scheme through our Consumer Advisory Committee, newsletters, website, Dementia Network presentations and education programs.

We have invested significant time over the past 18 months meeting with ACT Government politicians

and officers to raise their awareness of the increasing numbers of Canberrans impacted by dementia and our critical need for more appropriate office premises. Progress is being made and we will continue to work with Governments to ensure we have adequate funding, premises and facilities to better serve our consumers into the future.

We want to take the opportunity to thank the Board for their strong governance of our organisation, the management team for their leadership and commitment and all our staff for providing compassionate and quality support and services. Together we have achieved an ambitious program of work which has resulted in improved and increased services to people living with dementia and those who care for them.

Finally we want to thank our wonderful volunteers and the hundreds of donors who give so generously to support our work. We couldn't achieve what we do without you.

The Board and staff are excited about the future of Alzheimer's Australia ACT and look forward with optimism in expanding our services to meet the needs of Canberrans impacted by dementia.

Yours sincerely

Michael Pedler

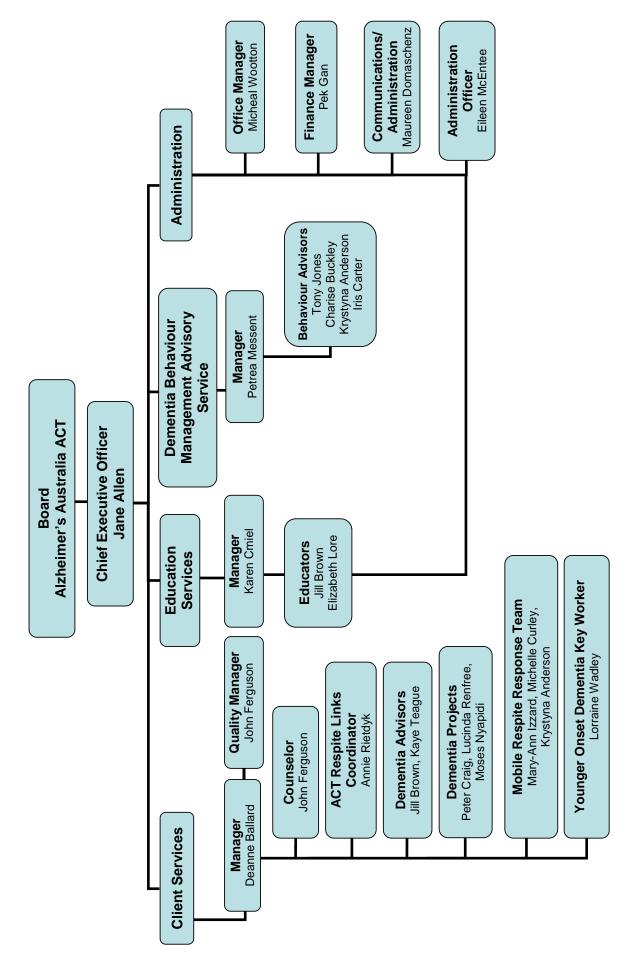
President



Jane Allen, Chief Executive Officer



ORGANISATION CHART



COMMUNICATION

CREATE

FRIENDSHIPS



Love, Loss and Laughter Art Exhibition July 2013



Dementia Awareness Month September 2013



Christmas 2013

JULY 2013

AUGUST 2013

SEPTEMBER 2013

DECEMBER 2013

Cameron Camp Dementia Network August 2013



Multicultural Awareness Event September 2013



Fundraising Sausage Sizzle



SUPPORT
INFORMATION EDUCATION

PARTICIPATION

GIVE

COMMUNITY



Greening Australia 2014



Weekend to Murramarang August 2014



Memory Walk & Jog September 2014

FEBRUARY 2014

JUNE 2014

AUGUST 2014

SEPTEMBER 2014

Outing to Tulip Tops farm



Al the Elephant raising awareness September 2014



Dementia-friendly Communities presentation
Dementia Awareness Month 2014



CARE

FUNDRAISING

AWARENESS

SUPPORT AND SERVICES

Our team of dedicated and skilled staff provide a comprehensive range of services for people with dementia, their families and carers including:

National Dementia Helpline provides an information advice and referral service for people living with dementia, those who care for them and the broader community. Alzheimer's ACT received 481 calls on the National Dementia Helpline.

Counseling is provided for people diagnosed with dementia and their families. Our counseling service aims to assist people with the emotional and psychological impacts dementia has on their lives and offers understanding and practical strategies to help them cope with the everyday challenges they face. Alzheimer's ACT provided 217 counseling sessions to 99 participants in group, couples, or individual sessions.

Dementia Links provides social support for people with early stage dementia through a range of activities that encourage social engagement and participation in the community. The program includes regular outings to the National Gallery of Australia Art Group, Walking Groups, Friendship Group, Men's and Women's Groups. Alzheimer's ACT provided 5375 hours of social support and 3337 trips through transport to access social support.

Carer support groups offer practical help, information and emotional support for carers in a variety of settings including the Calvary Aged Care Community, Kangara Waters, and the Hellenic Club. Carers are encouraged to socialise, share thoughts and ideas and form friendships while enjoying the company of those who understand. Alzheimer's ACT provided support to 70 participants in 4 Carer support groups.

ACT Respite Links supports family carers to access flexible respite for the person for whom they care to enable them to have a break in order to maintain their caring role for as long as possible. The ACT Respite Links program also provides an opportunity for carers to relax and enjoy social engagement with others who are in a similar situation. Alzheimer's ACT provided support to 223 carers.

Mobile Respite Response Team provides relevant information, support and strategies to assist families to continue their caring role at home for as long as possible and/or to help them access shortterm respite, day programs or permanent care. Alzheimer's ACT provided support to 166 carers.

Dementia Behaviour Management Advisory Service (DBMAS) provides information, assessment and case management, support and education for family and staff in all care settings who are caring for people with dementia who exhibit changed behaviours that impacts on their care. DBMAS provided information, advice and case management services to 253 clients and carers, and delivered 21 tailored education sessions.

Alzheimer's ACT Members speak during Dementia Awareness Month 2013

Your Brain Matters Presentation

Respite Links weekend at Murramarang Resort, NSW







EDUCATE AND INFORM

Living with Memory Loss Program provides information, education, support and planning for the future for people with early stage dementia and their support person. The program also provides a monthly support group for past participants with dementia.

The program which is run for 2 hours one day a week over six weeks was delivered 5 times to a total of 71 participants.

Education Services provides awareness raising and education on dementia and associated topics for family carers and care staff working in residential aged care facilities, hospitals, disability and community settings and the general public.

There has been an increase in demand for Education Services in 2013-14 from the University, Acute Care, and community sectors. The most popular training courses this year have been the Experiencing Dementia workshop with its practical simulation and experiential learning component, and the Montessori Method for Dementia Care workshop.

Education was delivered to:

- 88 family carers attended education sessions
- 1693 aged care and health professionals attended education and training courses
- 381 people attended community education sessions
- 1038 people accessed resources from information stands

Your Brain Matters™ Program is a national program of Alzheimer's Australia aimed at reducing the risk of dementia through the provision of awareness raising activities to younger people, people from ATSI/CALD background, and primary care providers. The Your Brain Matters™ program encourages people to live a healthy life by looking after their brain, body and heart.

The **Your Brain Matters™** program was delivered to **2300** people in 2013-14

Younger Onset Dementia Key Worker (YODKW)
Program is a national program of Alzheimer's
Australia that commenced in 2012. The Key
Worker acts as a primary point of contact for
people under 65 who are living with dementia,
their carers and families and works with them to
develop comprehensive strategies that optimise their
engagement with support and care options.

The program has provided support to 54 clients in 2013-14 and runs a Memory Lane Café that meets monthly with 18 participants.

Reminiscing with Memory Boxes from Calthorpes House



Visit by Questacon staff



Les, with one of his artworks displayed at the Art Group exhibition in September



YOUNGER ONSET KEY WORKER PROGRAM

The Younger Onset Key Worker Program (YODKW) is an Alzheimer's Australia national program that commenced in 2012. The Key Worker acts as a primary point of contact for people under 65 who are living with dementia, their carers and families and works with them to develop comprehensive strategies that optimise their engagement with support and care options.

The program offers individualised support, information and counselling to people under the age of 65 years who have been diagnosed with younger onset dementia, their family and carers.

Two new initiatives have been commenced in 2013-14:

The *Greening Australia Community Volunteering Program* has been developed in collaboration with Greening Australia and offers two programs - a dedicated Tuesday men's group that meets weekly at the nursery to participate in planting and weeding tube stock and a Wednesday ladies' group who meet with other local community volunteers to assist in nursery tasks.

The benefits of this outdoor, productive, interesting work and social activity are immeasurable to people living with younger onset dementia because they feel included, valued and contributing members of the community.

Memory Lane Café is a monthly meeting group established for people living with younger onset dementia and their families to develop friendships, support and social engagement in an iconic setting. Every month members meet for morning tea at Poppy's Café at the Australian War Memorial to catch up, share what's happening in their lives and to just enjoy being together.



Major General the Hon. Michael Jeffery visits Greening Australia and talks to the YOD group



Participants have commented:

"I won't miss coming because I feel I can contribute"

"I like coming because it is very relaxing...it doesn't matter if I make a mistake"

YOUR BRAIN MATTERS™ PROGRAM

The Alzheimer's Australia **Your Brain Matters™** program guides us on how to look after our brain health. It is based on scientific evidence that a number of health and lifestyle factors are associated with brain function and the risk of developing dementia.

Being brain healthy is relevant at any age, whether you're young, old or in between. Importantly, scientific research suggests that living a brain healthy life, particularly during mid-life, may reduce a person's risk of developing dementia. However, there are no guarantees as dementia cannot yet be prevented or cured.

The program involves five simple steps to better brain health



STEP ONE - Look after your heart



STEP TWO- Be physically active



STEP THREE - Mentally challenge your brain



STEP FOUR - Follow a healthy diet



Alzheimer's Australia ACT has delivered the **Your Brain Matters™** to a younger audience in the ACT including members of the Defence community, Curves Gym, the Diversional Therapy Australia National Conference, carer support groups and many more.

The **Your Brain Matters™** program has been delivered directly to over **2,200** individuals in 2013-14.

Specific versions of the **Your Brain Matters™** program have been designed for Culturally and Linguistically Diverse (CALD) and Aboriginal and Torres Strait Islander (ATSI) audiences. An event held with the Indonesian Families Association, proved the CALD presentation was well written and could be delivered easily. Participants stated that they really enjoyed the session and that they had learnt a lot from it.

In addition, Your Brain Matters™ information stands have been well received at events including Carers ACT Open Day, Canberra Show, Senior Sports Carnival and the Choices Expo. Since the Your Brain Matters™ program commenced in 2011 over 30,000 Canberrans have been exposed to this program in a variety of settings.

Requests to deliver the **Your Brain Matters™** program exceed our capacity to deliver due to funding constraints however, it is evident that the program is popular and has educated, raised awareness of dementia and encouraged many Canberrans to lead a brain healthy life.



Alzheimer's ACT Educator, Jill Brown at National Science Week, ANU

DOG THERAPY PROJECT

For many of us, pets form a very important part of our life. It is well known that having a pet improves health and wellbeing. When people eventually move into residential care, they often have to leave a beloved pet behind. This can be traumatic and it can have significant impact on their experiences in care.

In 2014 the ACT Dementia Behaviour **Management Advisory Service (DBMAS)**

partnered with the ACT Companion Dog Club, Uniting Care Ageing, Mirrinjani and the University of Canberra, Occupational Therapy Department to conduct a 3 month pilot program Dementia Dog Therapy Project. The project is aimed at benefiting people with dementia by bringing dogs back into their lives or supporting them to continue their relationship with dogs.

The main role of ACT DBMAS has been to provide education for volunteers about dementia and associated behaviours, assess and refer suitable clients and evaluate the effectiveness of the project for clients.

DBMAS clients were selected for the pilot project through the collection of a social history and identifying those who may benefit from the company of a dog. This may be a person who has had a dog as a pet or who just had a past connection with a dog.

During the pilot, three Mirrijani residents received the services of the Dementia Dog Therapy Project. Trained volunteers from ACT Companion Dog Club visited for 1 hour on a weekly basis with their gentle, furry four-legged friends.

Benefits from these visits included increased social engagement, reminiscence about pets, increased motivation, and obvious pleasure demonstrated through the smiles, enthusiastic greetings, and comments during the visits. One of the clients even started doing some arm strengthening exercises to enable him to throw a ball and feed the dog!

Staff were also enthusiastic about the visits. The visits by dogs not only impacted on the person with dementia being visited but also created "a stir in the room" and a magnet for other residents.

A reminisence tool nicknamed "doggy tails" was put together using photos of the doggie interactions with clients. This was designed to capture memories of the visit and help build and strengthen the relationship and intervention.

Following the completion of the pilot project, plans are now underway to seek a funding source and other resources to enable the project to continue, expand and assist with further evaluation to demonstrate the project's effectiveness.



Staff: "Mr B likes to be by himself"

"He only comes out for meals" "Mr B hardly ever goes outside"

At the start of the visit Mr B could not remember if he had ever had a dog.

During the visit Mr B:

"You have made me so happy" "I remember my fluffy white dog I had when I lived in Kambah"

Acknowledgements

Thanks to all our supporters who gave so generously throughout the year. Your financial and in kind support and sponsorship is valued and appreciated.

Donation - General

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Orica

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Southern Cross Club Woden Ainslie Football Club Cockington Green National Museum of Australia Questacon

National Gallery of Australia Snowy Hydro South Care

CSIRO

National Capital Exhibition

Drill Hall ANU Geoscience

Webbs Mechanical Repairs

Hellenic Club

Volunteers

Alzheimer's Australia ACT has a committed and caring group of volunteers. We wish to acknowledge their work throughout 2013-14 and thank them for helping us support people living with dementia and their carers in the ACT.

Patrice Burns
Mary Hayes
Alyce Demaine
Dilys Ketley
Josh Bolitho
Mary Hodgkinson
Joan Kellet
Harold Milham
Maura Motherway

Mathew Frawley Moses Reid Helen Turyn Malini Warugevitanu

John Fely Sharmaine Lock Margaret Bailey Cecelia Bradley Annette Wurm





FINANCIAL REPORT FOR THE YEAR ENDED 30 JUNE 2014

STATEMENT BY BOARD MEMBERS

The following summary financial statements are taken from the financial statements of Alzheimer's Australia ACT Incorporated (Alzheimer's ACT).

Copies of the financial statements are available from the office of Alzheimer's ACT.

There have been no significant changes to the nature of the principal activities of Alzheimer's ACT during the year. In the opinion of Board Members, at the date of this statement there are reasonable grounds to believe that Alzheimer's ACT will be able to pay its debts as and when they fall due.

Signed on behalf of Alzheimer's ACT Board Members by:

Greg Fraser Vice President

14 October 2014

Trevor Wheeler Treasurer

Marles

STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2014

	Note	2014 \$	2013 \$
Revenue Depreciation expense Employee benefits expense Funding distributed to subcontractors Client expenditure Motor vehicle expense Advertising & promotion Rent and maintenance expense Client transport Contractor fees Fundraising expenses Communications and IT support Professional Development Audit and insurance Other administrative expenses	1, 2	2,373,078 (11,690) (1,468,116) (292,347) (87,711) (67,112) (20,636) (29,181) (57,563) (24,000) (15,443) (44,988) (49,537) (41,001) (109,779)	2,231,629 (12,974) 1,345,945) (269,762) (60,434) (66,308) (14,221) (30,056) (54,038) (36,000) (1,796) (38,455) (40,558) (51,413) (115,477)
Surplus from operations		53,974	94,192
Other comprehensive income			
Total comprehensive Surplus for the year		53,974	94,192

Note 1. Basis of preparation

The summary financial statements relate to Alzheimer's Australia ACT Incorporated as an individual entity. Alzheimer's Australia ACT Incorporated is an association incorporated in the Australian Capital Territory under the *Associations Incorporations Act 1991*.

The summary financial statements have been derived from the audited financial statements of Alzheimer's Australia ACT Incorporated dated 14 October 2014. These statements were prepared in accordance with Australian Accounting Standards – Reduced Disclosure Requirements of the Australian Accounting Standards Board and the Associations Incorporations Act 1991. Alzheimer's Australia ACT Incorporated is a not-for-profit entity for financial reporting purposes under Australian Accounting Standards.

The summary financial statements have been prepared on an accruals basis and are based on historical costs, modified, where applicable, by the measurement at fair value of selected non-current assets, financial assets and financial liabilities. The amounts presented in the financial statements have been rounded to the nearest dollar. The presentation currency used is Australian Dollars.

Note 2:	Revenue	\$	\$
Revenue			
Mer	mbers' subscriptions	2,545	2,836
Gov	vernment Funding	2,250,362	2,047,558
Dor	nations	48,095	119,876
Inte	erest received	24,612	19,828
Fun	ndraising	23,678	3,501
Oth	ner revenue	23,786	38,030_
		2,373,078	2,231,629

Alzheimer's Australia ACT Incorporated

STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2014

	2014 \$	2013 \$
ASSETS CURRENT ASSETS Cash and cash equivalents Held to maturity investments Trade and other receivables Other current assets	402,363 374,802 7,727 14,383	274,433 359,964 342,115 _17,236
TOTAL CURRENT ASSETS	799,275	993,748
NON-CURRENT ASSETS Property, plant and equipment	25,550	34,065
TOTAL NON-CURRENT ASSETS	25,550	34,065
TOTAL ASSETS	824,825	1,027,813
LIABILITIES CURRENT LIABILITIES Trade and other payables Provisions Unexpended funding	198,462 42,498 211,569	239,826 25,170 440,581
TOTAL CURRENT LIABILITIES	452,529	705,577
NON CURRENT LIABILITIES Provisions	3,981	7,895
TOTAL NON CURRENT LIABILTIES	3,981	7,895
TOTAL LIABILITIES	456,510	713,472
NET ASSETS	<u>368,315</u>	314,341
EQUITY Retained earnings	368,315	314,341
TOTAL EQUITY	<u>368,315</u>	314,341



p (+61 2) 6140 5800 e admin@bellchambersbarrett.com.au Level 1, 33 Torrens Street, Braddon ACT 2612 PO Box 5115, Braddon ACT 2612 ABN 83 600 364 896

bellchambersbarrett.com.au

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF ALZHEIMER'S AUSTRALIA ACT INCORPORATED

Report on the Financial Report

The accompanying summary financial statements, of Alzheimer's Australia ACT Incorporated (the association), which comprises the summary balance sheet as at 30 June 2014 and the summary statement of profit or loss and other comprehensive income for the year then ended, notes comprising a summary of significant accounting policies and the Statement by Board Members are derived from the audited financial report of Alzheimer's Australia ACT Incorporated for the year ended 30 June 2014. We expressed an unmodified auditor's opinion on that financial report in our auditor's report dated 15 October 2014. The financial report and the summary financial statements do not reflect the effects of events that occurred subsequent to the date of our report on that financial report.

The summary financial statements do not contain all the disclosures required by the financial reporting framework applied in preparation of the audited financial report of Alzheimer's Australia ACT Incorporated. Reading the summary financial statements, therefore, is not a substitute for reading the audited financial report of Alzheimer's Australia ACT Incorporated.

Board Members' Responsibility for the Summary Financial Statements

The Board Members are responsible for the preparation of the summary financial statements on the basis described in Note 1.

Auditor's Responsibility

Our responsibility is to express an opinion on the summary financial statements based on our procedures, which were conducted in accordance with Australian Auditing Standard ASA 810 Engagements to Report on Summary Financial Statements.

Opinion

In our opinion, the summary financial statements derived from the audited financial report of Alzheimer's Australia ACT Incorporated for the year ended 30 June 2014 are consistent, in all material respects, with that audited financial report on the basis described in Note 1.

Basis of Accounting

Without modifying our opinion, we draw attention to Note 1 to the summary financial statements, which describes the basis of accounting. The summary financial statements have been prepared to assist Alzheimer's Australia ACT Incorporated to meet the requirements of members. As a result, the summary financial statements may not be suitable for another purpose. Our report is intended solely for the members of Alzheimer's Australia ACT Incorporated.

James Barrett, CA Registered Company Auditor BellchambersBarrett Canberra, ACT Dated this 23rd day of October 2014

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Alzheimer's Australia ACT Incorporated

SUMMARY OF PROGRAM FUNDING AND EXPENDITURE FOR THE YEAR ENDED 30 JUNE 2014

The following information has been extracted from the audited program acquittals which were unmodified.

	Note	2014 \$	2013 \$
INCOME			
ACT Home & Community Care Commonwealth Department of Social Services		229,137	222,788
Home & Community Care		301,924	287,702
National Dementia Support Program		327,754	330,035
Service Delivery Pathway Project		33,938	33,938
National Respite for Carers Program		634,650	638,897
Dementia Behaviour Management Advisory Service		513,785	504,341
Younger Onset Dementia Key Worker Program		133,186	29,857
Your Brain Matters Program		20,637	-
Other Grants		57,090	-
Other	Α	12,693	13,352
TOTAL INCOME		2,264,793	2,060,910
EXPENSES			
ACT Home & Community Care		230,501	223,674
Commonwealth Department of Social Services			
Home & Community Care		303,243	288,980
National Dementia Support Program		330,981	335,478
Service Delivery Pathway Project		34,260	33,938
National Respite for Carers Program		637,664	640,681
Dementia Behaviour Management Advisory Service		517,075	509,547
Younger Onset Dementia Key Worker Program		133,860	29,955
Your Brain Matters Program		20,637	-
Other Grants		57,370	-
TOTAL EXPENDITURE		2,265,592	2,062,253
SURPLUS/(DEFICIT)		(799)	(1,343)

Note A:

Includes Interest and user fees for service.

FIGHTING ALZHEIMER'S FOR AUSTRALIA



National Dementia Helpline 1800 100 500