Chairman’s Message

April 2008 saw Alzheimer’s Australia NSW and the people of the Hunter joined by NSW Governor AC, CVO, Patron of Alzheimer’s Australia NSW Her Excellency Professor Marie Bashir for the official opening of the Hunter Dementia and Memory Resource Centre, 2 Percy Street, Hamilton. It was a wonderful day and a proud moment for our organisation and for all those people in the Hunter who have worked tirelessly over the years to help establish the Hunter Dementia and Memory Resource Centre. Alzheimer’s Australia NSW now has Dementia and Memory Resource Centres based in Port Macquarie, Bega, North Ryde and now Newcastle.

Also in April 2008, Alzheimer’s Australia NSW, together with co-convenors Judy Hopwood MP and Dr Andrew McDonald MP, hosted the first NSW Parliamentary Friends of Dementia Forum for 2008. Held at the NSW Parliament House in Sydney, and officially opened by The Hon. Richard Torbay MP Speaker of the NSW Legislative Assembly, this forum’s topic was Dementia – the challenge of unmet need in NSW. Guest speakers included Dementia Expert Professor Henry Brodaty of the Primary Dementia Collaborative Research Centre, Professor Debora Picone, Director General of NSW Health and Alzheimer’s Australia NSW, advocates Graeme Thomas and Peter Stevens who both delivered their personal stories to a very attentive audience of MPs and affiliates. The next NSW Parliamentary Friends of Dementia Forum takes place 25th September during Dementia Awareness Week 19-26 September 2008.

The recent volatility of the stock market means our Investment Advisory Committee has been working more closely with Alzheimer’s Australia NSW Corporate Services to protect our investment base. Supporters of Alzheimer’s Australia NSW can rest assured that the Investment Advisory Committee (a group of volunteers who are also experienced fund managers, accountants and investment professionals) closely monitors the market and our investments and modifies our actions and responses accordingly. For example, as a matter of prudence, the Alzheimer’s Australia NSW Investment Advisory Committee made a recent decision to turn to cash (rather than shares) in the short term as a safeguard against potential further inflation and to establish savings in cash management and other cash instruments.

Our new Intouch editor, Julie Marr, is delighted with the overwhelming readership response to the Intouch newsletter survey, with results published in this edition. We are inviting our readers to be more interactive going forward, and in this edition of Intouch, we seek your feedback on dementia and the challenge of unmet need in your town or suburb in NSW – your insights will better equip our team for future NSW Parliamentary Friends of Dementia forums.

Regards,

Peter Baume AO
Profiling Our Volunteers

By Glenda Hipwell, Project Officer DMCC Port Macquarie.

The Dementia Memory & Community Centre Staff at Port Macquarie would like to highlight the services of volunteers Maureen Cooke & Marina Dick.

Maureen and Maureen volunteer their services as art tutors each fortnight to conduct an art program for people with memory loss and their carers. The art is displayed in an exhibition during Dementia Awareness Week each year to create a positive awareness of what people living with dementia and their carers are able to achieve.

As secretary for the Port Macquarie Art Society since 1987 Maureen was only too happy when approached by DMCC staff regarding the program. She not only offered her services but also offered the use of the historic Art Society building to accommodate the program.

Maureen’s role with the Art society is not just as secretary, she also handles public relations and media events, coordinates a Sunday Market and is host and convenor of the Port Macquarie Easter Art Exhibition. In her spare time Maureen visits nursing homes and is a civil celebrant. Maureen was also instrumental in beginning an art program in a Port Macquarie aged care facility dementia specific unit.

Maureen’s partner at each art program is Marina Dick a prolific local artist and also a member of the art society. Marina who has lived in Port Macquarie all her life is committed to art and helping people develop their artistic talents. Marina conducts art classes at the Manor House (The old 1900’s Art Society building) regularly. Maureen said Marina has worked tirelessly over the past ten years supporting her and the art society in many areas including volunteering at art exhibitions and the hanging of art works for exhibitions. Marina’s love of art has now extended to her daughter and even her grandchildren who have now followed her into the world of art.

At the fortnightly art programs Maureen and Marina provide inspiration for the participants, they listen to stories, provide support and encouragement, a welcoming smile on arrival and a hug goodbye on departure. The participants, some of whom are long time residents of Port Macquarie as well, have many reminiscence sessions about the old Port Macquarie with both Marina and Maureen. The old Manor House that hosts the group sessions offers a comfortable, nurturing environment which appeals to the group and helps keep participants at ease.

Maureen Cooke and Marina Dick we salute you! Thank you for the wonderful job that you do with the Creative Connections Art Group and assisting people with memory loss and their carers to participate in an activity that promotes a sense of being connected, builds self-esteem and fosters a positive image of living with dementia.

If you would like to acknowledge the generosity of a volunteer in your local area and share this with our readership, please send by email a detailed profile and a photograph of the volunteer to jmarr@alznsw.asn.au with the subject title: Intouch Volunteer Profile, or send by post to Intouch Volunteer Profile, c/- Alzheimer’s Australia NSW PO Box 6042 , North Ryde, NSW 2113.

Please also indicate your full name, your city, town or suburb. Thank you – we’d love to hear from you!
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://alznews.blogspot.com

Reaction to a dementia diagnosis in individuals with Alzheimer’s disease and mild cognitive impairment

Being given a diagnosis of Alzheimer’s disease as soon as possible appears to improve the emotional well-being of both patients and their caregivers, according to new research from Washington University in St Louis.

Many doctors are concerned that giving a diagnosis of dementia will cause further distress to patients who are already worried, but this study found the opposite. The researchers studied 80 individuals and their caregivers, 69 percent of whom were diagnosed with Alzheimer’s disease. Interestingly, those diagnosed with the disease did not become significantly more depressed and actually had less anxiety. Study co-author, John C. Morris, M.D., said, “The major finding is that both patients and their families feel relief, not increased anxiety, upon learning the diagnosis. Nobody wants to hear the diagnosis of Alzheimer’s disease, but even that is preferable to recognizing there’s a problem and not knowing what it is. At least having the diagnosis allows people to make plans for the future, including treatment as appropriate.”

Alzheimer’s Australia Research Officer comments: Over the past several years there has been a shift in thinking away from not telling people their disease status to one of informing people and including them in treatment options and illness management. This has empowered people and allowed them to remain in control of their lives.

Source: Washington University in St Louis

Study links belly fat to risk of dementia

A longitudinal study has found a link between high levels of abdominal fat in 40 to 45 year olds and the likelihood of developing dementia. The study, which began in 1964, included 6583 adults. Those between the ages of 40 and 45 with the highest amount of abdominal fat were about three times more likely to develop dementia than those with the lowest amount of abdominal fat. Those who were obese were 3.6 times more likely to develop dementia than those whose weight and belly size had been in the healthy range.

Rachel Whitmer, the lead author of the study, said that scientists did not know how abdominal fat might contribute to the risk of dementia, but there are theories. One theory is that abdominal fat, which is more biologically active than fat located in other areas of the body releases hormones and proteins that promote the buildup of amyloid plaques in the brain, which are associated with Alzheimer’s disease.

Another possibility is that the onset of dementia is linked to other well-known obesity-related diseases such as stroke, diabetes, and cardiovascular disease. But, as Whitmer points out, “The good news is [that abdominal fat] goes away with diet and exercise [and] although losing weight can be a challenge abdominal fat is easier to lose than other kinds of fat.”

Alzheimer’s Australia Research Officer comments: This study indicates that the known connection between centralised obesity in midlife and the development of diabetes, cardiovascular disease, and stroke may extend to include the risk of developing dementia. The lifestyle choices that lead to these conditions, such as eating too many calorie-rich foods, drinking too much alcohol, and smoking, may affect brain function in ways that are, as yet, unknown.

Almost sixteen per cent of study participants with excessive tummy fat developed dementia, but this may well be less than the percent who would have developed dementia, had some not died young from heart disease, stroke, etc. Brain health is surely another good reason to choose a healthy lifestyle, especially as there is no reason to suppose that the kinds of lifestyle choices that adversely affect major bodily systems will not also adversely affect the brain.

Source: MedPage Today, MedicineNet
Study: Whitmer RA, et al. 2008 “Central obesity and increased risk of dementia more than three decades later”. Neurology; epub. doi:10.1212/01.wnl.0000306313.85165.eff.

Online News Services provided by Alzheimer’s Australian NSW Library & Information Services are accredited with Health On The Net Foundation and in compliance with the HONcode.
The NSW Parliament House recently saw Alzheimer’s Australia NSW and co-conveners Judy Hopwood MP and Dr Andrew McDonald MP join forces to host this year’s first NSW Parliamentary Friends of Dementia Forum to help support dementia as a national and state priority within a framework promoting early diagnosis, dementia research and prevention, and improved community care services for health and ageing.

Officially opened by The Hon. Richard Torbay MP Speaker of the NSW Legislative Assembly, the 90 minute session was attended by around 50 delegates – more than 20 of whom were MPs interested in the forum’s topic: Dementia and the challenge of unmet need in NSW. Robin Wirth also spoke about this challenge on behalf of Alzheimer’s Australia NSW.

Speakers on the day included Professor Henry Brodaty, Director of the Primary Dementia Collaborative Research Centre, who highlighted that the dementia epidemic is here and growing and that research is costly but the returns are good (ie $5 return for every $1 invested). He emphasised how Australia only spends a fraction of what is spent on research in USA, UK or Canada, and that our funding for dementia research is only a fraction of what is spent on funding for other chronic conditions. Professor Debora Picone, Director General of NSW Health, also gave a compelling speech and fielded a number of questions regarding resourcing and training for nurses who now, due to the ageing population, care for a larger contingent of aged patients – many of whom are also living with dementia, and obviously require more dementia-specific in-hospital care.

Two very moving speeches were delivered by Alzheimer’s Australia NSW advocates: Peter Stevens – Caring for a loved one with younger onset dementia and Graeme Thomas – Living with dementia: challenges and opportunities. We were most privileged to share in both of these very personal accounts from people living with dementia. Alzheimer’s Australia NSW is most grateful our advocates had the courage to participate and provide their heartfelt stories to such an important audience at NSW Parliament House.

And finally, Judy Hopwood MP and Dr Andrew McDonald MP made a commitment to help raise dementia awareness among the other MPs via a communication that would advise all MPs to key the National Dementia Helpline 1800 100 500 into their mobile phones to use as a first reference point for people in their own electorates requiring information about dementia.

The next NSW Parliamentary Friends of Dementia Forum will be held 25th September, 2008 during Dementia Awareness Week: 19-26 September 2008.

To share with the NSW Parliamentary Friends of Dementia the challenges of unmet need for people living with dementia in your local area, please write to the address below:
NSW Parliamentary Friends of Dementia, c/- Alzheimer’s Australia NSW PO Box 6042, North Ryde, NSW, 2113. Or email llangley@alznsw.asn.au Please ensure you indicate your town/city/suburb. Thank you!
The Hunter Dementia and Memory Resource Centre

Alzheimer’s Australia NSW was honoured to have the Patron of Alzheimer’s Australia NSW, Her Excellency Professor Marie Bashir AC, CVO Governor of NSW to officially open the Hunter Dementia and Memory Resource Centre – the first of its kind in the Hunter – on Tuesday 1st April 2008 in Hamilton, Newcastle.

The heart of the Hunter turned on a beautiful Autumn day to celebrate the official opening, with warm words from an array of guest speakers including Mr Ern Alchin, Former Carer and Chairman of the Hunter Network; Cr John Tate, Lord Mayor of Newcastle; Mr Tony McKenzie District Governor, Rotary District 9670; Professor Peter Baume AO, Alzheimer’s Australia NSW Chairman; and of course our Patron, Her Excellency The Governor of NSW, who spoke about how the centre will offer the latest in support, counselling and education to meet a clear community need.

Recognised as Australia’s largest regional centre, the population of the Hunter Region is reportedly ageing more rapidly than the rest of the state. With already more than 10,000 diagnosed cases of dementia in the Hunter/New England Region, and more than 65,000 carers residing in the area, the opening of the Hunter Dementia and Memory Resource Centre provides a much needed service for people living with dementia, their families, friends, carers and health professionals.

Modelled on the Alzheimer’s Australia NSW innovative Dementia and Memory Resource Community Centres based in North Ryde, Port Macquarie and Bega, the Hunter Dementia and Memory Resource Centre will provide: dementia-specific educational courses, conduct clinics for memory testing and assessment, and provide face-to-face counselling. The new Centre has been designed specifically to meet the needs of people living with dementia and their carers – this includes dementia specific colour schemes and interior layouts, a specially designed sensory garden, ramps for wheelchair access, a comfortable counselling room, and an extensive dementia-specific library and internet access.

The Hunter Dementia and Memory Resource Centre is located at 2 Percy Street Hamilton (Tel 02 4962 7000 email hunter@alznsw.asn.au). All visitors are welcome to pop-in during opening hours: 9am-3pm Monday to Friday.
Joining our Patron on the day were: Mr Brendan O’Reilly (DADHC), Mr Ern Alchin, Mr Tony McKenzie, Sir Nicholas Shehedia AC, Mr Bruce Vitnell, Mr Chris Boswell, Mr John Craig OAM, Mr Michael Slater, Ms Sharon Claydon, Cr John Tate, Mrs Margaret McNaughton, Professor Maree Gleeson, Mr Phillip Smith, Mrs Beverley Prior, Mr Bill Northcote, Mr Peter Baume, Ms Michele Adair, Mr Brian Daniels, Ms Beverley Watson, Ms Kim Wilson, Ms Susan Sackville, Ms Nicky Hayward-Wright, Ms Lisa Langley, Ms Christine Bauer. Catering by John Clune. Media coverage included NBNTV, ABC Radio, The Newcastle Herald, The Newcastle Star, KOFM, 2HD, 2NUR. Thank you for your support!

A number of years in the making, this project has been made possible by the very generous support of: the Hunter Dementia Network, the Rotary Club of Newcastle and surrounding districts, the Australian Government – Department of Health and Ageing and Department of Veteran Affairs, the NSW Department of Disability, Ageing and Home Care, the Newcastle Permanent Foundation, the local business community, and the generous public of the Hunter. Thank you!

In recognition of their dedication and commitment to this project, Her Excellency The Governor of NSW presented special certificates to the following people: Mr Ern Alchin, Ms Jan Curry, Mr Bruce Vitnell, Mr John Craig OAM, and the Rotary Club of Newcastle.
**Intouch Newsletter Readership Survey Results**

Part I

Thank you to those who kindly took the time to respond to our readership survey in the last edition of *Intouch*. From the responses received we have begun to formulate the findings and this first part of the dissemination will give you a summary of some of the interesting quantitative data received.

We are pleased to report that 98.4% of respondents reported that the *Intouch* newsletter was easy to read and that 95.8% liked the layout of *Intouch*. While readership of many other newsletters and journals is now accessed online due to our ever growing ‘paperless society’ we acknowledge the 88.3% of respondents who reported that they would not prefer an online version of *Intouch*.

Research updates, both clinical and social, are highest in the ‘most’ interesting category with 98% of respondents claiming the regular Research Briefs page as their most interesting category. While In Memoriam was the ‘least’ interesting category amongst the responses, it is however a valuable way of personally and publicly offering our sympathy to the families who have lost loved ones and acknowledging those who have generously donated to Alzheimer’s Australia NSW in their memory.

Part II of the readership survey results will analyse the qualitative responses to provide a better understanding of the needs of our readership and will be reported in an upcoming issue of this newsletter.

---

**Dementia Care Research Report**

*Dementia Care and Support at the End of Life* – Cherry Russell, Heather Middleton and Chris Shanley

**Funded by Alzheimer’s Australia Research – Hazel Hawke Research Grant in Dementia Care**

The study recruited 15 family members who had been caregivers of a relative with dementia during the end stage of care. The project’s objective was to document the views of carers about the quality of life for their relative during the terminal stage of the disease to explore the concepts of best quality care and support.

The research found that while substantial documentation in relation to early and mid-stages of dementia exists there is less focus on the ‘challenges facing family caregivers in the treatment of people with advanced dementia’. Palliative care itself has been well researched of late but not dementia specific palliative care. Quality of life (QoL), the authors tell us, is a central tool for informing decision-making about clinical treatment in palliative care. Indeed the findings revealed a conflation of quality of life with quality of care. The authors assert that quality of life, described to them by carers, can be categorised under three sets of indicators: the physical body, the immediate environment and the domain of attributed internality.

When carers linked QoL with the body they described notions of safety, cleanliness, comfort, nourishment and appearance. When these factors deteriorated, so too did QoL.

Links between QoL and the environment were also expressed in varying degrees with responsiveness and connection to the environment providing meaning for the carers. Attributed internality refers to the way carers relate QoL to experiences, especially care experiences, which acknowledge and respect the unique personhood of the person with dementia. Words such as *indignity and humiliation* described a deterioration of QoL. Conversely, best QoL often related to a carer’s perception of how the person with dementia would have subjectively experienced a situation.

The first round of analysis for this research project will be published in the *Australasian Journal on Ageing*, June 2008.
Fundraising News

2008 World Alzheimer’s Day, September 21 – Memory Walk
A most unique and amazing Memory Walk is being organised in partnership with the Parklands Foundation for 2008 World Alzheimer’s Day. The fully accessible walk of either 2km or 5km, will be along the river, through the wetlands, mangroves and hidden trails of the Parklands beside the Sydney Olympic Park. There will be entertainment and activities on the day, so encourage your family and friends to join us for the 2008 Memory Walk. Enquiries to Coralie Hicks 02 8875 4652.

Win a Corolla!
The Community Chest Raffle has been launched! Here’s your chance to win a brand new Toyota Corolla valued at $25,000. Just complete the order form inserted in this edition of Intouch, or simply call Christine Bauer on 02 8875 4625 who can also arrange to send you tickets to on-sell. You could also win the book sellers prize of a personal DVD. Tickets are still just $2 each or $20/book. Entries close July 4, 2008. Good Luck!

Entertainment Books
Are still on sale and provide a fantastic array of bargains and discounts. They make a wonderful present or family gift and at the same time, you are helping Alzheimer’s Australia NSW raise much needed funds. To place your order call Christine Bauer on 02 8875 4625 or visit our website www.alzheimers.org.au.

August 10, 2008 City to Surf
Participants in the 2008 City to Surf can again be sponsored to raise money in support of Alzheimer’s Australia NSW. Encourage your friends and family who run the City to Surf to check our website www.alzheimers.org.au and follow the fundraising links to setup a sponsorship web page – for help, contact Coralie on 02 8875 4652.

Support appreciated
Again a big thank you to all our members, pledge supporters and friends who continue to generously support our work. As you are aware, government only provides around 69% of funds we require to deliver our services and education programs – it’s the generosity of our members, businesses, Philanthropic Trusts and the general public that enable us to maintain the current level of services. Funds are always required to expand our services and to accommodate unmet community need. Knowing we have your support allows us to better plan our service delivery.

Pledge giving is a convenient way to support Alzheimer’s Australia NSW and it helps us to reduce costs associated with sending appeal letters. If you would like information on becoming a pledge supporter, please call Brian Daniels 02 8875 4612.

Thank you!

Younger Onset Dementia – new publication
By Glenn Rees, Executive Director, Alzheimer’s Australia

Alzheimer’s Australia recently unveiled a new publication to promote a better understanding of younger onset dementia, which affects 10,000 Australians aged under 65.

Alzheimer’s Australia commissioned the clear and accessible handbook Understanding Younger Onset Dementia from the Neuropsychiatry Unit at the Royal Melbourne Hospital. The handbook outlines the diseases that cause dementia, the patterns of symptoms, and the tests that are carried out to make the diagnosis.

One of the authors, Dr Dennis Velakoulis, said, “Dementia doesn’t just affect the elderly – it can strike people as young as 35. However the diseases that cause dementia, such as Alzheimer’s, are not generally expected to develop in younger people; this can add to delays in diagnosing what is already a very complex condition.

“It is not uncommon for symptoms of dementia, including social withdrawal, memory loss and personality changes, to be initially attributed to stress, marital breakdown or depression in younger people. Delays in reaching a diagnosis can have a devastating and isolating effect on families.”

The publication is designed to help health professionals and their patients to cope with the complex process of diagnosis and disease progression. It is also available to the wider community to assist in identifying and seeking help early.

Glenn Rees, National Executive Director, Alzheimer’s Australia, said, “We believe that much greater awareness is needed of younger onset dementia to promote earlier diagnosis, so that people who are affected and their families can access the support and help they need.”

Understanding Younger Onset Dementia is the latest publication in Alzheimer’s Australia’s ‘Quality Dementia Care’ series, and is available on the web at: www.alzheimers.org.au. Hard copies can also be purchased for $750 from Alzheimer’s Australia by phoning (02) 9254 4233 or by emailing admin@alzheimers.org.au.
**Professional Education Courses**

We have a very comprehensive program of scheduled courses designed to meet the learning needs of dementia care workers and allied health professionals. We have many scheduled in the Sydney metro and also courses scheduled in Armidale, Goulburn, Wagga Wagga, Coffs Harbour and Lismore. Each of these courses attracts continuing professional development (CPD) hours for Enrolled and Registered Nurses with The College of Nursing.

We have two more Evening Seminars for health professionals to be held at Cardinal Gilroy Village in Barcom Street, Merrylands from 6:30pm – 8:30pm. $30 per session

**27 May 2008 – Early Onset**
Dementia – Early Intervention Program, AANSW

**24 June 2008 – Fronto Temporal**
Dementia: a clinical overview and vision for the future – Professor John Hodges, Prince of Wales Medical Research Institute.

**Community Awareness and Carers Education**
The following sessions are scheduled in the next few months – not all details are confirmed at this stage.

<table>
<thead>
<tr>
<th>Westmead</th>
<th>East Lindfield</th>
<th>Western Sydney</th>
<th>Ballina</th>
<th>Crows Nest</th>
<th>Western Sydney</th>
<th>Wollongong</th>
<th>Goulburn</th>
<th>St Leonards (RNSH)</th>
</tr>
</thead>
<tbody>
<tr>
<td>28th May</td>
<td>3rd/10th/17th June</td>
<td>5th/12th June</td>
<td>1st July</td>
<td>8th July</td>
<td>10th/24th July</td>
<td>6th/13th August</td>
<td>6th/20th August</td>
<td>9th August</td>
</tr>
<tr>
<td>6.30pm – 8.30pm</td>
<td>10am – 3pm</td>
<td>10am – 3pm</td>
<td>9am – 12noon</td>
<td>10am – 12noon</td>
<td>10am – 3pm</td>
<td>9:30am – 3pm</td>
<td>10am – 3pm</td>
<td>2pm – 4pm</td>
</tr>
<tr>
<td>Sons and Daughters</td>
<td>3 Day Carer Course</td>
<td>2 Day Carer Course</td>
<td>Carer Education</td>
<td>What is dementia?</td>
<td>2 Day Carer Course</td>
<td>2 Day Carer Course</td>
<td>What is dementia?</td>
<td></td>
</tr>
</tbody>
</table>

To find out more about any of these courses, please telephone 02 8875 4686 or email education@alznsww.asn.au or visit our website www.alzheimers.org.au

**Training: Dementia Learning Resource for Aboriginal & Torres Strait Islander Communities – Port Macquarie**
In March, Alzheimer’s Australia in conjunction with the Australian Government and Partnerships in Aboriginal Care delivered training on this new dementia learning resource to the staff of the Aboriginal Medical Services for the Mid North Coast. For more information about future training, please contact Kim Wright from Partnerships in Aboriginal Care Tel 02 65 881400 or Margaret Allen from Alzheimer’s Australia NSW Tel 02 6584 7444.

**Education Courses for Volunteers and Health Professionals**
March and April saw Alzheimer’s Australia NSW conducting free education courses for Volunteers at Cooma, Bathurst, Cowra and Wagga Wagga. Courses were also held for Health Professionals at Parramatta, Bathurst, Northern Beaches, Cowra and Wagga Wagga. For more information about future courses, please contact the Alzheimer’s Australia NSW Education Team Tel 8875 4686 or email education@alznsww.asn.au

**Remembering the Memory Van!**
Earlier this year, Southern NSW and North West NSW welcomed the Alzheimer’s Australia NSW Memory Van at scheduled visits to care facilities, shopping centres, hospitals, local festivals and events in Bega, Narrabri, Armidale, Moree, Gunnedah and surrounding areas.

The Alzheimer’s Australia NSW Memory Van is a mobile education resource that travels to regional areas statewide providing local communities with dementia specific information designed to help educate and assist people living with dementia, their carers and health professionals.

The Memory Van is fully equipped with Help Sheets, Fact Sheets, DVD & video resources, a Nintendo Brain Game, and in the near future will be equipped with a brain/memory testing unit. An Alzheimer’s Australia NSW Trained Educator travels with the van to regional areas providing advice on courses and services provided by Alzheimer’s Australia NSW.

The Memory Van is available for bookings. Simply email your request to education@alznsww.asn.au
From Our Members

Mr Tom Ward from Lake Heights and a small group of members and carers from Wollongong writes in to share the highlights of a most enjoyable Day Trip conducted by Alzheimer’s Australia NSW Co-ordinator, Brigit Shwarz, on Friday 29th March, 2008.

The bus trip took in a number of sights and included a very pleasant morning tea at Audley, followed by a tour of historical Vaucluse House, a wander through its beautiful grounds and gardens, and concluding with a delicious lunch and an enjoyable bus ride home.

Some of the messages received from the Wollongong group include:

"The day trip was the highlight of our week!"

"It was so special, with everything planned for us. As a carer, I don’t often have a day without anything to worry about…"

"Our driver, Brigit was a wonderful hostess!"

"We really enjoyed the company of the other members and carers. It’s a nice way to enjoy the company of the people we care for;"

"We would like for trips like this to be offered monthly! Vaucluse House was a lovely piece of history."

"Today was a wonderful day!"

Tom Ward continues — "Thank you Alzheimer’s Australia NSW and especially Brigit for an enjoyable day out. We had a very enjoyable day and look forward to the next one!"

If you have some highlights you’d like to share with other members, please write to ”From Our Members” c/- Alzheimer’s Australia NSW PO Box 6042, North Ryde, NSW 2113 or email jmarr@alnswnsw.asn.au and include your full name, town, city or suburb.

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.

George Alden
Georgina Andrews
Raymond Francis Arthur
Bert Ayling
James (Jim) Bater
Mrs Benz
Gervasio (Peter) Bertacco
Ian Cleland Bradshaw
Fred Brebner
Joan Mary Bremell
George Brown
Pasquale Bugge
Angie Calduois
Peter Cox
Ronald Crane
Marian Davies
Jill Geneva Dawson
Marie Dobkins
Peter R Eaton
Maria Falcomata
Edith Sarah (Sadie) Ferrier
Almiro Filippe
Olga Francis
Heather Mary Gavin
Terezija Godina
Marie Louise Groves
Barbara Madeleine Hallett
Joan Barbara Hardy
William Henry Hart
Jeanne Hazel
Betty Heads
Ray Hegarty
Margaret Joy Hinton
Robert Hislop
Henry Ward Hodgson
Rita Hogan
John Hornsby
George Kenneth Hubuck
Anna Ingaldo
James Marr Jarron
John Walter Jewell
Istvan (Steven) Kaposi
Betty Irene Langton
Phyllis Leslie
Rodney William (Rod) Lucas
Mary Margaret (Molly) May
Margaret Noreen McCabe
John McHarg
William McShane
Caroll Melba
Neil Kees Meyo
Marjorie Jean Moon
John Francis Moore
Eula Aline Morgan
Clerire Moroney
John Joseph Morrison
Mary Monica O’Carroll
Dorothy ‘Dawn’ Page
Dorothy Helena (Dot) Peryman
Iris Pigott
Flora Poolman
Ian Abbott Porteous
Euphemia Lillian (Effie) Powell
Dorothy May Reed
Margaret Hazel Reid
Phyllis Edna Riggs
Philomena Rizzo
Brian Roberts
Nancy Rogerson
Alice Rudd
Jack Scott
Armin Sepokas
Barbara Sherman
Patricia Winifred (Pat) Shine
Frank Smith
Phyllis Olive Smith
Pamela Stafford
Antonio Stella
Roy Stephenson
Iris Stevenson
Donald Thomas Stewart
Alan ‘Panko’ Sweeney
Roy George Thomas
Zoeopigi Tsavari
David Viney
Chris Voyatzoglou
Nicolaas ‘Nico’ Weyland
Mary Elizabeth Wicks
Beverly Mae Williams
Doris Joyce Willis
Audrey Judith Wold
Library & Information Service

New Resources for Loan
The Alzheimer’s Australia NSW Library & Information Service provides members with a wide selection of books, videos and DVDs covering a range of subjects including: carer stories, autobiographies by people living with dementia, stress management, nutrition and spirituality – to name a few.

The Library staff can assist you in selecting the most appropriate resources for your needs. Please contact the Library on 02 9888 4218 between 9am and 5pm Monday to Friday (note: delivery postage costs are included as part of the service for our members but this does not include library returns).

If you would like to see a comprehensive listing of all available resources for borrowing, including full text online resources, then please visit the library catalogue https://catalog.nsw.alzheimers.org.au/Liberty3/default.htm

Following is a small selection of resources for loan to members. Keep up to date with all new items in the library by visiting Library News http://alzheimersnswlibrary.blogspot.com/

“The Story of The Titantic” developed by Diversional Therapist Lauretta Kaldor, is one in a series “A 21st Century Reader for 20th Century Readers” which has been designed for people with dementia. The topics and material in these readers are aimed to encourage discussion by older people who may have seen many changes as they were growing up during the 20th century.

“Validation Techniques for Dementia Care: The Family Guide to Improving Communication”, provides techniques to reframe communication interactions when interacting with people living with dementia and is based on the ‘validation approach’. The book includes detailed explanations, case examples and illustrated photos.

“Invoking Families in Care Homes: A Relationship-Centred Approach to Dementia Care” is part of the Bradford Dementia Group Good Practice Guides, this publication outlines ways in which residential facilities (care homes) can help families to become partners in the caring process. The book contains useful checklists for reviewing current in-care practices. Whilst aimed at the staff and managers of facilities, families will also find this book useful.

“Aging, Disability and Spirituality: Addressing the Challenge of Disability in Later Life” is a collection of works which examines theological and ethical issues of ageing, disability and spirituality. The book presents ways to connect compassionately and beneficially with the person’s spiritual dimension and how to move towards more effective relationships between carers and older people with disabilities.

“Quick Brown Fox : An Alzheimer’s Story” (DVD) written and directed by Ann Hendreen is a personal investigation by Ann into her mother’s battle with Alzheimer’s disease. As well as documenting her personal experiences, Ann investigates possible causes and potential cures.

Two new Australian titles available to purchase from Alzheimer’s Australia Online Bookshop www.alz.seekbooks.com.au

“I wish I were a Leper” by Vince O’Rourke is based on his personal diary and journal which recorded the journey he and his wife, Margaret took with Alzheimer’s disease.

“A Journey Through Life : The Memoirs of an Immigrant to Australia” by Arnaldo Buch captures his life growing up in Madrid, Columbia and Australia, describing his many travels around the world before he was no longer able to share these memories with his family and friends.