DEMENTIA FRIENDLY INITIATIVES
INCLUSION AND AWARENESS AROUND AUSTRALIA
CONTENTS

3 CHAIR’S AND CEO’S MESSAGES

4 NEWS
  • Homelessness and dementia seminars
  • Sydney Ideas Forum
  • Partnership for accommodation and support

6 COVER STORY
Dementia Awareness Month 2015 follows the efforts of communities Working Towards Dementia Friendly

10 RESEARCH
  • Latest research into Younger Onset Alzheimer’s disease
  • Simon Lewis: NSW Brain Donor Programs
  • Australian and Torres Strait Islander Communique

13 POLICY UPDATE
Helpful resources

14 ADVOCATES
Meet the people working to raise awareness of dementia in the community

16 EDUCATION
Courses for carers, health professionals and group leaders

17 CALENDAR
Events for people with dementia, carers and family members

18 FUNDRAISING
Memory Walk & Jog 2016

19 IN MEMORIAM

20 RESOURCES
Reviews of library items
This edition of *In Touch* marks Dementia Awareness Month and it is fantastic to see the progress that has been made all over the country, and indeed internationally, towards more inclusive and friendly societies for people living with dementia and their carers.

It is especially poignant to note the impressive achievements in Port Macquarie with the establishment of the Dementia-Friendly Action Alliance, the first dementia-friendly business and the forging ahead of the Dementia Mates program. These initiatives demonstrate the breadth of activities communities can undertake to ensure they are more inclusive, accepting and understanding places for people with dementia to live.

Perhaps the most important thing we can all do to ensure we are being dementia-friendly is to become more aware of the condition and the challenges faced by people living with dementia; and that is exactly what Dementia Awareness Month aims to do. Through education it is possible to break down stigma and barriers, encourage wider participation and assist people with dementia to remain socially connected and continue to live well in their community for as long as possible.

Alzheimer’s Australia NSW will continue to deliver on our commitment to provide high-quality services and professional advocacy while growing the capacity of our business and providing a supportive work environment to our many committed staff. An important part of that commitment is the adoption of an achievable and sensible budget for the 2015/2016 financial year.

The Alzheimer’s Australia NSW board has approved the budget, which was developed in an environment where there is uncertainty over a number of Federal funding programs, and where the fundraising and investment landscape is likely to be more challenging than in the past.

The Younger Onset Dementia Key Worker Program funding is not guaranteed beyond 30 June 2016. There are concerns for the future of this program and its capacity to adequately support people who are living with dementia under the age of 65, should it be rolled into the National Disability Insurance Scheme.

Alzheimer’s Australia NSW participated in an effective national media campaign to raise awareness of the Younger Onset Dementia Key Worker Program and the challenges surrounding the future funding for this vitally important program.

We are currently engaging with the government to continue to provide services in the areas of Younger Onset Dementia, the National Dementia Helpline and Federal Government Home and Community Care programs and will continue to do so to ensure our services that benefit people living with dementia continue well beyond 2016.

The Hon. John Watkins AM  
CEO, Alzheimer’s Australia NSW
There is a lack of recognition, understanding and research on homelessness and dementia in Australia, where people aged 55 and over constitute approximately one-fifth of Australia’s homeless population.

Alzheimer’s Australia NSW and Homelessness NSW worked together to bring the first of a series of statewide seminars on this issue to Sydney and Wollongong on 27–28 May.

Focused on homelessness and dementia, the seminars were an opportunity to start a conversation between the homelessness and aged-care sectors, to raise awareness of dementia and cognitive decline among those who are homeless or at risk of homelessness.

Dr Alice Rota-Baterlink, Wintringham Research and Behaviour Support Manager, was the keynote speaker.

Alice said increasing awareness among both the homelessness and the aged-care sectors, coupled with empathy and understanding, would lead to better, more dignified care and support.

Digby Hughes, Homelessness NSW Senior Research and Policy Officer, gave an overview of the issue of homelessness among those over 55 in NSW.

Seminars are planned for Tweed Heads on 8 September and Orange on 10 September. For more information visit https://nsw.fightdementia.org.au/nsw/events/ageing-homelessness-and-dementia or to register contact Leanne Norman. T: (02) 8875 4682

Dementia risk reduction, early diagnosis, research and better education and increased salary for aged-care staff were the topics of discussion at a packed 2015 Sydney Ideas Health Forum at the University of Sydney in May.

The full-house to The Dementia Epidemic: Is Australia Prepared session wanted to know of the experts if they were at risk of developing dementia.

Panellists included the University of Sydney’s Lee-Fay Low, Associate Professor in Ageing and Health, Faculty of Health Sciences; Professor Sharon Naismith, Head of the Healthy Brain Ageing Program, Brain and Mind Research Institute; Associate Professor Michael Valenzuela, Head of the Regenerative Neuroscience Group, Brain and Mind Research Institute; Alan Gravolin, carer and Alzheimer’s Australia NSW Dementia Advocate, and The Hon. John Watkins AM, Alzheimer’s Australia NSW CEO.

Michael said memory loss was usually noticed about 20 years after dementia begins in the brain, but there were things you could do to reduce the risk.


John said it was important that people received an early diagnosis, so they could make changes and plan ahead, and that Alzheimer’s Australia NSW wanted a well-researched and well-funded public campaign about health around dementia.

“Early diagnosis is essential; it’s a human right to know what’s happening with your body,” he said.

“Educating the populace about the value of a good diet and exercise is one of the best things we can do to reduce dementia.”

There was a discussion around research, Michael said there was a disconnect between the research happening in mice around dementia and humans. The panel pondered if it was realistic to aim for a cure or focus on prevention. Sharon said exercising three times a week for vigorous activity or five times a week for moderate activity could reduce the risk of dementia.

“We need to assist people to make some of those changes at a government level and a social level and make sure the right systems are in place,” she said.

Sharon said dancing, socialising and sports are also good for the brain.
CREATIVE CONNECTIONS ART ON DISPLAY

An art exhibition featuring the works of Creative Connections Art program participants was recently on display in Port Macquarie.

The Memories are made of this exhibition was officially opened by Member for Port Macquarie Leslie Williams MP in North Haven, and included work by people who live with dementia and carers of people living with dementia.

Alzheimer’s Australia NSW and Hastings District Respite Care supported the program and exhibition.

Alzheimer’s Australia NSW’s North Coast Regional Manager Gary Thomas said the exhibition was an excellent opportunity for the community to witness the artistic and creative talents of the Creative Connections Art program participants and show their support.

“The exhibition and program is another clear example of steps being taken by the Port Macquarie community to move toward becoming more dementia-friendly and inclusive for those who are living with dementia,” Gary said.

“We are extremely grateful to Diane Solomon Westerhuis, the owner of Haven Fine Arts, who has generously donated her gallery for the exhibition.”

VIVID SYDNEY 2015

Alzheimer’s Australia worked with digital agencies S1T2 and Amigo & Amigo to bring Affinity to life during the VIVID festival in Sydney this year.

Affinity is an ingenious large-scale installation that depicts the complexity and connectivity of the human brain. The work explores the effects of Alzheimer’s disease on our memories and was inspired by the electrochemical activity of the brain, in which 100 billion neurons fire impulses up to 200 times per second.

The appearance of purple light through the orbs represented the emergence of Alzheimer’s disease.

Alzheimer’s Australia and Alzheimer’s Australia NSW wish to extend thanks to Amigo & Amigo, S1T2, OnLED for this wonderful opportunity to raise awareness of Alzheimer’s disease.

GROUPHOMES AUSTRALIA has developed a new and innovative model to meet dementia and aged-care needs. Alzheimer’s Australia NSW has entered into a partnership with Group Homes Australia to review their policies and practices against results from consultancy work done with residential aged-care providers. The consultancy focuses on the critical time when a person moves into residential care, with the review, analysis and capacity building designed to find ways to better deliver high-quality care.

Alzheimer’s Australia NSW will be collecting information from Group Homes Australia’s residents, family members and staff across their homes operated in Sydney’s North Shore, Northern Beaches and Eastern Suburbs. This will enable Alzheimer’s Australia NSW to compare the outcomes of Group Homes Australia to those of traditional aged-care models in operation.

The consultancy service is freely available to providers with 10 or less residential aged-care facilities in NSW and ACT.

To find out more about the free consultancy service, which can improve care outcomes, reduce complaints and reduce family distress, please contact Sally Lambourne and Evan Rollins. T. (02) 9875 4633 E: movingintocare@alzheimers.org.au

ANNUAL GENERAL MEETING 2015

Members and supporters are invited to attend the Alzheimer’s Australia NSW Annual General Meeting.

DATE: Thu 26 Nov 2015
TIME: 2.30pm
LOCATION: Vincent Fairfax Family Resource Centre, 120 Cox’s Rd, North Ryde
September marks the beginning of Dementia Awareness Month for 2015. The theme for the month-long awareness-raising campaign is ‘Creating a Dementia-Friendly Nation’ where people with dementia feel understood, engaged, included and valued, and Australians are encouraged to become dementia-aware and to have a better understanding of what it is like for a person to live with dementia.

There are a number of initiatives around Australia that are helping to build a Dementia-Friendly Nation, including in Port Macquarie on the NSW Mid-North Coast where Coast Front Realty has become the first dementia-friendly business.

Coast Front Realty Principal and owner Sue Jogever is proudly ‘Working Towards Dementia Friendly’ making changes to the way her business and their small team operate, including dementia training for staff.

“We felt it was really important,” Sue said. “We want to make it easier for our clients to work with us and we want to make it easier for people with dementia and their carers.”

With Alzheimer’s Australia NSW’s Dementia-Friendly Community Project Officer Kara Nicholson working with Sue, the process didn’t seem too daunting.

An action plan was developed where Sue and Kara assessed indoor and outdoor spaces with the help of a toolkit and check list, and thought about other areas of the business that could be more dementia-friendly, including education and training for all new and current staff, so they are more familiar with dementia.

Sue said a review of all key documentation was undertaken and font sizes increased to make it easier for a person with dementia, or their carers, to read and understand important documentation that they might need to sign.

Signage around the real estate office has also been improved and made clearer. A royal blue toilet seat also takes a discreet pride of place, tucked behind a royal blue door to assist with orientation and differentiation in the bathroom.

The Dementia-Friendly Action Alliance, which includes people living with dementia and their carers, has been established in Port Macquarie to review and assess all action plans brought to the Alliance by local businesses looking to make changes to their workplace and move towards becoming a more dementia-friendly organisation.

The Alliance has signed off on Sue’s action plan and given her the seal of approval for ‘Working Toward Dementia Friendly’ in 2015. Sue’s plan will be reviewed in 12 months and there are still some additions on the agenda, but Sue said she was happy to make small changes that could make a world of difference to someone with dementia.

“It’s all a work in progress,” Sue said.

“As a small business owner we would love to encourage more businesses in our local community to consider making the changes to become a ‘dementia-friendly business’.

**DEMENTIA-FRIENDLY SPEAKER: GILL AYLING**

Head of the Global Action Against Dementia and the Head of Older People and Dementia in the UK Department of Health, Gill Ayling, will be speaking in Sydney on Tuesday 1 September as part of Alzheimer’s Australia’s National Lecture Tour. Gill will speak on what is happening with dementia-friendly initiatives in the UK.

To find out more please contact Alzheimer’s Australia NSW Reception. T: (02) 9805 0100
Much action has been taken on the dementia-friendly front around Australia with the establishment of seven pilot sites to explore and share some of the ways communities can work towards becoming more dementia-friendly.

A dementia-friendly community is one in which people with dementia are enabled to live as independently as possible and can continue to be part of their community for as long as possible, where they are met with understanding and given support where necessary.

Alzheimer’s Australia has developed toolkits that document the establishment of local dementia alliances and action plans, methods for engaging people with dementia, ways of ensuring local organisations, including councils, businesses and community services, are involved and the creation and use of a ‘Working Towards Dementia Friendly’ symbol.

The needs of people living with dementia and their carers are central to the dementia-friendly concept in Australia. The work at the pilot sites aims to include people living with dementia, and carers of people living with dementia, front and centre so they can inform how they would like their dementia-friendly community to look and what the particular needs are in each local area.

PORT MACQUARIE NSW
A project officer is supporting The Dementia-Friendly Action Alliance, which includes people living with dementia and carers, who review action plans submitted by local businesses wishing to take part in ‘Working Towards Dementia Friendly’.

The Alliance also provides feedback and submissions to calls for public consultation on local council initiatives, to ensure the voice of people living with dementia and their carers is heard and considered in any future planning, infrastructure works or design initiatives.

The Dementia-Friendly Action Alliance also reports to the Dementia-Friendly Steering Committee, established in 2013, to help turn Port Macquarie into a dementia-friendly community.

A Dementia Mates program is being developed and volunteers are signing up. Dementia Mates aims to reduce social isolation and enable a person living with dementia to continue social interaction and engagement with the activities they enjoy by pairing them with a volunteer to provide support.

KIAMA NSW
The Local Dementia Advisory Committee and Local Dementia Alliance have been established to work together to make Kiama dementia-friendly.

The Alliance is close to finalising the local dementia-friendly action plan to be provided to the Local Dementia Advisory Committee to be endorsed. »
If you would like information on how to encourage your community to become more dementia-friendly, call the National Dementia Helpline on 1800 100 500 or visit the Alzheimer’s Australia’s website: www.dementiafriendly.org.au. There are toolkits, resources, and links to more information.

In Touch
SPRING 2015

Cover Feature

Dementia-Friendly Pilot Sites...

Across Australia

Darwin NT
Two Alliance groups have been set up and are scheduled to meet soon. The groups will merge into one Alliance as the project progresses. Training has been provided to the Royal Darwin Hospital.

The mapping research project to map dementia-friendly and unfriendly places and spaces are taking place. Meetings have also been co-ordinated and attended with Ministers and Department staff about setting up more quiet spaces in public places for people with dementia.

Bribie Island QLD
The first community meeting has recently been held as well as the first meeting of the Dementia Action Group and Local Dementia Alliance. The project has been well supported by the Bribie Island community including the Queensland Police, Rotary Club, Local Service Providers, the Bribie Island Dementia Support Group and the Bribie Island and District Community Appeal.

Plans are underway to implement five dementia-friendly activities by the end of 2015. A number of key priorities for the project have been identified, including raising awareness of dementia, supporting local businesses to become more dementia-friendly and supporting social engagement opportunities for people with dementia and their carers.

Beechworth VIC
The Community Alliance has been established, a grassroots action plan has been developed and a number of smaller working parties have taken on aspects of the plan to implement. A project officer and two members of the Alliance attended and presented at a Parliamentary Friends of Dementia event in Melbourne, where Alzheimer’s Australia VIC launched a white paper about dementia-friendly communities.

Holdfast Bay SA
The project officer has been working and talking to businesses and organisations to pilot the process to become dementia-friendly. Various meetings with Ministers and Councils have taken place. Six forums are planned over the next six months. A dementia-friendly speaker presented in the community about dementia-friendly design.

This resulted in an aged care facility following up with the speaker to get some advice about making changes to the facility and consulting with the residents to change to contrasting door colours in the centre.

Bunbury WA
The pilot site of Bunbury is implementing an age-friendly grant that was received. Alzheimer’s Australia WA’s been working with civic buildings and sites, libraries, museums, social groups and police stations to work from the grass roots level based on a strengths approach.

The Western Australian Museum held a professional development day with all staff, 300 consumers attended consultation for Dementia-Friendly Community Cafes and an environmental audit tool for public spaces is being developed.

National Dementia Forum 2015

A two-day National Dementia Research & Knowledge Translation Forum will be held at the Wesley Conference Centre, 220 Pitt Street, Sydney on Monday 7 and Tuesday 8 September 2015. The Dementia and Collaborative Research Centres has teamed up with the Dementia Training Study Centres for the forum which looks at Science and Practice: The Big Questions. It promises to be a stimulating exchange for anyone interested in dementia. If you would like more information, to register or if you have a question you would like the forum to explore visit: www.dementiaresearch.org.au/forum2015.html or email forum2015@unsw.edu.au
Alzheimer’s Australia is leading the creation of dementia-friendly communities and ultimately a dementia-friendly nation. Greater awareness and understanding of dementia in the community is critical to fostering social change, in particular to reducing the social isolation experienced by so many people following diagnosis.

The opinions of people with dementia are crucial to the success of this initiative. The decision-making behind dementia-friendly communities must be a collaboration so as to ascertain how people with dementia want to be engaged, what support they need, what barriers they face and how these can be overcome.

Even small actions by community members make a big difference to the lives of people with dementia. Imagine a nation where bank tellers, taxi drivers, bowling and golf clubs, shopkeepers and people on the street respect and try to help people with dementia. Imagine it is you as the helper or the person with dementia!

While it seems self-evident, it is easy to forget that people with a diagnosis of dementia are still our parents, our grandparents, our aunties, our uncles and our children. We must honour their personal requirements to live with respect and dignity, and support them on their personal journey post-diagnosis.

Find out more about CHEBA at www.cheba.unsw.edu.au

Professor Brodaty is an Honorary Medical Advisor to Alzheimer’s Australia NSW and Professor Sachdev is an Honorary Medical Advisor to Alzheimer’s Australia.

The dementia-friendly progress that has been made in Australia draws on the dementia-friendly experience in Japan, the UK, Belgium and Scotland. In both Japan and the United Kingdom, the success of the Dementia Friends programs has largely been the inclusion of free, easily accessible dementia awareness training.

**NinChishō Supporters – Japan**

The Ninchishō (Dementia) Supporters program was developed as part of a broader shift in community understanding of dementia in 2004. At that time, the Japanese Government changed the administrative term for the word ‘dementia’ from Chihō (‘idiocy’, ‘stupidity’) to Ninchishō (‘cognition disorder’) and launched a subsequent 10-year national campaign founded in the concept of Ninchishō Supporters.

The Japanese program aims to encourage early detection and treatment, while reducing stigma and increasing community awareness. In 2005, there were 12,000 Ninchishō Supporters. Currently there are 5.5 million.

The Japanese program is championed by the National Government and is able to draw on a culture within which elders are respected and intergenerational family cohabitation is normal. It also includes a high level of participation from school children.

**Dementia Friends – United Kingdom**

In the United Kingdom, the Dementia Friends program drew on the Japanese Ninchishō Supporter model. The UK Dementia Friends was launched in 2013 with the aim of having one million Dementia Friends by April 2015.

The program is one of a series of national initiatives announced by Prime Minister David Cameron in 2012 as part of his ‘Challenge on Dementia’. This included a focus on improvements in health and care, and establishing communities that know how to help people with dementia.

It consists of a Dementia Friends training program, a face-to-face training session or online video focused on simple messaging around memory and emotion, stigma, key symptoms and impact of symptoms on someone with dementia. There are currently just over 875,000 Dementia Friends across the UK.

**The Japanese program is able to draw on a culture within which elders are respected**

Alzheimer’s Australia is leading the creation of dementia-friendly communities and ultimately a dementia-friendly nation. Greater awareness and understanding of dementia in the community is critical to fostering social change, in particular to reducing the social isolation experienced by so many people following diagnosis.

The opinions of people with dementia are crucial to the success of this initiative. The decision-making behind dementia-friendly communities must be a collaboration so as to ascertain how people with dementia want to be engaged, what support they need, what barriers they face and how these can be overcome.

Even small actions by community members make a big difference to the lives of people with dementia. Imagine a nation where bank tellers, taxi drivers, bowling and golf clubs, shopkeepers and people on the street respect and try to help people with dementia. Imagine it is you as the helper or the person with dementia!

While it seems self-evident, it is easy to forget that people with a diagnosis of dementia are still our parents, our grandparents, our aunties, our uncles and our children. We must honour their personal requirements to live with respect and dignity, and support them on their personal journey post-diagnosis.

Find out more about CHEBA at www.cheba.unsw.edu.au

Professor Brodaty is an Honorary Medical Advisor to Alzheimer’s Australia NSW and Professor Sachdev is an Honorary Medical Advisor to Alzheimer’s Australia.
It is common to associate a diagnosis of Alzheimer’s disease with memory loss and, while this is the case for many, new research has suggested that people under the age of 65 with a diagnosis of Alzheimer’s disease will more commonly have problems associated with judgement, language and spatial awareness, rather than memory loss.

This result was published in the journal Alzheimer’s & Dementia and suggests a need for a greater awareness of the different symptoms associated with Alzheimer’s disease. This is something that Alzheimer’s Australia and other dementia advocacy groups around the world are committed to achieving.

The study, which was undertaken in the UK and led by researchers from the University College London, analysed data from 7815 people in the US National Alzheimer Coordinating Centre database. Each participant had a diagnosis of Alzheimer’s disease and a record had been made of the symptoms they had first noticed in the early stages of the disease. The average age of the group was 75, with the youngest person aged 36 and the oldest aged 110.

The results found that younger people with a diagnosis of Alzheimer’s disease more commonly displayed non-memory cognitive impairments, such as judgement and language difficulties. However, the results also showed that the odds of depression and behavioural symptoms also increased with younger age. In comparison, the odds of having psychosis (confused thinking) but no behavioural symptoms increased with older age.

CEO of Alzheimer’s Australia Carol Bennett said that these results reiterate that younger people with a diagnosis of dementia have specific requirements.

“This is why it is of vital importance that programs like Alzheimer’s Australia’s Younger Onset Dementia Key Worker Program, which provides individualised services and support to improve the quality of life for people with younger onset dementia, continue to be funded,” Carol said.

For more information on the Alzheimer’s Australia Younger Onset Dementia Key Worker Program please visit the Fight Demetia website. W: fightdementia.org/support-and-services.

Like this research from Dementia News? Visit the Dementia Research Foundation website for more dementia research. W: dementiaresearchfoundation.org.au

A GOOD NIGHT’S SLEEP

New research has reiterated that a good night’s sleep may be one of the keys to reducing your risk of dementia, particularly Alzheimer’s disease.

Researchers from UC Berkeley, USA published results in Nature Neuroscience which suggest that sleep deficit may be a channel through which amyloid beta proteins are triggered and cause the onset of Alzheimer’s disease symptoms.

In their study, the researchers suggest that sleep disruption might be a pathway through which amyloid beta pathology occurs and contributes to memory decline, particularly that associated with hippocampal dysfunction – a part of the brain important for memory.

“Poor sleep is potentially treatable and can be enhanced through exercise, behavioural therapy and even electrical stimulation that amplifies brainwaves during sleep, a technology that has been used successfully in young adults to increase their overnight memory,” says UC Berkeley neuroscience Professor Matthew Walker.

“Sleep could be a novel therapeutic target for fighting back against memory impairment in older adults and even those with dementia,” Matthew said.

In 2013, Dementia News covered this topic when researchers from the John Hopkins Bloomberg School of Public Health suggested that a good night’s sleep may help clean the brain of amyloid beta deposition.
BRAIN DONATION

SIMON LEWIS – CHAIR OF THE NSW BRAIN DONOR PROGRAMS, BRAIN & MIND RESEARCH INSTITUTE

Everyone wants a cure for dementia and the desire to be part of the solution is a powerful motivation for many people to want to donate their brain to research after they have passed away.

Indeed, this is a most precious gift as it is clear that to find a cure we are probably going to need to study what happens to the brain across all forms of dementia and neurodegenerative disease to discover the reason why brain cells are dying.

Many conditions such as Alzheimer’s disease, Parkinson’s disease, Huntington’s disease, motor neurone disease, multiple sclerosis, schizophrenia, alcohol-related brain damage and other brain and mind disorders affect only humans.

Therefore, the donation of post-mortem brain tissue for research is of fundamental importance to further our understanding of the causes of these brain and mind disorders, and to develop more effective diagnostic tools and treatment for these conditions.

However, we do face a major set of challenges when it comes to people donating their brain to research. While there has been an increased focus on the rising prevalence of dementia in an ageing Australia, funding for brain donation research has been falling sharply. This is critical because even before any actual research is performed, it costs over $5000 just to deposit a brain into a brain bank.

The lack of government funding to support this work has resulted in the effective closure of some programs around the country. Currently, metropolitan Sydney and Melbourne represent some of the few regions able to offer actively-recruiting programs.

So what can you do if you want to donate your brain? The Australian Brain Bank Network website has advice and contact details for the programs that are currently operational (www.austbrainbank.org.au). There is a helpful ‘Frequently Asked Questions’ section to assist people who are considering registering as a brain donor. You might also like to discuss the issue with your specialist, who may be able to offer some additional assistance.

GREEN TEA AND ITS LINK TO DEMENTIA RISK

FROM DEMENTIA NEWS

New research suggests that high consumption of green tea may reduce your risk of dementia.

THE RESEARCH IN BRIEF

In 2007 and 2008, 723 participants, 60 or older, had their cognitive function evaluated by two cognitive assessments, a Mini-Mental State Examination and a Clinical Dementia Rating. They also had a blood test taken, including an assessment of their APOE genotype. Participants were asked to record their consumption of green tea, black tea and coffee and give details on their general health.

In 2011-2013, 490 of the participants underwent a follow-up survey. In their analysis, researchers grouped participants based purely on their green tea drinking status. They found that those who did not drink green tea had slightly lower MMSE scores.

THE EVIDENCE AROUND TEA AND BRAIN HEALTH

According to the Alzheimer’s Australia Your Brain Matters website, green tea contains antioxidants which may help to reduce the risk of developing dementia. All types of tea contain different antioxidants – they just contain types and amounts. Green tea contains an antioxidant known as resveratrol. Resveratrol is found in red wine.

The Your Brain Matters website suggests that if you like green tea, then drink it. However, more research is required to fully understand the mechanisms that antioxidants in green tea might have in being able to enhance brain health and reduce dementia risk.
ABORIGINAL AND TORRES STRAIT ISLANDER COMMUNIQUE

Aboriginal and Torres Strait Islander communities are affected by dementia at a rate three to five times higher than the general Australian population. Yet, dementia is still largely unrecognised in communities by Aboriginal and Torres Strait Islander health workers and service providers.

Alzheimer’s Australia has released a communique outlining education, risk reduction, accessibility of services and culturally appropriate aged-care options as key priority areas for action.

Fred Tanner, Chairperson of Alzheimer’s Australia’s National Aboriginal and Torres Strait Islander Dementia Advisory Group (NATSIDAG), said given that Aboriginal and Torres Strait Islander communities are affected at a higher rate than the general Australian population, it was imperative that we worked towards improving these priority areas.

“In order to achieve this, we need to ensure that information produced and services provided to Aboriginal and Torres Strait Islander people are culturally appropriate and easily accessible,” Fred said.

“This could help to alleviate barriers currently faced by Aboriginal and Torres Strait Islander people and their families about dementia. We also need to empower Aboriginal and Torres Strait Islander people, their families and communities in the delivery of appropriate dementia support and aged-care services to their own communities.”

The communique highlights the challenges faced by Aboriginal and Torres Strait Islander communities in responding to dementia, which is exacerbated by the fact that dementia occurs within a unique cultural context, including the gap in life expectancy between Aboriginal and Torres Strait Islander people and non-Indigenous Australians.

A number of recommendations are included in the communique, particularly that Alzheimer’s Australia should consider joining the national Close the Gap Coalition to help address the social determinants of health and advocate for social change. It also suggests identifying new opportunities to foster safe Aboriginal and Torres Strait Islander communities across the country with communities supported to look after community members impacted by dementia.

Alzheimer’s Australia CEO Carol Bennett said Alzheimer’s Australia is committed to supporting Aboriginal and Torres Strait Islander peoples.

“Last year we released a resource, Your Story Matters, to enable communities to identify steps they can take to reduce their risk of developing dementia,” Carol said.

“This is just the first step in providing information for Aboriginal and Torres Strait Islander people about lifestyle changes they can make to reduce their risk of dementia.”

Access the full communique at the Fight Dementia website.


Q&A

Q My father enjoys spending time outside and seems to wander aimlessly in our courtyard for hours. Is there anything I can do to create some activities for him?

We all enjoy being outside and for a person with dementia, creating a pleasant, secure space can be extremely beneficial. There are several websites that suggest ideas for creating an environment that is suited to someone who has dementia. These ideas may include sensory items – such as wind chimes, specific planting and seating suggestions.

Q My partner is using a digital clock to tell the time. Recently, she hasn’t been able to recognise the time. Why is this happening and do you have any suggestions?

It is not uncommon for a person with dementia to become disoriented by time and place. An analogue clock may be a useful way to facilitate orientation to assist your partner in reading the time. Call one of our National Dementia Helpline and they will be able to talk about more options.

National Dementia Helpline: 1800 100 500
From 1 July 2015, all Home Care Packages are being offered as consumer-directed care (CDC) approaches. The central feature of this new approach is that all clients will be provided with an individualised budget, which allows both you and your provider to see what care and services are being provided and how much they cost.

An individualised budget is made up of:
- Australian Government subsidy and any supplements
- The basic daily care fee set by the Government
- An income-tested fee (if the consumer’s income is above the basic pension and they entered into a home care agreement on or after 1 July 2014)
- Any other amount the consumer has agreed to contribute.

Each month you should also receive an income and expense statement identifying how expenses are tracking against your individual plan. Importantly, unspent funds remain available for future use. If you are an existing packaged care client, your next review should include a discussion about CDC. If you are accessing a package for the first time you will be automatically offered a CDC approach. To access a Home Care Package you will still need an ACAT assessment – this has not changed.

Between 1 July and 31 October, the in-home program for older Australians, the Commonwealth Home Support Program (CHSP), will be transitioning. It is being modified to account for other changes introduced to the aged-care system. The CHSP is the new name for programs that were previously known as the Home and Community Care Program, National Respite for Carers Program, Day Therapy Centres Program and Assistance with Care and Housing for the Aged Program.

Consumers may notice changes to entry and assessment processes, service fees, changes to service approaches to be more in line with wellness, reablement and restorative care. Clients will be assessed and referred to CHSP services via an initial phone-based screening by the My Aged Care contact centre and face-to-face assessment by the Regional Assessment Service. Case management and client care coordination services will be undertaken by the Regional Assessment Service from 1 July 2015.

Unfortunately, at the time of writing some details have not been confirmed and there may be changes to service availability that consumers experience as a result of the changes.

Alzheimer’s Australia has been lobbying the Australian Government to continue funding services for people with dementia that have been making a difference to the quality of life of clients with dementia and their families.

GET IN TOUCH
In response to a previous article on residential aged care, Brendan was asked a question about ‘doubles’, which is when a couple lives in a facility together, so as not to be separated due to one person’s care needs. Due to the complexity of funding and the low demand for this, there are not many providers who offer this type of option. Some have offered it and subsequently stopped.

This article is Brendan’s third contribution to In Touch. It is hoped that it is informative and interesting for people with dementia, carers and their families to learn more about key policy issues that may impact them. To suggest topics for discussion in future editions, contact Brendan Moore.
E: brendan.moore@alzheimers.org.au

NATIONAL DEMENTIA HELPLINE
Alzheimer’s Australia NSW provides help sheets on a variety of topics, assistance and advice. The National Dementia Helpline: 1800 100 500
My family are big on letter writing. At every key moment in my life – graduating university, moving out of home, travelling overseas for the first time – my parents have thrust a loving note into my hand, my pocket, my carry-on luggage. Each is a goodbye of sorts, and all are good lucks. The kind of letters that shrink the world and slow things down long enough for you to appreciate all you have. The kind worth keeping, as I have done over the years, inside a dusty old shoebox in my cupboard. They vary in content and in length. Some are on lined paper, others simply on post-its or torn bits of cardboard. One’s even scrawled on the back of a bookmark. But they are all straight from the heart, and no matter how torn or crinkled the materials become, the words live on – they endure – as a powerful reminder of the kind of love I have in my life.

I received probably the most heart-rending letter to date upon leaving for an American adventure in early 2013. I sat in the departure lounge of Melbourne Airport and wept quite openly as I read my mother’s words. Her letters had always been difficult to read – charged with the kind of emotion and truth that is hard to express in person – but this one was different, grimmer in tone, with a greater sense of finality. The goodbye contained within seemed more of a farewell.

There was no way of downplaying her diagnosis. Mum had a disease that would end her life.

When I returned to Melbourne three months later, I was met by my parents. They wanted to stay with me for a few days; they had something to tell me. After they allowed for my jet lag to subside, they sat me down and informed me that Mum had been diagnosed with early-onset Alzheimer’s disease. The words didn’t really sink in, but I thought “early onset” sure sounded like a benign form of the disease’s progression, but to the age of the patient. This wasn’t the same as when Mum had had a couple of mini strokes, episodes which were moderate compared to many similar, fatal cases. There was simply no downplaying her current diagnosis. Mum had a disease that would, by all means, end her life.

Admittedly, I had known something was amiss; Mum had been on the decline ever since her strokes in the early 2000s – loss of memory, reduced ability to calculate sums and make decisions – but this revelation still stunned me. I must confess I didn’t know much about the disease at the time; up until then I had associated it entirely with the elderly. I’d seen and heard horror stories of nasty old men and women, totally detached from reality, rotting away in a nursing home. This couldn’t possibly be what was in store for Mum, could it?

My parents interrupted my train of thought with assurances that both my older brother and I were in the clear: the form of dementia in question wasn’t genetic. That was their greatest fear, that the disease could have been passed on. For me it didn’t even factor in – my thoughts never left Mum, if only briefly. I was amiss; Mum had been on the decline ever since her strokes in the early 2000s – loss of memory, reduced ability to calculate sums and make decisions – but this revelation still stunned me. I must confess I didn’t know much about the disease at the time; up until then I had associated it entirely with the elderly. I’d seen and heard horror stories of nasty old men and women, totally detached from reality, rotting away in a nursing home. This couldn’t possibly be what was in store for Mum, could it?

My parents interrupted my train of thought with assurances that both my older brother and I were in the clear: the form of dementia in question wasn’t genetic. That was their greatest fear, that the disease could have been passed on. For me it didn’t even factor in – my thoughts never left Mum, if only briefly. I was amiss; Mum had been on the decline ever since her strokes in the early 2000s – loss of memory, reduced ability to calculate sums and make decisions – but this revelation still stunned me. I must confess I didn’t know much about the disease at the time; up until then I had associated it entirely with the elderly. I’d seen and heard horror stories of nasty old men and women, totally detached from reality, rotting away in a nursing home. This couldn’t possibly be what was in store for Mum, could it?

I’d seen and heard horror stories of nasty old men and women, totally detached from reality, rotting away in a nursing home. This couldn’t possibly be what was in store for Mum, could it?

Admittedly, I had known something was amiss; Mum had been on the decline ever since her strokes in the early 2000s – loss of memory, reduced ability to calculate sums and make decisions – but this revelation still stunned me. I must confess I didn’t know much about the disease at the time; up until then I had associated it entirely with the elderly. I’d seen and heard horror stories of nasty old men and women, totally detached from reality, rotting away in a nursing home. This couldn’t possibly be what was in store for Mum, could it?

There was simply no downplaying her diagnosis – though to be fair I had been sliding for many months; the news was but the final straw. Cocooned within my own world, I shut off from reality, refusing to deal with the day-to-day. One thing I simply couldn’t fathom was not having my mum in my life. Or our relationship changing in any way. I’d be lying if I said I didn’t often think ahead to the day when the light in her eyes fades and she no longer recognises me. What an unconscionable notion to consider, your very best friend in the world, your confidante, your inspiration, your rock – reduced to a mere stranger.

I also worried – and continue to do so – about my father. For he’s the one who sees it all, on a day-to-day level. My brother and I are often spared the harsh realities of Mum’s condition, but my dad bears the brunt. He sees what others fail to – beyond the mask that Mum puts on to the rest of the world which convinces people that “she’s doing so well”. He is privy to her lows, the ease with which she falls to pieces, sometimes over the smallest of things – a forgotten phone number, a missing item of clothing. He has had to assume full responsibility over her decision making – her daily regimen, medication, financials and health. An extraordinary task.

What outshines my concern, however, is the sheer admiration I have for the man who has supported Mum every step of
the way, buoyed her spirits, cushioned her falls, and never once dwelled on the unfairness of it all, the challenges he faces now and the ones yet to come. I’ve drawn strength from his resolve when navigating this uncharted territory we find ourselves in – for we don’t always know what to do or how to handle things, and much of it continues to be a learning curve. One thing is for sure: we’re in it together, as a family, and I plan on being there as much for Dad as I am for Mum.

With the support of my family and my friends I’ve been able to crawl out of the darkness. I’ve sought professional help – and regular therapy sessions have proved invaluable in my recovery. Mum’s notes keep piling up, urging me to “live in the present”, to be receptive to all the beauty and wonder to be found in my present surrounds. It’s a delightfully idyllic way to live – hard at times, no doubt – but it is what I wish above all else for Mum’s future. Never far from my mind is the knowledge that sufferers often become hostile as the disease worsens, bitter, violent even. What I hope, no matter the extent to which the disease takes hold, is for her to remain at peace, to still be able to appreciate nature, to smile, and to laugh – if only on the inside. Simply, to enjoy.

As well as cherishing the time we have now, I try and recall as often as I can all our happy memories together. The times we laughed so hard we both ended up on the floor in fits. The long walks she and I would take after school, sharing our stories, our concerns and frustrations and goals. One of my greatest joys came a few years ago, before Mum’s diagnosis, when she and I travelled to Africa. Ever since I can recall, she’d wanted to go there and see the elephants, the open grasslands, the stunning waterfall formations – and looking back now, it was really the only time we could have done it. We spent three weeks in South Africa, Botswana and Zambia, on safari drives, riding elephants, walking with lion cubs, cruising the majestic Zambesi River, and I can honestly say it’s the most special trip I’ve ever taken. To have accompanied Mum on her dream voyage, to have created so many new and wonderful memories – memories I’m hoping to transport her back to through our many photo albums – has been the highlight of my life.

True to form, Mum wrote my brother and me a letter each, at the time of her diagnosis. She hasn’t given it to us yet; in any case, I’m not ready to read mine. I have a fairly good idea of what the letter will contain. It will most certainly serve as her last. My therapist has suggested writing one as well, as much for me as it will be for Mum. A chance to say everything I wish to say, before it’s too late. I’ve gotten as far as “Dear Mum”, but from there the words don’t come. It’s not so much the “everything” I find difficult, but rather the goodbye that it’s leading to. I’m not ready for that just yet. I still rely on Mum every day, to hear her voice telling me she loves me, that everything will be okay. I need more than just her letters.

But her letters I will have. And no matter how far this disease takes over – even when she is gone from this life – she’ll still be my mother, she’ll still be my Dad’s wife, that wonderful fun-loving friend we all know and love. For she is far more than her mind and her body – and like her words to me over the years which I keep safe in that old shoebox high up in my cupboard, she’ll stay with me.

VICKI & GRAEME NOONAN

Following a stroke in 2002, Vicki Noonan, a primary school teacher of more than 30 years, noticed changes with maths and problem-solving abilities in the classroom.

In 2013 Vicki was diagnosed with Younger Onset Dementia. Since the diagnosis, Vicki and her husband Graeme have been active Dementia Advocates, sharing their experiences at Dr Kossoff’s Understanding Younger Onset Dementia presentation, which was part of Alzheimer’s Australia’s Quality Dementia Care Series in the Tweed Valley.

Vicki and Graeme are members of the Northern NSW Consumer Advisory Group and participated in the Alzheimer’s Australia Consumer Summit in Canberra in March this year, where Vicki raised the need for more dementia-specific services, particularly for those with Younger Onset Dementia.

Graeme also provided feedback from a carer’s perspective on the CareToons project, a collaborative study between Alzheimer’s Australia NSW and the University of Sydney.

As a special surprise to Vicki on mother’s day, her youngest son James wrote a piece for his mum. The piece ‘Between Now and Goodbye’ was published in The Sunday Telegraph.
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.

**ALZHEIMER’S AUSTRALIA NSW COURSES**

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

**CARE WORKER COURSES – FEES APPLY**

- **Experiencing Dementia and Challenging Perceptions of Behaviour associated with Dementia**
  - North Ryde 25 November

- **Meaningful Engagement in Activities**
  - North Ryde 22 September
  - Newcastle 30 September

- **Working with People who have an Intellectual Disability and Dementia**
  - North Ryde 22 October

- **Working with Families in a Dementia Care Partnership**
  - Newcastle 18 November

- **Communicating with a Person Living with Dementia and Sexuality and Dementia**
  - Coffs Harbour 24 September

- **Experiencing Dementia and Communicating with a Person Living with Dementia**
  - Forster 15 October

**FAMILY CARER EDUCATION**

- **One-day Carer Education**
  - Newcastle 27 October, 10 November
  - Taree 16 November

- **Two-Day Carer Course**
  - Camden 16, 23 October

- **Three-day Carer Course**
  - North Ryde 2, 9, 16 September

- **Four-evening Carer Course**
  - North Ryde 2, 9, 15, 23 November
  - Sylvania 12, 19, 26 October, 2 November

- **Family and Friends**
  - North Ryde 21 October

- **For more information or to register for one of our courses please contact:**
  - T: (02) 8875 4640
  - E: nsw.education@alzheimers.org.au

**VOLUNTEER COURSE**

- **Interacting with a Person with Dementia**
  - North Ryde 15 October
  - Gloucester 9 September
  - Tea Gardens 20 October

**LIVING WITH MEMORY LOSS**

As part of a recent Living with Memory Loss Course, Jan who is living with dementia wrote a poem for the group.

We came together with high hopes
To learn how best for us to cope.
We’re all different yet the same
But this is not just a game.

Our partners need to learn as well
So our lives won’t be such hell.

Some days it’s a struggle to survive
But with their help we can surprise.

If you look beyond what you see
You will find I’m still just me.

**MEMORY VAN**

The van also visited:

- Lake Cargelligo
- Warren
- Homebush
- Bournemouth
- Bourke
- Brewarrina
- Lightning Ridge
- Coonabarabran
- Molong
- Coonamble
- Wellington
- Narrabri
- Trangie
- Bourke
- Molong
- Wellington

**IN TOUCH** SPRING 2015

16
COMMUNITY EVENTS

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

CAFÉ CONNECT
Raymond Terrace (Cups n Saucers Café 5/43 William Street, Raymond Terrace) 11 September, 9 October, 13 November: 10am – 11.30am
Miriam Low (02) 4962 7000
Nelson Bay (Little Nel Café at The Nelson Resort) 10 September, 8 October, 12 November: 9.30am – 11.30am
Miriam Low (02) 4962 7000
Coffs Harbour 16 September, 21 October, 18 November
Marg Cotts (02) 6651 7101

Newcastle (Birdy’s 169 Maitland Road, Tighes Hill) 15 September, 20 October, 17 November: 10am – 11.30am
Maitland (Maitland Park Bowling Club Bistro) 17 September, 15 October, 19 November: 11am – 12.30pm
(02) 4962 7000

Toronto (Toronto Workers Club) 24 September, 22 October, 26 November: 10am – 11.30am
(02) 4962 7000

Warners Bay (Warners at the Bay) 2 September, 7 October, 4 November: 10am – 11.30am
(02) 4962 7000

Sutherland Shire (Camelia Gardens Tea House) 22 September, 27 October, 24 November: 9.30am – 11am
Julie Sinnis (02) 9531 1928

Bundanoon 3 September, 1 October, 5 November: 10.30am – 12pm
Jane Bushell (02) 4869 5651

Bowral 17 September, 15 October, 19 November: 10.30am – 12pm
Jane Bushell (02) 4869 5651

CARERS CAFÉ CONNECT (FOR CARERS ONLY)
Hamilton (Hunter Dementia and Memory Resource Centre 2 Percy Street, Hamilton) 10 September, 8 October, 12 November: 10am – 11.30am
(02) 4962 7000

YOUNGER ONSET DEMENTIA CAFÉ CONNECT (UNDER 65) PERSONS WITH DEMENTIA AND THEIR SUPPORTER
Tuggerah (Edge Café) 17 September, 15 October, 19 November: 9.30am – 11am
Justine Sneddon 0438 715 518

Newcastle (Wetlands Centre Spoonbill Café) 2 September, 7 October, 4 November: 10am – 12pm
Clare Coyle or Deb Veness (02) 4962 7000

Newcastle (Newcastle Cruising Yacht Club Wickham) 2 September, 7 October, 4 November: 5.30pm – 7.30pm
Clare Coyle or Deb Veness (02) 4962 7000

YOUNGER ONSET DEMENTIA SUPPORT GROUPS (UNDER 65):
Hamilton (Hunter Dementia and Memory Resource Centre) Supports of people with Younger Onset Dementia 24 September, 22 October, 26 November: 5.30pm (Free)
Clare Coyle or Deb Veness (02) 4962 7000

Milton (Yatte Yatnah nursery) 23 September, 28 October, 25 November: 10am
Sandra Kay (02) 8875 4694

Fairy Meadow (29 McGrath Street) 3 September, 26 November: 10am
Kate Troy (02) 4224 8602

FORSTER YOUNGER ONSET DEMENTIA ACTIVITY AND SUPPORT GROUP
Halliday’s Point Community Centre Baywood Drive for a rainforest walk to the beach 14 September: 10am, Lunch at “The Bunker” Tallwoods Golf Club, 61 The Boulevard, Halliday’s Point, 12pm
Ellen Brown (02) 6554 5097

Free Spirit Cruise on Wallis Lake followed by Carers week Christmas lunch 12 October: 11am to 2.30pm
Ellen Brown (02) 6554 5097

Beach Walk Old Bar (meet Main Beach Car Park) 9 November: 10am,
Lunch at Flows Café 31 David Street, Old Bar, 12pm
Ellen Brown (02) 6554 5097

COFFEE AND CHAT
Yass (Soldiers Club) 21 September, 12 October: 11.30am – 1pm
Libby Smith (02) 6241 0881

Boorowa (Superb Bakery) 6 October: 10am – 12pm
Libby Smith (02) 6241 0881

Harden (Jackson’s Bakery) 7 October: 10am – 12pm
Libby Smith (02) 6241 0881

Bermagui (Saltwater Café) 1 September, 6 October, 3 November: 10am – 11.30am
Di Gallard (02) 6492 6158

Merimbula (Dolphin Room, Club Sapphire) 8 September, 13 October, 10 November: 10am – 12pm
Di Gallard (02) 6492 6158

Cooma (Werri-Nina Centre) 1 September, 22 September, 27 October, 24 November: 10.30am – 12.30pm

Bredbo (Snowy Mountains Gourmet Food) 12 October: 10am – 12pm

Jindabyne (Parc Café, National Parkes Building) 3 October: 10am – 12pm
Verity Jackson (02) 6452 3961

Batemans Bay (Batemans Bay Community Centre) 2 September, 7 October, 4 November: 10.30am – 12pm
Gaye Finch (02) 4474 3843

Cрокwell and District 16 September, 21 October, 18 November: 10.30am – 12pm
Jane Bushell (02) 4669 5651

Port Macquarie 24 September, 22 October, 26 November
Kath Storey (02) 6584 7444

Port Macquarie Dinner Group 13 October
Kath Storey (02) 6584 7444

Laurieton 25 September, 23 October, 27 November
Kath Storey (02) 6584 7444

Laurieton Lunch Group 9 October
Kath Storey (02) 6584 7444

RUN OR VOLUNTEER FOR ALZHEIMER’S AUSTRALIA NSW
Alzheimer’s Australia NSW seeks volunteers and runners for the Blackmore’s Sydney Running Festival on 20 September. Contact Lucie Barney for more information. T: (02) 8875 4625 E: lucie.barney@alzheimers.org.au
In touch spring 2015

FUNDRAISING

MEMORY WALK & JOG 2016

The dates for the 2016 Memory Walk & Jog have been announced, with Alzheimer’s Australia NSW offering a range of fundraising options to suit any individual, group or community.

Time to dust off those joggers, lace those boots, get out there and get walking!

Dates for the 2016 Memory Walk & Jog tour have just been announced and there are two exciting new locations that have been added to the list.

Memory Walk & Jog kicks off in the Illawarra in February, with Western Sydney and Albury Wodonga joining the NSW tour, bringing Memory Walk & Jog to six locations around the state.

The Memory Walk & Jog team are pleased to announce Opal Aged Care as the major supporter of 2016 Memory Walk & Jog.

“We’re very excited to be growing our partnership with Alzheimer’s Australia. Our sponsorship of Memory Walk & Jog is just another step towards fighting the dementia epidemic. We want people to come and walk, run or jog together to support Australians and their families that are living with the disease,” said Gary Barnier, Managing Director, Opal Aged Care.

The Memory Walk & Jog team would also like to thank returning supporters Souvenaid and Guardian Funerals for their continued support, and welcome new supporters NRMA, SC Johnson, Dolby and Bendigo Bank Port Macquarie.

If you can’t make one of our Memory Walk & Jog events, we have introduced two new options so everyone can still be involved. You can now create your own Memory Walk & Jog in your community with our DIY kit, or simply race against dementia in May 2016 by participating in My Memory Walk & Jog.

DIY MEMORY WALK & JOG

If there is no Memory Walk & Jog event in your community and you would like to organise one, our DIY Memory Walk & Jog kit makes it simple, and you’ll have our support every step of the way.

MY MEMORY WALK & JOG

It’s time for you to create your very own personal challenge and pledge to raise funds for Alzheimer’s Australia NSW. You can walk, jog or run as far as you wish, just set your target and go achieve it! A few great ideas are to set a 10km goal, 5km a day mission, 50km for the month or cover a marathon distance – it’s entirely up to you. There is no pledge too big or too small. Tell your friends your goal and ask them to sponsor you, maybe they’ll match your distance in dollars! Most importantly, enjoy your My Memory Walk & Jog and know that you are helping people with dementia with every step.

For more information or to register for Memory Walk & Jog visit the Memory Walk website or contact Meaghan Westra.

W: www.memorywalk.com.au
T: (02) 8875 4626
E: meaghan.westra@alzheimers.org.au

2016 MEMORY WALK & JOG DATES

BEQUESTS

Leave a gift in your Will

To meet the growing demands for our services, please consider supporting us by leaving a gift in your Will. Helping us in this very special way will allow us to continue to provide the vital support, education services and social research to people with dementia, their carers and families.

Anyone considering this should also consult a solicitor or a Trustee Company. For a confidential discussion, please contact Alzheimer’s Australia NSW’s Bequest Executive Karen Carran.

T: (02) 8875 4639
E: karen.carran@alzheimers.org.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.

A
Judith Anne Adams
Anthoula Arkoulis

B
John Bailey
Jean Vera Barnett
Helen Beatty
Shirley Patricia Bennett (nee Hargraves)
Syd Betts
Douglas James Bone
Selwyn John Booth
Mary Rose Boyd
Joyce Adeline Bright
Josephine (Josie) Buttiweg

C
Letizia Castrianni
Dimitra Chrysanthakopoulos
Maria Annunziata Ciampa
John Cooper
Mara Cuberovic

D
Alan Daniels
Harry Denyer
Antonio Di-Giantommaso

E
John Evagoras Efstathiou
Eugene Evgenikos

F
Eric Darryl Norman Fiene
Margaret Anson Fletcher
Judith Mary Freeman
Concetta Frisina

G
Ignazio Greco
John Matthijs Theodor Groenewegen

H
Hazel Margaret Hamer
Lorna Jean Hardman (nee Goudie)
Dolores Hazlett
Margaret (Peggy) Hirst
Ronald Norman Hunt
Heather Dora Hutchinson

I
Calogero Inglima

J
Grace Jackson
George Edgar Jepson

K
Gregory Kalogeropoulos
Keith Kay
Ann Keramea
Marjorie Ruby Kerry
Alida Keyser
Peter Gerald John Kirkby

L
Agapitos (Peter) Lacherdis
Catherine (Cath) Laird
Kathleen Ivy ‘Kay’ Land
Geoffrey Ernest Langridge
Caroline Mavis Leith-Copp
Lois Vera Lillyman
Allan Keith Lloyd
Ainsley John Lobb
Shirley Dawn Long

M
Reginald Maher
Pamela Joy Martin
Irene McAllister
Warren McDonald
Warren Arthur Messent
Alwyn Amy Mooring
Evelyn Mowad

N
Ian Oswald Nicholls
Walter Nixon

O
Agnes Orland

P
Wilma Peel
Maurice Wilfred Porter

R
Nelson Rainey
Mary Kathleen Read
Santo Rizziere

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.
BOOKS

Creating moments of joy: for the person with Alzheimer’s or dementia
When a person has short-term memory loss, their life is made up of moments. We might not be able to create a perfectly wonderful day with those who have dementia, but it is possible to create perfectly wonderful moments. Moments that put smiles on their faces, a twinkle in their eyes, or triggers their memory. Five minutes later, they might not remember what you did or said, but the feeling you left them with will linger.

We can, we can, we can: purpose and pleasure for people living with dementia
Activity must meet our need for meaning and connection, as well as providing an outlet for creativity, spirituality, joy, fun, and relaxation. Every one of us has leisure and recreation preferences. Not all want to sing in a group, join a club or make and create. Some love company, while others prefer time alone. And every person’s experience of life lived with dementia is unique. These infinite variations mean there can be no one-size-fits-all approach to activities for purpose and pleasure.

At home with dementia: a manual for people with dementia and their carers
This publication presents a range of possible solutions to issues commonly faced by people with dementia living at home. Perhaps even more importantly, it suggests ways of approaching and solving problems at home. The information is primarily for carers. A person-centred care approach dominates a new culture of care for people with dementia and this publication acknowledges this approach. Person-centred care recognises the person with dementia as a whole, their unique identity and how they are influenced by factors other than the physical changes in their brain.

Re-creating neighborhoods for successful aging
The ageing population and rising average life span are transforming current perspectives on growing older, retirement, and senior living communities. To ensure environments meet the changing needs of older adults, a re-conception of housing, communities, and neighbourhoods is required.

Drawing from the fields of gerontology, health sciences, community planning, landscape architecture, and environmental design, this groundbreaking resource provides an in-depth examination of current elder housing practices and strategies, alongside goals for the future. Housing models, such as continuing care retirement communities, shared housing, and co-housing, are evaluated, and best practice recommendations presented.

Relate, motivate, appreciate: a Montessori Resource – promoting positive interaction with people with dementia
The Relate, Motivate, Appreciate model uses three approaches to enable the person living with dementia to regain control of aspects of their life, through meaningful activities that have a purpose.

Relate: The person you know has lived a rich and full life. They may have been a parent, spouse, brother, sister, professional, friend or lover. The most important step is to be able to relate to and focus on their past experiences.

Motivate: Most of us are motivated by things we enjoy. When considering activities that the person might enjoy, we need to reflect on their past. What activities did they do in the past? For example, did they enjoy:

• cooking? – if so, consider pouring or mixing activities
• accounting? – counting, writing
• gardening? – growing flowers
• music? – listening, dancing, playing an instrument.

Appreciate: You may experience feelings of loss and grief for the relationship you once had with the person living with dementia. It is important that we try to give the person confidence and, in that sense, return some meaning to their lives.

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 AVAILABLE AT THE MOMENT.

Reviews

LiBRaRy ResouRces

The aLzheimeR’s ausTRaLia Nsw LiBRaRy offeRs fRee LoaNs of Books, DVDs aND oTheR ResouRces To memBeRs ThRouGhouT The sTaTe. TheRe aRe Reviews of some The iTems avaiLaBLe aT The momeNT.

LoaninG iTems

LOANING ITEMS

These items and more are available to members of Alzheimer’s Australia NSW, and can be picked up from and returned to local resources centres and offices. Resources can also be posted to you. If there’s something you would like more information about just contact Michelle in the library to borrow items.

W: nsw.fightdementia.org.au/nsw/about-us/contact-us
E: nsw.library@alzheimers.org.au
T: (02) 9888 4218