Hawthorn Legend
Sam Mitchell
at Children’s Fun Day

SEPTEMBER DEMENTIA AWARENESS MONTH
VICTORIAN CALENDAR OF EVENTS INSIDE
Welcome to our ‘new look’ Memory Matters which has a special focus on September’s Dementia Awareness Month 2014 - Creating a Dementia-Friendly Nation.

This year, Dementia Awareness Month 2014 will see a number of events and activities hosted throughout Victoria on the theme of creating dementia-friendly communities – a concept that aims to engage people with dementia in everyday life by enhancing their ability to live independently.

Dementia Awareness Month 2014 will allow us to move closer towards the aim of ‘Creating a Dementia-Friendly Nation’ by engaging with all generations and communities about what it means to be dementia-friendly.

One of the highlights of Dementia Awareness Month 2014 is our Public Lecture titled ‘Dementia-friendly concepts and communities’, which will be presented by visiting UK-expert Steve Milton.

For more details on the Public Lecture and to explore the Dementia Awareness Month 2014 Calendar of Events go to page 8.

Looking back, July played host to a very special occasion for our organisation, marking Alzheimer’s Australia Vic’s first Children’s Fun Day.

The Children’s Fun Day was held on Sunday 20 July at the Newport Substation, with more than 100 people attending, and represented the beginning of an inaugural event to honour the important, supportive and caring role children play when their parent, grandparent or close family member is living with dementia.

The success of our first Children’s Fun Day highlights Alzheimer’s Australia Vic’s ongoing commitment to provide each child impacted by dementia the support, understanding and acknowledgment their contribution to caring deserves.

Whether it is practical or emotional care, children provide to family members or loved ones affected by a diagnosis of dementia, acknowledging and supporting a child’s role within an experience of dementia is fundamental to our mission at Alzheimer’s Australia Vic.

July also saw our participation in The Age Run Melbourne, where people ‘bared their soles’ to raise money for Alzheimer’s Australia Vic, making a valuable contribution to the lives of those impacted by all forms of dementia.

Thank you once again for your continued support and the difference this makes to people impacted by dementia in Victoria. We hope to see you at some of the exciting events we will be hosting throughout September as part of Dementia Awareness Month 2014.

Warm Regards

Maree McCabe
Chief Executive Officer

Cover photo Sam Mitchell and children enjoying our Children’s Fun Day.
Photo: Arsineh Houspian
DEMENTIA AWARENESS MONTH

From 1-30 September, Alzheimer’s Australia Vic will be hosting Dementia Awareness Month 2014 – Creating a Dementia-Friendly Nation.

Alzheimer’s Australia Vic has a vision to develop dementia-friendly communities and organisations across Victoria to enable people with dementia to live as independently as possible by being respected, empowered and engaged in everyday life.

In moving one step closer towards making this vision a reality, Dementia Awareness Month 2014 will host a multitude of events and activities across the state focusing on the theme of creating dementia-friendly communities.

The headline event of Dementia Awareness Month 2014 will be a Public Lecture presented by Steve Milton of Innovations in Dementia UK titled ‘Dementia-friendly concepts and communities’. Visit https://publiclecture.eventarc.com/24975 to register or call 9816 5780 and check out the following pages for more information.

Make sure you save our calendar of events on pages 8 and 9, as a guide to the whole range of activities held across Victoria throughout September.

Stay in touch for updates at:
- www.facebook.com/AlzheimersAustraliaVic
- www.twitter.com/AlzheimersVic

HOW TO USE A QR CODE
1. Google QR Code Reader
2. Download a free App for your phone
3. Scan the square image
4. Experience the magic!
Seeking Ultimate Treadmill Challengers for 24-hour fight to fund dementia

Following on from the huge success of last year’s event, Fitness Energy Studio in Park Orchards is again gearing up for the 2014 Ultimate Treadmill Challenge, taking place from noon on Friday 5 September.

Global adventurer, motivational speaker and bestselling author of ‘100 Things’, Sebastian Terry is back to support the event as Master Of Ceremonies.

Mr Terry completed the full 24 hours last year in honour of a family member living with dementia.

“This is a fantastic opportunity to raise much needed funds for a cause that is very close to my heart,’ Mr Terry said.

Members of the public are encouraged to join other passionate Challengers by booking a half hour session on a treadmill and donating $30 for every 30 minute session while collecting additional sponsors.

The Challenge will have sixteen treadmills running throughout 24 hours, with room for more than 700 people to participate and an estimated 3,072,000 steps to be taken. The event aims to raise at least $100,000.

Jane Kilkenny, owner of Fitness Energy at Park Orchards in Victoria created the 24 Hour Treadmill Challenge in 2007 and has since raised over $160,000 for charity.

The Ultimate Treadmill Challenge will take place from noon to noon on Friday 5 and Saturday 6 September at Fitness Energy in Park Orchards.

For more information or to register, visit www.ultimatetreadmillchallenge.com

Montessori method makes meaningful difference to dementia care

Alzheimer’s Australia has introduced an innovative two-day national program centred on Montessori principles that aims to make a significant difference to the lives of people living with dementia.

Collaborating with Dr Cameron Camp, Director of Research and Development at the American Centre for Applied Research in Dementia, Alzheimer’s Australia Vic developed a workshop program aimed at enabling participants to implement a Montessori community in their individual workplaces.

The Montessori method is a learning technique that provides carers with the knowledge and skill to develop opportunities for people living with dementia to engage in positive interactions and meaningful activities.

The Shaping a Montessori Community workshop was presented in an inaugural delivery in Melbourne to key aged care organisations and Alzheimer’s Australia local and interstate facilitators.

Dr Cameron Camp contributed stories and experiences to the program which were filmed for inclusion in the workshop for future delivery.

Organisations seeking further information on Shaping a Montessori Community can contact Suzanne McMeikin on 03 9815 7800 or suzanne.mcmeikin@alzheimers.org.au
Urging hearts and minds to pledge support on the road to end dementia

Alzheimer’s Australia Vic is getting closer to the first ever Geelong Memory Walk & Jog to be held on Sunday 14 September to raise vital funds for people impacted by dementia.

Alzheimer’s Australia Vic CEO Maree McCabe confirmed the Memory Walk & Jog as an excellent opportunity for people of Geelong, the Barwon region and beyond to be part of a wonderful gathering where people will unite to show their support and honour the people in their lives impacted by dementia.

“We are delighted to be launching the event in Geelong and are urging serious joggers, strollers with prams, teams, individuals and people of all ages and abilities to register for the Memory Walk & Jog,” Ms McCabe said.

The inaugural Memory Walk & Jog will be held on Sunday 14 September from 8.30am, during Dementia Awareness Month at Eastern Park, Geelong. Participants are able to choose between a 2.4 kilometre walk, 7 kilometre walk or 7 kilometre run.

Nationally, people are encouraged to follow and support the build-up to the event through the ‘My Shoes’ social media campaign, which invites people to post a photo of their favourite pair of shoes, with a memory attached, on Facebook, Instagram or Twitter using the hashtag #memorywalk.

For more information or to register as an individual or team, go to www.memorywalk.com.au or call 9816 5746.

For more information on the ‘My Shoes’ social media campaign, go to www.memorywalk.com.au/myshoes

Sunshine Hospital creates sensory garden experience for dementia patients

An innovative project, Improving Dementia Management for Better Patient Outcomes, is being rolled out at Sunshine Hospital’s dementia assessment unit in collaboration with Alzheimer’s Australia Vic, which includes using the unit’s outdoor garden space as a therapeutic and sensory experience for patients.

In addition to the garden space which promotes reminiscence, exercise and relaxation for patients living with dementia, other initiatives introduced as part of the project include the development of themed reminiscence and activity kits for patients; an activity resource trolley for staff, visitors and volunteers to use in engaging patients; displays of profile and life story boards; a volunteer training program on reminiscence and validation therapy; and a staff education program.

A series of carer education sessions presented in collaboration with Alzheimer’s Australia Vic have commenced, promoting a strong partnership with Western Health.

A Connecting Carers education toolkit is also being developed by Sunshine Hospital as a resource for carers of patients living with dementia in the unit while there is also a focus on environmental enhancement of the ward throughout the project, which concludes in November 2014.

For more information, contact Daniel Calleja, Project Manager Sunshine Hospital on 8345 0243 or via daniel.calleja@wh.org.au

Above A taste of what’s to come – 2013 Memory Walk & Jog NSW

Above A taste of what’s to come – 2013 Memory Walk & Jog NSW

Above Project Manager Daniel Calleja (left) with Garden Volunteer Milan Gluhak enjoying the gardens at Sunshine Hospital.
Regional roundup

Alzheimer’s Australia Vic’s regional offices and staff exist in Albury, Ballarat, Bendigo, Drouin, Geelong, Lakes Entrance, Shepparton, Mildura and Warnambool. Our staff within these regional areas welcome your contact through the National Dementia Helpline on 1800 100 500.

Read below for an update on what has been happening throughout Alzheimer’s Australia Vic’s regional offices.

Shepparton

The Shepparton office ran a successful Living with Memory Loss Retreat to provide essential information, resources and support for people living with dementia and their carers, partners and families. The Retreat was held over two days and was co-facilitated by Alzheimer’s Australia Vic’s Dementia Consultant Julie Jackson and Counsellor Sonie Wilson who service the Hume region.

Mildura

Alzheimer’s Australia Vic’s Swan Hill office has moved to Mildura. Counsellor Donatella Spatari is now co-located at the Lower Murray Medicare Local situated at the Mildura Private Hospital. Donatella provides essential resources and support services to people throughout the Loddon Mallee region.

Bendigo

The Alzheimer’s Australia Vic Bendigo office has moved to a new location in Bendigo at Level 1, 10-16 Forest Street. The team at Bendigo is currently in the process of securing new phone lines, however in the meantime can be contacted through the National Dementia Helpline on 1800 100 500.

Geelong

Alzheimer’s Australia Vic’s Geelong office held the first Barwon South West Younger Onset Dementia Cafés in April and June this year at the Bareena Bowling Club in Newtown, Geelong. The Cafés were a great success, providing a welcomed opportunity for younger people with dementia and their carers and families in the Barwon South West Region to socialise and get to know one another over an informal gathering. The Geelong office looks forward to hosting additional Cafés throughout the remainder of the year in September and December.

When did you last view us online?

There has been a lot of activity over the last few years with multiple websites developed to respond to the needs of Alzheimer’s Australia’s many different audiences. In addition to this we also encourage you to join our online community and stay in touch through Facebook, Twitter, Instagram and Google+. Keep an eye out for the range of website resources we’ll be sharing throughout this issue.

www.enablingenvironments.com.au

Gain access to information, tools and resources on developing an enabling environment for a person living with dementia which can make a significant difference to independence, quality of life and wellbeing.
Brave kids honoured for caring for loved ones with dementia

Alzheimer’s Australia Vic marked a special occasion in July, hosting their first inaugural Children’s Fun Day event.

Taking place on Sunday 20 July at The Substation in Newport, the Children’s Fun Day was held to honour the important, supportive and caring role children play when their parent, grandparent or close family member is living with dementia.

Siblings, cousins, grandkids, parents, uncles, aunts and grandparents alike were all involved in a range of activities from face-painting, arts and craft and giant Jenga to special guest appearances from magical entertainer The Great Gizmo and AFL Hawks champion and Alzheimer’s Australia Vic Ambassador Sam Mitchell.

Inspired by their commitment to the success of this event, the Alzheimer’s Australia Vic team looks forward to hosting Children’s Fun Day events well into the future.

“You don’t ever forget days like these.”

63 year old man living with younger onset Lewy body disease

Alzheimer’s Australia Vic is committed to being responsive to the needs of families living with dementia by:

- Offering free family counselling to families of all sizes and compositions, and to family members of all ages
- Employing specially trained family counsellors
- Holding our first ever Children’s Fun Day in recognition of the impact on and contribution of primary school aged children who have a loved one with dementia
- Developing a new website especially for children and teenagers who have a loved one with dementia

For more information about any of these, please contact our national dementia helpline on 1800 100 500.

“Thank you so much for doing this. It has been really therapeutic for my family.”

Wife of a man in his 40s with younger onset dementia whose children, nieces, nephews and parents (from regional Victoria) attended.

“(She) hasn’t stopped talking about it.”

Participant of one of our adult programs held the following day, referring to his wife who has dementia.
**Dementia-friendly concepts and communities**

Alzheimer’s Australia has a vision to develop dementia-friendly communities and organisations in Australia to reduce the stigma and social isolation associated with a diagnosis of dementia. The essence of dementia-friendly communities is to engage people with dementia in everyday life. People with disabilities have insisted on societies being inclusive and so should people with dementia.

Steve Milton is one of three directors of Innovations in Dementia, a not-for-profit community interest company in the UK. Innovations in Dementia work with people with dementia, partner organisations and professionals to develop and test projects that enhance the lives of people with dementia.

**PUBLIC LECTURE**

**Dementia-friendly concepts and communities**

**Melbourne**

**THURSDAY 18 SEPTEMBER**

Melbourne City Conference Centre

10:00am Registration | 10:30am – 12noon Lecture

**Cost**

Free for members

$15 for non-members

incl BONUS membership until June 30, 2015

Bookings close Friday 12 September

Register online: https://publiclecture.eventarc.com/24975

Contact email: dementiaawareness.vic@alzheimers.org.au

Phone: 03 9816 5780

This event and Dementia Awareness Month are supported by the Australian Government

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**SEPTMBER METROPOLITAN ACTIVITIES**

2 **Leadership in Quality Dementia Care Support**

**EAST MELBOURNE**

9:30am - 4:00pm

Hilton On The Park, 192 Wellington Parade

Keynote speaker: Dr Adam Gazzaley MD, PhD

Cost: Full $195/ Members $186 (includes morning tea & lunch)

Book online: https://register.eventarc.com/22278

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5 **Dementia Information Event**

**HEIDELBERG**

9:00am - 3:30pm

Warringal Shopping Centre, 56 Burgundy Street

Dementia information stall providing information about community supports and other resources about dementia.

Contact: vincent.poisson@alzheimers.org.au | 0427 791 863

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5 **24hr Ultimate Treadmill Challenge**

**PARK ORCHARDS**

12noon 5 Sept - 12noon 6 Sept

Fitness Energy, Shops 1&2, Hopetoun Road

A community fundraising event.

Contact: Fitness Energy (03) 9876 6800

info@ultimatetreadmillchallenge.com

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12 **Information about Dementia**

**IVANHOE**

11.00am - 12.00pm

Mount’s Pharmacy, 135 Upper Heidelberg Road

An information session which aims to educate and develop an understanding of dementia.

Contact: Mount’s Pharmacy (03) 9497 4391

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15 **Creating an enabling environment for people living with dementia**

**FRANKSTON**

1:00 – 4:00pm

Light refreshments provided.

The Banksia Centre, 12 Inglis Avenue

Contact: Commonwealth Respite & Carelink Centre Southern Region (CRCCSR) Frankston 03 8781 3400

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17 **“Amigos para Siempre” Friends for Life**

**DOVETON**

11.00am - 2:00pm

Light refreshments.

Dove Hall, 78 Power Road (cnr Photinia Street)

Spanish-speaking, Filipinos and Australians celebrate great memories of friendship. Interpretors available on request.

RSVP/Enquiries: Norminda (03) 9701 3421 | info@afcs.org.au

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17 **Launch - SILENT MEMORIES: Stories of Migrants**

**FOOTSCRAY**

11:00am - 3:00pm

Footscray Community Arts Centre, 45 Moreland Street

Images & video interviews about migrants living with dementia.

Book online: https://register.eventarc.com/24910

Enquiries: Daniela Rodriguez 0432 599 558
danni.rodriguez@gmail.com

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18 **Dementia-Friendly Concepts and Communities**

See details above

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19 **Flinders Street Station with NOVA FM**

**MELBOURNE**

8:00am - 5:00pm

Flinders Street Station, Cnr Swanston and Flinders Sts

Prizes, giveaways, tips on reducing your risk of dementia.

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21 **World Alzheimer’s Day**

**SUNSHINE**

11:00am - 2:00pm

Hope of Life Community Church, 8 Watt St (Cnr Corio St), Vietnamese and Filipino. Community storytelling.

Free multicultural lunch provided.

Interpreters by request.

RSVP/Enquiries: Norminda (03) 9701 3421 | info@afcs.org.au

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24 **Your Brain Matters**

**GLEN Waverley**

10:30am - 12:00pm

City of Monash, Civic Centre Function Room, 293 Springvale Road

RSVP: Jessica Spargo, City of Monash, (03) 9518 3003

jessicas@monash.vic.gov.au

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**For more information on activities: call (03) 9816 5780**

email dementiaawareness.vic@alzheimers.org.au
SEPTEMBER REGIONAL ACTIVITIES

2 | Your Brain Matters®
   KYNETON 11:00am - 12:00pm
   Cobaw Community Health Service, Beauchamps St
   RSVP/Enquiries: Linda Moody CCHS 03 5421 1666

3 | Changed Conditions Ahead - Dementia and Driving
   SHEPPARTON 10:00am - 12:15pm
   Incl. morning tea and lunch.
   Free dementia and driving community information session.
   Bookings essential. Tel: 03 9815 7822. Book online:
   https://register.eventarc.com/24704 | Email: AAV-familycarereducation@alzheimers.org.au

4 | Men's Health Week Expo
   BENDIGO 5:00pm - 7:00pm
   The Capital, 50 View Street
   Promoting all areas of men's health to men and their partners.
   Bookings essential.
   Contact: Bendigo CHS 03 5448 1600 | bchs@bchs.com.au

4 | Memory Walk
   BENDIGO
   RSVP/Enquiries: carolyne.taplin@alzheimers.org.au
   0447 108 468

5 | Talking About Dementia
   BENDIGO 10:00am - 3:00pm
   The Foundry Conference Centre, 366 High Street
   Community awareness day about dementia and ways to reduce the risk of dementia.
   Contact: Carer Support Services Bendigo | 03 5454 7719

6 | Your Brain Matters®
   MALDON 1:00pm
   Maldon Community Centre, 6 Francis Street
   Contact: Castlemaine District Community Health Services
   Liza Shaw 03 5479 1042

7 | Memory Walk
   ECUCHA
   RSVP/Enquiries: carolyne.taplin@alzheimers.org.au
   0447 108 468

8 | Geelong Memory Walk & Jog
   EAST GEELONG 7am registration | 9am first event
   Eastern Park. Enquiries: 03 9816 5746
   Book online: http://givealzheimersaustralianvic.org.au/event/memorywalk2014geelong
   *can register on the day

9 | Creating a Dementia-Friendly Community
   LEONGATHA 10:30am registration | 11:00am - 2:30pm
   Federation Training, 130 Nerrena Road | Light lunch provided.
   Gold coin donation. Bookings essential. Book online:
   https://register.eventarc.com/24691 03 9816 5780 | dementiaaustralia.vic@alzheimers.org.au

10 | Count Us In – Shaping Inclusive Communities
    BALLARAT 10:00am - 2:00pm
    Lunch provided.
    Ballarat Regional Multicultural Council, G Place - Function Hall, 102 English Street
    Interactive expo promoting a healthy and active lifestyle within culturally inclusive dementia-friendly communities.
    Online bookings: https://register.eventarc.com/24680
    Enquiries: Mary Slater 03 5331 8571
    mary.slater@alzheimers.org.au

11 | Music and Memory
   HORSHAM 1:30pm - 3:30pm
   Horsham Uniting Church, Cnr Pynsent and Urquhart Streets,
   Entertainer: Frank Lee Darling. Gold coin donation.
   Bookings essential by 9 September 2014.
   Book online: https://register.eventarc.com/25005
   Contact: Rosie Ball (03) 9816 7879
   rosie.ball@alzheimers.org.au

12 | Creating a Dementia-Friendly Community
    SALE 10:30am registration | 11:00am - 2:30pm
    Sale Baptist Church, Lot 1 Princes Hwy
    Light lunch provided. Gold coin donation.
    Bookings essential. Book online:
    https://register.eventarc.com/24682 | 03 9816 5780 |
    dementiaaustralia.vic@alzheimers.org.au

13 | Dementia Awareness Day
    CASTLEMAINE 10:00am - 3:00pm
    Ray Bradfield Rooms, Frederick Street
    Panel members include consumers, GP and other service providers.
    Enquiries: Carer Support Service Castlemaine 03 5471 1017

14 | Information Session for GPs and Practice Nurses
    CASTLEMAINE 1:00pm - 2:00pm
    Lyttleton Street Medical Clinic, 64 Lyttleton Street
    Enquiries/RSVP: Sue MacDonald 03 5472 3233

15 | Toddler Time
    CASTLEMAINE 10:30am - 11:00am
    Castlemaine Library, 212 Barker Street
    Castlemaine Library is helping raise awareness of dementia by including stories about dementia through their toddler story time.
    Enquiries: Castlemaine Library 03 5472 1458 |
    castlemaine@ncgrl.vic.gov.au

16 | Living Well with Dementia Expo
   GEELONG 10:00am - 3:00pm
   Guest speakers and exhibitors.
   Lynden Grove Receptions, 131 Surf Coast Highway, Grovedale
   Enquiries: Alzheimer’s Australia Vic, Geelong 03 5229 6979
   geelongadmin@alzheimers.org.com

17 | Creating a Dementia-Friendly Community
    BALLARAT 10:30am - 2:00pm
    Lunch provided.
    Western District Health, Education Centre, 20 Foster Street
    Keynote speaker: Robyn Bamberg – Consultant, DBMAS
    RSVP/Enquiries: Alzheimer’s Australia Vic
    03 9816 5780 | dementiaaustralia.vic@alzheimers.org.au

Get involved. Get the program.
To find out what’s happening for Dementia Awareness Month
VISIT FIGHTDEMENTIA.ORG.AU

1800 100 500 VIA AN INTERPRETER
131 450

Spring 2014 MEMORY MATTERS | 9
Aluminium is one of a number of factors that has been suggested as a cause for Alzheimer’s disease. However, the balance of evidence does not support a specific role for aluminium in Alzheimer’s disease.

We usually think of aluminium as a light silvery metal used to make pots and pans, aeroplanes or tools, but it also has a non-metallic form. It is this form of aluminium that makes up eight per cent of the earth’s surface.

Aluminium in its non-metallic form is found in the environment everywhere, featuring naturally in the foods we eat, in our drinking water as a natural component, in many food products, cosmetics, drugs, and in the air we breathe as a result of dry soil, smoke and sprays.

Aluminium is always present in the body, but there is no evidence that it has any role in normal metabolism.

Like many other substances, aluminium is toxic to brain cells. The possible link between aluminium and Alzheimer’s disease was first put forward in 1965 when it was shown that injection of aluminium compounds into rabbits caused tangle-like formations in nerve cells. However, these experimental tangles differ in structure and composition from Alzheimer tangles in the human brain.

Metals are crucial for normal brain function. There is abundant evidence that the toxicity of the beta amyloid protein and its deposition in plaques is connected to age related changes in the movement of copper and zinc in particular, into and out of brain cells. However, there is no clear pathological role for aluminium in Alzheimer’s disease despite its common presence within amyloid plaques.

Despite the widespread presence of aluminium, there are no consistent reports that correlate aluminium exposure with Alzheimer’s disease. Therefore, the risk from aluminium, if any, must be small.

For more information on aluminium and Alzheimer’s disease, go to www.fightdementia.org.au/understanding-dementia/update-sheets.aspx
The latest in dementia research from the Alzheimer’s Association International Conference 2014

The Alzheimer’s Association International Conference (AAIC) is the world’s largest annual meeting on dementia research. AAIC 2014 was held in Copenhagen, Denmark, from July 12 to 17. Over 4000 dementia researchers from around 75 countries gathered to present and discuss their latest findings. Australia and Victoria were very well represented, with Professor Colin Masters, Director of the Mental Health Research Institute, giving a plenary address on his team’s research into how the amyloid protein accumulates in the brain in Alzheimer’s disease and how dementia might be prevented by drugs to stop this process. The knowledge that Alzheimer’s disease builds up in the brain over 20 or more years before dementia symptoms emerge was included in many presentations at the conference, with a common theme that this provides a ‘window of opportunity’ to intervene to stop or slow the disease process and prevent dementia.

Clinical drug trials to prevent dementia

The Collaboration for Alzheimer’s Prevention (CAP) held a featured session in which members presented plans for clinical drug trials that for the first time will involve people who do not have dementia. Participants will be those at increased risk for dementia because they have certain genes or they have amyloid in their brain as measured by special brain imaging methods. It is hoped the drugs to be tested will be able to halt the process of amyloid accumulation and prevent dementia. Centres in Australia will be involved in some of these trials.

Tackling risk factors to prevent dementia

Other sessions at AAIC focussed on reducing the risk of dementia through lifestyle and health interventions. Physical exercise interventions featured very highly, with several presentations adding to the evidence that physical activity is good for the brain and cognitive function. Several large trials combining mental and physical activity, healthy diet and management of cardiovascular risk factors to prevent dementia are currently underway. Preliminary findings from one of these, the FINGER study being conducted in Finland, were presented by Professor Miia Kivipelto from the Karolinska Institute. These were very promising, showing that older people receiving the interventions on average had improved cognitive performance after one year. The second year results and findings for the different types of interventions are still to come.

Trials such as FINGER involve older people, but given we know the diseases that cause dementia begin in midlife, other research is looking at earlier interventions. Professor Kaarin Anstey from The Australian National University presented findings from her team’s Body, Brain, Life study, which involved online and face-to-face education about modifying dementia risk factors. This intervention was able to reduce participants’ dementia risk scores after six months. Dr Maree Farrow from Alzheimer’s Australia Vic presented findings from an intervention using our dementia risk reduction resources, Your Brain Matters and BrainyApp. After four weeks participants reported improved healthy behaviours including mental, social and physical activity and diet. These and other findings are very encouraging in the belief that education about dementia risk reduction can be very effective.

Dementia care research and practice

For the first time, AAIC in 2014 included a dementia care research and practice track over two days. This included topics such as interventions for people with mid cognitive impairment, hospital care for people with dementia, physical exercise for people with dementia, e-interventions and technology for care and for carer training, the effects of cardiovascular and other health conditions on dementia, and care assessment and planning. The emerging theme from these sessions was that the quality of life of people with dementia can be improved by maintaining health with physical activity and nutrition, through proper management of other health conditions like diabetes, and with education and support.

We can all take hope from the goodwill of the world’s dementia researchers and the excellent work they are doing to fight dementia, both very evident at AAIC 2014.
Your Brain Matters

Step to it:
Why walking matters

Walking is important for your brain
- Promotes healthy blood vessels, improving blood flow to the brain.
- Stimulates the growth of new brain cells and connections between them, contributing to what’s known as a ‘brain reserve’.
- Helps protect against cognitive decline and dementia.
- Regular walking can improve memory and thinking functions.

Walking is one of the most basic forms of movement and can be a powerful protector against illness and disease.

It’s inexpensive! You don’t need fancy equipment, no need to sign up to a 12 month contract, and best of all, you walk on your terms, at times and in places of your choosing.

Walking with a friend, a group of people or your dog may increase your enjoyment and motivate you to walk faster or for longer.

Our environment loves walkers and walkers should love their environment! Walking is carbon emission free, so we can feel comfortable that we are not impacting on our increasingly fragile world.

We know finding the time to exercise can be tricky. That’s the beauty of incorporating it into your daily activities. Studies show that those who incorporate walking into their everyday commute to work or school are more likely to achieve their physical activity requirements.

What can you do to get walking?
- Take regular breaks at work or at home for a brisk walk.
- Meet up with a friend for a coffee and a walk.
- Take your dog for a walk.
- Park away from the shopping centre and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the centre.
- Get involved in one of the 1,300 Heart Foundation Walking groups or start one of your own.
- Wear a pedometer and see how many steps you take a day. Try to increase this number.
- Play your favourite music while walking or listen to a podcast or an audio book.

This is an excerpt from the newly launched brochure ‘Step to it: Why walking matters’, a joint initiative between Alzheimer’s Australia and the Heart Foundation.

For more information on living a brain healthy lifestyle go to www.yourbrainmatters.org.au
Dementia and Technology

The use of technology provides us with exciting new opportunities to improve the quality of life for people living with dementia, their families and their carers.

This year’s Leadership Forum will explore both local and international examples of how the role of technology can complement and enhance the services supporting people living with the disease. Rapidly increasing dementia prevalence and a declining workforce provide an imperative to explore the application of technology with a key challenge being how to best ensure technological developments are informed by and responsive to the needs of those living with dementia.

Keynote Speaker

Dr Adam Gazzaley MD PhD
Professor of Neurology, Physiology and Psychiatry at UCSF and Director, Neuroscience Imaging Center, UCSF

Harnessing Brain Plasticity: The Future Of Neuro-Optimization

Video games - can they make a difference?

Please visit the registration link for the full list of speakers.

September – November 2014

Alzheimer’s Australia Vic is a Registered Training Organisation. BOOKINGS ARE ESSENTIAL.

DEMENTIA CARE PROGRAMS

Dementia Care Essentials CHCAC319A
Dementia Competency | Cert III

Develop a comprehensive knowledge of dementia incorporating therapeutic communication techniques, person centred care and how to develop practical strategies to respond to behaviours that require intervention.

Suitable for: Aged care staff providing support for people living with dementia.

Dementia Care Essentials CHCAC416A
Support Planning | Cert VI

This 3 day program builds on the understanding developed in the introductory course CHCAC319A. Participants will develop a support program for a person with dementia, and in so doing they will gain a greater insight into dementia and the carer’s role.

Suitable for: Aged care staff providing support for people living with dementia.

TUESDAY

2 SEPTEMBER

VENUE:
Hilton on the Park
192 Wellington Parade, Melbourne

TIME:
Registration 9.00am
Forum 9.30am - 4.30pm

CNE POINTS: 5.5

COST: $195 pp
Alzheimer’s Australia Vic Member: $186
All prices include gst

SUITEABLE FOR:
Health professionals in all care settings. Residential aged care, community care, primary health care, sub acute care services and acute care.

REGISTER TODAY

Online: https://leadership14.eventarc.com/22278
Email: vic.education@alzheimers.org.au
Call: 03 9816 5708
FUNDRAISING IN THE COMMUNITY

Alzheimer’s Australia Vic Matches, Bids and Shouts to raise vital funds for dementia

Encouraged by the belief that a little can go a long way, Alzheimer’s Australia Vic has introduced three new exciting online and digital fundraising platforms to raise essential funds for dementia specific support, education, advocacy and research.

Givematcher
www.givematcher.com.au

Givematcher delivers a unique service that enables donors to give more than they donate by having their charitable donations doubled by being matched by companies and philanthropists.

Companies and philanthropists allocate a charitable donation budget, pre-configuring the charities and campaigns they support and Givematcher then makes these allocated budgets available to match individual donations from the public.

To donate funds to Alzheimer’s Australia Vic, go to www.givematcher.com.au/campaigns/alzheimer-s-australia-vic/donations/new

Charity Bid
www.charitybid.com.au

Charity Bid is an innovative auction website dedicated to community, club and charity based fundraising online. The site allows people to list an item for auction, with funds going directly to Alzheimer’s Australia Vic.

People can donate any item of choice, from a good, service or experience to household items, vouchers and more.

To donate an item to Alzheimer’s Australia Vic via Charity Bid, go to www.charitybid.com.au/alzheimersvic

Shout
www.shoutforgood.com

Developed from the belief that ‘A lot can happen from a little’, Shout delivers a free App based donation platform designed to raise funds for organisations in a fun and simple way by connecting the act of giving to everyday activities and items.

Valuing small financial donations as powerful gestures that can make the world of difference to someone in need, Shout allows users to donate the value of everyday items such as a coffee, a drink or newspaper to Alzheimer’s Australia Vic.

To download the free Shout App on your Apple or Android smart phone and shout your difference, go to www.shoutforgood.com/alzheimers-australia-vic

Runners raise thousands for Alzheimer’s Australia Vic

Over 70 people crossed the finish line at The Age Run Melbourne on Sunday 27 July on behalf of Alzheimer’s Australia Vic raising well over $37,000 in vital funds.

Those running for Alzheimer’s Australia Vic firmly beat their goal of raising $30,000, making a significant contribution to the organisation’s role in providing dementia policy and advocacy, along with essential support services, programs and research initiatives all of which aim to enhance the quality of life of Victorians impacted by dementia.

Our Alzheimer’s Australia Vic team congratulates all participants for their commitment, and for the difference their contribution will make to the lives of people living with dementia, along with their family, friends and carers.

Thousands raised through Bring it to the Table

Bring it to the Table held throughout June and July saw a range of inspired entertaining events hosted in support of people with dementia, their families and carers. Community members across the state raised over $24,000 on behalf of Alzheimer’s Australia Vic, with each dollar raised contributing to an educational program for children living with parents or grandparents with dementia. Alzheimer’s Australia Vic would like to thank all those who took part in Bring it to the Table for their valuable contribution in making a difference to the lives of people impacted by dementia. If you would like to host a similar event, contact Kristin Marshall on 9816 5746 or kristin.marshall@alzheimers.org.au

Left Suzanne and children, Matilda and Dulcie

Below Jaala Pulford MP, State Labor Member for Western Victoria
Seeking dementia voices

Alzheimer’s Australia Vic is inviting family and friends of people living with dementia to participate in a research project aimed at exploring whether structured problem solving can help improve feelings of control and wellbeing.

The Problem Solving Therapy for Carers of People Living with Dementia project provides two options for participants to take part in; one involving an anonymous short questionnaire and the second a telephone problem solving session in addition to two questionnaires.

All session times are nominated by the participant, and study materials and phone calls will be provided at no cost to participants.

Participants must be fluent in English and 18 years of age or over to take part.

If you would like to request further information on the project or to express interest in participating, please contact Margaret on 9531 1713 or via marglawson@bigpond.com.

Are you having difficulty relating to someone who has dementia?

Are you a friend or relative of a person with dementia?

Would you like support with this relationship?

If you answered ‘yes’ to all of the above questions Alzheimer’s Australia Vic would like to invite you to participate in a PhD research project being conducted through La Trobe University, Melbourne.

The project, titled Enhancing relationships between people with dementia and their relatives and friends, aims to enhance the social network of people living with dementia by supporting their family and family who may be impacted by the condition.

To find out more about the study or to express your interest in participating, contact Wendi Kruger on 9723 0625 or via wakruger@students.latrobe.edu.au.

Intellectual disability and dementia: research into practice

Edited by Karen Watchman (2014)

An excellent resource presenting a range of issues prevalent in the discussion on dementia and how it affects people with disabilities, this book emphasises how intellectual disability and dementia services can work collaboratively to offer more effective support. Developed by an impressive list of international leaders within the social care field, this title is a valuable resource for practitioners, managers and students alike who are concerned about how to best approach dementia among people with intellectual disabilities.

In praise of ageing

Patricia Edgar (2013)

In Praise of Ageing tells the stories of eight people who have lived well into their nineties and beyond, focusing on the productive, rich and varied lives that older people can lead. These stories will inspire, entertain and motivate you to become connected, interested, risk-taking and inventive – ultimately convincing you that fifty years of age is the start of something wonderful and not the beginning of the end.

Don’t give me eggs that bounce: 118 cracking recipes for people with Alzheimer’s

Peter Morgan-Jones & others (2014)

An experienced aged care chef, Peter Morgan-Jones has prepared innovative recipes that draw on his extensive international experience, with one recipe even inspired by cooking for a ‘young prince’ at Highgrove House. He is ably supported by dietitian Emily Colombage, dementia consultant Daniele McIntosh and speech pathologist Prudence Ellis who join Peter in writing about how to make mealtimes a pleasurable, social and safe experience in the context of dementia, ageing, swallowing difficulties and texture-modified diets.
Improving the lives of people with dementia is important to me.

Please accept my donation of $______________________________

☐ My cheque is enclosed  OR  ☐ Please debit my credit card

Please debit the above amount from my credit card:

☐ Monthly  ☐ Quarterly  ☐ Half yearly  ☐ This time only

Card details

☐ Mastercard  ☐ VISA  ☐ AMEX  ☐ Diners

Expiry date ___________________________  CCV ___________________________

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Signed ___________________________

☐ I would like to find out more about making a bequest to Alzheimer’s Australia Vic
☐ I have already included a gift to Alzheimer’s Australia Vic in my Will
☐ Please contact me about organising my own fundraising event
☐ I would like more information about becoming a member

Please send your donation to:
Alzheimer’s Australia Vic
Locked Bag 3001, Hawthorn 3122

For more information contact:
Telephone 03 9815 7800  Facsimile 03 9815 7801