HEALTHY STARTS HERE
HOW TO STAY ACTIVE NO MATTER YOUR PHYSICAL OR COGNITIVE ABILITY
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IN TOUCH
The quarterly newsletter for members of Alzheimer’s Australia NSW

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Registered as a Print Post Publication Number PP: 100008217
ISSN: 1038-7854

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Published on behalf of Alzheimer’s Australia NSW by Mahlab
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CHAIR’S MESSAGE

PROUD PEDIGREE

This month marks the 100th edition of our In Touch magazine. For more than 30 years, Alzheimer’s Australia NSW has expanded its reach and impact, and the back editions of In Touch (some of which you can see on the following news pages) provide a wonderful record of our growth, activities, hopes and discussions. It is a quality publication that is lovingly put together by a caring and knowledgeable team who aim to ensure that people with dementia, their carers and families are always at the heart of the work that we do.

In my previous column, I talked about the exciting changes to the governance and structure of Alzheimer’s Australia in NSW and nationally. I am pleased to report that our national Board of Directors, which is composed of representatives from our state and territory sister organisations, has continued the process to create a new, single, unified organisation.

In NSW we believe that the organisation is now at a level of maturity where such changes will help us to deliver improved services and support to more people, more quickly; this change was approved by our members and the board at our recent Annual General Meeting.

Hand-in-hand with the new structure, the Board of Directors of Alzheimer’s Australia NSW and the national Board have agreed with the proposal to change our name to Dementia Australia. The purpose of the change is to adopt a more inclusive name that describes the work that we do.

The helpline is a vital entry point to our many services and supports.

We continue to be amazed by just how many people respond to such awareness campaigns, without which they are simply unaware of where to go to get the information, advice or support they need. The campaign included three main elements: radio, social media and internet advertising.

I am very pleased to report that as a result of the campaign, calls to the helpline more than doubled compared to the same period last year, and some days we had three or four times our usual call volume. This was an outstanding result, and I thank all staff involved in the campaign’s development and execution, especially the helpline team who responded magnificently to the huge jump in call volume.

Paul Robertson AM
Chair, Alzheimer’s Australia NSW

CEO’S MESSAGE

MOVING FORWARD, LOOKING BACK

Welcome to the 100th edition of In Touch. What a wonderful milestone this is! Since the first newsletter was printed in July 1982, when we were known as the Alzheimer’s Disease and Related Disorders Society (ADARDS), we have enjoyed keeping you informed about the latest activities of Alzheimer’s Australia NSW, alongside national and global developments relating to dementia.

Our 100 editions also reflect 35 years of dedicated service to people living with dementia, their families and carers. They reflect more than three decades of work in advocacy, awareness-raising, education, the provision of dementia-related information and the delivery of the highest quality support services. It has been our pleasure to share all of this with you, to keep you informed and to keep you connected.

Alzheimer’s Australia NSW recently went through an accreditation review, and I’m proud to report that we passed with flying colours. We were recognised for our strong commitment to quality through the development and continual improvement of our systems and processes. To support this, we participated in a voluntary accreditation program against Health and Community Service Standards, with the most recent review taking place in November 2016.

The outcome of the review was incredibly positive. All 18 standards were met, with four being given an ‘Exceeded’ rating. This is a rare achievement, with this rating only being granted where best practice is demonstrated.

The areas achieving this rating relate to service assessment and planning at a state, community and individual level, collaborations and partnerships, promotion of evidence-based good practice in the sector and community capacity building.

One quote from the overall accreditation summary read: “A key to the organisation’s success is the strong connection to the community in which it operates, and the dedication and commitment of the Board, management and staff.”

As mentioned in the Chair’s message, planning for the national unification of our organisation is well underway. Discussions with all state and territory offices are progressing well, and we are confident that we are working towards a strong, unified, national organisation that will best benefit people with dementia, their families and carers into the future. We’ll keep you informed with all the developments as they come.

I hope you enjoy this edition of In Touch, and I thank you for your ongoing support.

The Hon. John Watkins AM
CEO, Alzheimer’s Australia NSW
The hugely popular Memory Walk & Jog series got off to a running start this year, with successful events being held at Wollongong and Penrith.

Both fun-filled days saw a fantastic turn out. Attendees enjoyed the opportunity to come together, get fit and raise funds to help fight dementia.

If you haven’t made it along to a Memory Walk & Jog yet, there’s still plenty of time to do so. Events are scheduled for Sydney on 7 May, the Hunter on 21 May and Port Macquarie on 4 June.

The great news is you don’t need to be a fitness fanatic to enjoy a Memory Walk & Jog – it has something for everyone. You can run, walk, skip or even dress up and dance your way through the day.

All funds raised will be used to support the provision of local dementia services in the communities where each event took place. Get involved and help Alzheimer’s Australia NSW smash its $1 million fundraising target for the 2017 Memory Walk & Jog series.

And if you can’t make the above dates, don’t panic. You can organise to bring the Memory Walk & Jog to your own community by hosting a DIY event. What’s more, Alzheimer’s Australia NSW will provide all the materials and support necessary to help you create a successful and fun event.

Alternatively, create your own personal challenge by signing up to complete a MY challenge. Walk, jog or run as far as you wish. All you need to do is set your target and go for it.

One do-it-yourselfer is Pam Josue. On 22 October, Pam and her friends and family raised an unbelievable $20,000 for Alzheimer’s Australia NSW by organising their own DIY Memory Walk & Jog. Despite the weather, they walked 30km, starting and finishing at Manly Wharf.

Pam’s inspiration to organise the fundraiser came from her husband, Paul, who was diagnosed with Younger Onset Dementia seven years ago at the age of 60. Pam continues to care for Paul, but she wanted to make an even bigger impact by raising funds and awareness for others who are in similar situations.

“I’m so thrilled with the success of the event, and I’m overwhelmed by the response from those who donated,” she says.

“Raising $20,000 was more than we had hoped for.” Pam certainly succeeded, sharing her story with supporters and raising a huge amount of money for a great cause. We thank Pam and all those who took part and donated, as we simply couldn’t have the impact we do without our supporters.

For more information or to register, visit: memorywalk.com.au

### Meeting of the Minds

The 17th Alzheimer’s Australia Biennial National Dementia Conference will be held in Melbourne from 17-20 October.

This conference will have a very practical focus on supporting participants to ‘be the change’ that’s needed in dementia care. Information on how to submit an abstract to be a speaker is available online. Registration is now open, with a discounted early-bird price.

For more information visit: dementia2017.org

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**In Touch Turns 100!**

To celebrate, let’s take a look back at some of our best covers and most important milestones.

**July 1982**

Our very first newsletter, back when we were known as the Alzheimer’s Disease and Related Disorders Society (ADARDS).

**September 1992**

The Association turns 10, and the In Touch you know and love takes shape.
CHANGES TO SERVICE FUNDING

Alzheimer’s Australia NSW is making changes to our Dementia Advisory, Telephone Support and Mobile Respite Services, including contributions by clients for some services. The change is a result of an Australian Government request that providers of services funded under the Commonwealth Home Support Program ask clients to make a small financial contribution towards the costs of the services. The changes are effective from February 2017.

A new policy and fee structure has been developed by Alzheimer’s Australia NSW to minimise the impact and cost to consumers. There will be two payment options available. A regular multi-service subscription is available from $8 per month, with an individual service contribution from $10 per service. Clients are encouraged to select the option that best suits the individual’s specific circumstances.

Anybody who is financially unable to make a contribution is encouraged to call Alzheimer’s Australia NSW to discuss their options. Nobody will be denied a service if they are unable to pay.

All income received from client contributions will be reinvested back into the relevant programs to enhance the services provided. The wide range of other services offered by the organisation will continue as normal, without the need for client contribution.

Alzheimer’s Australia NSW is a leading provider of quality dementia services with unmatched expertise, and the organisation looks forward to continuing its work with all clients to ensure they continue to benefit from the services the organisation provides.

If you would like to find out more about the services we offer, call the National Dementia Helpline on: 1800 100 500. You can also visit: nsw.fightdementia.org.au.

DEMENTIA-FRIENDLY GARDENS

Two state-of-the-art sensory gardens are set to be constructed at the Alzheimer’s Australia centres in North Ryde and Port Macquarie. The aim is to lead the way on demonstrating the therapeutic benefits of a purpose-built garden for people with dementia.

The gardens will be developed as part of Alzheimer’s Australia NSW’s commitment to a dementia-friendly Australia and to ensuring the best possible quality of life for people with a diagnosis. Evidence suggests an effectively designed garden can result in therapeutic benefits that reduce stress, anxiety and depression, while increasing self-esteem and relaxation.

Even more impressive is that gardens can improve attention, synchronise circadian rhythms and stimulate memories.

Taking design inspiration from other projects around the globe, along with feedback from consumers, the new gardens will be the first of their kind for Alzheimer’s Australia. They will be used to enhance social and therapeutic services that are run by Alzheimer’s Australia NSW, create a community space, demonstrate best-practice to service providers, and help inspire or reinvigorate carers.

Development of the first garden is underway and, with sufficient funding, will be completed by June.

If you would like to donate towards the construction of the gardens, call: 1300 636 679.

EMOTIONAL INTELLIGENCE

Alzheimer’s Australia NSW has launched a series of three-hour workshops for professionals who work with people affected by dementia, incorporating the recently launched virtual reality smartphone app EDIE.

The new technology uses Samsung VR Gear to enable participants to ‘see’ through the eyes of a person with dementia and enhance their knowledge, understanding and empathy.

Participants will explore what it might feel like to live with or care for somebody with dementia to identify support needs.

Coupled with input from facilitators, the technology will leave participants with the knowledge required to enhance the care they offer through increased levels of engagement, support and empowerment.

Alzheimer’s Australia NSW will be conducting Enabling EDIE workshops at its premises. They can also be conducted at your place of work. Contact Marijana Gavran on (02) 8875 4651 or email: marijana.gavran@alzheimers.org.au

Summer 2008

Spring 2010
NSW Governor General Quentin Bryce calls for $1 billion investment for dementia prevention and long-term care.

Winter 2012
The government announced $3.7 billion in funding for aged-care reform – a huge win!

Autumn 2013
Australian of the Year and Alzheimer’s Australia ambassador Ita Buttrose graces the cover of In Touch.
Despite the efforts of researchers around the globe, there is currently no known cure for dementia. However, there are things you can do to help slow the progression, alleviate the symptoms or even reduce your likelihood of getting the disease in the first place.

Clinical Neuropsychologist Professor Sharon Naismith of the University of Sydney’s Healthy Brain Ageing Program says the changes in the brain that lead to dementia can occur up to 20 years before symptoms develop.

“Evidence suggests everyone should be implementing prevention strategies by mid-life. Whatever your physical or cognitive ability – and even if you already have a diagnosis of dementia – it is vital to ensure you find ways of remaining active in as many areas of your life as possible,” Professor Naismith says.

While there are no guarantees, scientific research suggests certain modifiable risk factors can play an important role in maintaining our brain health, regardless of disease state.

ADDRESS HEALTH RISKS
The risk of cognitive decline and dementia increases as a result of other conditions that affect the heart or blood vessels. Obesity, high cholesterol, smoking, high blood pressure, Type II diabetes and depression are all associated with cognitive changes, a greater risk of dementia or a more rapid progression for those already living with the disease.

Dr. Shantel Duffy, NHMRC-ARC Dementia Research Development Fellow at the Brain and Mind Centre, The University of Sydney, says: “If not managed or controlled, these conditions can cause damage to blood vessels in the brain. This can affect brain function, memory and thinking skills. Make sure you raise any concerns with your GP and get regular check-ups.”

OPTIMISE SLEEP
Poor quality sleep can be detrimental, as it is critical for brain health and optimal cognition.

“Sleep is critical for memory consolidation because, while we sleep, all the new information we have taken in during the day is laid down within the brain for long-term storage. Sleep also promotes protective brain chemicals that support our memory and thinking skills. It is critical to follow a regular sleep-wake cycle and to get up at the same time,” says Professor Naismith.

STAY SOCIAL
“Humans are social beings who generally enjoy the company of others,” says Professor Naismith. “This is great news when you consider that remaining socially engaged can help improve brain health. For that reason, whatever your cognitive state, it is important to plan pleasurable social activities with people whose company you enjoy.”

The mental stimulation that results from social engagement can contribute to building brain reserve. It can also be beneficial in the management of other mental health factors, avoiding social isolation and preventing depression.

“CHANGES IN THE BRAIN THAT LEAD TO DEMENTIA CAN OCCUR UP TO 20 YEARS BEFORE SYMPTOMS DEVELOP.”
GET PHYSICALLY ACTIVE
There is an ever increasing body of evidence to suggest that exercise can help prevent or slow the rate of cognitive decline. Physical activity stimulates blood flow, prompts the release of endorphins in the brain, and causes the secretion of chemicals that stimulate neuronal growth.

“Evidence suggests that exercise might be more effective than available dementia drugs when it comes to alleviating symptoms and slowing dementia progression,” Dr. Duffy says.

Aside from benefits around memory and thinking, exercise can also help modify other risk factors associated with rapid cognitive decline including high cholesterol, high blood pressure and diabetes.

FOLLOW A HEALTHY DIET
A good diet can play a vital role in maintaining brain health and cognitive function. Recent research suggests that the traditional Mediterranean diet is associated with the lowest dementia risk and slowest disease progression.

“This diet is high in vegetables, fruits, legumes, lean meats and dairy, while being low in sugar and the saturated fats found in fried food and cakes,” says Dr. Duffy. “Conversely, the Omega 3 and unsaturated fats found in oily fish and olive oil can help reduce inflammation in the brain and promote the growth of new brain cells.”

KEEP YOUR BRAIN ACTIVE
Higher levels of education, occupational complexity and mental activity throughout life are associated with better brain cells and strengthen the connections between them, so remaining mentally active is also important for people already diagnosed with dementia.

“As we age, it is important not to fall into the trap of doing the same activities over and over again,” says Professor Naismith. “Our brains benefit most when we are tackling something challenging and unfamiliar. That could include learning a new language, signing up to do some volunteer work or taking up a musical instrument.”

PHYSICAL ACTIVITY
There is an appropriate exercise regime for everyone. Speak to your health professional before embarking on any change to your exercise routine. You can also speak to your GP about accessing an exercise physiologist. They can work out a program that meets your needs. Remember: Any activity you can do is better than no activity at all. Set small goals to begin with and build from there. Here are some tips:

• Work incidental exercise into your day whenever you get the chance. Take the stairs as opposed to the elevator, or get off the bus a stop early.
• Choose a type of exercise that you enjoy and don’t be too disruptive to your routine. If you don’t already go to the gym, joining might be too big of a commitment. If you already enjoy walking, that’s probably a better option.
• Exercise at moderate intensity on at least five days each week. Moderate intensity exercise is when your heart beats faster and causes some shortness of breath, but you can still talk.
• Alternatively, exercise at vigorous intensity on at least three days each week. Vigorous intensity exercise results in a substantially higher heart rate, and you can only speak in short phrases.
• You can also do an equivalent combination of both moderate and vigorous activities.

• Include a combination of activities that incorporate cardiovascular or aerobic, muscle strengthening, balance and flexibility.
• Cardiovascular or aerobic exercises might include brisk walking, swimming, aerobics, cycling, tennis and some household chores like mopping and vacuuming.
• Muscle strengthening might include wall push ups, dips and other low-risk body weight exercises.
• Balance and flexibility exercises might include yoga or tai chi.

OPTIMISING SLEEP
There are lots of things you can do to improve ‘sleep hygiene’ and therefore optimise the quality of your sleep.

• As our bodies prepare for sleep, we experience an increase in melatonin and a drop in body temperature. This is what makes us feel tired, so it’s important not to increase your body temperature before bed.
• Limit distractions by removing your phone, laptop or TV from your bedroom.
• Try to get up at the same time every day whenever possible. Once awake, expose yourself to a bright light.
• If you wake up during the night, don’t lay awake and ruminate. Get up, keep lights low and sit quietly. Once you feel sleepy, go back to bed.
• Avoid sleeping pills; they do not provide a long-term solution.
• Limit naps to 45 minutes and make sure you don’t nap beyond early afternoon.
• As we age, we all experience lighter, shorter sleep cycles. Some sleep changes are normal.

• Sleep, stress, anxiety and depression are closely linked. If you start to experience sleep problems, it is worth exploring contributing psychological factors.
• Older people should be aware of sleep-disordered breathing. Medical conditions such as obstructive sleep apnoea are common causes of daytime sleepiness and can cause damage to the brain. Watch out for snoring and talk to your GP if your sleep is not refreshing.
Since Mike Bryan was diagnosed with Alzheimer’s disease in August 2013, he has experienced first-hand the benefits of keeping active across all areas of his life.

“Although my workplace was incredibly supportive following my diagnosis, I took the decision to retire due to my changed abilities. Since then, I’ve made a conscious effort to remain active in other ways,” he says.

“Life doesn’t stop with a diagnosis of dementia. Finding ways to keep doing the things I enjoy has been incredibly important in helping maintain my wellbeing.

“By selling our home and downsizing, my wife, Linda, and I reduced our financial burden somewhat and have been able to take several holidays.

“I enjoy swimming and bushwalking, and try to play golf three times each week. My game actually seems to be improving and, during my first competition of 2017, I hit my first ever hole-in-one! This just goes to show that you can still participate and be successful in the activities you enjoy, even despite a diagnosis of dementia.

“From a social perspective, our daughter lives five minutes away and has 18-month-old twin boys, so I spend lots of time helping out with them. Linda and I are also members of a Christian Life Community group that meets twice a month, and we are involved with the Alzheimer’s Australia NSW Dementia Advocates program and Consumer Advisory Committee. Aside from the mental benefits of social activity, the added bonus is meeting people and developing new and supportive friendships.

“I try to keep my brain active by doing Sudoku and word puzzles, and last week I completed a jigsaw puzzle. I was a bit slower than I used to be and the puzzle has fewer pieces than usual, but I still enjoyed doing it. It is important to modify the activities you enjoy to accommodate your changing abilities, rather than simply withdrawing from those activities altogether.

“Life is different now that I have been diagnosed with dementia. I’ve slowed down in some areas and I’m more forgetful, but many things have remained the same. I have wonderful friends and family who support me – so life is pretty good!”
THE MIND-BODY CONNECTION

PROFESSOR HENRY BRODATY AO AND PROFESSOR PERMINDER SACHDEV AM, CO-DIRECTORS, CENTRE FOR HEALTHY BRAIN AGEING (CHEBA)

Exercise is one of the best medicines available, and its health benefits are indisputable. There is incontrovertible evidence that physical inactivity increases the risk of heart disease, high blood pressure, stroke, obesity, diabetes and depression. All of these are risk factors for dementia, and yet Australians are still one of the most physically inactive peoples internationally.

Not only does physical exercise assist to improve mood and quality of life, it will also help you to live longer. Regular exercise has direct positive effects on brain function: it’s linked to improved cognitive performance (memory and thinking ability). It is true that what is good for the heart is good for the brain, and exercise can correct other risk factors associated with cognitive decline by improving fitness and muscle mass, reducing obesity and blood pressure and controlling diabetes. Like the heart, the brain is adversely affected by high blood pressure, high blood sugar and high cholesterol. Exercise also improves mood, helps combat depression and makes bones stronger.

Research studies provide evidence that the more physical activity and exercise you do, the greater the protective benefit. It is never too late to start exercising, and it has been shown to improve cognitive function in people with mild cognitive impairment and dementia, as well as promoting neurogenesis, ie the formation of new nerve cells. At CHEBA, we are passionate about the link between physical activity and brain health, and to assist in broadcasting this message we run the Wipeout Dementia campaign, which has engaged surfers up to the age of 82.

With a recent analysis showing that physically inactive individuals have an 80 per cent increased risk of dementia, the message is for all Australians to get active! Everyone can benefit from exercise, irrespective of age, gender, ethnic background, health conditions and the size and shape of your body.

Find out more about CHEBA at www.cheba.unsw.edu.au. Professor Brodaty is an Honorary Medical Advisor to Alzheimer’s Australia NSW.

DIET

Modifying your diet in the following ways can help you maintain or improve your brain health.

- Eat lots of fresh vegetables, particularly the leafy green kind.
- Reduce cholesterol by cutting out saturated or trans fats such as those found in meat, deep-fried foods, pies and biscuits.
- Increase your intake of Omega 3 and unsaturated fats, such as those found in oily fish and olive oil.
- A good intake of protein is important. This can be found in white meat, fish and nuts.
- Up your intake of food that is high in antioxidants, such as tomatoes, blueberries and oranges.
- Stick to eating only one or two servings of red meat per week.
- Don’t cut out carbs altogether, because they are still part of a healthy diet. However, limit them to small portions.
- Limit sugar intake and keep indulgent foods, such as chocolate and cake, to a minimum.
- Make sure you consume enough water to remain hydrated. As we age our thirst receptors diminish, meaning we don’t always recognise how thirsty we actually are.
- Drinking large quantities of alcohol might increase the risk of developing dementia. In fact, alcohol-related dementia is, as the name suggests, a form of dementia related specifically to the excessive drinking of alcohol.
- Conversely, light to moderate alcohol consumption might be associated with a reduced risk of dementia by reducing inflammation, and increasing good cholesterol and brain blood flow – all of which are great for brain health.
LOOK INTO MY EYES ... CAN A CAMERA DETECT MARKERS OF DEMENTIA?

Australian researchers based at the Macquarie University in NSW and Edith Cowan University in WA are among the first in the world to receive a specialised eye camera that has the potential to detect a hallmark sign of Alzheimer’s disease.

The Optina Hyperspectral Camera is able to take non-invasive retinal imaging scans that can identify the amyloid-beta protein, which, when in excess, forms into plaques that damage and kill brain cells.

According to the Optina Diagnostics website, the eye is attached directly to the brain so “it’s not surprising that the eye provides accurate insights into neurological pathologies”.

Every image the camera takes of the eye contains a specific reflectance, which is used to identify biomarkers associated with the disease in question, such as amyloid-beta for Alzheimer’s disease.

Professor of Neurobiology at Macquarie University in Sydney and Foundation Professor of Ageing and Alzheimer’s Disease at Edith Cowan University in Perth Ralph Martins, along with his retinal imaging team, is using the camera to further develop an eye test for the screening of Alzheimer’s disease within the Australian population.

“We need a reliable, and more readily accessible, sensitive biological marker to make early diagnosis possible in order for therapeutic interventions to be effective.

“Having access to these cameras gives us a real opportunity to further explore the identification of a protein in the brain called amyloid-beta, which is known to be linked to Alzheimer’s disease, and which can be viewed in the eye well before the onset of memory impairment,” explains Professor Martins.

The ability for the cameras to detect and diagnose Alzheimer’s disease is still in the research phase and has not progressed into a clinical setting.

The research team is currently running trials in both Sydney and Perth and is in the process of testing the eyes of about 200 men to further investigate the use of this technology. Our online news site, Dementia Daily, will keep you posted on the outcomes of this research.

MAGIC MUSHROOMS
THOSE FUNGI PACK MORE OF A PUNCH THAN PREVIOUSLY THOUGHT.

A review has looked at all the scientific information available on mushrooms and their ability to delay and/or prevent dementia. The research, published in the Journal of Medicinal Food, suggests that mushrooms contain bioactive compounds that might enhance nerve growth in the brain.

Mushrooms contain polysaccharides, which stimulate the immune system. Some mushrooms might enhance cell production in the brain through three mechanisms:

1) Stimulating Nerve Growth Factor (NGF) production;
2) Mimicking the NGF reactivity; or
3) Protecting neurons from neurotoxicants-induced cell death.

While the research suggests that regular consumption of mushrooms might reduce or delay development of age-related neurodegeneration, it does emphasise that extensive animal and human trials are warranted to fully understand the therapeutic components of mushrooms.

The editor-in-chief of the Journal of Medicinal Food says she hopes the study might stimulate the identification of more foods that are neuroprotective and have brain-boosting powers.

While the review might lead you to think a diet full of mushrooms is best for you, it is recommended to always consult a health professional before modifying your diet or nutritional intake in any way.
There’s an app for that

Managing symptoms of dementia with the press of a finger.

A pilot trial has found that the use of a selection of approximately 70 different apps, downloaded onto a smart device, was an effective way of managing agitation for people with dementia.

During the trial, published in the American Journal of Geriatric Psychiatry, 36 participants – all of whom had a form of dementia – were provided with smart tablets when agitated.

The participants would use various apps relating to communication, games, web browsing and photography, and the nursing staff would note down the frequency and duration of app usage, along with the type of apps they selected and whether any changes in behaviour were identified.

After analysing the results, the research team noted that regardless of the severity of the dementia symptoms, all participants could use the apps. Two important findings noted were: app complexity related to the severity of the dementia, so people who were more progressed in symptoms chose less complex apps to use; and age was associated with how long participants used the tablet and how often, so the older the participant, the less often they used the tablet.

Dr Ipsit Vahia from McLean Hospital, where the trial was run, says the study suggests using tablet devices is both a safe and a potentially effective approach to managing agitation among people with dementia.

“Tablet use as a non-pharmacologic intervention for agitation in older adults, including those with severe dementia, appears to be feasible, safe and of potential utility,” says Vahia.

“Our preliminary results are a first step in developing much-needed empirical data for clinicians and caregivers on how to use technology such as tablets as tools to enhance care and also for app developers working to serve the technologic needs of this population.”

This research builds upon previous studies demonstrating that art, music, and other similar therapies can effectively reduce symptoms of dementia without medication.

By using tablet devices to employ these therapies, however, participants and providers also benefit from the inherent flexibility that a computer can provide to users.

Based on these outcomes, the research team is expanding the use of tablet devices as a means to control agitation in people with dementia at the McLean Hospital.

This will allow researchers to develop more robust data and expand the scope of the study, including a focus on specific clinical factors that might impact how people with dementia engage with and respond to apps.

17-20 October 2017
Melbourne

Featuring keynote speaker
Christine Bryden and event MC
Dr Alan Duffy

Register or find out more at
dementia2017.org
#bethechange2017
RESEARCH

Q&A

Q How does someone get a diagnosis of dementia and what sort of tests might be given?

A person should talk to their doctor about any concerns, as many conditions have symptoms similar to dementia, such as depression, some infections, some hormone disorders, over-medication or taking medications that clash, and brain tumours. Only a doctor can diagnose dementia after completing medical and psychological assessments. Tests might include: detailed personal medical history; physical and neurological examination; laboratory tests (e.g., blood and urine tests); and cognitive tests (e.g., Mini Mental State examination and GPCOG). Cognitive tests help differentiate between the different types of dementia.

Q Can someone do anything to reduce their risk of developing dementia? If someone is already diagnosed, how can they stimulate their mind?

Scientific research shows that it might be possible for people to reduce their risk of developing dementia or delay onset. Evidence shows that adopting a brain-healthy lifestyle might be helpful. For example, having a healthy diet, regular physical exercise, brain exercises, regular health checks, an active social life, avoiding bad habits such as smoking, and taking care to avoid head injuries. Refer to our Your Brain Matters program. For people who have been diagnosed with dementia, it is important to continue to lead a healthy lifestyle as suggested above. However, it is also important to speak with your GP or health professional before embarking on a new exercise routine or diet, or before making any changes to an existing one.

DRIVING TOWARDS CHANGE

MANDATORY REPORTING SHOULD BE CONSIDERED TO EASE CONFUSION AROUND DRIVING AND DEMENTIA.

The discussion paper Driving and Dementia, released in November by Alzheimer’s Australia NSW, has found that there is still a lack of information and understanding around: what is required by people who have a diagnosis of dementia and who hold a driver’s licence; little clarity around the role of doctors in this area; and a lack of information and support regarding available alternative transport options.

Alzheimer’s Australia NSW CEO The Hon. John Watkins AM says these all combine to make what is already a very difficult time in people’s lives more confusing, stressful and challenging.

“In NSW once dementia has been diagnosed, a driver has to inform Roads and Maritime Services (RMS) and their insurer of their diagnosis, but many drivers are not aware these requirements exist,” John says.

“We need clearer guidelines and information about just what is required by a person with dementia who holds a driver’s licence and, importantly, we need a clearer understanding of alternative transport options.

“The rights and needs of the person with dementia must also be considered. Many can continue to drive, albeit with some conditions. But access to alternative forms of transport in order to be able to travel is also critical for people with dementia to remain connected with their community.”

With the ageing of the Australian community, this issue is going to become more significant. In 2014, there were approximately 142,000 licence holders in NSW over the age of 80 and approximately 50,000 over the age of 85. Although it is not known how many of these older drivers had a diagnosis of dementia, research suggests that the incidence of developing dementia increases significantly with age.

John says the lack of clarity around driving and dementia means medical professionals continue to be placed in a difficult position.

“At the moment, it is not mandatory in NSW for doctors to report to the RMS that one of their patients has or is showing signs of dementia,” he says.

“They only do so if they are concerned that a person with dementia is driving when they should not be. This can place them in a difficult position and can be seen by their patient as the cause, if their licence is revoked, which can impact on their ongoing relationship with their patient.

“If reporting is made mandatory, it removes the need for this kind of discretion and takes it out of the hands of the physician.”

Key recommendations from the discussion paper are as follows:

- Consider mandatory reporting for health professionals to the RMS for conditions that are likely to have an effect on public safety, such as dementia.
- Improve the guidelines for medical professionals to support their role in the transition from driver to non-driver.
- Develop a Driving and Dementia information pack for doctors in NSW to issue to patients with dementia at the time of diagnosis.
- Introduce policies that address the cost and accessibility of on-road driving assessments in order to make the service timely and affordable.
- Improve the process of driving cessation by streamlining communication between doctors, the RMS and occupational therapists who undertake on-road assessments for drivers with dementia.

A full copy of the discussion paper, along with the full list of recommendations, can be found at: https://nsw.fightdementia.org.au/nsw/research.

A Fact Sheet that summarises the pathway for a driver or family member when a diagnosis of dementia is received has been developed and can be found here: https://nsw.fightdementia.org.au/files/NSW/documents/Fact%20Sheet%20Driving%20and%20dementia.pdf.
THE GIFT THAT KEEPS ON GIVING

LEAVING A BEQUEST FOR ALZHEIMER’S AUSTRALIA NSW IS A THOUGHTFUL WAY TO SUPPORT THOSE WITH DEMENTIA, THEIR CARERS AND THOSE WORKING TO END DEMENTIA.

Our population is ageing so rapidly that by 2050, more than a million families will be living with the heartbreak and agony of dementia. Right now, more than 400,000 Australians are living with a dementia diagnosis. This makes it a growing crisis that threatens to overwhelm our medical and support services within a few decades.

But it doesn’t have to be that way. Here at Alzheimer’s Australia NSW, we can imagine a future without dementia, and until then, a world where people get the information and support they need, and are able to live quality lives among friends and loved ones.

Together, we can make this world a reality. Please leave a gift in your will to Alzheimer’s Australia NSW, as doing so is the ultimate gesture you can make to enhance the lives of people living with dementia in years to come, and help to work towards a future where it no longer exists.

Whether it be a small or large amount, your donation will help fund vital dementia projects, services and research that otherwise might not have been possible.

Every day, we see the terrible impact of dementia in our community. How scared and alone people feel when they discover what’s happening to them. The toll it takes on a family, caring for someone they love as they slowly lose their skills, independence and personality.

Thanks to your support, we are bringing help and hope to people living with dementia across NSW with vital counselling services, practical assistance, education and carer support. But there’s so much more to be done. We need to face the dementia crisis together. Contact your solicitor today and after you have looked after your family, ask them about leaving a gift in your will to Alzheimer’s Australia NSW.

Your donation will make a difference to the lives of those diagnosed with dementia, their carers and their loved ones; they often feel alone and frightened and need support, education and guidance. It will assist necessary research and a variety of dementia projects to advance knowledge relating to the challenges of a dementia or Alzheimer’s disease diagnosis.

Please consider leaving a gift in your will, so that in future, no one has to face the agony of dementia alone.

If you would like to talk to us about leaving a gift in your will, please call 1300 636 679, email Karen Carran on karen.carran@alzheimers.org.au or return the completed coupon.

Karen will be more than happy to discuss how our Bequest Program works or provide guidance on suggested wording that you can show your solicitor. Alternatively, you can visit our website at nsw.fightdementia.org.au.

A gift of any size will make a difference and could provide life-changing support to people living with dementia. Thank you.

Yes, I’m interested in discussing leaving a gift in my Will.

Yes, I have updated my Will to include a gift to Alzheimer’s Australia NSW.

Title: __________________________ Name: __________________________

Address: __________________________ State: __________________________

Suburb: __________________________ Postcode: __________________________

Phone: __________________________ (home) __________________________ (mobile)

Please return this form in the reply paid envelope enclosed. Thank you.

Alzheimer’s Australia NSW respects your privacy. All information provided will be treated in strict confidence. Alzheimer’s Australia ABN 27 109 607 472.
MISSING THE MARK

ALZHEIMER’S AUSTRALIA RESPONDS TO THE DRAFT SERVICE DELIVERY MODEL FOR A PROPOSED NEW CARER SUPPORT SERVICE SYSTEM.

BY SALLY LAMBourNE, MANAGER – POLICY, RESEARCH AND CONSULTANCY, ALZHEIMER’S AUSTRALIA NSW

In December 2016 Alzheimer’s Australia responded to the Australian Government Department of Social Services’ consultation paper Delivering an integrated carer support service: A draft model for the delivery of carer support services. The draft Service Delivery Model is the second stage of the Integrated Plan for Carer Support Services, as announced in the 2015-16 budget.

The draft Service Delivery Model proposes a new carer support service system, outlining both the types of services provided and how those services are to be delivered in a future model.

Although Alzheimer’s Australia welcomed the opportunity to respond to the consultation paper, we believe that the proposed model of mainstream approaches to education, counselling and other interventions is unsuitable for the specialist needs of carers of people living with dementia.

We were also disappointed in the preferred strategy to use the internet to disseminate information and engage with carers. Opportunities for face-to-face engagement with carers would be heavily restricted under the new proposed model, which is an inadequate approach to meet the unique needs of carers of people living with dementia. Carers need appropriate, tailored and timely interventions that are delivered to them by qualified professionals.


As we highlighted in the previous edition of In Touch, the National Disability Insurance Scheme (NDIS) is a new way of providing individualised support and services for eligible people living with younger onset dementia (a diagnosis under the age of 65).

Alzheimer’s Australia Younger Onset Dementia Key Workers are ideally placed to support people with younger onset dementia in the NDIS. They can:

• provide you with information about the NDIS;
• offer guidance and support to obtain and complete your NDIS Access Request Form;
• support you in preparing for a planning meeting with the NDIS planner; and
• link you with providers and help you resolve issues with your plan.

For more information contact the National Dementia Helpline on 1800 100 500 and ask to talk with a Younger Onset Dementia Key Worker.

Do you have a child or grandchild who attends a primary school in NSW?

Kids4Dementia (UNSW) needs your help!

Kids4Dementia is an education program for Year 5 and 6 students. Through an engaging animated story, real-life videos and fun activities, students learn that a person with dementia is “still a person”, and not someone to fear, laugh at or ignore.

The goal is to trial the program with 30 primary schools in NSW. Principals are more likely to participate if they are approached by someone from their own community.

Please contact us at: E: kids4dementia@unsw.edu.au or T: 9616 4294, and we will support you to invite your school to be involved.

GROWING CONCERN ABOUT ELDER ABUSE

Do you have a child or grandchild who attends a primary school in NSW?
My wife, Jan, was the first to notice I was forgetting things. It was small things at first, but when my memory lapses started to impact on my work I knew something was seriously wrong with me. That is when I decided to see a specialist.

It took two months of brain scans and cognitive tests before I was told I had Alzheimer’s disease. When I received the diagnosis I was angry, but not surprised. I had considered all the different possibilities, so in some ways I had already prepared myself for this news.

I’m a big believer in being open and talking about what I’m experiencing. Being completely honest with Jan has enabled her to support me. I often wonder how I would have coped without her! She’s helped so much by positively reinforcing the things I can do, and has taught me not to worry about the things I can’t change.

My friends have all been fantastic, too. After I told them about my diagnosis they couldn’t do enough to help. I’ve always been into jet boating and, thanks to their support, I’ve managed to continue doing this activity.

When I told my colleagues they immediately sprang into action to put strategies in place to help me to continue working. My employers engaged an assistant for me, and there was constant communication regarding my needs and changing abilities.

I would advise anybody who finds themselves in this position not to try and hide their diagnosis, but to be upfront with people and tell them what is happening. In doing so, I’ve been overwhelmed by the level of people’s kindness, understanding and support.

Since my diagnosis, I have been responsible for training Sara, my assistance labrador. It’s been a big commitment, but was all worthwhile when she became the youngest dog ever to pass at just 14 months old. She is such a great support. She’ll find my keys, wallet or phone if I’ve lost them. And she keeps me calm if I get lost!

Now that I’m planning to retire, I’ve signed up to become a Dementia Advocate. My first commitment was voicing a series of radio advertisements to promote the National Dementia Helpline, which I really enjoyed.

During my career I did lots of public speaking, so in this new role I’d like to start sharing my experiences at lectures and conferences. It would be wonderful to think after all the support I’ve received that I might be able to use my experiences to support others.

Q Why did you become a Dementia Advocate?
My husband, Bob, was diagnosed with dementia in 2003. When Bob went into residential care six years ago, I thought about ways to use what I have learned to help other people. I signed up to become a Dementia Advocate to share my experiences, let others know what to expect and raise awareness about dementia.

Q What is one thing all carers need to hear?
Just as your loved one with dementia is on a journey, you are on a journey of your own. Although you will do all you can to give them what they need, you also need to look after yourself. A healthy carer is in the best position to provide the highest quality support.

Q What would you say to someone who wants to be a Dementia Advocate?
More input from various groups and individuals will bring us closer to educating the community and increasing their understanding of dementia. Public education is vital for reducing stigma and for making sure members of the public are enabled to support people in their own communities.

BECOME AN ADVOCATE

Dementia Advocates give a voice to people living with dementia and their carers. If you would like to be a Dementia Advocate, contact Jo-Ann Brown or visit the Alzheimer’s Australia website. T: (02) 8873 4636 | E: jo-ann.brown@alzheimers.org.au | W: nsw.fightdementia.org.au/nsw/support-us/dementia-advocates-program
EDUCATION

ALZHEIMER’S AUSTRALIA NSW COURSES

THE ALZHEIMER’S AUSTRALIA NSW EDUCATION PROGRAM OFFERS COURSES FOR CARE WORKERS, FAMILY CARERS AND VOLUNTEERS.

FAMILY CARER EDUCATION

Webinar Series
Behaviours: 16 March, 19 June
Family and Friends: 2 May
Transitions into Care: 31 May
Understanding Younger Onset Dementia: 4 July

Family and Friends
North Ryde: 3 May

Dementia-Friendly Homes
Hunter: 30 March

1 Day Carer Course
Hunter: 13 April, 8 June

4 Evening Carer Course
North Ryde: 17, 24, 31 May, 7 June
Sylvania: 19, 26 June, 3, 10 July

Volunteer Courses
Interacting with a Person with Dementia
North Ryde: 7 March, 15 May

Activities at Home
Hunter: 11 May

For more information or to register, please contact:
T: (02) 8875 4640
E: nsw.education@alzheimers.org.au

MEMORY VAN

The Alzheimer’s Australia NSW Memory Van raises awareness of the importance of brain health and provides information on dementia for people living with dementia and their families, service providers and the community.

DEMENTIA ESSENTIALS CHCAGE005: PROVIDE SUPPORT TO PEOPLE LIVING WITH DEMENTIA

Alzheimer’s Australia is offering Dementia Essentials (DE) nationally as part of its partnership with the Commonwealth-funded Dementia Training Australia (DTA) consortium, led by the University of Wollongong and leading dementia educators. The DE course is the new unit of competency (UOC) for CHCAGE005 – Provide support to people living with dementia, which sits within the Cert III Individualised Support/Ageing and Cert IV Aged Care. Interested? Here are the upcoming course dates:

April
Central Coast: 5, 12 and 19 April
Newcastle: 5, 12 and 19 April

May
Central Coast: 1, 8 and 15 May
Ingleburn: 18, 25 May and 1 June
Marrickville: 5, 12 and 19 May
Myrtle Cottage: 18, 25 May and 1 June
Newcastle: 17, 24 and 31 May
North Ryde: 3, 10 and 17 May
Port Macquarie: 9, 16 and 23 May
Queanbeyan: 1, 8 and 15 May

June
North Ryde: 2, 9 and 16 June
COMMUNITY EVENTS

OPPORTUNITIES FOR PEOPLE WITH DEMENTIA, THEIR CARERS AND FAMILIES TO SOCIALISE, BUILD SUPPORT NETWORKS AND LEARN.

CAFÉ CONNECT
Bowral
10.30am – 12pm
16 March, 16 April, 18 May, 15 June
Jane Bushell & Alison Hall
(02) 4869 5651

Bundanoon
10.30am – 12pm
2 March, 6 April, 4 May, 1 June
Alison Hall
(02) 4869 5651

Coffs Harbour
10 – 11.30am
5 April, 3 May, 7 June
Marg Coutts
(02) 6651 7101

Nelson Bay
9.30 – 11am
13 April, 11 May, 8 June
Miriam Low
(02) 4962 7000

Newcastle
10 – 11.30am
20 March, 17 April, 15 May, 19 June
Stuart Torrance
(02) 4962 7000

Maitland
11am – 12.30pm
16 March, 20 April, 18 May, 15 June
Stuart Torrance
(02) 4962 7000

Sutherland Shire
9.30 – 11am
28th March, 23rd May, 27th June
Julie Sinnis
(02) 9531 1928

Raymond Terrace
10 – 11.30am
14 April, 12 May, 9 June
Miriam Low
(02) 4962 7000

Toronto
10 – 11.30am
23 March, 27 April, 25 May, 22 June
Genevieve Sharrock
(02) 4962 7000

CAFE CONNECT
Newcastle
10am-12pm
5 April, 3 May, 7 June
Deb Veness
(02) 4962 7000

Tuggerah
9.30am – 11am
20 April, 18 May, 15 June
Justine Sneddon
0438 715 518

YOUNGER ONSET DEMENTIA SUPPORT GROUPS (UNDER 65)
Milton
10 – 11.30am
15 March, 19 April, 17 May, 21 June
Sandra Kay
0438 702 418

North Ryde
(carer support group)
2 – 4pm Booking required
4 April, 2 May, 6 June
Lyndell Huskins
(02) 8875 4615

North Ryde
(carer support group)
6.30 – 8.30pm Booking required
14 March, 11 April, 9 May, 13 June
Lyndell Huskins
(02) 8875 4615

Wollongong
10 – 11.30am
28 March, 18 April, 23 May, 27 June
Sandra Kay
0438 702 418

COFFEE AND CHAT
Bega
10.30am – 12pm
5 April, 3 May, 7 June
Kylie Ramsay
(02) 6492 6158

Batemans Bay
10.30am – 12pm
5 April, 3 May, 7 June
Gaye Finch
(02) 4474 3843

Bungendore
9 – 11am
21 March, 18 April, 16 May, 20 June
Libby Smith
(02) 6241 0881

Cooma
10.30am – 12.30pm
28 March, 23 May, 27 June
Libby Smith
(02) 6241 0881

Crookwell and District
10.30am-12pm
15 March, 19 April, 17 May, 21 June
Jane Bushell
(02) 4869 5651

Boorowa
10am – 12pm
4 April, 2 May, 6 June
Libby Smith
(02) 6241 0881

Harden
10am – 12pm
5 April, 3 May, 7 June
Libby Smith
(02) 6241 0881

Braidwood
12 – 2pm
21 March, 18 April, 16 May, 20 June
Libby Smith
(02) 6241 0881

Laurieton
24 March, 28 April, 26 May, 23 June
Kath Storey
(02) 6584 7444

Merimbula
10am – 11.30am
11 April, 9 May, 13 June
Kylie Ramsay
(02) 6492 6158

Mittagong (carers only)
10.30am-12pm
28 March, 25 April, 23 May, 27 June
Alison Hall
(02) 4869 5651

Yaas
10am – 12pm
20 March, 15 May, 19 June
Libby Smith
(02) 6241 0881

CARER SUPPORT GROUPS
Corrimal
10.30am – 12.30pm
12 April, 10 May, 14 June
Val Fell
(02) 4229 5926

Goulburn
10.30am – 12pm
11 April, 9 May, 13 June
Jane Bushell
(02) 4869 5651

Moss Vale
10.30am – 12pm
11 April, 9 May, 13 June
Jane Bushell & Alison Hall
(02) 4869 5651

North Ryde
(Carer support group)
10am – 12pm
Booking Required
24 March, 28 April, 26 May, 23 June
Jan Blenkinsop
(02) 8875 4667

North Ryde
(Daughters & sons group)
6.30pm for 7-9pm
Booking Required
13 April, 11 May, 8 June
Lyndell Huskins
(02) 8875 4615

North Ryde
(Ad hoc group)
12.30 for 1pm
25 March, 29 April, 27 May, 24 June
Marina Agostino
(02) 9888 4268

Queanbeyan
10am – 12pm
29 March, 26 April, 31 May, 28 June
Libby Smith
(02) 6241 0881

Young
2 – 3.30pm
4 April, 2 May, 6 June
Libby Smith
(02) 6241 0881

AUTUMN 2017 IN TOUCH 17
FUNDRAISING

SMALL STEPS, BIG CHANGE

THIS MONTH, WE LOOK AT SOME OF THE WAYS INDIVIDUALS ARE RAISING FUNDS FOR AZHEIMER’S AUSTRALIA, PROVING THAT NO EFFORT IS TOO SMALL TO MAKE A DIFFERENCE.

TAking on the Challenge

Registrations are now coming in for our 2017 Overseas Challenge – Kokoda, and we couldn’t be more excited! From 24 September to 3 October 2017, a group of Alzheimer’s Australia supporters will be experiencing the same 96km trek as the Diggers and their Papuan brothers once experienced when they fought the Japanese back in 1942. They will be taking on this challenge of a lifetime alongside raising significant funds and awareness for Alzheimer’s Australia.

As well as being led by the very best local guides and porters, the trek will be brought to life by Australian historians, who will tell the incredible stories of those on the Kokoda trail. Our tour providers – Kokoda Spirit – promise that you will walk away with a sense of personal triumph at having trekked one of the most challenging tracks in the world, and your spiritual bond with the heroic men who left their footsteps along the Kokoda Track will stay with you forever.

Having decided that one more overseas challenge is simply not enough, we have also opened registrations for Everest Base Camp 2018! From 21 October to 6 November 2018, those on the trek will visit the Base Camp of the highest mountain in the world, trekking through lush forests and stunning mountain scenery.

Travellers, climbers and adventurers alike have long known the seduction of Mount Everest. The region is famous not just for its fabulous peaks but also for the friendliness of the Sherpa people.

We have chosen Adventure Alternative as our tour provider because of the amazing experience that we had with them on our Kilimanjaro challenge in 2016.

To learn more and register, get in touch with Emma from our fundraising team:
T: 02 8875 4625
M: 0413 178 158
E: Emma.jackson-south@alzheimers.org.au

Cards for Humanity

A 90-year-old Newcastle woman has come up with a novel idea to raise funds for Alzheimer’s Australia NSW in the Hunter.

Cecelia Moran has been busy recycling old greetings cards and creating new ones. It all started in 2014 after she set about making Christmas cards for her family and friends. The cards were so well received that her daughter suggested they could provide a great way of raising charitable funds.

Family, friends and fellow residents within Cecelia’s residential care facility donate old cards. She then uses her creative flair to give the cards a total refresh. By selling the finished products, she has raised more than $3000 for the organisation.

Cecelia says the hobby keeps her mentally and socially active, and has given her something positive to focus on now that her husband Ernie, who is living with dementia, has moved into a separate facility.

“It started with a little idea and has grown so much,” Cecelia said. “I keep telling the staff at my facility they are going to have to build me another room to accommodate my business!”

Cover to Cover

A Wollongong mum has written a new dementia-related children’s book in response to a lack of readily available resources for young people.

Community fundraiser Angela Pellegrino was inspired to write I’ll Remember for You, Grandad following her own father’s diagnosis of dementia.

“I realised there was a lot of information out there for adults and teenagers, yet there didn’t seem to be any resources to help me open up the discussion with my young son and daughter about what was happening to their grandfather,” Angela says.

The content reflects Angela’s real-life experiences, with the story following a young boy who notices changes in the behaviour of his grandfather, prompting the boy’s mother to explain dementia in simple terms.

A portion of the proceeds from sales of I’ll Remember for You, Grandad will be donated to Alzheimer’s Australia NSW. The book can be ordered for $15 by emailing Angela directly at: pelle@tpg.com.au
WE OFFER OUR CONDOLENCES TO THE FAMILIES WHO HAVE LOST THEIR LOVED ONES. WE ALSO THANK THEIR FRIENDS AND FAMILIES WHO HAVE DONATED TO ALZHEIMER’S AUSTRALIA NSW.

Salwa Abdul-Karim
Marjorie Mary Attard

Gina Blanda
Lily Bonanno
Carmela Bonaventura
Margery Kathleen Burroughs

Zahia Chakar Esber
Patricia Jean Cremer-Roberts
Ann Brigid Cullen

Vina Ilvera Denley
Filiberto (Bob) Donati
Athol Irwin Dunn

Otto Eichler

Concetta Giammona
Gavin Gracie

Rosaria Ienna
Elaine Elizabeth Ingall

Margaret Mary Jenkins
Pamela Stirling

Leigh Merilyn Lauder
Ann Jacqueline Leech
Kathleen Therese Leto
Dulcie Eileen Linklater
Teresa Liucci
Henry Lobelson

Robert Ronald Marshall
Louise McCorkell
Audrey Mittell
Kevin Arthur Muxlow

Gweneth Muriel Neely

Norma Penman
Agnes May Pickles

Peter Edward Rickward

David Smyth
Maria Spanos
Andrea Speirs
Antonio Stellino

Denis Stevens
Audrey Talbot
Sheila Margaret Tranter
Nicholas Tsoukatos
Henry Tyler

Vicky Vella
Maria Veneziano

Fay Violet Webster
Olive West
Suzanne Frances Whitehead
Norma Whiteman
Ronald Woods

Odette Younane

Alzheimer’s Australia NSW would like to acknowledge and thank the families and executors of the recently received bequests from which people with dementia, carers and their families have received lasting benefit.
LIBRARY RESOURCES

THE ALZHEIMER’S AUSTRALIA NSW LIBRARY OFFERS FREE LOANS OF BOOKS, DVDS AND OTHER RESOURCES TO MEMBERS THROUGHOUT THE STATE. HERE ARE REVIEWS OF SOME OF THE ITEMS CURRENTLY AVAILABLE.

Simply Pilates
Master the basics in record time with one easy class. Each title is presented as a hardcover book with the accompanying DVD housed within a sliding tray; together, each book and DVD set delivers a complete class for you at home, all accompanied by a selection of popular lifestyle and music titles.

The Gift of Yoga
Benefit from centuries of wisdom in the comfort of your own home. Join Gena Kenny as she introduces you to the postures, breathing techniques, relaxation and meditation that make up Hatha yoga. It’s suitable for all ages and fitness levels and includes tips on how to increase or decrease the challenge. These programs have been designed to improve flexibility, stability and strength, and soothe and calm your mind.

Healthy Brain, Happy Life
Nearing 40, Dr Wendy Suzuki was at the pinnacle of her career. An award-winning university professor and world-renowned neuroscientist, she had tenure, her own successful research lab, prestigious awards and international renown. After starting exercise classes, she noticed an improvement in her memory, her energy levels, and her ability to work quickly and move from task to task. Being a neuroscientist, she wanted to explore this connection between her physical health and mental wellbeing.

Stretching: Stretches to improve flexibility and reduce pain
Whether you’re an armchair athlete or a sports enthusiast, this Special Health Report from the experts at Harvard Medical School will show you how to create effective stretching routines that meet your needs and ability. Inside the report, you’ll find photos and instructions for how to do 35 stretches, including:
• moves to improve flexibility;
• stretches that help ease aching backs;
• ways to loosen up stiff knees; and
• the best stretches to improve posture and ease neck and shoulder pain.

Walking for Health: Why this simple form of activity could be your best health insurance
This Special Health Report from the experts at Harvard Medical School includes:
• health benefits of walking;
• finding the right shoes;
• types of walking workouts;
• warm-up and post-walk stretches; and
• staying motivated over the long term.

Exercise and Physical Activity: Your everyday guide from the National Institute on Ageing
This guide shows you many types of exercise and physical activity. It also has lots of tips to help you be active in ways that suit your lifestyle, interests, health and budget. It’s designed for anyone, from people who are healthy, to those who live with an ongoing health problem or disability.

Older, Smarter, Fitter: A guide for providers of sport and physical activity programs for older Australians
This book has a range of information for any provider considering developing and implementing physical activity programs for older Australians. The resource makes practical suggestions that will help providers develop effective and safe programs. It also contains examples of a variety of programs already in place.

LOANING ITEMS
These items and more are available to members of Alzheimer’s Australia NSW, and can be found at local resources centres and offices. Resources can also be posted to you. Find a list of offices and resource centres on the Alzheimer’s Australia NSW website.
T: (02) 9888 4218
E: nsw.library@alzheimers.org.au
W: nsw.fightdementia.org.au/nsw/about-us/contact-us