What Boards of Directors do is sometimes so boring to other people. Directors themselves might seem to be unduly concerned about strange and arcane issues. Yet the things Directors worry about are necessary if a vulnerable and needy group is to get full support and help.

For a start, we must manage the finances of Alzheimer’s Australia NSW well so that money is there to do the things that are important. It is pleasing to see the good budget outcome for this year in which the organisation has not only lived within its budget but has also increased its independent corpus of money. We are in the process of settling the budget for next year and are determined to do the right thing by our vulnerable clientele.

Most importantly, we are working out our strategy for the next three years. This vital document will set the directions that Alzheimer’s Australia NSW is going to follow, a “light on the hill” perhaps. Directors will suggest amendments to the draft strategy document and we would welcome as much input as possible from our membership.

We are very close to having a Resource Centre in Newcastle open. The contract for some needed works has been given to a selected firm and the State Government has helped us with some of the costs of furnishing the new Centre. Just imagine what a difference a new Centre will make to the lives of people in the Hunter Region. Now we have to look at other under-supplied areas to see what else we can do – there is so much unmet need in the community.

But above all we see ourselves as the “burr under the saddle”, stimulating others (for example Health Areas) to do for their citizens what they should be doing – and to do it well.

Peter Baume AO

2007 Annual General Meeting

10.00 am
Friday 23 November 2007
Vincent Fairfax Family Resource Centre (AANSW)
Cnr Norton and Cox’s Roads
North Ryde

Please note your diary
To say that Jill Faddy doesn’t let the grass grow under her feet is a bit of an understatement. In ‘ecstatic retirement’ as she describes it, since 1996 the one time president, vice president, secretary and board member of Alzheimer’s Australia NSW is as busy as ever.

Jill is just back from a trip studying the ancient history of Tunisia, Libya and Malta. Last year she spent three weeks in Iran visiting ancient ruins. “The people there are wonderful. They are very proud of their heritage and interested in talking to visitors from other cultures”, she says. This pretty well sums up what drives Jill Faddy OAM, always hungry for knowledge about the world and the people around her.

In the early 1980’s her mother was diagnosed with dementia and Jill became actively involved in the fledgling group of volunteers and family carers that was to become Alzheimer’s Australia NSW. As a member of the Mental Health Association (MHA) she had read about the May 1982 public meeting on dementia and was aware of the increasing number of people contacting the MHA worried whether their older loved ones with memory problems may have a mental illness.

As a clinical psychologist she recognized there was a growing need in the community to focus on dementia including the need to address the pressures that were being placed on carers. “I used to hire and train ‘mother sitters’ to care for my mum when I wasn’t there. Joining a support group for other carers was another very positive move”, Jill says. That evening support group in Sydney’s eastern suburbs is still going strong under Jill’s guidance 24 years on.

Her passion for mentoring carried through to her working life. Rising to be head of clinical psychology at Rozelle Hospital Jill was in a perfect position to train young psychologists in the growing area of dementia diagnosis and care as well as seeing how attitudes towards people with dementia and their carers have changed.

“There was little financial support for carers in the early days but now government funded services have improved, as has education”, Jill says, adding that Alzheimer’s Australia NSW programs such as Living with Memory Loss, Safely Home and Mind your Mind have played a significant role in helping educate carers, people living with dementia and the wider community.

Jill says that a common thread among carers is how to cope with the invisible changes that come with the onset of dementia. “It’s very difficult coming to terms with the situation where even though the person looks the same all the things that make them distinct are receding”.

Always on the go Jill is just back from the national conference of Alzheimer’s Australia in Perth where she was inspired by the increasing involvement of people with dementia in advocacy work. “If people are diagnosed early they can really make a difference telling others what they are experiencing and what they need. There are even mechanisms in place whereby people with dementia can be on the board of directors of some state Alzheimer’s Australia organisations. What is being recognized is that people with dementia still have cognitive ability and can make contributions.”

Jill continues her work championing the cause of people with dementia and their carers as well as being a vice president of the Mental Health Association and president of the NSW Missing Persons Committee. She still attends meetings of the Australia Psychological Society. Her lifetime commitment to psychology, the provision of mental health services and contribution to many professional and community organisations has been recognized when she was awarded the Medal of the Order of Australia in June.

Jill takes the honour in her stride saying humbly she was “quite amazed” by the recognition. For those of us who know her though it is a timely and just reward for a life committed to others.
Impact of placement on people with dementia

A recent study in American Journal of Psychiatry, indicates that placement in a nursing home tends to affect the pace of decline in people with dementia. The study also noted that for people who had some time in day care prior to moving to a nursing home, the rate of decline was less, to the extent that for those who spent 3 to 4 days per week in day care showed no increase in decline. The study author suggests that participation in day care prior to placement may help people better adjust to a non familiar institutional environment.


Omega-3 supplements affect Alzheimer's symptoms

A number of studies have shown that eating fatty fish, which contains omega-3 may reduce the risk of dementia and can have a therapeutic effect on some psychiatric conditions.

In a clinical study lasting one year, involving approximately 200 participants with mild Alzheimer’s disease, researchers at the Swedish Karolinska Institutet and Uppsala University found that there was no observable difference in the therapeutic effects between participants receiving omega-3 and the placebo group. However when the research took into account which participants carried the APOE4 gene a noticeable difference appear. Those participants who were identified as carrying the gene and received omega-3 responded positively to omega-3 with regards to symptoms of agitation, while non-carriers of the gene showed improvement in depressive symptoms.

The researchers point out that there are no general therapeutic recommendations that can be drawn from the study results and recommend larger studies on individuals with more pronounced neuropsychiatric symptoms.


Smoking linked to increased risk of dementia

Researchers from the Australian National University have reviewed the link between smoking and cognitive decline in a study which analysed the data from 19 prospective studies from around the world and 12 months of follow-up. The study compared current smokers, former smokers and non-smokers, and their cognitive ability.

The results of this study show that, when compared with people who have never smoked, current smokers have an increased risk of dementia and cognitive decline between 40 and 80 percent, depending on the type of dementia or cognitive outcome examined.

The research did not identify why smoking might lead to cognitive decline, although it suggested that smokers might be in poorer general health than those who do not smoke. The authors also speculated that smoking is another risk factor for cardiovascular disease, which in turn is a risk factor for dementia. What the authors did conclude is that elderly smokers have an increased risk of dementia and cognitive decline and that based on these findings, public health messages about smoking should include a warning that smoking may increase the risk of dementia.


These briefs are a summary of selected recent dementia research. Keep up to date on various topics relating to dementia including: care practices, drugs and drug therapy, research, risk reduction, therapeutic interventions, personal stories, and more by visiting Alzheimer’s News http://www.alznews.blogspot.com
Lady Nancy Fairfax OBE

It is with great sadness that the Alzheimer’s Australia NSW family mourns the passing of Lady Nancy Fairfax OBE.

As Chair of the Vincent Fairfax Family Foundation Lady Fairfax was a tireless worker for people with dementia and their families. Many of us will recall her leadership and support in the establishment of the Vincent Fairfax Family Resource Centre at North Ryde. Working closely with the then management of Alzheimer’s Australia NSW Lady Fairfax insisted that the centre should be ‘homelike’ and ‘a haven’ for families trying to come to terms and cope with dementia.

The Centre was the first ever purpose built facility specifically designed to meet the needs of people with dementia and their carers and has been used as the model for similar centres around Australia.

The involvement of Lady Fairfax and the Vincent Fairfax Family Foundation was critical in the success of the project, not only through a generous cash donation but also through her considerable people skills and organisational ability. For her it was also a very personal journey having lost her husband to Alzheimer’s Disease. It was this experience that added to her immense understanding and empathy.

Above all she will be remembered as a compassionate and caring person who was committed to making the community and government more aware of dementia while improving services for families and carers. Gracious and humble she eschewed any public recognition of her community work and will be sadly missed.

Lady Nancy Fairfax OBE

Want a new car for Christmas? This could become a reality by supporting Alzheimer’s Australia NSW by buying a ticket in the 2007 Rotary Christmas Treasure Trove Raffle.

We retain 80% of proceeds – so every ticket you, your family or friends buy helps us to foster dementia awareness, understanding and care. Buy a $20 book and be in the draw for a special book seller’s prize.

1st Prize
Toyota Corolla, valued at $22,000

2nd Prize
Jewellery, valued at $3,000

Tickets just $2 each and entries close January 9, 2008
Good Luck!

Call Brian Daniels for details 02 8875 4612

Have Fun and Support AANSW
Ever wondered how you could support the work of Alzheimer’s Australia NSW and have some fun at the same time? Have you thought of holding a small fundraiser at home or in your local community? You could hold a tea party, open your garden or have a trivia night – easy to do and fun to hold. Call Brian Daniels at on 02 8875 4612 if you would like more information.

A special Thank you
AANSW greatly appreciates the generosity of all the members and friends of AANSW who have generously supported the tax time appeal with a donation.

This support will allow us to expand our services and increase our sustainability into the new financial year.

A special thank you also 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.

Pledge giving is a convenient way to support our organisation and also reduces the number of appeal letters we need to send.

If you would still like to become a pledge supporter call Sarah Hozack on 02 8875 4626.
National Dementia Awareness Month (17 September to 17 October) will be launched in Sydney with a two day research forum hosted by Professor Henry Brodaty’s Dementia Collaborative Research Centre based at the University of New South Wales.

The theme of the forum will be Translating Research into Practice and will bring together some of the leading researchers from around Australia and overseas.

Keynote speaker will be Professor Ken Rockwood, Professor of Geriatric Medicine at Dalhousie University in Canada. Professor Rockwood is one of the world’s leading clinicians and one of his main areas of interest is testing the effectiveness of Alzheimer’s drug treatments.

He is also concerned with the way dementia impacts on brain functions other than memory. His work in this field is opening the way to new methods of treatment.

One aspect of this is Professor Rockwood’s establishment of Artist-in-Residence programs at the Memory Disability Clinic in the QEII Health Sciences Centre. Local artists are invited to describe the treatment of Alzheimer’s Disease through their contact with patients, family members and the medical staff. Professor Rockwood says that the art helps clinicians better understand their patients’ view of the world and also helps to see themselves through their patients’ eyes.

Free registration is available at the Forum for carers. For details of the Forum go to http://www.dementia.unsw.edu.au.

Dementia Awareness Month will also feature the launch of a unique publication entitled Nurturing the Heart: Creativity, Art Therapy and Dementia by Dr Pat Baines who is based at Alzheimer’s Australia in Tasmania.

Dr Baines is an art therapist and has compiled a comprehensive paper describing how art and the arts impacts on people with dementia.

She observes that every individual has a unique creativity which when fostered and encouraged, empowers, assists in self expression and brings pleasure.

As the publication states, “Watching a person living with dementia painting or writing is to be filled with awe, for, regardless of memory loss, the person is expressing and revealing a unique identity.”

World Alzheimer’s Day (21 September) will be marked by a free event hosted by Alzheimer’s Australia Victoria at the National gallery of Victoria. There will be exhibitions, laughter therapy and an address by Professor Ken Rockwood.

More details at www.alzheimer’s.org.au (under Victoria).

NSW Dementia Awareness Week (16 September to 22 September) has the theme Arts and Dementia: exploring the creativity of the individual.

Generously sponsored by the New South Wales Office of Ageing, Dementia Awareness Week has a very strong focus on how the arts and art in particular impacts on people with dementia.

The week will be launched at the Newcastle Regional Art Gallery on Monday 17 September with a one day symposium which will showcase the latest research and developments in art and dementia.

Keynote speaker will be Professor Ken Rockwood who will talk about his clinical work and the Artist-in-Residence program run at his dementia care unit in Canada.

There will also be a presentation on the pilot study at the National Gallery of Australia in Canberra which investigates the way in which people with dementia engage with art. It has been suggested that experiencing art may help people with dementia access memory. Dr Mike Bird will present the findings from this evaluation assisted by one of the gallery guides who has been involved in the project.

The symposium will also feature Marily Cintra who has pioneered the establishment of art and health programs in hospitals and the community. Allan Bester formerly from the ADARDS residential facility in Tasmania will focus his presentation on dementia and the built environment, while Dorothy Burton will talk about...
indigenous art, story telling and memory.

Cost of the symposium is $80 full fee, $70 early bird registration and $65 for members of Alzheimer’s Australia NSW.

Call Sue Benson on 02 8875 4640 to book your place.

The week will also feature the Creative Connection Roadshow. The themes of arts and dementia will be taken on the road to regional art galleries and will include training sessions for professional health workers and community awareness raising sessions.

Dr Mike Bird and art and health consultant Marily Cintra will be delivering many of the sessions assisted by Alzheimer’s Australia NSW educators and Dementia Advisory Service workers.

The dates and locations of the Creative Connections Roadshow
Orange Regional Art Gallery | Tuesday 18 September
New England Regional Museum (Armidale) | Wednesday 19 September
Coffs Harbour City Gallery | Thursday 20 September
Bega | Friday 21 September

As well, many regional areas are planning art and dementia events
The Mid North Coast DMCC is planning an Art Exhibition in Port Macquarie involving The Port Macquarie Art Society on 14, 16, 17 September.

Prior to the exhibition community art activities will be run in Port Macquarie, Taree and Laurieton. Art works created at these sessions will be displayed at the exhibition.

For more information call Mark Warren on 02 8875 4674 or go to www.alzheimers.org.au.

Library Information Service

Thanks to a member who donated $400 to the Library & Information Service to buy a 12 month journal subscription to Alzheimer’s & Dementia
http://www.alzheimersanddementia.org/

Star Library User
Jozephine Zaslawski who has been a library user since 2003 writes….

My husband, Jan was diagnosed with dementia just over 5 years ago. I had known something was amiss with him for quite some time and on consulting my home medical book I decided it was hardening of the arteries and this was a common occurrence in old age. His memory loss increased and one day I observed him putting oil into the cars brake fluid! I realized his problem was more than just growing older so I approached my local council library and very little in the way of information on dementia was available; two books at the most in those days. We then attended the “Living with Memory Loss” program at North Ryde and I soon discovered the library there. What a relief to find so much information available!

For the past 5 years I have belonged to a small support group which meets every month at North Ryde and we all descend on the library before or after our meeting. We have all found answers to our many problems through the books, videos and DVDs and have seen the increase in volume of this unique library. Nothing is a problem to the library staff and if a resource is not available on the day it is soon mailed to us free of charge! A wonderful service on this perplexing journey we are all travelling.

Thank you Alzheimer’s Australia NSW for making this wealth of knowledge available.

Library Information Service continues on page 9
Themes emerging from participant feedback from the Younger Onset Living with Memory Loss program (those diagnosed with dementia under age 65) was the basis of the presentation entitled, “A World of Difference. Meeting the unique and complex needs of people with Younger Onset Dementia and their families.”

The presentation linked themes with current research into younger onset dementia and recommended tailored, flexible, holistic and integrated service provision to meet the unique and complex needs of this younger group who do not fit into aged care services aimed at the elderly. The point was made that dementia is unexpected in the prime of life and it is this fact that needs to be addressed in providing early intervention and service provision for those affected with Younger Onset dementia, their partners and families, extended families and the wider community, including schools and employers.

Specific gaps in services were named including the need for more research and services to cater for younger carers. As a result a pilot program is being established by the early intervention and counseling team for young adult carers.

This research, for the first time in Australia, has provided a measured analysis, using both quantitative and qualitative means, of what constitutes an effective support group.

Findings from the Quality Support Group Research Project confirm that carers of people with dementia experience significant levels of distress and anxiety. Furthermore, the research reveals that ongoing issues of grief and loss, which begin to surface at the point of diagnosis of dementia, are a major source of emotional distress. We are happy to report significant evidence to prove that ongoing attendance at a dementia support group has the potential to improve a carer’s social and emotional wellbeing. While the research found that the majority of carers join a support group to access information and education about dementia, the main reason that they continue to attend is due to the mutual support derived from other members in similar circumstances. This mutual aid model deserves more kudos than it has previously been allocated. In the dementia support group setting it is a valuable model for reducing the emotional stress and isolation often experienced by carers of people with dementia.

Other important findings include the importance of group leadership skills in the running of a successful and effective group; the diversity amongst members and the need to increase community awareness of dementia support groups.

This evidence based research enables us to articulate what constitutes best practice guidelines in relation to dementia support groups for carers of people with dementia.
Alzheimer’s Australia NSW professional staff delivered groundbreaking papers at the National Conference in Perth.

Did You Know… that the library has over 1500 items to borrow?

Did You Know… that we post out library items at no charge to members?

Did You Know… that the library catalogue is available online? https://catalog.nsw.alzheimers.org.au/Liberty3/opac.htm

Did You Know… that over 80 public libraries in NSW have received dementia resources from Alzheimer’s Australia NSW. A list of these public libraries is available from http://www.alzheimers.org.au/content.cfm?infopageid=1814

**New Resources for Loan**

The following is a small selection of new books for loan to members. Please visit our online catalogue or contact the Library staff between 9am and 5pm Monday to Friday on (02) 9888 4218 who will assist you in selecting the most appropriate resource for your needs.

**Alzheimer’s from the Inside Out** is written by Richard Taylor, a retired psychologist who has lived with dementia for 5 years. Richard shares his experiences, challenges, frustrations and triumphs. This book provides a useful insight into the life of a person living with dementia.

**Designing a Better Day: Guidelines for Adult and Dementia Day Service Centres** supplements the growing collection of resources the library has on designing, building or renovating homes and facilities for the person with dementia. This title focuses on the special requirements of day care centres.

**Remember Me Mrs V? Caring for My Wife: Her Alzheimer’s and Others’ Stories** written by Tom Valenta, is a powerful story describing the daily agony of seeing his wife deteriorate after she was diagnosed with Alzheimer’s at the age of 54.

**Therapeutic Thematic Arts Programming (TTAP) for Older Adults** is a must for activity coordinators, diversional therapists, art therapists and others running activity programmes. The TTAP encourages flexibility, individualisation, creativity and encourages participants to exercise their remaining abilities and strengths.

**Get Fit In Bed** shows you how to tone your body and calm your mind from the comfort of your bed. The book includes clear descriptions of each exercise and is illustrated with a series of step-by-step photographs.

Library Information Service
John Craig honoured

Alzheimer’s Australia NSW was well represented at the annual Charity Awareness Week lunch in Sydney. Long-time volunteer John Craig received a special volunteer recognition certificate from the State government for his hard work. The lunch is an annual event recognizing the dedication and commitment of volunteers in the charity sector.

AD HOC get together

About 50 members of the AD HOC group enjoyed a wonderful day at Alzheimer’s Australia NSW’s Vincent Fairfax Family Resource Centre at North Ryde recently. The events, which include afternoon teas, barbecues and dinners provide a social outlet for people with dementia and their carers. The next event is a barbecue on 29 September. For details call 9449 3576.

Plaque dedication in Port Macquarie

The Mid North Coast Dementia and Memory Community Centre has installed a plaque on a park bench on the local “Doctor’s Walk” on Windmill Hill at Port Macquarie recognizing those who live with dementia.

Located in a tranquil spot overlooking the ocean the site was chosen as a place of reflection for people with dementia, their carers and families. The walk is very popular for locals and visitors to the area.

The dedication was attended by the local mayor, Rob Drew, carer Kath Storey and staff of the DMCC.

Kath Storey (Smith) was a founding member of Alzheimer’s Australia, NSW (ADARDS) and has spent more than 20 years caring for loved ones with dementia. It was a privilege to have Kath present on this occasion.

Electoral roll information

With a Federal Election looming it is timely that carers consider whether the person they are caring for needs to be taken off the electoral roll. Under the Commonwealth Electoral Act 1918 a person’s name may be taken off the electoral roll for medical reasons that makes them incapable of understanding the nature and significance of enrolment and voting.

If you do have questions or concerns contact the Australian Electoral Commission on 13 23 26

Annual Remembrance Service

The Hunter Network of Alzheimer’s Australia NSW is holding its annual Celebration of Life Remembrance Service at the Hamilton Wesley Uniting Church, 150 Beaumont Street, Hamilton on Sunday 16 September at 5pm. The service commemorates the World Alzheimer’s Day and celebrates lives of those people who have been touched by dementia. For details contact 4957 3623.

The Memory Van Hand Over

Alzheimer’s Australia NSW has taken possession of its new Mercedes Sprinter medium wheel base van and is currently being transformed into the Memory Van. The van will tour New South Wales carrying educational and promotional material. An Alzheimer’s Australia NSW educator will travel with the van raising community awareness and providing a safe and friendly environment for people to talk in confidence about their memory concerns. There’ll also be a fun element with computer brain games and memory testing.

A big thank you to HBOS Australia Foundation for the funding to buy the van, which will be officially unveiled in Newcastle at the launch of Dementia Awareness Week on 17 September.

YESTERDAYS

What’s the use of yesterdays? They’re over, ended, gone.

What’s the use remembering, When you were young and strong?

What’s the use to reminisce? It only makes you sad Remembering the old days,
The good times, and the bad.

So let’s forget the wintry past, And think of future’s spring.
The happiness and pleasure, That our grandchildren bring.

Let’s think about the dawning, And not about the night,
And, while we think, be grateful, That our candle still burns bright!

© Ern Woodman 1987

Alzheimer’s Australia NSW is in the process of compiling a collection of poetry written by carers and people with dementia. If you would like to contribute to this book please contact Brian Daniels on 8875 6612.
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.

May Adam
Ernest Albery
David Armstrong
Amy Beckington
Neil Bennett
Ruby Doris Muriel ‘Doris' Bible
Douglas George Bosher
Linda Bringolf
Pat Brooks
Gladys Bull
Rosina May Bultitude
Lola Mary Buxton
Nigel Herbert John Carr
Morris Carroll
Edna Joyce Casson
Biagio Castelli
Jean Catlin
Betty Clayton
George Collins
Wilga McCoprmick
Phyllis Cripps
Kathleen Curmi
Therese De La Roche
Theresa Ellen De Vos
Alfred Edward Dorin
Francis Elliott
Anna Endei
Anne ‘Bunny’ Ennever
Anna Erdei
Maria Farrugia
Gina Fasan
Geoffrey Frauenfelder
Esme Dawn Glazier
Frank Ian Hannan
Joyce (Betty) Harper
Valma Ada Hedges
Mary Henderson
Iris Joyce Herd
Catharina Hese
Iris Adelaide Hodgkinson
Charles Stuart Hooper
David John Hutchinson
Marlene Heather Hutton
John Henry Jennings
Audrey Jordan
Stefan Kaye
Kenneth Michael ‘Ken’ Kearney
Andreas Kontoleon
Valda Joan ‘Val’ Le Marchant
Giuseppina Liciardi
Henry John Lodge
Neville Hobson Martin
Joseph Maurici
John Herman McDowell
Ingles Wordsworth McGeachie
Thomas McKnight
Robert Samuel Mead
Barrington Moore
John William Mussett
Leslie Northcote
Beverley Northcote
Paride Oberosler
Jack Ronald Oliver
Terrance Brockwell Paget, Wg
Cdr (retired)
James Paterson
Repton Tory Pepper
Maria Pizzinga
Lucy ‘Rose’ Robinson
Walda Alice Russell
Margherita Scalco
Joseph Sunderland
Elvi Talijarv
Ena Taylor
Alex Therapou
Walter Thomas ‘Wal’ Thurgood
Pietro Ticca
Des Trevaskis
Joan Elaine Trinder
Annuziata Vaccarella
Evelyn Mildred Vagg
Arend ‘Art’ Van der Lely
Nasser Zeitoune
Angelo Zumbo

Crossword

Across
1. Time of year – leap (6)
5. Not water colour (3)
6. Winged goddess personifies – triumph (4)
7. Another colour (3)
9. Music, and painting, as darts drops ad (4)
11. Rhyming mali – for surreal spaniard (4)

Down
1. Pencil minus ‘p’ for cut-outs (7)
2. Keynote speaker combines stone and forest (8)
3. Famous PM loses u for an earless artisan (4)
4. The colour of a tiff (4)
8. A painting needs this space to hang (4)
10. To have a portrait painted you must do this (3)

Professional Education Courses
We have just released our Education Calendar for July to December 2007 available at www.alzheimers.org.au, click on the map of NSW and then select Education & Training.

Evening Seminars for health professionals will be held in the city in the School of Mechanics School of Arts in Pitt Street, Sydney on Tuesday Evenings from 6:30pm – 8:30pm.

$30 per session, $100 all four sessions for members of Alzheimer’s Australia NSW, $120 all four sessions for non-members

4 September, 2 October, 6 November

Topics include:
Assessing pain in cognitively impaired clients
Person-centered care – exploring the concept
Caring for the carer
Dual Diagnosis – mental illness and dementia

Free Dementia Care Courses for Carers
A free three day dementia care course for family carers or other primary carers directly involved with the care of a person with dementia.

Mt Pritchard | Wednesday | 5, 12 & 19 September | 10am – 3pm
Newcastle | Tuesday | 2, 9 & 16 October | 10am – 3pm
Northern Beaches | Tuesday | 16, 23 & 30 October | 7pm – 9pm
Lane Cove | Tuesday | 16, 23 & 30 October | 10am – 3pm

A free four day version of the dementia care course for family carers or other primary carers directly involved with the care of a person with dementia is also offered.

Coffs Harbour | Monday | 20, 27 August + 3, 10 September | 9am – 11:30am
Nambucca | Monday | 20, 27 August + 3, 10 September | 1pm – 3.30pm

*New – Grief and Loss in Dementia Care
This two hour session is designed to help carers and family members understand their grief and to start developing positive strategies to deal with the losses they may be experiencing as a result of their caring role.

SSW/Camden | Monday | 6 August | 10am – 12pm
North Ryde | Thursday | 23 August | 10am – 12pm
Thornleigh | Wednesday | 3 October | 7.30pm – 9.30pm

*New “Are we there yet?” Negotiating your way through the Dementia Services Maze
This two hour session presents a general overview of the support available through the acute care, community services and residential care system – how to get started and what can help cares along the way.

SSW/Camden Monday 6 August 1pm – 3pm
North Ryde Tuesday 25 September 10am – 12pm

*New Younger Onset Dementia – Issues and Concerns
This seminar deals with the range of issues that may be faced by families and the younger person with dementia and considers strategies to help participants face the future with an awareness of the support available.

Summer Hill | Saturday | 18 August | 10am – 12pm
North Ryde | Tuesday | 23 October | 7pm – 9pm
Chatswood | Tuesday | 20 November | 7pm – 9pm

To find out more about these courses, please telephone 02 8875 4640, fax 02 8875 4665 or email sbenson@alznsw.asn.au