Billion dollar plan
Governor-General calls for $1 billion over five years

Watch that space
Dementia drives shortage of care places: new study

• Gibson-Denney Centre opening
• YOD research gets a boost
• Senior Counsellor Helen Carswell
  • Meet our volunteers
  • Memory Van’s travels
Robin Wirth had to resign from the Board because of ill health about 12 months ago which left vacancies for a new Deputy Chair and a new Director.

John Morrison has now been elected Deputy Chair. John has been on the Board for some years and is very well qualified for this role, both in terms of governance skills and experience with the illness.

He is an expert on risk management and is Chair of our Audit and Risk Committee. John is an accountant with a wealth of knowledge about Alzheimer’s disease – he was a carer for his father for many years. We are lucky to have him.

Gabrielle Kibble has filled the Board position and her name and curriculum vitae will be submitted to the AGM in November for possible confirmation. Gabrielle has a Bachelor of Arts degree, is a town planner, former Secretary of the NSW Department of Urban Affairs and Planning and holds an Honorary Doctorate from the University of NSW.

Gabrielle is also an Officer of the Order of Australia, was sole Administrator in Liverpool and one of three Administrators in Wollongong when the Councils in those two towns were dismissed, has been Chair of Sydney Water Corporation, and much more. Gabrielle is the best Chair with whom I have ever served. She wants to put something back in to the society that has treated her so well, and we welcome her warmly.

National website
The National Board of Alzheimer’s Australia is pushing ahead with the national website and has also decided to develop a national approach to marketing.

Work on the national marketing will be led by Andrew Mills in our NSW office, which is a tribute to the work being done here.

Gibson-Denney opening
We had a splendid day on 23 July when the Gibson-Denney Centre was opened by the NSW Premier, The Hon. Kristina Keneally.

It was a real pleasure to have her here and she announced, during that visit, a grant of $250,000 for us to work on younger onset dementia.

Now everyone is together in one location again. It feels so good and everyone seems to be happy with the move to North Ryde.

On the political agenda
On the political front, it is disappointing that so little continues to be said about dementia by both major parties. Following the Intergenerational Report released earlier this year, which ignored dementia almost completely, we prepared much-needed packs for all NSW Members of Parliament.

MPs need the figures and need to understand how their own constituencies might be affected. It is hard to believe that politicians are ignoring one of the major health issues of the coming decades.

We are looking forward to the report of the Productivity Commission in early 2011 to set some of the figures we know before government planners.

Focused effort
Finally, a pat on the back for the people who work at Alzheimer’s Australia NSW (AlzNSW). They are dedicated; I hear only good things about them wherever I go and from anyone I speak to.

We have taken an important policy decision to concentrate our interest on the Tweed, the Illawarra, and western and south-western Sydney in the next few years.

People in all those areas have less access to services than we would like, and the population of those areas is greater than the whole population of some Australian states.

Professor Peter Baume AC
Chairman
Gibson sisters 10

CEO’s message

Our new home, the Gibson-Denney Centre, was opened in July by the Premier of NSW, The Hon. Kristina Keneally MP, at a ceremony attended by NSW Ageing Minister The Hon. Peter Primrose MLC, members of the AlzNSW Board and guests. Family of the late Dora ‘Bunty’ Gibson and her sister, the late Margaret Denney, upon whom the building is named, were also at the ceremony. The relocation to this building has been made possible thanks to the generosity of the sisters through a bequest, and the support of the State Government; I thank them all on behalf of our members.

Read more about the official opening of the Gibson-Denney Centre on page 10.

YOD grant

At the opening, the Premier also announced that AlzNSW had received a $250,000 grant for a two-year research project on younger onset dementia. We again thank the State Government for responding to this most pressing need.

Governor-General lunch

We had a wonderful Women’s Lunch with the Governor-General of Australia, Ms Quentin Bryce AC in May. Ms Bryce is the Patron of Alzheimer’s Australia and a great supporter of the work that is done by the organisation.

More than 170 friends of AlzNSW packed into the Strangers Dining Room at NSW Parliament House to hear the Governor-General speak, and they were not disappointed.

Natarsha Belling, from Channel Ten News, did a wonderful job as MC and we are very grateful for her support. Read more about the lunch and see some great photos from the day on page 9.

Dementia Awareness Week

Staff around the state have been busy preparing for this year’s Dementia Awareness Week, 16-26 September.

We are planning a television campaign to encourage people who have concerns about their memory to contact us, as well as activities including Memory Walks, a fundraising Badge Day, a Memories Service and more.

The Hon. John Watkins
Chief Executive Officer
Conference: Take a Different View

Planning is underway for the Alzheimer’s Australia 14th national conference, to be held at the Brisbane Convention and Exhibition Centre from 17–20 May 2011. The conference, hosted by Alzheimer’s Australia (Qld), will showcase the latest thinking and practice around dementia, and online registrations and a call for papers are now available at the Alzheimer’s 2011 website.

“We have secured some excellent speakers for the event, which has the theme Take a Different View,” said Conference Chair Marianne Gevers.

“There will be a good mix of overseas and local presenters, thought-provoking topics and workshops with a practical focus.”

Confirmed speakers include philosopher, poet, novelist and cultural critic Professor Raymond Tallis, Georgetown University’s Professor Steven R. Sabat, and research fellow and consultant Diana Kerr.

Discussion will focus on ethics and decision making in dementia care; personhood, identity and consumers’ rights; best practice and new approaches to dementia and dementia care; and the latest in research and treatment.

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AlzNSW AGM

All members and supporters are invited to attend the Annual General Meeting of AlzNSW on Thursday 25 November 2010 at 2.30pm at the Vincent Fairfax Family Resource Centre, Macquarie Hospital Campus, 120 Cox’s Road (corner of Norton Road), North Ryde.

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Rotary Club of Newcastle Garden

AlzNSW CEO The Hon. John Watkins will be joining members of the Rotary Club of Newcastle at the official launch of the Rotary Garden at the Hunter Dementia and Memory Resource Centre on 13 September.

The garden was made possible through the generosity of the Rotary Club and their fundraising efforts. This continues their decade-long fundraising efforts, which contributed to the purchase of the centre and its subsequent opening in 2008.

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Memory Van on the road

The AlzNSW Memory Van has been busy travelling around the state to raise awareness of the importance of brain health and dementia risk reduction.

The AlzNSW Memory Van has been south to Wagga Wagga and surrounds as part of the Law Week travelling road show, as well as visiting the Snowy, Gilgandra and more.

Some visits have also included public information sessions and group discussions about dementia and memory loss, and individual one-on-one discussions.

To find out more about where the Memory Van will be visiting in coming months, visit the Alzheimer’s Australia website, or to invite the Memory Van to a community event, contact Susan Newton.

W: www.alzheimers.org.au
T: (02) 8875 4637
E: snewton@alznsw.asn.au

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Registration

Register before 17 February 2011 to take advantage of Early Bird rates (from $120 for day-only family carers to $790 for full registration).

T: (07) 3255 1002
W: www.alzheimers2011.com
E: info@alzheimers2011.com
Our Bang the Drum competition is well underway, so don’t forget to take a photo of a piece of AlzNSW merchandise wherever you are, whether you are away on holidays or you find yourself somewhere a little bit different.

In each edition of In Touch we’ll feature a selection of photos taken by our members, friends or staff who have ‘banged the drum’ for dementia.

Winners will be announced in In Touch – Winter 2011. Good luck!

To enter: email or post your entries to Andrew Mills.
E: amills@alznsw.asn.au
P: Andrew Mills,
Alzheimer’s Australia NSW,
PO Box 6042, North Ryde NSW 2113

Hunter Centre activities
The first six months of 2010 have seen the number of visitors to AlzNSW’s Hunter Dementia and Memory Resource Centre equal the number who accessed our resources and services at the centre throughout the entire 12 months of 2009, which is great.

The social group, which meets at the centre, is going from strength to strength with a calendar of activities including day concert trips to Sydney and a visit to local historical sites including Fort Scratchley.

The success of the choir, established in February this year, is clear with the sounds of music resounding throughout the centre each Friday quite delightful.

It is gratifying to see new members arriving on a regular basis. A great voice is not a prerequisite – the only requirement is to find joy in singing.

To get involved in the social group or choir, or to access the centre’s resources, call in or phone the centre Monday to Friday, 9am to 3pm.
T: (02) 4962 7000.

Café Connect
Cafe Connect, an AlzNSW project in Lake Macquarie, provides a social environment for people with dementia, their carers, family and friends to meet and share information.

“Socialising is an important way for carers and people with dementia to feel connected,” says Sally O’Loughlin, AlzNSW Manager Support Services.

“A good social network can be a huge help to people living with dementia and their carers.”

The project has been made possible by Club Macquarie, the Toronto Workers Club, the Swansea RSL Club and the Lioness Club of Toronto.

The cafes are held monthly at the Swansea RSL Club and the Toronto Workers Club.

For more information, and to reserve your spot, contact the AlzNSW Dementia and Memory Resource Centre in Hamilton.
T: (02) 4962 7000
E: hunter@alznsw.asn.au

Choir sings out
The North Ryde Dementia and Memory Community Centre choir had its first public performance in June.

The members gave a spirited recital for friends and staff, delighting audience members with their songs.

New members are always welcome – contact Yasmin.
T: (02) 9888 4237

North Ryde Open Day
The AlzNSW Dementia and Memory Community Centre in North Ryde held a very successful Open Day in June.

The day featured the east coast launch of the book Caring Moments, by Elizabeth Bezant and Pamela Eaves.
Rise to the challenge

During his recent Australian lecture tour, Professor Julian Hughes called for an increase in dementia research funding to match the future impact of the disease.

Professor Julian Hughes was in Australia in June for a packed national lecture tour on behalf of Alzheimer’s Australia.

Professor Hughes, from the UK, said governments and society need to dramatically change attitudes to dementia in order to tackle the enormous challenges it brings.

“There is little sign that governments worldwide have grasped the enormity of the impact that dementia will have on the health care system or the everyday ethical issues that need to be addressed in dementia care, including diagnosis, restraint and end-of-life issues,” he said.

“A key test of governments’ willingness to reduce the future numbers of people with dementia and provide better care is funding for dementia research.

“And on that score they are failing as funding for research into dementia is disproportionately low compared with other chronic conditions.”

How dementia funding stacks up
He said combined research funding on dementia in Australia was just $22 million for 2007–09, compared with $160 million for cancer research.

In the same period spending on research for cardiovascular disease was $110 million and $60 million was spent on diabetes.

"Something that is as harmful as dementia requires good quality research, which, in turn, will support and encourage good quality care,” Professor Hughes said.

Dementia is already the third leading cause of death in Australia, behind heart disease and stroke, and there are an estimated 237,000 people in Australia with dementia. Due to the ageing population, that is set to soar to one million by 2050. By the 2060s, spending on dementia is set to outstrip that of any other health condition.

“Investment in research is a fundamental ethical consideration in the appropriate care of a person with dementia,” Professor Hughes said.

“Organisations, institutions and governments must face up to the dementia challenge, not for mere practical reasons, although these are important, but because this is a human moral necessity.

“These challenges are ethical challenges at the individual level, but they also pose social, legal and political challenges.”

Speaking from experience
Professor Hughes is a consultant in Old Age Psychiatry and Honorary Professor of Philosophy of Ageing with Northumbria Healthcare NHS Foundation Trust and the Institute for Ageing and Health at Newcastle University in the UK.

He was a guest speaker at a seminar on ethics in dementia care at NSW Parliament House in June. Other speakers included President of Palliative Care NSW Peter Cleasby and Clinical Nurse Consultant at the Prince of Wales Hospital Anne Meller. AlzNSW Director Nick O’Neill was the MC of the event.

Professor Hughes visited each state and territory in Australia on his very popular lecture tour, Ethical Issues and Decision-Making in Dementia Care, for Alzheimer’s Australia.

New Minister for Ageing
In May, the NSW State Government appointed a new Minister for Ageing and Minister for Disability Services, The Hon. Peter Primrose.

The Minister has worked for the Red Cross, the Department of Health and the Department of Youth and Community Services, and served on the 1983 Richmond Report, which advocated the devolution of NSW’s long-term care from institutions to community-based arrangements.

He also served on Campbelltown City Council, and as Chair of the Macarthur Health Services Board.

Mr Primrose was elected MP in 1988, entered the NSW Legislative Council in 1996, served as Government Whip and, in 2007, was elected President of the Legislative Council. He has been a member of many parliamentary committees and is also the Minister for Youth and Volunteering.
The importance of planning ahead was the topic of a free forum for carers and health professionals in Wyong in July.

The Planning Ahead Forum was held jointly by Alzheimer’s Australia NSW and the NSW Department of Justice and Attorney General, and covered capacity, the role of substitute decision making and advance care directives.

The CEO of AlzNSW, The Hon. John Watkins, said the forum aimed to give people – especially those dealing with dementia – information about making decisions concerning their own future or for the care of a loved one who can no longer make decisions for themselves.

“Making decisions and putting plans in place about how you would like to be cared for in the future, and about who can make decisions for you when you are no longer able to, can ease some of the burden at what can be a very stressful and emotional time,” Mr Watkins said.

The forum was chaired by Nick O’Neill, Director of AlzNSW and former President of the NSW Guardianship Tribunal.

Other speakers included Mr Watkins; Associate Professor Carmelle Peisah, Conjoint Associate Professor in the School of Psychiatry at the University of NSW; Sue Field, NSW Trustee and Guardian Fellow in Elder Law at the University of Western Sydney; Jenna Macnab, Senior Policy Advisor, Diversity Services, Department of Justice and Attorney General; and Anne Meller, Clinical Nurse Consultant at the Prince of Wales Hospital.

Ms Field said it was a significant event. “It is vital that people understand the importance of putting into place measures that will enable them to choose who will make their decisions for them,” she explained.

The forum also featured the launch of A Plan of Care (see box, below).

One of the book’s authors said that families often struggle with doing what is best for the person they love. “This book will meet a real need for those families and carers of people with dementia,” said Anne Meller.

There was also an Information Expo with stalls from several organisations, including AlzNSW, Diversity Services, Advance Care Directive Association Inc, Carers NSW, Carer Support (Central Coast), Central Coast Respite and Carerlink Centre, Central Coast General Division of Practice, Guardianship Tribunal, Legal Aid, LawAccess, NSW Trustee and Guardian, Office of Public Guardian, and The Aged Care Rights Service.

Book launch: A Plan of Care

A Plan of Care, by Anne Meller, Sara Graham, Elizabeth Hindmarsh (pictured left, speaking at the launch), Barbara Squires and Sharon Wall, uses clear language to explain how to make health and personal care decisions for a person who has dementia and has lost the capacity to make decisions for themself.

It highlights the importance of planning ahead and contains a four-page ‘Plan of Care’ form to complete. It is written for use in NSW, for people who have to make decisions for a person with dementia.

Free electronic copies of the book are available for download from the Advance Care Directive Association Inc website. Hard copies are available for $14 each (including $2 P&H) from Advanced Care Directives or the AlzNSW online bookshop.

W: www.advancecaredirectives.org.au
T: 0423 157 003
E: info@advancecaredirectives.org.au
AlzNSW bookshop: www.alz.seekbooks.com.au

Staff changes

Emma Piper has joined the fundraising team as the new Fundraising Events Coordinator, replacing Kathryn Gibb. We bid Kathryn a fond farewell and thank her for all she has done for us.

Samantha Besgrove has joined the team at the Dementia and Memory Community Centre at North Ryde as Receptionist and Administrator.

Janet de Bres has joined the Library at North Ryde as a Reference and Research Librarian, while Carly Ross has joined the Services Team as a Group Work Facilitator.

We warmly welcome Gary Thomas, who has taken on the role of Regional Coordinator for the Mid North Coast. Gary takes over from Margaret Allen; we bid a fond farewell to Margaret, who made a wonderful contribution and will be missed. We also welcome Julie Boehm, who joins the team at the Gibson-Denney Centre on reception.
Ms Bryce, speaking at a recent AlzNSW fundraising lunch at NSW Parliament House, said Australia was facing major challenges in meeting the needs of an ageing population.

The Governor-General also discussed the need for Australian communities to be proactive in delaying the onset of dementia.

“Many of you will be familiar with the statistics; I repeat them only to emphasise the need for us to appreciate their gravity: around 260,000 Australians are living with dementia; that number will nearly double by 2030 and again by 2050,” Ms Bryce explained. “So, by mid-century, we’ll have around 1 million people with dementia – a condition for which there is currently no cure.

“Alzheimer’s Australia worked long and hard to ensure that, five years ago, dementia became a national health priority. “We were the first country in the world to have achieved that, and with bipartisan support.”

But, Ms Bryce said, more needs to be done.

“Today you continue to maintain the drive on an unfinished project that needs, I believe, another billion dollars over the next five years for research that targets prevention and quality care that can span five, 10, 15, 20 years.”

Ladies’ lunch
More than 170 women packed into the Strangers Dining Room to listen to the Governor-General speak.

Channel Ten newsreader Natarsha Belling did the honours as Master of Ceremonies for the event.

“Dementia is now the third leading cause of death in Australia and it is set to affect more and more people – up to an estimated 1 million by 2050,” Ms Belling said.

“That’s why it is vital that we do all we can to raise awareness of the illness and the impact it will have on the community.”
(l-r) Natarsha Belling, Ita Buttrose AO OBE, Barbara Call AM, Quentin Bryce AC, The Hon. John Watkins
The $250,000 grant was announced by the Premier of NSW, The Hon. Kristina Keneally MP, during the official opening of AlzNSW’s Gibson-Denney Centre at North Ryde on 23 July. The Minister for Ageing, The Hon. Peter Primrose MLC, was also present.

“This NSW Government-funded research project will address the different types of support people with younger onset dementia need to maintain their quality of life,” Premier Keneally said.

“People with younger onset dementia (YOD) require different support measures to people who are diagnosed over the age of 65 and this study will look at how we can address the needs of those people.”

The CEO of AlzNSW, The Hon. John Watkins, said the needs of people with YOD – dementia diagnosed in people under the age of 65 – are very different to those of older people diagnosed with dementia, and that there are very little age-appropriate services available for the under-65s.

“We warmly welcome this grant as it gives us an opportunity to focus on the special needs of those with YOD,” John said.

“Many are still pursuing their careers and are paying mortgages, while others may still be raising children, caring for grandchildren, or pursuing lifelong dreams to travel and enjoy their retirement.”

The project will identify the barriers to timely diagnosis and access to appropriate services, as well as identify appropriate models for early intervention.

“A diagnosis of dementia at this stage in their life can be an unexpected and devastating shock,” John said.

“As well, many of the services available for those with dementia have been designed to accommodate people over the age of 65 and are not at all suitable for younger people.”

Age-appropriate services
Stephen Jones was just 51 when he was diagnosed with YOD, which affects an estimated 15,000 Australians.

It was a devastating diagnosis made all the more complex by the lack of services available that were appropriate for Stephen’s age.

Stephen’s wife, Rosemary, said the lack of appropriate respite services meant she could no longer carry on in her part-time job as she had to be available to care for him around the clock.

“There is nothing around for this age to go to,” Rosemary said.

“When he did go to a respite centre, all the other people there were in their 80s. It’s like putting a person in their 20s in a room with someone in their 50s – it was completely inappropriate and Stephen hated it.”
Rosemary said she welcomed the focus on the special needs of people with YOD.

**Gibson-Denney Centre opening**
The funding announcement came at the official opening of AlzNSW’s Gibson-Denney Centre in North Ryde. The State Government, through the Department of Health, generously assisted with the new centre by providing the building and rental assistance. It also provided a $17,000 grant for capital upgrade through the NSW Government 2009 Community Building Partnership Program.

The refurbishment of the centre was also made possible thanks to a generous bequest from the late Dora ‘Bunty’ Gibson and her sister the late Margaret Denney.

“This new centre is a significant step forward in the ability of AlzNSW to help tackle the dementia epidemic that is coming our way,” John said.

“Being able to bring all our Sydney-based staff on to the one site will allow us to continue to deliver vital support and services to the nearly 90,000 people in NSW who have dementia, and their families and carers.

“Because of the ageing population, dementia is a growing concern for the entire community, with predictions it is going to hit 341,000 people in NSW by 2050.

“That means 341,000 families – husbands, wives, sons, daughters and friends – will be caring for a loved one with dementia who will also need support and care.

“We need to be able to be there to help provide that for those living with the illness and for those caring for them,” said John.

“On behalf of all our members, I would like to thank the State Government for their support and acknowledge the generosity of the late Dora Gibson and the late Margaret Denney.”

On the same day, the Premier of NSW also officially opened new offices of Parkinson’s NSW, which is in the same building as AlzNSW.

These new offices will enable Parkinson’s NSW to continue to deliver high-quality services to their clients across NSW.

Margaret and ‘Bunty’ Gibson

Margaret (above right) and Dora ‘Bunty’ (above left) Gibson were born in the southern highlands of New South Wales and were educated at PLC Goulburn. Both sisters qualified as nurses, training at Royal Prince Alfred Hospital. Bunty graduated with Distinction in 1952, then went on to win the King George V prize for obstetrics and complete a Mothercraft Nursing course. Margaret was also a qualified midwife.

After working interstate, Margaret returned to Goulburn and worked at the Goulburn Base Hospital before her marriage to John Denney. Bunty also worked interstate and at the Gouburn Base Hospital. After qualifying in hospital administration, she was appointed Assistant Matron at the Royal Prince Alfred Hospital and later became Matron of the Langton Clinic and the Mosman and District Hospital.

Later, Margaret and Bunty both lived around Mosman and, being keen opera fans, both had annual subscriptions.

In their later years the sisters both developed dementia, as had their father. Margaret passed away in 2008 and Bunty in 2009.

Having experienced the trauma of Alzheimer’s disease in their own family, the sisters’ generous legacy to AlzNSW represents their family’s commitment to assist those people and families coping with dementia.

Dora ‘Bunty’ Gibson
1928-2009

Margaret Denney (nee Gibson)
1926-2008
A new report released by AlzNSW found that, without extensive reform of the aged care system, more than a quarter of a million older Australians will not have access to care places in 40 years – and dementia is driving demand.

An estimated 279,000 older Australians will be without a residential care place or community care package by 2050, according to a new report from Access Economics, released in August by Alzheimer’s Australia.

Current government policy will result in a dramatic undersupply of residential and community aged care places, according to the ‘Caring Places’ report, unless the planning of aged care takes into account the increasing numbers of over-85s and people with dementia.

“The projections in the report suggest that if we are to avoid this tragedy, the supply of community packages and residential places over the next 40 years would have to double the average annual increase in places over the past four years,” said CEO of AlzNSW, The Hon. John Watkins.

Dementia drives demand
A major driver of the increase in demand for care places is the dramatic increase in the number of people estimated to develop dementia, from 257,000 in 2010 to about 1 million by 2050.

John said a fundamental reform of the aged care system and a comprehensive response to the dementia epidemic was needed in the 2011 Federal Budget.

“The undersupply of aged care places and the under-funding of community care will mean greater carer stress, and older Australians being forced out of their homes early into a nursing home sector where there are no beds,” he said.

Lynne Pezzullo, Director of Access Economics, said that the current planning for aged care does not reflect the huge predicted growth in the prevalence of dementia or the increasing numbers of Australians living to the age of 85 and beyond.

“The government is not taking into account the fact that Australians are living longer,” Lynne said.

“Instead the government bases the number of community aged care packages and residential care places on the number of Australians over the age of 70.”

Planning points
A comprehensive plan to address the dementia epidemic is urgently needed, says AlzNSW CEO John Watkins, with measures that ensure:

• expanded quality dementia-care services
• timely diagnosis of dementia as part of the reform of primary care
• action to reduce the dangers of acute care for people with dementia by ensuring staff are aware of a patient’s cognitive impairment
• greater funding of psycho-geriatric services so that those people with both acute psychiatric conditions and dementia receive appropriate care
• increased dementia research funding, including dementia risk reduction in health prevention programs to reduce the future prevalence of dementia

Government action needed
“Decisions are needed in the 2011 Budget to address the undersupply of community packages and residential care places if increased supply is to be in place by 2020, and before the numbers of people with dementia and the over 85s increase significantly,” explains Lynne.

One aspect that needs action is providing choice in funding options for aged care, according to Lynne.

She suggests Australia’s current healthcare funding scheme, through Medicare together with the private sector, as a model.

Lynne also emphasises the importance of revising the current planning of aged care services, so that services increase to match the growth of the older population and the increasing prevalence of dementia.

“Based on the growth in the prevalence of dementia, community care packages and residential care places would need to grow by 25 per cent (over 220,000...
The Alzheimer’s Disease - Help Our Carers group (AD-HOC) holds monthly meetings for AlzNSW members and their friends.

Celebration Spring
- 25 September, 12.30pm
- Cost: $10

Barbeque Saturday
- 30 October, 12.30pm
- Cost: $10

Yuletide Lunch
- 27 November, 12.30pm
- Cost: $24

All sessions are at the Dementia and Memory Community Centre, North Ryde. To book or find out more contact Yasmin. T: (02) 9888 4237

The number of older Australians who won’t have access to residential care or community care by 2050

The number of Australians expected to have dementia in 40 years

The growth in community care packages and residential care places needed by 2050

“The burden remains with the informal carers, often family members.”
- John Watkins on ABC News 24

Day trips
- Bowral Tulips: Wednesday 29 September
- Nan Tien Temple: Wednesday 13 October
- Christmas lights: Friday 10 December (evening trip)

Hot topics
- Small group discussions for men over 18 only.
  - September 28: 10am – 11.30am
  - October 26: 10am – 11.30am
  - November 23: 10am – 11.30am

Working with colour – From the heart to art
- For artists and non-artists.
  - September 7 and 21: 10am - noon
  - October 5 and 19: 10am - noon
  - November 2 and 16: 10am - noon
  - December 7: 10am – noon

Card making
- Make wonderful cards with our Diversional Therapist.
  - September 22: 10am – 11.30am
  - October 20: 10am – 11.30am
  - November 24: 10am – 11.30am

Movie and Popcorn
- Get away from your thoughts, relax and enjoy.
  - October 5: 2pm – 4pm
  - November 3: 2pm – 4pm
  - December 1: 2pm – 4pm

Upcoming activities
Support our work
fundraising around the state

Blackmore’s Sydney Running Festival
AlzNSW is an official supporter charity for the Blackmore’s Sydney Running Festival and we look forward to a wonderful day on 19 September.

There are four events, giving people of all ages and abilities the once-a-year opportunity to run, jog or walk over the famous Sydney Harbour Bridge and finish at the equally iconic Sydney Opera House.

Register now at the Running Festival website to take part in the Blackmore’s Sydney Running Festival and follow the links to find out more about how you can ‘run for a cause and run for free’ to support the work of AlzNSW.

See you at the finish line, and don’t forget to look out for the AlzNSW marquee.

When: 19 September
Where: Sydney
W: www.sydneyrunningfestival.com.au

Sydney City2Surf
Thank you to all the participants of the 2010 City2Surf on 8 August.

The event was a wonderful success, with more than 80,000 people participating, and over 160 of those running for AlzNSW.

In its 40th year, the City2Surf raised just over $2,500,000 in total, and the impressive efforts of all who fundraised for AlzNSW have raised over $18,000 for AlzNSW support services.


Charity Challenge – Climb Kilimanjaro!
AlzNSW and Inspired Adventures’ very first charity challenge is underway as we prepare to scale Mount Kilimanjaro next year.

We will be visiting businesses in the Sydney CBD in November to build awareness and start fundraising.

Challenge yourself and your friends to join us on the great heights of Mount Kilimanjaro and you will not only experience the adventure of a lifetime, you will also help AlzNSW by raising funds through sponsorship.

Our first trip will be a 12-day adventure to Mt Kilimanjaro in September 2011. Visit our Facebook page and follow us on Twitter for updates, or contact Tristanne Scott at Inspired Adventures for booking details and more information.

Facebook: Alzheimer’s Australia NSW
Twitter: @alznsw
Tristanne Scott: (02) 9262 9880
E: tristanne@inspiredadventures.com.au

Entertainment Books
2010-11 books are available now! They make a wonderful gift and the coupons offer fantastic value for money with more than $15,000 dollars in discounts, including 5% off groceries at Coles supermarkets for a whole year.

Contact: Christine
T: (02) 8875 4625

AlzNSW Christmas Cards
AlzNSW Christmas Cards are available. Look for your order form in this issue of In Touch or download forms from the AlzNSW website.

Contact: Christine
T: (02) 8875 4625
W: www.alzheimers.org.au

Partnership opportunities
We have opportunities for businesses to partner or assist us in our fundraising ventures. Our events include Dementia Awareness Week activities, the Memory Walk, seminars, corporate golf days and more.

We are also seeking donations of high level auction items and raffle prizes for community-driven fundraising events. If your company or business wants to support our work, please contact Coralie Hicks.

T: (02) 9805 0100

Thank you
We extend a big thank you to all the members and friends of AlzNSW who generously supported our appeals last year. We also extend our gratitude to our regular pledge supporters who donate on a monthly or quarterly basis – knowing we have your support allows us to better plan our service delivery.

Winners!
Congratulations to the winners of the Rotary Community Chest Raffle, which was drawn at the Burwood RSL on Wednesday 21 July.

1st Toyota Yaris: J. Luo, Homebush (ticket number RHR 06 091)
2nd Jewellery to the value of $1000: L Ross, Forestville (ticket number BSA 09 469)
3rd Netbook Computer: M Henderson (ticket number GLA 07 951)
Dementia Awareness Week
16–26 September

Dementia Awareness Week for 2010 is almost here and there are plenty of events taking place around the state that you can get involved in.

In Sydney, look out for AlzNSW volunteers and staff who will be selling merchandise to raise funds and awareness on World Alzheimer’s Day, Tuesday 21 September.

Sellers will be in the CBD, North Sydney, Parramatta and Chatswood, as well as at train stations.

Memory Walk
Sydney
The 2010 Memory Walk will be held again in historic Parramatta Park on Sunday 26 September. With live music, a Capoeira display, great food and drinks, and a jumping castle and face painting for the kids, there’s sure to be plenty of family fun.

Register individually at the Memory Walk website, or get a team together and start fundraising. Please encourage your family and friends to join us at the 2010 Memory Walk – we look forward to seeing you all there.

W: www.memorywalk.com.au
T: (02) 8875 4626

Wollongong
The Memory Walk will also be held in Wollongong on Saturday 11 September. It will be held from 10am – 2pm, starting at the North Wollongong Surf Club (Galvin Park), and ending at the Continental Baths, Wollongong.

There will be entertainment, food, drinks and lots of family fun.

T: (02) 4276 4364

Walk for Awareness
Amanda Percival will again be walking from Mulbring to Maitland for Alzheimer’s Australia NSW. The 25km walk will be held on Saturday 18 September, and all are welcome.

Contact: Bev
T: (02) 4962 7000

Memories Service
Also in the Hunter, the annual Memories Service will be held at Newcastle’s Christ Church Cathedral, Church Street, Newcastle. All are welcome for a choral eucharist from 9.30am on Sunday 19 September.

Contact: Bev
T: (02) 4962 7000

Fun Run & Walk
The Port Macquarie Triathlon Club is hosting a Fun Run & Walk on Sunday 26 September, with 5km and 2.5km run options, both starting and finishing at Westport Park.

The 5km run starts at 8am, and the 2.5km run starts at 8.15am, and both will be followed by a light breakfast.

T: 1300 791 751

In Touch Spring 2010 appeal
□ I would like to provide support for the work of Alzheimer’s Australia NSW
Name: ___________________ Address: ___________________________________________
Postcode:  ____________________ Ph (daytime): ___________________ Mob: ___________________ Email: ______________________

Please accept my tax deductible donation of $______ (Donations of $2 and over are tax deductible)

Debit my □ VISA □ MasterCard □ Amex OR

I would prefer to support Alzheimer’s Australia NSW on an ongoing basis, please charge $_________ to my credit card per month until notified.

Credit Card No. ____________ Expiry Date ___ / ___

Signature _______________________ OR □ I have enclosed my: Cheque/Money Order

□ Please send me information about Wills and Bequests

Alzheimer’s Australia NSW, PO Box 6042, North Ryde NSW 2113
Tel: (02) 9805 0100, Fax: (02) 8875 4665 Web: www.alzheimers.org.au

ABN 27 109 607 47

www.alzheimers.org.au
### Professional Education

**Gail Longhurst (02) 9805 0100 or education@alznsw.asn.au**

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>WORKSHOP</th>
<th>COST</th>
<th>DATE</th>
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<tbody>
<tr>
<td>Newcastle</td>
<td>Falls and Dementia, Reducing the Risk</td>
<td>$25</td>
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<tr>
<td></td>
<td>Understanding &amp; Responding to Behavioural Symptoms</td>
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<td>Living Loving and Dementia</td>
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<td>Experiencing Dementia and Behavioural Symptoms - Port Macquarie</td>
<td>$70</td>
<td>26 Oct</td>
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<td>$70</td>
<td>27 Oct</td>
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<td></td>
<td>Activities &amp; Environment - Coffs Harbour</td>
<td>$70</td>
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<td>Environment - Coffs Harbour</td>
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<td>Communication and Activities - Armidale</td>
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<td></td>
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<td>Far North Coast</td>
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<td></td>
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<tr>
<td>Shoalhaven</td>
<td>Person Centred Approach to Behavioural Symptoms / Effective Communication /</td>
<td>$70</td>
<td>14 Oct</td>
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<tr>
<td></td>
<td>Engaging the Person with Dementia in Activity - Bomaderry</td>
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<tr>
<td>North Ryde</td>
<td>Experiencing Dementia and ‘Person Centred’ Approach to Managing Behavioural</td>
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<td>21 Sep</td>
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<td></td>
<td>Symptoms</td>
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<tr>
<td></td>
<td>Intellectual Disability and Dementia</td>
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<td></td>
<td>Pharmacological Treatment and Dementia</td>
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### Family Carer Education

**Gail Longhurst (02) 9805 0100 or education@alznsw.asn.au**

<table>
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<td>3 Day Carers Course</td>
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<tr>
<td></td>
<td>3 Day Carers Course</td>
<td>Free</td>
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<td>25 Nov, 2, 9 Dec</td>
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<td>Liverpool</td>
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<td>Sons and Daughters – Wauchope</td>
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<td>25 Oct</td>
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<td></td>
<td>Family Carer Education - Coffs Harbour</td>
<td>Free</td>
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<td></td>
<td></td>
<td>10 Nov</td>
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<tr>
<td>New England</td>
<td>Family Carer Education – Armidale</td>
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<td>Shoalhaven</td>
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<td>Free</td>
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<td>North Ryde</td>
<td>3 Day Carers Course</td>
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<td></td>
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<td>18, 25 Oct, 1 Nov</td>
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<tr>
<td></td>
<td>Understanding and Managing Transition into Care</td>
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### Special programs

**Gail Longhurst (02) 9805 0100 or education@alznsw.asn.au**

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<td>Understanding the Brain and Behaviour</td>
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<td>Mid North Coast</td>
<td>Interacting with the Person with Dementia - Coffs Harbour</td>
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<td>Far North Coast</td>
<td>Interacting with the Person with Dementia - Ballina</td>
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<td></td>
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<td>Free</td>
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<td></td>
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<tr>
<td></td>
<td>Memory and Ageing Presentation</td>
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<td>13 Oct</td>
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### Support group leader workshops

**Monica Cole on (02) 9805 0100 or email mcole@alznsw.asn.au**

<table>
<thead>
<tr>
<th>WORKSHOP</th>
<th>DATE</th>
<th>LOCATION</th>
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<tr>
<td>Introduction to GWL</td>
<td>13-14 September</td>
<td>Central Coast</td>
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<td>Advanced Group Leadership</td>
<td>28-29 October</td>
<td>Ballina</td>
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<tr>
<td></td>
<td>8-9 November</td>
<td>North Ryde, Sydney</td>
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<td></td>
<td>22-23 November</td>
<td>Orange</td>
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<tr>
<td>Introduction to GWL</td>
<td>29–30 November</td>
<td>Penrith</td>
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<tr>
<td>Advanced Group Leadership</td>
<td>9-10 December</td>
<td>Fairfield</td>
</tr>
</tbody>
</table>

Please note: These dates and locations may be subject to alteration.
Our volunteers

On behalf of our members, Alz NSW would like to thank all the volunteers who give up their time to provide valuable help to our staff around NSW. Volunteers make a huge contribution to our organisation, for which we are very grateful.

Here are just some of the many volunteers who give us regular, ongoing support.

Stan Stark & Raimund Stienen

Stan has become a welcome, familiar face around the new Gibson-Denney Centre in North Ryde, having lent a very valuable hand to staff during the move to the new building.

With organisational skills second to none, Stan has reorganised the administrative services resource area, as well as implementing a very easy-to-use storage and retrieval system and a stock management structure.

A well-loved regular in the administrative office at North Ryde, Raimund also provided a lot of very welcome help during the move to the Gibson-Denney Centre.

Raimund also gives his time each week to assist the Corporate Services team with valuable administrative support, in particular with the membership database, along with anything else they need assistance with.

Lois Allanson

Lois runs the Hunter Dementia and Memory Resource Centre choir, a much-loved social gathering at the centre which attracts a vast membership including people with dementia, their carers and other community members.

The group has been singing together under Lois’ leadership for much of the year, and a small group of the singers is looking forward to their first performance at the 10th Memories Services, to be held at Christ Church Cathedral during Dementia Awareness Week (see page 15 for details).

Mariola Brock

Mariola regularly provides administrative support to the team at the Hunter Dementia and Memory Resource Centre.

She also helps in the library and with data entry, and is a lovely, welcoming face to visitors at the centre, offering cups of tea and a friendly listening ear.

Kath Story

A founding member of AlzNSW, Kath continues her long, valued contribution to the organisation as an active volunteer at our Dementia and Memory Community Centre at Port Macquarie.

Kath established and runs the Carers’ Coffee and Chat, a monthly social catch-up for carers, organises a bi-monthly dinner for carers, and helps out at events held by the centre.

Gail Hodson

Gail provides an enormous amount of administrative help on the phones at the Hunter Dementia and Memory Resource Centre as well as helping staff on social outings with clients.

She mans stalls at information expos and packs the information packs for the Mind your Mind risk reduction sessions.

To volunteer at AlzNSW, please contact Gail Longhurst.
T: (02) 8875 4640 E: alzvolunteer@alznsw.asn.au

Take a different view

Alzheimer's Australia 14th national conference
Brisbane Convention & Exhibition Centre • 17-20 May 2011

International dementia experts include
Professor Steven R. Sabat
Professor Raymond Tallis • Ms Diana Kerr

Don't miss this world class professional development and networking opportunity.
For more information go to www.alzheimers2011.com
As Senior Counsellor, Helen not only conducts direct counselling with clients, she supports AlzNSW counsellors across the state as a clinical supervisor. It is a satisfying job, as she enjoys seeing the positive changes counselling can make.

“It’s making a difference in people’s lives,” says Helen. “Some people connect with us at a time when they are incredibly distraught and feeling completely powerless. “Making a little bit of a difference and seeing those changes can be very rewarding.”

Clients include people with dementia, carers and family members, and face-to-face or phone sessions can be run for individuals or as group sessions for family members.

Changing needs
Helen sees clients at a range of times in their lives – from when a person is diagnosed, as the disease progresses, and through significant changes in people’s lives.

“The issues are quite varied,” Helen explains. And often, she said, to deal with those issues, it helps to talk to someone outside the family.

“A lot of what we do is getting carers or relatives to see where the person with dementia is coming from,” she said.

“Sometimes, the disease can cause behaviours to change and we work with carers to help them understand that the person isn’t changing intentionally, it is a consequence of the dementia.”

The sessions can also serve as an important reminder to carers that they need to look after themselves as well, Helen points out.

“Counselling often involves reminding carers about their own needs and own self care.”

AlzNSW Senior Counsellor Helen Carswell sees counselling as a way to help people make sense of grief and loss, and find meaning in life.

Counselling service
For more information on the counselling services available through AlzNSW, contact the National Dementia Helpline.

AlzNSW: www.alzheimers.org.au
National Dementia Helpline: 1800 100 500

Crossword

Across
1. Criminal network
6. Festive occasion
10. Prized fur
11. Immigrant
12. Parasol
14. Writer, Oscar ...
16. Raised up
18. Retrieve (wreck)
20. Nuclear agreement (4,3)
22. Speediest
23. Actress, Greta ...
25. Leaves uncared-for
28. Improvement
29. Waited, ... one’s time
31. Party-giver
32. Side effects (2-8)

Down
1. Soviet states (1,1,1)
2. Young society entrant
3. Marsh grasses
4. Dismissive
5. Pantries
7. Make void
8. Contracts
9. Petroleum pits (3,5)
13. Modules
15. Snapshot
17. Popular newspapers
19. Draw attention (to)
21. Convent
22. Boxer
24. Shipping hazards
26. Lodge firmly
27. Lyrical poems
30. General practitioner

SOLUTION ON PAGE 6
In memoriam

We offer our sympathies to the families who have lost their loved ones. We also thank the friends and families who have donated to Alzheimer’s Australia NSW in their memory.

Len Abel
Maria Michelle Avelina
Monica Baker
Norma Leitha Baker
Vivienne Baker
Thomas Baxter
Anne Bell
Gloria Jean Campbell
Giuseppe Caradonna
Laure Blanche Casson
Oscar Cenic
Jean Charlton
Dulcie Rita Colley
John (Jack) Coll
Stella Comino
Joan Mary Cosgrave
Jean Coulndrey
Graham Cunningham
Isabel “Bell” Dayman
Antonina DeAngelis
Evelina ‘Maria’ De Michiel
Hariklia Demos
Allan John Denton
Willem de Vries
Mary Margaret Dilley
George Dimitropoulos
Bruce Day Docker
Lorna June Donaldson
Shirley (Nanny) Doran
Keith Edwards
Muriel Enfield
Margaret Anne “Peg” Fairfull
Kathy Fish
Haifman Foo
Betty Mona Foster
Claire Gardiner
Alan Christopher Gilbert
Marcia Olive Giffilin
Clare Glenday
Dorothy Ada Greentree
Betty Doreen (nee Haylen) Gregory
Margaret Sylvia Gullick
Michael Halicas
Trudy Hall
Richard Halliday
Stella “Tipper” Hammett
Jean Hanranhan
Lawrence (Lawrie) Harris
Jessie Mary (Sally) Harvey

Alan Raymond Hillinger
William Hill
Mary Doreen Hinckey
Doctor Richard E H Holliday
Tom Hopkins
Stephanie Hudema
Flora Patricia (Pat) Hudson
Caterina Iannello
June Ingall
Joan Jarrett
Elinor Jedrzejczak
Patricia Winifred Kelly
Audrey Kemp
Leslie George King
Veikko Olavi Kolehmainen
Nigel Lacey
Alfred Sydney Lacey
Carmela La-Maestra
Ken Lang
Judith Liddle
Tsung Cheng (Tom) Lin
Robert Llewellyn
Lillian Lloyd
Philip Lothian
Daphne Joy Lovatt
Margaret Jean Lowe
Mrs Siranouche Manasserian
Araxy Marcar
Peter Martino
Judith Mary McCusker
Joyce Dorothy McKeon
Mary McNamara
Leslie Phillip Meincke
Nattalina Jessie Miller
Kenneth Edward Newson
Peter Nikolokopouloos
Mary Ann North
Maurice John O’Connor
Derridree Parker
Angelo Pavlakis
Rae Estelle Penman
Emilia Pepe
Janine Pines
Joan Poulsom
Antoinette Severina Roberts
Winifred Mary Salkeld
Maria Concetta Sartor
Robert Ernest Savage
Margaret Elaine Sayer
Kelvin Scifleet
Janet Cameron Silk (nee McPhee)
Allen Frederick Smith
Kathleen Patricia Smith
Noeline Somerville
John Stefanidis
Mavis Ruby Stevens
Peter Stevens
Damiano Surace
Mavis Teitz
Frederick Phillip Thompson
Angus Tyson
Johannes (John) Vanzinnen
Catherine Teresa Walker
William John Watson
Jeanne Weaver
Murray Roy Webb
Dorothy Helen Whalan
Enid White
Phillip Williams
Don Woodman
William Frederick Woods

www.alzheimers.org.au
Connecting the Dots: Breakthroughs in Communication as Alzheimer’s Advances

Judith L London, with a foreword by Jane E Brody

If you have a loved one in the middle or late stages of Alzheimer’s disease, you know how frustrating and difficult it can be to communicate. But it’s not impossible to maintain a real relationship with your friend or family member, even as their Alzheimer’s advances.

In more than 16 years of work with Alzheimer’s patients and their families, author Judith London has learned how to ‘connect the dots’ of scattered information offered by people with Alzheimer’s disease, so that loved ones can understand the depth of feeling still present in them.

This book reveals London’s practical techniques for decoding the language of Alzheimer’s disease to improve communication. With this book as your guide, you can better navigate your relationship with your loved one and keep a meaningful connection.

Away from her

Directed by Sarah Polley, based on Alice Munro’s short story ‘The Bear Came Over the Mountain’

Fiona and Grant are an Ontario couple who have been married for over 40 years. During the twilight of their years, Grant is forced to face the fact that Fiona’s ‘forgetfulness’ is actually Alzheimer’s disease.

After Fiona wanders away and is found, the decision is made for her to go into a nursing home. For the first time in their relationship, Fiona and Grant are forced to undergo a separation – the nursing home has a ‘no visitors’ policy for the first 30 days of a patient’s stay.

When Grant visits Fiona after the orientation period, he is devastated to find out that not only has she seemingly forgotten him, she has also transferred her affections to another man.

As the distance between husband and wife grows, Grant must draw upon his love for Fiona to perform an act of self-sacrifice in order to ensure her happiness.

Gone Fishing

Share-time Pictures

This DVD is specifically designed for people with Alzheimer’s disease. It portrays everyday images with a ‘fishing’ theme.

Images of familiar, pleasant and memorable procedures are used to facilitate reminiscence. The images may provide people with dementia the opportunity for association and reminiscence by prompting them to access implicit or procedural memory as an alternative to focusing on autobiographical memory.

Gone Fishing is a relaxing 28 minutes long, and features scenes such as two men fishing on a sunny day, baiting a hook, casting, putting a sinker on a line, beach fishing, great catches and fishing on a boat.

The DVD also includes a fun 10-minute movie A Fishy Tale, two relaxing 10-minute movies Beach Fishing and Along the Seashore, and a Gone Fishing Crozzle.

Need assistance; not sure what you want? Then ask the Library!

Hours: Monday to Friday 9am–4pm; T: (02) 9888 4218; E: lis@alznsw.asn.au

Keep up to date with all new items in the Library, including books, DVDs and journal articles by visiting Library News: www.alzheimersnswlibrary.blogspot.com

Visit the Alzheimer’s Australia Online Bookshop which offers over a million general titles and a range of dementia-related topics: www.alz.seekbooks.com.au

Access latest research, care practices and more by visiting Alzheimer’s News: www.alznews.blogspot.com

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