CREATING A DEMENTIA-FRIENDLY NATION
HOW YOU CAN GET INVOLVED
CONTENTS

3 CHAIR’S AND CEO’S MESSAGES

4 NEWS
  • WELCOME NEW PRESIDENT GRAEME SAMUEL AC
  • DEMENTIA ADVOCATES PROGRAM
  • MISSING PERSONS WEEK 2014
  • START2TALK KIAMA
  • DEMENTIA IN RETIREMENT VILLAGES
  • AlzNSW AND OPAL AGED CARE PARTNERSHIP

9 SERVICES
  • 10 WAYS AlzNSW CAN HELP
  • Q&A: LIVING WILLS AND THE DIFFERENCE BETWEEN POWER OF ATTORNEY AND GUARDIANSHIP

10 COVER STORY
  • DEMENTIA AWARENESS MONTH

16 EDUCATION
  • 2014 COURSES

17 RESEARCH
  • INFRARED LASER TREATMENT TRIAL
  • THE DIFFICULTIES CARERS FACE MANAGING MEDICINE
  • STUDY: THE LINK BETWEEN TICK BITES AND ALZHEIMER’S DISEASE

18 FUNDRAISING
  HOW YOU CAN HELP AlzNSW

19 IN MEMORIAM

20 RESOURCES
  • IN THE LIBRARY
  • PUZZLE

WITH THANKS

The editors would like to express their sincere thanks to the many hundreds of members who responded to our Reader Survey. We are very grateful for each and every person for taking the time to share your thoughts and provide us with many constructive suggestions.
The arrival of September means Dementia Awareness Month is here and, with that, a host of awareness-raising activities right across NSW.

Embracing the theme Creating a Dementia-Friendly Nation, dementia awareness activities aim to build knowledge of dementia in communities across the state, reducing the feeling of isolation and stigma felt by many who have a diagnosis of dementia and start to empower communities and people living with dementia to work together to ensure built environments are more inclusive places for people living with dementia.

There are things we can all do to become more dementia-friendly and visiting www.dementiafriendly.org.au to find out more is a good place to start. Turn to page 10 to find out more about the Dementia Awareness Month activities planned for September.

The launch of the Preventing Financial Abuse of People With Dementia discussion paper in June demonstrated some further challenges for people living with dementia. Sadly, much of the financial abuse of people with dementia is carried out by people known to the victim, in many cases a trusted family member or friend. The release of the paper not only highlights the hurtful breach of trust when this occurs, but that there is far more we need to do as a society to protect those living with dementia.

In my last report, I mentioned the importance of advocating for the highest standards of care for people with dementia. So, I am very pleased that Opal Specialist Aged Care (formerly Domain Principal Group) has appointed AlzNSW to carry out an Australia-wide training program across its nearly 5000-strong workforce. This two-year program is a huge step forward for Opal Specialist Aged Care, which is to be congratulated on their efforts to deliver best practice, person-centred care to their residents. This appointment underscores the high regard for Alzheimer’s Australia and its team of professional educators who will carry out the training and monitoring.

September is also a very busy time for AlzNSW and the many community partners across the state and nation as we prepare for Dementia Awareness Month. The theme this year, Creating a Dementia-Friendly Nation, is inspirational. Our feature on Dementia Awareness Month (pages 10 – 15) lists a wide range of activities that you may be interested to join. I encourage you to make the most of these opportunities by participating where you can.

Jerry Ellis AO, Chair AlzNSW
BRING IT TO THE TABLE A SUCCESS

Bring it to the Table has celebrated another successful year with more than $70,000 raised nationally for Alzheimer's Australia throughout the month of June, and more than $16,000 raised in NSW for AlzNSW.

The annual event is held nationally in June and invites supporters to ‘Bring it to the Table’ by hosting an event to raise funds and awareness to support people living with dementia across Australia.

This year almost 50 participants in NSW threw their support behind the cause, which included a range of fantastic events from soup days, morning teas, dinner parties and a pop-up restaurant.

There were some great prizes up for grabs this year. The Sydney Swans generously donated a behind-the-scenes tour, which included lunch with staff and players. Dinner for four prepared by Bring it to the Table ambassador and MasterChef series two contestant Courtney Roulston was also up for grabs.

AlzNSW would like to thank all those who took part this year by hosting an event and helped raise much-needed funds and awareness. A big thank you to our ambassadors and supporters Rebecca Sullivan, Alice Zaslavsky and Courtney Roulston for all their generosity and support.

Plans are already underway for Bring it to the Table 2015 so start thinking about how you can Bring it to The Table for AlzNSW next year.

DEMENTIA ADVOCATES PROGRAM

Helen James has been caring for her husband Gordon since his diagnosis of frontotemporal dementia in 2006. Gordon has a rare type of semantic dementia which means that he cannot comprehend language and has trouble with verbal communication even though he has not lost the capacity to speak.

Gordon moved to residential care in 2013 but Helen is still a constant in his life, visiting him regularly and taking him on outings which he enjoys.

From the outset Helen has been involved in the work of AlzNSW and contributed, on many levels, to fundraising, service development and media. She is now an official member of our Dementia Advocates Program and continues to contribute to the organisation and the dementia cause by telling her story and advocating for greater awareness in the community.

Last year, Helen accompanied CEO John Watkins to the AMA (NSW) Foundation fundraising gala dinner to receive a cheque on our behalf and spoke beautifully about her experience caring for someone with dementia. In the past she has also sat on steering committees for AlzNSW and other organisations representing carers of people with dementia. She recently participated in a story on Channel Nine’s A Current Affair promoting the AlzNSW Bring it to the Table fundraising event.

If you would like to be part of the Dementia Advocates Program and share your story as a carer of a person with dementia, or as a person with a diagnosis of dementia, please contact J o-Ann Brown.
T: (02) 8875 4636 E: jo-ann.brown@alzheimers.org.au

HIGH TEA FUNDRAISER

The Rollands Plains Community Group Inc. has shown selfless generosity raising approximately $1000 for AlzNSW as part of their high tea fundraiser on Sunday 29 June 2014. More than 100 people supported the country-themed event at the Rollands Plains School of Arts Hall.

Delicate china tea pots adorned the tables and the hall was decorated with an array of quilts. A chandelier of preserving jars fit the country theme.

AlzNSW Regional Manager Gary Thomas thanked the Rollands Plains Community Group Inc. for their generous donation.

“I want to sincerely thank the group for all the hard work and effort they put into organising the high tea and for the selfless generosity they have shown in donating half of the funds they raised,” Gary said.

“Their contribution will go a long way toward providing support and education to those living with dementia in Port Macquarie-Hastings.”
Alzheimer’s Australia has announced the appointment of Graeme Samuel AC as the new National President of the organisation.

Graeme brings his extensive business experience to Alzheimer’s Australia, having been President of the National Competition Council for six years, Chairman of the Australian Competition and Consumer Commission for nine years, Commissioner of the Australian Football League, and Chairman of the Melbourne & Olympic Parks Trust.

In 1998, Graeme was appointed an Officer of the Order of Australia and in 2010 he was elevated to a Companion in the General Division of the Order of Australia.

This cause is very close to my heart,” Graeme said. “I know firsthand the impact of this chronic disease on the person and their family.

“As National President it will be a privilege to advocate for people with dementia, as well as their families and carers, for better access to dementia services and for research into detection, prevention and a cure.”

Graeme is honoured to follow in the footsteps of Ita Buttrose, whose vision and commitment as National President has contributed so much to the power of Alzheimer’s Australia over the past three years.

“Dementia is now on the national agenda as a National Health Priority Area. Additional funding in the 2012 aged care reforms and the commitment made in the 2014 Budget to $200 million over five years for dementia research are great achievements,” Graeme said.

Ita will continue her advocacy as National/NSW Ambassador.

“This is a celebration, not a farewell,” Graeme added.

NSW Missing Persons Week Launch

NSW police launched the 2014 Missing Persons Week campaign on 3 August to raise awareness surrounding missing persons. Almost 12,000 people were reported missing in NSW in 2013, and while most of them were located in a short period of time, 36 still remain missing.

As one of the main symptoms of dementia is memory loss, it is easy for a person to become disoriented or forget their way home.

“This week, through our partnership with Alzheimer’s Australia NSW, we will highlight dementia as one of the key ‘at risk’ groups in our community,” Operational Communications & Information Commander, Assistant Commissioner Peter Barrie said.

AlzNSW CEO The Hon. John Watkins said this issue was only going to become more prevalent.

“We’d like to thank the NSW Police for highlighting this distressing issue and look forward to continuing to work with them to help people with dementia,” John said.

Physical Activity Symposium

AlzNSW is hosting a dementia and physical activity symposium in November.

The symposium Dementia and Physical Activity: The Benefits, Models of Good Practice and How to Integrate into Your Service, can assist aged care and health organisations (management and client contact staff), policy makers, researchers, allied health professionals, rehabilitation services, exercise physiologists and personal trainers to better understand dementia and the benefits of physical activity.

The symposium will be held at the Olympians Room, Level 5, Eastern Stand, Gate L, ANZ Stadium, Sydney Olympic Park on Tuesday 25 November from 1pm to 5pm.

The event costs $150 (excl GST) to attend. If you would like more information or to reserve your spot, please contact AlzNSW.

T: (02) 8875 4665
E: groupdevelopmentnsw@alzheimers.org.au

Nelson Meers Program

The Nelson Meers Foundation has recently and very generously, supported The Guided Tours for People with Dementia program.

AlzNSW is pleased to announce that we will be working closely with the Nelson Meers Foundation to advance the training and education of staff and volunteers in art galleries, museums, historic homes and gardens throughout NSW as part of the program.

The training sessions will be delivered as educational workshops. Staff and volunteers who would like to offer tours specifically designed to engage with people living with dementia are encouraged to attend.

For people living with dementia, art programs provide a meaningful way for individuals to express their thoughts and feelings.

For more information or to take part please contact Denise Herman.

T: (02) 9888 4207
E: denise.herman@alzheimers.org.au
**AlzNSW and Opal Aged Care Educational Partnership**

Alzheimer’s Australia has entered into its biggest-ever educational partnership with an aged care provider. Through the initiative, led by AlzNSW, Opal Aged Care has developed a new model that puts residents at the centre of their own care plan and will train more than 5000 staff in the provision of dementia care.

AlzNSW CEO The Hon. John Watkins said the partnership with Opal Aged Care was a good indication of the industry responding to the needs of Australians with dementia.

“Understanding and respect is integral to the wellbeing and care of people living with dementia and it is vital for staff in aged care to have specialist training,” John said.

Opal Aged Care Managing Director Gary Barnier said aged care can be a difficult decision for many families and individuals.

“We intend to help families and potential residents make the right choice, by having an honest and open conversation with the community about changing perceptions of the sector,” Gary said.

---

**MOVING INTO CARE**

AlzNSW has been working with residential aged care providers to support them in providing a smooth and positive transition into residential aged care.

Our free consultancy service for providers of residential aged care has so far seen AlzNSW working with 30 different providers, to benchmark practice, build capacity and ensure residents and carers have more positive experiences.

AlzNSW has received feedback from more than 1000 carers, staff and managers of facilities contributing to our growing database on good practice. Real changes have been seen since the project’s inception.

“I saw a facility where I would be happy for me and my wife to live. I saw a home where everyone was seen and valued,” one carer said.

One provider was nominated for a HESTA Aged Care Award due to good practices that were identified during their work with AlzNSW on the project.

AlzNSW is fully funded by the Department of Social Services and able to offer this free consultancy service to residential aged care providers with five or less residential aged care facilities in NSW. If you know a residential aged care facility interested in this service, please contact Sally Lambourne and Evan Rollins.

T: (02) 8875 4633 or E: movingintocare@alzheimers.org.au

---

**START2TALK KIAMA**

The South Coast community was introduced to the online campaign Start2Talk at a local launch in Kiama, encouraging people to think about their future wishes.

Developed through Alzheimer’s Australia's National Quality Dementia Care Initiative, Start2Talk was designed following a number of consumer consultations and reports on the difficulty in gaining access to planning ahead tools and in documenting wishes.

The Kiama launch was organised by a working group of representatives from Illawarra Shoalhaven Medicare Local, AlzNSW, Illawarra Shoalhaven Local Health District, Illawarra Forum and UnitingCare Ageing.

Their collaboration aims to reduce duplication and ensure a consistent message is reaching people diagnosed with dementia and their carers, when it comes to planning for future support.

Start2Talk Project Manager Dr Chris Shanley gave a demonstration of the website, Start2Talk.org.au, which is designed to help people plan ahead for their future healthcare, lifestyle and financial decisions.

The audience had the opportunity
SPOTLIGHT SHINES ON THE POWER OF STORYTELLING

The ‘power of storytelling’ was the theme for Marie Williams’ opening presentation at the ‘Spotlight on Dementia’ forum held at Ryde Eastwood Leagues Club on 29 May 2014.

Marie, author of the beautifully written memoir Green Vanilla Tea, spoke movingly of her personal experiences caring for her husband Dominic, who was diagnosed with frontotemporal dementia and Motor Neurone Disease at the age of 44.

Never intending that it would ever be published, Marie began writing the book for her sons Michael and Nick “to engage them in a collaborative act of storytelling that we would do together” and to help them put Dominic’s diagnosis into perspective.

Associate Professor Sharon Naismith, from the University of Sydney, delivered an information-packed presentation on modifiable risk factors in her talk on ‘Healthy Brain Aageing’ which included the latest research on the benefits of regular exercise and sleep, healthy eating and cognitive stimulation.

The day-long forum was opened by AlzNSW CEO The Hon. John Watkins, who provided a dementia update and spoke candidly about his own experiences of dementia.

Other topics addressed at the forum included:
- an update on the new Younger Onset Dementia Key Worker Program from Alzheimer’s Australia NSW Team Leader Marie Gorman
- a presentation on using Alzheimer’s Australia’s new planning ahead website Start2Talk by its developer Chris Shanley

2014 ANNUAL GENERAL MEETING OF ALZHEIMER’S AUSTRALIA NSW INC

All members and supporters are invited to attend the AlzNSW Annual General Meeting.

Date: Thursday 27 November 2014
Time: 2.30pm
Guest speaker: Malcolm Schyvens, Deputy President and Division Head – Guardianship Division of the NSW Civil and Administrative Tribunal.
Where: Vincent Fairfax Family Resource Centre, Macquarie Hospital Campus, 120 Cox’s Road, North Ryde

LIVING WITH DEMENTIA IN RETIREMENT VILLAGES

People with diagnoses of dementia, and their carers who live (or have lived) in a retirement village are invited to participate in an AlzNSW and University of NSW research project.

The aim of the research is to examine how well people with dementia are supported through the provision of community care and village services, and through informal support from other members of the village community.

This research project will address the gaps in knowledge about the experience of retirement village residents with dementia in Australia.

You can help us by participating in an interview about your experience. During the interview we will discuss how supported you feel in your retirement village community, what is working well to support you and what needs improving.

For more information please contact AlzNSW Senior Research and Policy Officer Kylie Miskovski.
T: (02) 8875 4641
E: kylie.miskovski@alzheimers.org.au

IN TOUCH SPRING 2014 7
A new discussion paper has found that there is no clear mechanism in place in NSW for people to report suspected financial abuse.

The paper, Preventing Financial Abuse of People With Dementia released by AlzNSW has called for the introduction of a Public Advocate to receive and investigate reports of financial abuse. It also called for a public education campaign by the NSW Government about financial abuse and for it to raise awareness of the ‘planning ahead’ tools in place to help protect an individual’s wishes.

The paper recommends the NSW police establish Vulnerable Communities Officer positions in each local area command to support victims of financial abuse and for lawyers and staff in banking and financial institutions to receive mandatory training in the field.

AlzNSW CEO The Hon. John Watkins said the discussion paper found that while it was difficult to quantify the prevalence of financial abuse of people with dementia, any figures were likely to be underestimates as much of it remains unreported.

“Disturbingly, the research found that much of the financial abuse is perpetrated within families, or by people who were known to the person,” John said.

“This is another reason why we believe it is under-reported as people were too ashamed to report the abuse or did not want their family member or ‘friend’ to be charged.

“There is also a considerable proportion of the cases, the abuse was carried out by the person who had been granted the Power of Attorney who was clearly not acting in the interests of the person with dementia.” John said something needs to be done.

“Agencies need to work together to ensure better reporting and investigation of these matters when they happen,” he said.

“People need to be aware of the tools already in place to help prevent these instances from occurring. We encourage people to have Powers of Attorney in place but to choose wisely. Make sure they’re trustworthy and are someone who will act in their best interest.

“There also needs to be better education of people appointed as Powers of Attorney so they know very clearly just what their responsibilities are,” John said.


**FINANCIAL MATTERS**

**THE MAJORITY OF CASES OF FINANCIAL ABUSE OF PEOPLE WITH DEMENTIA ARE CARRIED OUT BY PEOPLE KNOWN TO THE VICTIM.**

**SIGNS OF FINANCIAL ABUSE INCLUDE:**

- fear, stress and anxiety expressed by a person with dementia
- unfamiliar or new signatures on cheques and documents of a person with dementia
- the inability of a person with dementia to access bank accounts or statements
- bank, credit and debit cards and accompanying Personal Identification Numbers (PINs) of a person with dementia handed over to another person
- significant withdrawals from accounts of a person with dementia
- the accounts of a person with dementia suddenly moved to another financial institution

- significant changes to a will of a person with dementia
- isolation and control of a person with dementia by their carer
- evidence of undue influence eg coercive behaviour by another person
- lack of concern for the welfare of a person with dementia (signs of neglect)
- no money to pay for aged care when there should be sufficient funds.

If you have been a victim of financial abuse, AlzNSW recommends contacting the NSW Elder Abuse Helpline on 1800 628 221. This is a confidential service offering information, advice and referrals for people who experience, witness or suspect the abuse of older people living in their homes in NSW.
Q&A

Q THE DOCTOR HAS JUST DIAGNOSED MY WIFE WITH FRONTOTEMPORAL DEMENTIA AND SAID WE SHOULD ‘GET OUR AFFAIRS IN ORDER’. SHE SAID SOMETHING ABOUT A ‘LIVING WILL’. WHERE DO WE START?

It is very useful to have conversations about what people want for themselves when they have a diagnosis of any kind of dementia, as they may be unable to do so later on. A living will is also called an Advanced Care Directive and is a statement of how actively a person wants to be treated as they progress with their disease. A useful new website designed to make legal matters more approachable is www.start2talk.org.au.

Q MY BROTHER HAS ASKED ME ABOUT TAKING ON HIS LEGAL AFFAIRS. WHAT’S THE DIFFERENCE BETWEEN A POWER OF ATTORNEY AND GUARDIANSHIP?

The Power of Attorney is to do with managing financial and property matters whereas the Guardianship is about a person’s health and lifestyle decisions. It is wise to make sure that such documents have ‘enduring’ in their wording as you will then be empowered to use them should your brother lose the capacity for making sound decisions in the future. While you may need legal advice to set this up, our staff on the National Dementia Helpline are able to assist you during business hours on 1800 100 500 or by email on nsw.helpline@alzheimers.org.au.

10 WAYS ALZNSW CAN HELP

ALZNSW IS HERE TO SUPPORT PEOPLE WITH DEMENTIA, THEIR FAMILIES AND CARERS. LET US COUNT THE WAYS!

1 Support at time of diagnosis helps you and your family to make sense of the diagnosis and the next steps.

2 Practical advice helps you minimise the impact of dementia.

Living with Memory Loss programs for people in early-stage dementia increase knowledge and confidence for managing memory loss.

3 Individual and family consultations help you plan for the future.

4 Education programs help you understand and live well with dementia.

Up-to-date information and resources about dementia and access to the members’ lending library keeps you and your family informed.

5 Connections with other people living with dementia enable you to share information and experiences.

6 Social and creative activities provide opportunities for meaningful participation.

7 Recommendations and advice about dementia support services in your area ensure suitable care.

8 Our provision of information to GPs and other health care providers helps them improve their care and support for you.

NEED ANSWERS?

Do you have a question for AlzNSW? Contact the National Dementia Helpline. T: 1800 100 500 E: nsw.helpline@alzheimers.org.au

Courses and special events increase knowledge about dementia risk reduction and treatments.

AlzNSW campaigns rally the public and lobby the government to improve dementia funding and care.

SUDOKU SOLUTION

```
5 8 2 6 3 9 1 7 4
1 7 6 5 4 8 2 9 3
3 4 6 1 2 8 5 9 7
9 1 4 5 3 9 2 6 7
2 6 1 4 5 3 7 9 2
8 7 4 1 2 6 5 9 3
3 9 5 1 2 4 7 3 8
4 3 9 5 6 8 7 2 1
2 8 3 7 1 4 6 5 9
```

SUDOKU PAGE 20
THIS YEAR, DEMENTIA AWARENESS MONTH IS BURSTING AT THE SEAMS WITH ACTIVITIES RIGHT ACROSS NSW. ALZHEIMER’S AUSTRALIA HAS ADOPTED A VISION TO SEE AUSTRALIA BECOME A DEMENTIA-FRIENDLY NATION.

T his year’s theme Creating a Dementia-Friendly Nation envisions a nation inclusive and supportive of all people living with dementia, a reduction in the stigma associated with dementia and increasing awareness of dementia in the wider community.

FREE PUBLIC SEMINARS

STEVE MILTON ‘CREATING A DEMENTIA-FRIENDLY AUSTRALIA’
Alzheimer’s Australia has a vision to develop dementia-friendly communities and organisations in Australia to reduce the stigma and social isolation associated with a diagnosis of dementia.

Steve Milton’s lecture series will raise community awareness about the initiative and the development of the dementia-friendly concept in Australia. People with dementia, carers, service providers, businesses and local government representatives are invited to attend this lecture.

The lecture will discuss the dementia-friendly concept as well as present practical examples from the UK experience of creating dementia-friendly communities. The lecture will:
- discuss why social action is the way to reduce stigma and change community attitudes about dementia
- present case studies from the UK
- examine the critical role of partnerships in creating dementia-friendly communities
- identify the outcomes achieved by dementia-friendly communities and how they can be measured.

WHEN: 10 for a 10:30am start, Monday 15 September
WHERE: Wesley Conference Centre, 220 Pitt Street, Sydney
T: (02) 9805 0100
E: nsw.reception@alzheimers.org.au

T: (02) 9805 0100
E: nsw.reception@alzheimers.org.au

WHEN: Tuesday 16 September
WHERE: Kiama Anglican Church, 1 Terralong Street, Kiama
T: Kylie Watkins (02) 6278 8934
E: dementiafriendly@alzheimers.org.au

WHEN: 10am for 10:30am - 12:30pm lecture, Wednesday 17 September
WHERE: Rydges, Port Macquarie
T: (02) 6584 7444
E: nsw.midnorthcoast@alzheimers.org.au

DEMENTIA AND DIVERSITY: ALL INDIVIDUAL, ALL CONNECTED, ALL RESPECTED
This one-day forum gives service providers the opportunity to hear from industry experts and people living with dementia. Keynote speakers include Christine Bryden, who was diagnosed with dementia at 46, Sheree Drylie from AlzNSW, who will help guests to understand the needs of people with dementia from Aboriginal and Torres Strait Islander communities, and Professor Henry Brodaty, who will focus on the latest research.

The forum will cover dementia care in Culturally & Linguistically Diverse Communities (CALD), Lesbian, Gay, Bisexual, Transgender & Intersex Communities (LGBTI), prison, younger onset dementia and palliative care.

WHEN: Tuesday 23 September
WHERE: The Epping Club, 45-47 Rawson Street, Epping
T: (02) 9023 2500
E: events@baptistcare.org.au
DEMENTIA EVENTS
GET INVOLVED WITH A GREAT VARIETY OF ACTIVITIES ACROSS NSW IN THE MONTH OF SEPTEMBER.

MAJOR AWARENESS CAMPAIGN
A major awareness campaign will feature on Sydney metro television, radio in NSW and on social media.

WHERE: Across Sydney and NSW

MEET YOUR LOCAL DEMENTIA ADVISOR
at the Country Heir Café, Queanbeyan from 10am-12pm on 24 September.

DEMENTIA AWARENESS EVENT AND MORNING TEA
Griffith will host a morning tea and dementia awareness-raising event with a geriatrician at the Griffith Library, from 10.30am on 30 September.

DEMENTIA FORUM
Members of the Western Sydney Dementia Services Liaison Group will hold an information session for the community around dementia and Younger Onset Dementia at the Joan Sutherland Centre, in Penrith on Tuesday 23 September. Information about dementia, timely diagnosis and services available to people in the Blue Mountains, Penrith and Hawkesbury areas will be presented.

KEEPING YOUR BRAIN ACTIVE
A community event will be held at Curraubula Cafe from 10am-12pm on 11 September with activities and a risk reduction presentation.

CARER SUPPORT GROUPS
Morning tea grants have been awarded to dementia Carer Support Groups across NSW.

DEMENTIA FRIENDLY HOSPITALS
A number of hospitals throughout Western Sydney will hold a series of dementia expos with displays from local service providers, assistive aids for people with dementia and presentations from health clinicians.

ARABIC COMMUNITY CHOIR
Community members with dementia and their carers, people interested in volunteering and attendees at the Respite Day Centre and Arabic Dementia Program are invited to attend a dementia awareness musical morning tea with the Arabic Community Choir, keyboard and violin, Arabic tea and sweets.

WHERE: Guilford Community Centre

T: Heidi Hodder (02) 9840 9916
E: heidi.hodder@holroyd.nsw.gov.au

YOUR BRAIN MATTERS
presentation will be held at the Riverwood Library (corner of Belmore Road & Roosevelt Avenue), from 11am-12pm on 15 September with the presentation in English and translated into Vietnamese.

MULTICULTURAL DEMENTIA AWARENESS INFORMATION SESSION
Guest speakers and information packs will be available at a multicultural awareness event in Wollongong from 2.30pm-5.30pm on 8 September.

A WHOLE NEW WORLD
Residents of Hawkins Masonic Village living with dementia will participate in an art show displaying their works. Their families and friends will be invited to view the art from 1.30pm-3.30pm on 8 September.

MEET YOUR LOCAL DEMENTIA ADVISOR
at the Kaffiene Café, Yass from 10am-12pm on 15 September.

A major awareness campaign will feature on Sydney metro television, radio in NSW and on social media.

WHEN: Sunday 7 - Saturday 27 September
WHERE: Across Sydney and NSW

WHEN: Monday 22 September from 10am
WHERE: Guilford Community Centre

T: Heidi Hodder (02) 9840 9916
E: heidi.hodder@holroyd.nsw.gov.au
ACCESS + INCLUSION = AGEING WELL
Hosted by Northern Rivers LGBTI Interagency to support those in the ageing and aged care sectors to understand the significance of the National LGBTI Ageing and Aged Care Strategy and the impact of dementia on the LGBTI ageing community.

WHEN: Thursday 18 September from 9.30am until 3.30pm
WHERE: Crowley Education Centre, 154 Cherry Street, Ballina
T: Chris Vannucci, AlzNSW (07) 5523 0731 or Beth Cronin, Northern Rivers Social Development Council (02) 6620 1890
E: christine.vannucci@alzheimers.org.au or beth.cronin@nrsdc.org.au

IN TOUCH SPRING 2014

YOUNGER ONSET DEMENTIA ART EXHIBITION
Community Options Illawarra Younger Onset Dementia clients will participate in a six-week program focusing on ‘Acceptance and Expression’ through art. The course will culminate in an art exhibition.

WHERE: Banora Point Community Centre, cnr Leisure and Woodland Drive, Banora Point
T: Chris Vannucci, AlzNSW (07) 5523 0731
E: christine.vannucci@alzheimers.org.au

YOUR BRAIN MATTERS
Presentation and information display will also be held in Coffs Harbour at the City Centre Square on Tuesday 16 September. Organised by the Coffs Coast Dementia Action Group, the event will include information about how to live a brain-healthy life.

OPEN DAY
for Culturally and Linguistically Diverse communities will be held at the Hunter Dementia and Memory Resource Centre, 2 Percy Street, Hamilton to help raise awareness and understanding of dementia. There will be information available in other languages and translators to ensure language is not a barrier to accessing help and information. There will be a morning and afternoon session on 23 September and a morning session on 30 September.

MEET YOUR LOCAL DEMENTIA ADVISOR
at the Community Health Centre, Captains Flat from 1.30pm-3pm on 16 September.
MEMORY WALK & JOG
THE HUNTER EVENT KICKED THINGS OFF ON SUNDAY 24 AUGUST, A GREAT START FOR 2014 MEMORY WALK & JOG.

Speers Point Park in Lake Macquarie was filled with almost 2000 participants who took part in AlzNSW’s major fundraising event.

The first new-look Port Macquarie event also attracted a strong crowd on Sunday 31 August at Westport Park, Port Macquarie.

AlzNSW CEO The Hon. John Watkins said it was great to see the first two Memory Walk & Jog events so well supported in the Hunter and Port Macquarie regions.

Preparations are well underway for Sydney Memory Walk & Jog on Sunday 14 September at Leichhardt Oval number 3 in Lilyfield.

The event is shaping-up to be another fantastic one this year. We will be finishing Memory Walk & Jog off for 2014 with the Illawarra event on Sunday 12 October at Stuart Park in North Wollongong.

It’s not too late to join us in Sydney or Wollongong if you can. You can register at: www.memorywalk.com.au or call (02) 8875 4626.

We will bring you a full wrap-up of events, with plenty of pictures, in the next edition of In Touch.

MEMORY VAN …
The Memory Van will be making appearances at a number of events and visiting rural and regional communities including:

- 18 September • BATHURST
- 19 September • MUDGEE
- 22 September • DUBBO

Family day

Regional memory walk events will be held on:

- 18 September • BATHURST
- 19 September • MUDGEE
- 22 September • DUBBO

Family day
A free information day suitable for those caring for someone with dementia or Parkinson’s disease, their family and friends or anyone concerned about memory loss will be held at the David Palmer Centre, Cobbora Road, Dubbo (old Lourdes Hospital site) from 10am until 4pm.

SPEAKERS INCLUDE:
- Clare Webb, Occupational Therapist, on driving and dementia
- Annabel Grant, Parkinson’s Association
- Leanne Stimpson, CNC/ACAT, Geriatric Medicine Services
- Nicole Cree Younger Onset Dementia, Alzheimer’s Australia NSW
- Andrew Boog, Legal planning

• Mark Rugendyke, Pharmacist, Webster Packs Medication

You can attend any or all of the sessions.

For more information or to RSVP please contact Jenny Roberts AlzNSW Dubbo Project Officer.
T: 0407 615 480
E: jenny.roberts@alzheimers.org.au

Dementia Awareness Month is supported with financial assistance from the Australian and NSW Governments.

WALK DATES

19 September - Mudgee
23 September - Orange
25 September - Dubbo
26 September - Lightning Ridge

23 September
• ORANGE
Memory Van visit and workshops covering meaningful activities, Your Brain Matters, dementia tools for acute nurses, younger onset dementia and legal rights.

25 September
• DUBBO

26 September
• LIGHTNING RIDGE
EDUCATION

2014 COURSES

THE ALZNSW EDUCATION PROGRAM OFFERS COURSES FOR CARE WORKERS, FAMILY CARERS AND VOLUNTEERS.

CARE WORKER COURSES - FEES APPLY

Experiencing Dementia & Challenging Perceptions of Behaviour Associated with Dementia
North Ryde 26 November 2014

A Positive Approach to Understanding Dementia, Effective Communication and Behaviour changes
Newcastle 12 November 2014

Dementia, Sexuality and Care
North Ryde 30 September 2014

Meaningful Engagement in Leisure Activities
Mudgee 3 September 2014
Huskisson 16 September 2014
Newcastle 17 September 2014
North Ryde 29 October 2014

Experiencing Dementia and Challenging Perceptions of Behaviour associated with Dementia
North Ryde 26 November 2014

Experiencing Dementia and Communicating with a Person with Dementia
Tweed Heads 29 October 2014

Communicating with a Person Living with Dementia
Cooma 27 October 2014

Challenging Perceptions of Behaviour associated with Dementia
Cooma 28 October 2014

FAMILY CARER EDUCATION

One Day Carer Education
Forster 8 October 2014
Newcastle 22 October 2014
Queanbeyan 14 October 2014
North Ryde 15 October 2014

Family and Friends
North Ryde 15 September 2014
Sanctuary Point 15 September 2014

4 Evening Carer Education
Slyvanna 13 October 2014

Engaging in Meaningful Activities at Home for Family Carers
Mudgee 4 September 2014
Huskisson 17 September 2014

Purposeful Thinking - Understanding and Responding to Changed Behaviour
Cooma 28 October 2014

3 Day Carer Education
Camden 24 & 31 October and 7 November 2014

VOLUNTEER COURSES

Interacting with a Person with Dementia
North Ryde 21 October 2014
Tweed Heads 30 October 2014
Cooma 30 October 2014

Working with People who have a Physical Disability and Dementia
Goonellabah 3-4 September 2014

Hurlstone Park 17-18 September 2014
Queanbeyan 15-16 September 2014
Dubbo 5-6 October 2014
Coffs Harbour 19-20 November 2014

Working with People who have an Intellectual Disability and Dementia
Mudgee 2 September 2014
Hamilton 16 September 2014
Cooma 29 October 2014
Grafton 6 November 2014

Caring for People who have an Intellectual Disability and Dementia
Hamilton 14 October 2014

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

SUPPORT GROUP LEADERS’ WORKSHOPS 2014

Introduction to Group Work Leadership
Newcastle 9-10 September 2014

Advanced Group Leadership
Tamworth 10-11 November 2014

Loss & Grief in a Carer Support Group
North Ryde 13-14 October 2014

Group Leaders’ Forum
(for current, experienced group leaders)
Queanbeyan 24 November 2014

Please note: dates and locations may be subject to alteration.

For more information or to register, please contact Monica Cole.
T: (02) 8875 4682
E: groupdevelopmentnsw@alzheimers.org.au
RESEARCH

LATEST STUDIES

TRIALLING INFRARED LASER TREATMENT, LINKS BETWEEN LYME DISEASE AND DEMENTIA AND THE DIFFICULTIES CARERS FACE MANAGING MEDICINE.

INFRARED LASER TREATMENT
Researchers at the University of Sydney have shown that exposing mice to ‘low level light therapy’ (or photobiomodulation) reduced the levels of Alzheimer’s disease biomarkers in their brains.

Photobiomodulation uses a low-level infrared laser to amplify light energy into radiant energy, which is absorbed into tissues to enhance wound healing. Previous animal studies have shown that regular treatment with infrared laser light can lessen some of the brain pathology associated with stroke, traumatic brain injury, Parkinson’s disease and even Alzheimer’s disease.

What is unknown from this study is whether this reduction in brain pathology translates into a reduction in symptoms, such as improvements in memory and behaviour. Dr Purushothuman from the University of Sydney plans to assess this in future trials.

CAN TICK BITES CAUSE ALZHEIMER’S DISEASE?
There have been reports of a potential link between Lyme disease (transferred via a tick bite) and Alzheimer’s disease. In 2011, a review by Dr McIlIssey, published in the *Journal of Neuroinflammation*, found that spirochetes (a family of bacteria, some of which cause Lyme disease) were observed in the brain in more than 90 per cent of Alzheimer’s disease cases.

It is important to note that there is little evidence that Lyme disease actually occurs in Australia. Professor O’Day and Dr Catalano, authors of a recent article published in the *Journal of Alzheimer’s disease*, hypothesised that if Lyme disease does in fact cause Alzheimer’s disease, then areas with a high prevalence of Lyme disease should also have a high prevalence of Alzheimer’s disease.

In their paper, they compared the 13 US states with the highest prevalence of Lyme disease to the 13 US states with the highest prevalence of Alzheimer’s disease. They found no statistical correlation between deaths from Alzheimer’s disease and people who had/have Lyme disease. In fact, they found the complete opposite. Many of the states with a high prevalence of Alzheimer’s disease, had a low prevalence of Lyme disease.

The current available data reveals that there is no evidence to suggest that these two diseases are linked in any way.

Lyme disease imitates many of the symptoms of Alzheimer’s disease, but the two diseases are very much separate. Lyme disease is treatable and can be cured, while Alzheimer’s disease currently has no cure and only a handful of treatments available that can alleviate some of the symptoms.

CARERS HAVE DIFFICULTY MANAGING MEDICINE
Findings from a UK workshop involving carers of people with dementia has found that many of the carers have difficulty managing medication for the person with dementia and also lack the knowledge to weigh up the risks and benefits of different drugs prescribed.

These findings were collated by researchers in the UK and recently published in the *Journal of Alzheimer’s disease*. Specifically, it was noted that carers feel impacted with the responsibility of administering certain medicines and think health professionals fail to understand the problems around managing medicines when caring for someone with dementia.

The next step for the research group is to assess the role of community pharmacists in assisting and providing support to carers and people with dementia with medicine management.

MORE INFO
To stay up-to-date with the latest dementia research, visit: dementiaresearchfoundation.org.au

SPECIALIST DEMENTIA EDUCATION FOR BUSINESS AND WORKPLACES

As the peak body for dementia, Alzheimer’s Australia is at the forefront of dementia knowledge and quality care.

We design education and engagement programs from foundation learning to specialist care that meet a variety of service and educational outcomes.

We also offer consultancy services for businesses that desire to be recognised as industry leaders.

Alzheimer’s Australia provides nationally recognised dementia training to:

- Improve employee confidence, skills and capacity to engage with people with dementia
- Make your organisation more dementia-friendly
- Help your employees to lead a brain-healthy lifestyle

Get in early, make dementia education a top priority for your staff in 2014.

Contact the Alzheimer’s Australia NSW education team: nsw.education@alzheimers.org.au or phone 8875 4640 or 8875 4651.

THE NATIONAL DEMENTIA HELPLINE
1800 100 500

Understanding Alzheimer’s educate Australia

IN TOUCH SPRING 2014 17
FUNDRAISING

LIFE SUPPORT

DONATE, LEAVE A GIFT IN YOUR WILL OR FUNDRAISE THROUGH ACTIVITIES. NO MATTER HOW YOU DO IT, SUPPORTING AlzNSW FINANCIALLY WILL HELP THOUSANDS OF PEOPLE.

BEQUESTS
Please consider making a gift in your Will to help us extend our services to meet growing demands. This kind and generous gesture to AlzNSW shall ensure people with dementia, their carers and families are provided access to vital support services; education of carers and health professionals; as well as investment in research. Your bequest will help continue to maintain and expand these programs with increased future demands.

We always recommend that you seek the services of a solicitor or trustee company to prepare your Will, to ensure that it is correctly drafted and clearly states your wishes. If you would like to know more about how you can help AlzNSW by making a gift in your Will, please contact Yvonne Hamilton.

T: (02) 8875 4606
E: yvonne.hamilton@alzheimers.org.au

COMMUNITY FUN-RAISING
Want to plan an event to raise funds for AlzNSW? Maybe a morning tea or gala ball? We can guide and support you in your preparation for your event.

WORKPLACE GIVING
Would you like to make a difference through your workplace? Why not contact Megan Thomas to find out more about our workplace giving program?

TEAM MEMORY JOGGERS
Team Memory Joggers have been hard at work over the past few months completing the Color Run in Wollongong and Newcastle in May. Our first year chosen as a National Charity Partner for Color Run. Almost $4000 was raised by Team Memory Joggers when they took to the Sydney Morning Herald Half Marathon on 18 May. A dedicated squad of volunteers and 56 runners took part in the Sydney Harbour 10K on 13 July.

Team Memory Joggers climbed thousands of stairs in the Stadium Stomp at the SCG on 27 July and were among the sea of thousands that took part in the annual Sun-Herald City2Surf on 10 August.

Team Memory Joggers’ attention will now turn to the Blackmores Sydney Running festival on 21 September. If you can’t take part in one of the four running events on offer as part of the festival, we’d still love to have your support as a volunteer to help on the day and cheer for Team Memory Joggers.

If you would like to know more about any of the opportunities to get involved and support AlzNSW financially through Community Fun-raising, Team Memory Joggers, Dementia Fighter or Workplace Giving please contact Megan Thomas.

T: (02) 8875 4625
E: megan.thomas@alzheimers.org.au

IN LIEU OF GIFTS
Planning a celebration to mark a birthday, wedding or anniversary? Instead of gifts, encourage your guests to make a donation to AlzNSW.

DONATE
It’s easy to donate and support the wonderful work of AlzNSW. Please have your credit card handy and call 1300 636 679 to give today.

VOLUNTEER
We have many wonderful volunteering opportunities at AlzNSW throughout the year to assist us with our fundraising efforts. If you would like to lend a hand at the Illawarra Memory Walk & Jog on Sunday 12 October, or to register your interest, contact Diana Waring.

T: (02) 8875 4631
E: nsw.volunteer@alzheimers.org.au

TRUSTS AND FOUNDATIONS
AlzNSW would like to express thanks to all trusts and foundations that have generously supported us this year:

- AMA (NSW) Charitable Foundation
- Afieris Foundation
- The Jessica & Wallace Hore Foundation, managed by Perpetual
- An anonymous Endowment within the Perpetual Foundation, managed by Perpetual
- Macquarie Group Foundation
- QBE Foundation
- Port Macquarie-Hastings Council Community Grants Program
- J Holden Family Foundation
- Gloucester and Donaldson Coal
- Mumbulla Foundation
- Mazda Foundation
- Vincent Fairfax Family Foundation
- HLF Australia Pty Ltd on behalf of Helen Lyons Foundation
- Aged Persons Welfare Foundation
- The Nelson Meers Foundation
- Skipper Jacobs Charitable Trust
- Woodend Pty Ltd, managed by the Trust Company
- The Schwinghammer Foundation
- Say Family Endowment, managed by Australian Philanthropic Services
- The Luscombe Family Foundation, managed by Australian Philanthropic Services
- The Dunstan Family Foundation

These contributions allow AlzNSW to continue to support those experiencing dementia.

If you would like to know more please contact the Trusts and Foundations Manager Serena Stewart.

T: (02) 8875 4652
E: serena.stewart@alzheimers.org.au
IN MEMORIAM

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.

Teresa Alvaro
George Andreaskis
Harry Argeetes
Mrs Azik
Audrey Bayliss
Rhona Olive Bean
Anna Bernardello
Audrey J. Blewitt
Jane Borg
Sylvia Braidwood
Mary Reay Bromham
Noel Brown
William Edward (Bill) Brown
Myrene May Calms
Joy Margaret Callister
Angela Camuglia
Ru Carley
Peter James Carlton
Maria Castiglione
Antony Catlett
Bruce William Chambers
Michael Chantiri
Brian Conlon
Thomas Arthur Cook
Anne Cregan
Bridget Cumiskey
Noel Andrew Wadeson Cummins
Dorothy Helen Davis
George Day
Amalda De Giovanni
Frieda De Leng
Norah Agnes Millar Dennis
Brian Kingsley Frith Dunban
Keith Dwyer
Daphne May Edmonds
Reginald William Fairclough
Domenico (Mick) Femia
Betty Finlayson
Maria Caterina Fomiatti (nee Tognolini)

Michael Fong
Giuseppe Fortunato
John (Jack) Gale
Allan Gellert
Muriel Gibbon
Norma Francis Gorton
Nicholas Hadjakis
Peter Crampton Hall
Ethel Hardy
Margaret Harris
Ray Hassett
Ella Alice Hindmarsh
Raymond Bruce Hodgson
Geoffrey Honey
Deryl House
Sandra Hutchinson
Erika Jaunalksnis
Frederick Henry (Fred) J. Eavons
Walter Alfred Jorg
Paul J. Joseph Kearney
Jocelyn (Jo) Chester King
Terrance William (Terry) Lax
Jean Collie Rosie Lille
John Daniel Maccallum
Elizabeth Elma (Beth) Mackay
Shirley Patricia Maher
Maria Malacco
John Manassa
Bette Martin
Edna May Matthews
Ken Matthews
Clifford Vincent McFadyen
Ted McKinley
Loni Liesel Mielszczak
Rona Elaine Milner (nee Milner)
Sylvia Monaghan
John Moore
Giuseppina Morelli
Pearl Moss

Enid Joyce Moy (Boyd)
Elliot Murray
Michael (Mick) Nelson
Dianne Nguyen
Gordon Nutt
J. Anet Ody
Peter Panousis
Mario Pecora
Yvonne Loretta Perrottet
Antonino Pizzolato
Dawn Poynter
Colin Gordon Prescott
Elga Rhodes
Valerie Joan Riddell
J. Judith Ann Rolle
David Leon Rowe
Clementina Sain
Carmela Scoppa
Clelia Silvio
Angela Skithitis
Shirley Esther Spiers (nee O’Dowd)
Joseph Spiteri
Maxwell John Talty
Felix (Vic) Taylor
David Thomson
Raymond Lester Tibbits
June Vandine
Pasqualino Verduci
Helen Widjaya
Barry Williams
William (Bill) Wood
Lina Yallouris
Giuseppina Zappala

Alzheimer’s Australia 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.

IN TOUCH SPRING 2014 19
RESOURCES

AlzNSW LIBRARY

LIBRARY AND INFORMATION SERVICES
COORDINATOR MICHELLE DE MARI REVIEWS THE NEW ADDITIONS TO THE ALZNSW LIBRARY.

BOOKS AND CDs FROM ALZHEIMER’S AUSTRALIA

The family guide to Alzheimer’s disease, volumes 1 - 5
In the first volume you’ll learn about the nature of Alzheimer’s disease, its causes and the stages of the disease. You’ll also learn some of the typical symptoms, how to obtain a diagnosis and the current treatments.

In the second volume, you’ll learn more about how Alzheimer’s disease affects our loved ones and how those effects typically change the person’s behaviour. You’ll also discover successful strategies for “redirecting” that behaviour in ways that help your loved one and your family enjoy a better quality of life.

This will be followed, in volume 3, by learning effective strategies for making your home environment a safe place where your loved one can live successfully. You’ll learn key skills for communicating with persons with Alzheimer’s.

Volume 4 explores how to handle the daily responsibilities of caring for a loved one, such as eating, dressing, grooming and bathing. Just as important, you’ll also learn how to get the outside help from family, friends and other resources that can be critical for safeguarding your own health.

In the final volume, you’ll learn how to adapt social activities to accommodate your loved one’s increasing disability and isolation. You’ll also learn how to recognise when the time has come to consider moving your loved one to a care facility.

These resources are available for loan to members of AlzNSW. If you would like to reserve them contact the library at T: (02) 9888 4218 or E: nsw.library@alzheimers.org.au

Josie Gagliano is the main carer for her mother, who has had dementia for several years.

Collaborating with aged care services and communities around Australia, the handbook is a comprehensive guide of services and support groups for those embarking on the care journey.

Josie conducted interviews with carers and health professionals, revealing the confronting reality of being a carer.

Ita Buttrose comments in her foreword: “This book contains useful insights not only on how to provide care and support, but also the importance of the carer looking after their own health.”

SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

<table>
<thead>
<tr>
<th></th>
<th>8</th>
<th>3</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td></td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>4</td>
<td>1</td>
<td>9</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>6</td>
<td>8</td>
</tr>
<tr>
<td>2</td>
<td>5</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>8</td>
<td></td>
<td>9</td>
<td>1</td>
</tr>
</tbody>
</table>

© Lovatts Publications Pty Ltd - www.lovattspuzzles.com

TabTimer helps keep medications on time

Peace of mind for medicines!

Medication Reminders
Automatic Pill Dispensers
Vibrating Reminder Watches
Vibrating & Talking Clocks

Contact TabTimer™ and help to keep medicines on-time.

www.TabTimer.com.au
1300 TAB TIMER (1300 822 846)

For terms and conditions of sale see www.TabTimer.com.au. TabTimer™, helps keep medications on time™ and the TabTimer™ logo are trademarks of TabTimer Pty Ltd © 2011 ABN 54 117 415 944