MIND AND BODY

IS IT POSSIBLE TO LIVE WELL WITH DEMENTIA?
# IN TOUCH

The quarterly newsletter for members of Alzheimer’s Australia NSW

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**Alzheimer’s and Dementia Australia and Hope**

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CEO’S MESSAGE
CALL TO ACTION

With the huge impact dementia is having on people diagnosed with the condition, their families and carers, the community and the health system, we must have a properly funded, whole-of-government strategy to ensure they have access to a timely diagnosis and appropriate medical, community and social support to follow up.

A comprehensive, whole-of-government strategy must be implemented across NSW in order to appropriately deal with the looming dementia crisis, and as we went to press with this issue of In Touch, Alzheimer’s Australia NSW was seeking a commitment for this strategy from the NSW State Government in the lead-up to the 2016-17 State Budget.

We have been advocating for this strategy for several years, and remain hopeful that there will be concrete, budgeted commitment from the NSW State Government. This is essential, particularly when you look at the huge leap in the expected number of people who will be affected by the condition in the coming decades.

Without a whole-of-government strategy to tackle this issue, many people living with dementia will continue to have unacceptable delays in diagnosis, have to negotiate a highly complex and uncoordinated health and medical system, and be isolated, marginalised and stigmatised. The time to act is now.

In our pre-budget submission, Alzheimer’s Australia NSW also called for all Local Health Districts to have a dementia plan in place with appropriate resourcing, supported by a dementia care pathway that promotes coordinated care approaches.

We have also called for initiatives to support improved clinical practice in hospitals and community health services to benefit people with dementia, along with funds to work with local governments across NSW to develop dementia-friendly communities.

A clear need exists for these initiatives to happen in communities right across NSW, and Alzheimer’s Australia NSW is committed to working with the NSW Government to make them a reality.

In other news, the inaugural Alzheimer’s Australia NSW Living Well with Dementia Conference will take place in Sydney on 22-23 August. It is a fantastic opportunity to hear from leading experts on how to cope more successfully and live a good quality life with dementia. I encourage all interested members to register. We have more details on the conference for you on page 7.

The Hon. John Watkins AM
CEO, Alzheimer’s Australia NSW

CHAIR’S MESSAGE
STANDING STRONG

Having been in place since the start of the year, our new directors and I are now feeling well settled. We give our sincere thanks to the other directors and staff for making us so welcome.

One of the Board’s first tasks this year is to review the new three-year strategic plan, which is being developed by the management team with the assistance of external advisors More Strategic, who are experienced in the not-for-profit sector.

The new strategic plan will help guide the organisation as it moves into the relatively uncharted waters of consumer-directed care, individualised funding and the NDIS, which are fundamental reforms implemented by the Australian Government.

Due to Federal Government reform, we have started to see significant changes within the community-care and residential-care sectors. The merger in October 2015 of Royal District Nursing Service (RDNS) and RSL Care – and most recently an announcement in April 2016 by ARV and Anglicare Sydney to merge – is clear evidence of the consolidation of significant care providers. We expect this trend to continue.

Our role in this changing environment is to remain an independent advocate for quality, and to lobby the government and industry to develop the highest standards of dementia care.

Alzheimer’s Australia NSW continues to perform well in fundraising, social research, media and awareness, service delivery and improved business efficiency due to the drive and commitment of our dedicated and talented staff. This is a demonstration of the maturity of the organisation as it continues to improve the ways in which we serve people living with dementia, their families and carers.

Finally, I would like to thank the many committed volunteers on whom we rely. They help us in many ways, from supporting our events to joining a committee, assisting in the office or serving on the Board. Your efforts underpin the very existence of our organisation.

Paul Robertson AM
Chair, Alzheimer’s Australia NSW

WINTER 2016 IN TOUCH
MY MEMORY WALK & JOG

On 30 April, Chris Barton walked from Wollongong to Sydney through some rugged coastal terrain to raise funds through My Memory Walk & Jog, a new fundraising initiative involving personal challenges for those unable to attend specific events.

“I’m really proud to have finished my 81km fundraising walk from Wollongong to Sydney in 16 Hours and 15 minutes,” says Chris, who raised more than $5000. “I started at 4.30am and finished at 8.45pm. “Although physically tough, the real challenge was mental, as it was isolating,” he adds.

“I had to battle through, and in some small way it replicated a little bit of the isolation and challenges that someone with dementia suffers on a daily basis.

“A massive thanks to everyone who helped out. I am so glad to be able to raise funds and awareness for such a great cause.”

THE RACE AGAINST DEMENTIA

More than 7000 people took part in Alzheimer’s Australia NSW Memory Walk & Jog events across the state during 2016. These events raised more than $500,000. Funds will go towards much-needed support for the estimated 115,000 people in NSW living with dementia, as well as their carers.

Events were held in Wollongong, Western Sydney, Port Macquarie, Sydney, Albury-Wodonga and the Hunter region from February to the end of May. Alzheimer’s Australia NSW CEO The Hon. John Watkins AM says it was encouraging to see so many people take part and make a difference to the lives of people living with dementia.

“We’re really grateful for the support of the community right across NSW,” John says. “Each was a fantastic day, and it was great to see so many people at our events. We look forward to seeing everyone again next year.”

OPAL AGED CARE HOSTS MW&J EVENT

As part of their 2016 National Leadership Conference, Opal Aged Care hosted a My Memory Walk & Jog event on 8 May. There were more than 200 conference delegates, with many taking part in a 6km walk. Opal staff who could not be at the conference have been hosting their own My Memory Walk & Jog initiatives across Opal’s homes to raise awareness and funds.

APRIL POUNDS THE PAVEMENT

During May, My Memory Walk Ambassador April Rose Pengilly took part in a personal walking challenge.

“I walked 70km: 10km per day, every day for a week,” April says. “You can create your own personal fundraising challenge by pledging to complete a certain distance, and ask your friends to sponsor you.”

The beauty of My Memory Walk & Jog is that you can design it in a way that suits you – it can be anything from a power walk every day to a mountain climb.

To find out more, visit:
WORKSHOP HIGHLIGHTS

During April, educators from nine hospitals and multi-purpose services (MPS) across NSW attended a training session to learn about a new experiential workshop aimed at increasing the care of people living with dementia during their stay in hospitals or MPS.

The Insights into Hospital Dementia Experience workshop has been funded by the Department of Social Services and developed by Alzheimer’s Australia NSW in collaboration with an expert reference group. People living with dementia and their families and carers have also been involved through sharing their hospital experiences, the reference group and participating in the training workshop.

The workshop, through the use of a simulation and debriefing exercise, aims to give the participants a deeper insight into what it might be like to have dementia and its impact in a hospital and MPS setting. More sensitive and improved care practices, in turn, lead to a more positive hospital and MPS experience for the person with dementia, their families and carers, as well as for the staff who care for them.

The workshops, in collaboration with the NSW Ministry of Health, will be trialled across nine rural and urban sites between May and October, with the results of the evaluations incorporated into the final education package.

For further information about the project, please contact Judy Bartholomew on (02) 6651 6415 or email: judy.bartholomew@alzheimers.org.au

NEW COMMUNITY CAFÉ TOOLKIT

Alzheimer’s Australia has developed a free Community Café Toolkit to help organisations and community groups set up a café in their area for people with dementia and their families.

When a person is diagnosed with dementia, they often find themselves withdrawing from social events and can lose contact with family and friends.

Community Cafés provide a great opportunity for people with dementia and their family members to meet with others and share information in a relaxed social setting. Community Cafés help people stay connected to their local community and maintain social independence. They can also help people discover new interests and make new friends.

Community Cafés run in a number of locations in both rural and urban settings. Most are located in local coffee shops, restaurants or community clubs, but whatever the venue, it is important that it is accessible, friendly and welcoming.

The Community Café Toolkit has been developed as part of the Dementia Friendly Communities Initiative and provides a guide to setting up a Café. Resources include templates and manuals to support good communication, participation and the day-to-day running of a Café.

To download your copy visit: www.fightdementia.org.au

Or phone the National Dementia Helpline on 1800 100 500.

SIGN UP FOR THE DEMENTIA NOW ENEWSLETTER!

Dementia Now, the new monthly e-newsletter from Alzheimer’s Australia NSW, brings the latest news, research and event updates about dementia and Alzheimer’s disease straight to your inbox. All stories are curated from Alzheimer’s Australia NSW and our website, Dementia Daily.

To sign up for the enewsletter, visit: dementiadaily.org.au
Although living with dementia can be an isolating, confusing and difficult experience, with the right support, it is possible to live well with the disease.

A growing body of research has contributed to strategies for managing health and wellbeing. These studies are informing programs and delivering practical messages aimed at improving outcomes for people living with dementia, their families and carers. Not only that, they educate people on how to maintain joy, connectedness, meaning, security and autonomy throughout the progression of the disease.

Getting support from family, friends and services in the community can help people living with dementia do the things that they want or need to do.

"Getting a diagnosis of dementia can be very confronting, and it can be a time of immense distress, shock and grief," says Alzheimer’s Australia NSW CEO The Hon. John Watkins AM. "It can also be very isolating. But you are not alone. There is a wealth of help and support available. You can live well with dementia if you are armed with the right tools, support and knowledge.”
Keeping the mind and body active is essential. People who remain engaged with their day-to-day activities, interests and social groups often feel more satisfied and fulfilled, and continue to enjoy life and have fun. Research suggests that keeping active and eating well might help and even slow down changes in the brain.

The Living Well with Dementia website is a valuable resource designed to engage, empower and enable people to achieve this goal and help to live a good quality life with dementia.

The site provides a range of advice, strategies and activities to keep the mind and body active, support services and health and nutrition advice, and numerous personal stories featuring people from all walks of life who are living with dementia and actively making the most of life.

www.livingwellwithdementia.org.au

Taking part in programs such as Living with Dementia can enable people with a diagnosis of dementia to better understand the condition and prepare for the future. Participants learn strategies for maintaining and enhancing skills and abilities. It’s also an opportunity to meet and talk confidentially with others in a similar situation.

“IT has proven extremely valuable to many who have completed it, with some saying it has changed their outlook and understanding of what they are going through and, in a sense, saved their life,” John says. “One said, ‘I learned a lot from the program and from others. I have become braver. I didn’t want dementia, but now I don’t hide myself at home anymore’. Another said it ‘made me feel I’m not rowing [the boat] by myself’, and another said it made them feel as if ‘there’s a light at the end of the tunnel’.”

Better Life is another program providing one-on-one coaching that anyone in NSW can access. Participants are matched with a personal coach who works with them over eight sessions to address areas where they want to improve. The program helps with issues like resilience, health and wellbeing, problem solving and planning for future needs.

Exercise and keeping active are correlated with high levels of wellbeing. Recent findings suggest that physical activity, apart from maintaining body functions, can be a way to sustain wellbeing and improve physical and cognitive functions in people with mild dementia.

For people living with dementia in care facilities, staff members need to ensure that their self-esteem, independence and personhood are maintained. To achieve this, initiatives must be designed to change attitudes, and improve knowledge and experiences of care staff.

For information or support, call the National Dementia Helpline at 1800 100 500 or visit www.fightdementia.org.au

**LIVING WELL WITH DEMENTIA CONFERENCE**

Alzheimer’s Australia NSW’s inaugural Living Well with Dementia Conference will be held 22-23 August and will bring together leading experts to share strategies for helping people with dementia and their carers live a good quality life. It will also provide a forum for professionals to learn more about how they can incorporate practices that support people with dementia, their families and carers to live well.

Speakers include: Professor Sue Kurle, Curran Chair in Health Care of Older People, University of Sydney and NHMRC Cognitive Decline Partnership Centre, Hornsby Ku-ring-gai Health Service; Dr Frank Brennan, Palliative Medicine Physician, St George and Calvary Hospitals, Kogarah; and Professor Sharon Naismith, Leonard P. Ullman Chair in Psychology, University of Sydney.

Workshops include:
- Engage, Enable, Empower: Making the most of life with dementia;
- Living with Change and Loss;
- Leadership and Dementia;
- Respite Service Flexibility; and
- Dementia-Friendly Community: How can your business and community work towards being dementia-friendly?

For more information visit: https://goo.gl/yvP16X

**LIVING WELL WITH DEMENTIA CONFERENCE**
22-23 August, Rydges World Square, 389 Pitt Street, Sydney

**LIVING WELL ONLINE**

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www.livingwellwithdementia.org.au
For Mike Bryan, who was diagnosed three years ago with Alzheimer’s disease, living with dementia can be a challenge. But by staying active, eating healthy, keeping his mind stimulated and maintaining social connections, he has retained a positive outlook and great quality of life.

“On the days that I’m not golfing, I usually go for walks,” Mike says. “I could sit at home in a lounge chair and rot away, or I can get out and introduce myself to everyone who lives on my street. Everywhere I go I try to talk to people, and I always ask for assistance if I need it. You have to let go of what your concerns are and just do it.”

Linda, Mike’s wife, says reading and socialising are two other activities that have helped Mike since his diagnosis. “We stopped doing things for a while,” she says. “When you’re stressed, you have a lot of inertia. We stopped having people over and socialising as much as we used to. But we have started to have people over again and have really enjoyed it. I think it’s really important to keep that contact. It doesn’t take that long to get it back, even if you’ve neglected people or haven’t been in touch with them for a couple of years.

“For a long time Mike stopped reading, but he has recently started again and has really enjoyed it. It was a matter of finding books that are of interest to him and are written at a level he can manage.”

Mike and Linda found taking part in the Living with Dementia and Better Life programs, run by Alzheimer’s Australia NSW, to be beneficial. “Better Life was fabulous,” Linda says. “It was the best thing because being one-on-one and tailored to what I needed was fantastic.

“The advice we can offer about living with dementia is that a lot of it is about your attitude. If you think you’re in a terrible place, then you are. If you think you’re lucky, then you are. For us, we are lucky to have a very supportive family and children.

“Look for help, because there are many people who will support you if you ask. Having that support will be important for us because I know that things might get a lot rougher in the future.”
SERVICES

Services and programs provided by Alzheimer’s Australia NSW educate and support people with dementia, their families and carers in living well with the disease.

Living with Dementia: The Living with Dementia program provides information on dementia and support options. The program is group-based, and encompasses education and sharing experiences. After attending this program, participants say they feel a sense of hope following their diagnosis, and that it is still possible to live well with the disease.

Dementia Advisory Service: Dementia Advisory Services (DAS) workers provide dementia-specific information and support to people living with dementia, their families and carers. DAS provides practical advice about coping and living well with dementia in an effort to enhance quality of life and minimise the risk of premature or inappropriate admission to long-term residential care.

Younger Onset Dementia: The Younger Onset Dementia Key Worker program aims to improve quality of life for people with younger onset dementia (prior to age 65), their families and their carers. This is accomplished by providing them with access to a Key Worker to serve as their primary point of contact. This Key Worker will also work with them to develop strategies that optimise their engagement with support and care options. Key Workers deliver individualised, person-centred support, information and advice to improve quality of life.

Culturally and Linguistically Diverse: Providing support to people from non-English speaking backgrounds, known as culturally and linguistically diverse communities (CaLD), is the role of CaLD link workers. They raise awareness and acceptance in the community that dementia has a medical basis in order to debunk myths about the disease. This helps remove barriers for people in these communities, and it enables better engagement with health and community providers.

For more information, call the National Dementia Helpline on 1800 100 500 or email helpline.nsw@alzheimers.org.au

DEPRESSION AND DEMENTIA: IS THERE A LINK?

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

Many people have questioned if there is a link between stress and dementia, and Alzheimer’s in particular. In 1991, a group of epidemiologists pooled their data and found that there was a link between depression and dementia, but not stress or anxiety.

An 11-year longitudinal study of more than 3000 people published in Lancet Psychiatry sheds new light on the link between depression and dementia. Researchers found that compared to those who never had depression over this period, only the group with increasing depression over time had a higher risk of dementia generally and Alzheimer’s disease specifically. Those with intermittent episodes of depression or persistently high depression scores did not have an increased risk.

They reached this conclusion by asking people who had been diagnosed with dementia or their families about their past psychiatric history. This link was stronger for people who developed depression closer to the onset of dementia, but it still existed even for people who had had their depression more than 10 years before their dementia started.

There were other factors to consider as well. People with history of any type of depression were older, had higher rates of smoking, alcohol consumption and high blood pressure. The links were also affected by history of stroke, the gene ApoE e4 and use of antidepressants. Even so, the main findings held even when the researchers adjusted for these.

The good news for people with a history of depression over their lifetime is that it does not appear to be a dementia risk. However, depression coming on later in life might herald dementia pathology – either vascular or Alzheimer’s – before it becomes clinically apparent. Whether early treatment of depression or of cognitive symptoms makes a difference is unknown. In the meantime, keeping physically active and socially engaged protect against both cognitive decline and depression.

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

OF MICE AND MEMORY

AN EXPERIMENTAL TECHNOLOGY HAS SHOWN IT CAN RESTORE MEMORIES IN MICE AFFECTED BY ALZHEIMER’S DISEASE. CAN THE SAME BE DONE IN HUMANS?

A major symptom associated with Alzheimer’s disease is progressive memory loss. It is also one of the symptoms that causes major distress to carers, family and friends, as well as frustration to the person living with the disease. Researchers based at the Massachusetts Institute of Technology (MIT) in the US have found that they were able to restore lost memories in mice that were in the early stages of Alzheimer’s disease. They did this using a specialised light-induced technology known as ‘optogenetics’, which is able to target specific brain cells.

This research, published in the highly regarded scientific journal Nature, suggests that memories might not be permanently lost in those with Alzheimer’s disease, but just stored somewhere that can’t be easily accessed. This is contrary to a common belief that memories are completely lost due to toxic proteins accumulating in the brain, killing the cells and causing memory decline.

Using the optogenetics technique, the researchers are able to manipulate specific cells in the hippocampus – also known as the brain’s memory centre – to activate memory and emotions. Based on this finding, they investigated whether they could do the same in mice modified to develop Alzheimer’s disease pathology in the brain. Using a behavioural test, individual mice were placed into a cage and given a foot shock to create a bad experience. When mice without Alzheimer’s disease were taken out and placed back into the cage, they did not want to go back. In comparison, the mice with Alzheimer’s disease did, indicating they did not remember the shock. This is where it gets interesting: The mice with Alzheimer’s disease then underwent the light therapy treatment and were again placed into the cage, but this time they displayed behaviours that signalled they did not want to enter the cage – indicating the bad experience was remembered.

“THESE RESULTS ARE VITAL TO ENHANCING OUR KNOWLEDGE OF ALZHEIMER’S DISEASE.”

What does this mean for us? Unfortunately, the researchers explain some caveats with this treatment. Firstly, while optogenetics is very precise and found to work well in mice, in its current form it would be too invasive to use in humans. The mouse study also found that the treatment wasn’t permanent, and when the mice were again showed the cage the next day, the bad experience was again forgotten. Although more research is necessary before this treatment becomes a reality, the research team emphasises that these results are still vital to enhancing our knowledge of Alzheimer’s disease and which brain cells to target for future treatment development.

NEW A4 STUDY IS RECRUITING

Researchers from the University of Melbourne are looking for participants to join a world-first drug trial that will be testing the efficacy of an experimental Alzheimer’s disease treatment. The Anti-Amyloid Treatment in Asymptomatic Alzheimer’s Disease study (i.e the A4 study) needs 400 healthy adults aged 65 to 85 who do not have any known memory problems. The Melbourne trial is the world’s largest single site for the A4 study, which has about 1000 participants around the world.

It is important to note that the A4 study is not trying to reverse the symptoms of Alzheimer’s disease. It aims to assess whether this treatment can slow down memory loss caused by Alzheimer’s disease pathology. Interested? Take a pre-screener eligibility test at http://a4study.org/ screener. Eligible participants who show high levels of amyloid (based on a brain PET scan) will either receive a monthly dose of the experimental anti-amyloid treatment or a placebo.

“This study is about predicting who is at risk and how fast they will decline. This is the first attempt at stopping the disease before it starts and before it progresses to full-blown dementia,” says Professor Colin Masters, who leads the A4 study in Australia. Recruitment will close at the end of 2016 and the first results are expected in 2020. To enrol in the study or to find out more you can phone 1800 443 253 or visit: www.florey.edu.au/research/ mental-health/a4-anti-amyloid-in-asymptomatic-alzheimer-s
It is well known that a balanced and healthy diet can reduce your risk of dementia, but the question remains: Are some foods better than others?

Research presented at the American Chemical Society National Meeting by researchers from the University of Cincinnati suggest yes. Their research found that blueberries could assist in reducing risk of Alzheimer’s disease by delaying memory loss.

Blueberries are considered a ‘superfood’ because of their nutrients and antioxidants. The researchers undertook two human clinical trials examining the effects of blueberry supplements on brain performance and function in older adults. The first trial involved 47 adults aged 68 and older who had mild cognitive impairment. Participants took either freeze-dried blueberry powder or a placebo powder once a day for 16 weeks. They found that those taking the blueberry supplement demonstrated improved memory and access to words and concepts compared to those who did not.

The second trial included 94 people aged 62 to 80 who were divided into four groups. The participants didn’t have any identified brain performance issues, but they subjectively felt their memories were declining. In this trial, participants received blueberry powder, fish oil, fish oil and blueberry powder, or a placebo. The results weren’t clear-cut, but there was some evidence to suggest the blueberry powder and fish oil together were able to improve memory.

The researchers suggest from these initial results that blueberries might be more effective in treating people with already established cognitive impairments. The research team plans to undertake further studies to confirm these results.

**THE FACTS: AUSTRALIAN ANAVEX TRIAL**

In January 2015, AnavexTM announced that it would undertake a world-first Phase 2 clinical trial looking at the efficacy of one of its drugs: Anavex 2-73. The first lot of results are in.

**What is Anavex 2-73?**

Anavex 2-73 has an ability to reduce oxidative stress, protein misfolding, mitochondrial dysfunction and inflammation, which are noted in the brains of people with Alzheimer’s disease.

**How was the trial conducted?**

The Phase 2 clinical trial involved 32 Australians who had been diagnosed with mild to moderate Alzheimer’s disease. The goal was to determine the maximum dose of the drug, while also assessing participant’s cognitive skill, blood results and brain scans. The trial was split into two parts. Part A was five weeks of on-off-on dosing of Anavex 2-73 via both oral delivery and intravenous injection. Part B of the trial began shortly after and involved participants taking an oral dose of the treatment daily for 52 weeks.

**What are the results?**

Because of the small participant size, researchers are being cautious about interpreting the results. However, they do indicate a cognitive benefit associated with taking Anavex 2-73. This means that yes, it seems to be working. After participants underwent a variety of cognitive tests, the researchers noted that participants had improvement in psychomotor function, attention and working memory. Just as importantly, there was no evidence to suggest any major side effects, although some participants did report having dizzy spells and headaches after receiving the treatment.

**What’s next?**

An Australian ethics committee has approved an extension of this trial, which will ask participants who completed Part B to roll-over into a new trial and continue taking Anavex 2-73 for an additional two years. This provides an opportunity to gather extended safety and efficacy data. This trial extension is independent of Anavex’s planned larger Phase 2/3 double-blinded, placebo-controlled study of Anavex 2-73 in Alzheimer’s disease, which is suggested to involve thousands of participants.

Register for our e-newsletter *Dementia Now* to receive regular research updates. You can find out more about Anavex trials at: www.anavex.com.
Q: I’ve been caring for my mum at home for more than two years, and I’m starting to get emotionally exhausted. When will I know it’s time for my mum to move into residential aged care?

Making the decision to find an alternative to caring for a person with dementia at home can be one of the most difficult decisions families and carers make. Only you will know when the time is right. It might be that you feel you can no longer cope, or that you no longer have the energy required to provide the best possible care for your mum. Whatever your thoughts, you would definitely benefit from discussing this with your mum’s GP, other family and friends, your local Aged Care Assessment Team/Service (ACAT/ACAS) and one of the Dementia Advisors at the National Dementia Helpline. There is no wrong decision if you have your mum’s interests at heart.

Q: My husband has Alzheimer’s and I can’t seem to stop him from driving. Any suggestions?

This is a very delicate and difficult issue for many families. The main consideration here should be safety; you need to keep your husband safe, but you also need to be mindful of other people on the road that could be affected by your husband’s driving capacity. What you could do first is talk to his GP or healthcare team about having him re-assessed for driving. It could be that he is OK to drive, but that special limitations need to be placed on where he drives and/or with whom. Whatever the case, please remember that if anyone suffers from a medical condition that might affect their capacity to drive, there is an obligation to advise Roads and Maritime Services.

To talk about your feelings and how dementia affects you, call the National Dementia Helpline: 1800 100 500

RESEARCH

Q&A

FOOD FOR THOUGHT

PROPER NUTRITION IS CRITICAL FOR PEOPLE LIVING WITH DEMENTIA.

Malnutrition in people with dementia living at home is a critical issue that can significantly impact the person’s health and the course of the disease. Despite this, it is given little attention, and current aged-care reforms could make the situation worse, new research has found.

Dementia and Nutrition in the Home, a discussion paper released by Alzheimer’s Australia NSW, called on the Federal Government to urgently address the issue of dementia and malnutrition. It also calls for funding information on nutrition for consumers, and community-based aged care and support workers.

The discussion paper was co-funded by Calvary Community Care and Anglican Retirement Villages (ARV). It was also conducted with the assistance of Meals on Wheels NSW.

The research found that in Australia, the prevalence of malnutrition in the community is estimated to be 10 to 30 per cent, with older adults at higher nutritional risk, and higher rates among older people with dementia.

International research has found that under-nutrition is the most common nutritional problem, affecting up to 10 per cent of older people living at home, 30 per cent of those living in care homes and 70 per cent of hospitalised older people.

Alzheimer’s Australia NSW CEO The Hon. John Watkins AM says proper nutrition is a basic human right, but is it being overlooked in people with dementia living at home.

“Every person with dementia will have difficulty with nutrition at some point,” John says. “That might be either difficulty with eating or in being able to ensure they are getting balanced, nutritious meals on a day-to-day basis. However, this research has found a shockingly low level of awareness and attention given to this issue, and very few appropriate resources available to help prevent malnutrition.”

Cheryl De Zilwa, the CEO of Calvary Community Care and the National Director of Community Care, says support workers and other professionals who provide in-home care can play a key role in identifying the warning signs that a person is not eating correctly.

“They are in the home on a regular basis and simple actions like checking what is in the fridge or pantry and discussing meals can help with early intervention strategies,” Cheryl says.

Rob Freeman, the CEO of ARV, says dementia presents particular challenges in ensuring a balanced diet is not only provided, but also eaten. “This discussion paper is a timely reminder of the importance of keeping nutrition at the forefront of care delivery,” Rob says.

Brian Les MacDonald, the CEO of Meals on Wheels in NSW, said the organisation is happy to support such important research.

“This is clearly an issue of concern and an area that needs much more attention,” Les says. “We, too, are concerned that policy changes identified in the research may make things worse and urge policy makers to ensure these concerns are adequately addressed.”

“Pleasingly, since the research was published the Commonwealth Government provided funding to the Australian Meals on Wheels Association to develop national nutrition guidelines for home-delivered and centre-based meals,” says Brendan Moore, Alzheimer’s Australia NSW General Manager – Policy, Research and Information.

A copy of the discussion paper is available at: https://nsw.fightdementia.org.au/nsw/research
HOME SWEET HOME

GROUP HOMES AUSTRALIA’S INNOVATIVE AGED-CARE HOUSING MODEL RECEIVES GLOWING REVIEWS.

The rapid ageing of Australia’s population raises questions about what social structures will be most suitable to manage the people who will require care. While every effort is made to support people with dementia to live at home for as long as possible, it is estimated that 85 per cent of people with dementia will require residential aged care.

Research shows that transitioning into residential care is one of the biggest relocations for older people.

As a result, Alzheimer’s Australia NSW established the Moving into Care project in 2013. The goal of the project is to improve the experiences of residents and their families during the transition into an aged-care home.

The project involves Alzheimer’s Australia NSW working in partnership with aged-care providers to benchmark themselves against best practice research. It also identifies what works well, what doesn’t and the key areas for improvement across the entire sector.

Since its inception, the project has worked with more than 100 aged-care providers across NSW and the ACT. A key component of the project’s success is the collaboration and mutual respect between Alzheimer’s Australia NSW and care providers.

Group Homes Australia

In late 2015, Group Homes Australia (GHA) engaged Alzheimer’s Australia NSW to benchmark their practice against the Moving into Care project results. They wanted to find out how their method compared with the more traditional model of residential aged care.

GHA ranked well above industry benchmarks. The first of its kind in Australia, GHA offers an innovative model of care for people living with dementia. Founded in 2012, the organisation focuses on creating a non-institutional way of living that emphasises the resident’s abilities rather than their disabilities. The homes look and feel like houses, and they provide a warm, safe and friendly environment for six to 10 residents. Each resident receives personal, tailored care, and lives with dignity and a sense of purpose.

The study benchmarked five of their homes against 80 residential aged-care providers across NSW and the ACT. The research suggests the organisation is outperforming these residential aged-care providers in relation to transition into care and highlighted a number of significant strengths for Group Homes Australia:

- The Environment: Families and staff described a welcoming, comfortable environment, with best practice approaches to engaging residents.
- Leadership: The philosophy of care and provides a clear direction for team members.
- Involvement: Families are encouraged to be actively involved in the life and care of their loved ones.
- Care: The availability, diversity and creativity of activities and outings received close to a perfect score from respondents.

Data was collected via surveys, observational site visits and a document review.

Respondents reported warm, hospitable and compassionate social environments, a clear organisational vision, passionate and empathetic staff, and engaged and connected families living beyond a diagnosis of dementia.

For further information contact Sally Lambourne on (02) 8875 4633, sally.lambourne@alzheimers.org.au or visit www.grouphomes.com.au
POLICY UPDATE

GROWING CONCERN ABOUT ELDER ABUSE

INDIVIDUALS WITH DEMENTIA AND ALZHEIMER’S DISEASE ARE ESPECIALLY VULNERABLE TO INCIDENCES OF MALTREATMENT.

BRANDON MOORE, GENERAL MANAGER – POLICY, RESEARCH AND INFORMATION, ALZHEIMER’S AUSTRALIA NSW

World Elder Abuse Awareness Day is in June 2016, and it is a time to reflect on how all of us can help to prevent it occurring, stop it from continuing and seek redress.

An important first step is to make sure you plan for your future and appoint people you trust to be your Power of Attorney and Enduring Guardian. A second step is to contact the Elder Abuse Helpline on 1800 628 221 if you think you – or someone you know – is being abused. If there is an emergency situation involving risk of harm to yourself or others, contact emergency services on 000.

As previously written about in 2015, the NSW Government is conducting an inquiry into elder abuse. The committee investigating the issue received 122 submissions, conducted four public hearings with numerous witnesses and is due to report to the government in the middle of the year. Dementia was well represented: Alzheimer’s Australia NSW lodged a submission; the organisation was invited to give evidence to a public hearing; and numerous other organisations and individuals focused on the additional vulnerability and complexity in responding to elder abuse when a person has dementia.

At the National Elder Abuse Conference in Melbourne in February, Commonwealth Attorney General George Brandis announced he was instructing the Australian Law Reform Commission to also investigate the issue of elder abuse across the country. This is a pleasing development and indication that the government is listening to the community on this issue. It is also pleasing because it will examine the interaction of Commonwealth and state laws and how this might facilitate elder abuse or hinder its investigation. We have highlighted this issue in a number of our policy submissions and discussion papers. I presented at this conference, and a key point I made was that we have been slow as a community to respond to elder abuse because it hasn’t become socially unacceptable. Perhaps 2016 will be the year that some progress is seen in this area.

CHRONIC DISEASE MANAGEMENT

The Australian Government recently announced its Healthy Medicare initiative, which will see improved care coordination by GPs for people with chronic diseases. Alzheimer’s Australia has made numerous submissions and appearances at parliamentary hearings around Australia lobbying for this to occur and for dementia to be included in the eligible diseases. Dementia has not been mentioned on the list of the most prominent chronic conditions, but we will continue to lobby for its inclusion on the eligible list. Having dementia included would support our goals of people having a timely diagnosis and access to support, which can delay disease progression.

If there are topics that you would like to have included in future editions, please contact Brendan Moore, General Manager – Policy, Research and Information: brendan.moore@alzheimers.org.au

NATIONAL DEMENTIA HELPLINE

Alzheimer’s Australia NSW provides assistance and advice. The National Dementia Helpline is an Australian Government initiative. T: 1800 100 500
CHOOSING LIFE

ROBYN AND HER HUSBAND, PETER, DECIDED TO MAKE THE MOST OF THEIR TIME TOGETHER AFTER HE RECEIVED A DEMENTIA DIAGNOSIS.

When my husband was diagnosed with dementia, it was a wake-up call to make the most of the life we have left, to be thankful for companionship while it is there and to walk a little more slowly in this different pace of life.

In Peter’s working life he loved people and people loved him. He cared, he noticed things and faced projects with enthusiasm. He managed a busy work life as a parish priest, interviewing people late into the night, visiting the bereaved, marrying the young, and being there in sorrow and joy.

As you can imagine, getting a dementia diagnosis was not one of our delights! However, life should be grasped and lived according to our abilities, so for the past six years we have tried to do that with as much energy as we can muster. Keeping fit, joining in and working at varied activities has been the goal each day in order to stimulate Peter and keep him from the loneliness that dementia can bring.

We have been able to get to tai chi classes each week. Our instructor, Rosalie, is most careful, and we in the class follow her scrupulously. Thankfully we all make mistakes, so even if one person is well behind or slightly in front (which is rare) it doesn’t matter – we are all moving and united in the whole fun of it.

As Dementia Advocates, we were invited to address a group of final-year law students. To my delight, Peter became young again, I heard his ‘old’ voice, his old confidence, his energy and imagination as he spoke to the group in his opening words.

FOR TODAY, AS FAR AS POSSIBLE, WE CHOOSE LIFE, GRATITUDE AND LOVE.

Peter is also in a reading group, as reading has been a well-loved pastime all his life. Peter and I have also joined drawing and painting classes with U3A. I have found that there is a great gentleness among our fellow students. Everyone is accepted. Though Peter’s ability is not as strong as it was, I have been more than humbled to hear and see the unsolicited care that spills out in offers of transport, simple conversation and encouragement for the task in hand.

We are in a choir, and we enjoy spending time with our grandchildren. Our normal social and travelling life has changed. The campervan has gone, the trips overseas are re-visited with our old photos and our friends’ tales. We have downsized. Our life has changed of course, but the day is not done just yet. In the future our life will change more; but for today, as far as possible, we choose life, gratitude and love – and with the teaspoon of laughter that even dementia occasionally allows.

Q Why did you become a Dementia Advocate?

I became a Dementia Advocate several years ago while I was caring for my husband, Merv. It was new to me and seemed rather daunting. However, I knew that I had to find out as much as I could about this terminal illness so that Merv and I could have as much quality time with each other as possible. I had been attending our local Carer’s Group and through that I was invited to become a Dementia Advocate. It also allows me to inform others of the work that is being done by Alzheimer’s Australia.

Q What is something all carers should hear?

Be kind to yourself. It is up to us to avail ourselves of local dementia Carer’s Groups. It is a long, hard journey, and it is good to share it with others. We are only human.

Q What would you say to someone who is thinking of becoming a Dementia Advocate?

It really does make a difference to be a Dementia Advocate, to tell our stories and to stay up-to-date with the material that comes from Alzheimer’s Australia. Even when our journey ends as a carer, we still have a great deal of valuable input in helping others.

Dementia Advocates give a voice to people living with dementia and their carers. If you would like to be a Dementia Advocate, contact Jo-Ann Brown or visit the Alzheimer’s Australia website. T: (02) 8875 4636 | E: jo-ann.brown@alzheimers.org.au


BECOME AN ADVOCATE
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.

EDUCATION

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

Meaningful Engagement in Activities
North Ryde: 24 August

Understanding Dementia and Communication with a Person Living with Dementia
North Ryde: 23 June

A Positive Approach to Understanding Dementia, Effective Communication and Behaviour Changes
North Ryde: 20 October

Communicating with a Person with Dementia and Meeting Health and Hygiene Needs in Dementia Care
North Ryde: 18 June

Working with People Who Have an Intellectual Disability and Dementia
North Ryde: 20 September

Challenging Perceptions of Behaviour Associated with Dementia
Ballina: 28 June

Working with Families and Meaningful Engagement in Activities for People Living with Dementia
Taree: 7 June

FAMILY CARER EDUCATION

One-Day Carer Course
Taree: 21 June

Two-Day Carer Course
Port Macquarie: 8, 22 June

Three-Day Carer Education
North Ryde: 7, 14, 21 September

Four-Evening Carer Course
North Ryde: 7, 14, 21, 28 November
Sylvania: 20, 27 June and 4, 11 July

Family and Friends
North Ryde: 19 August, 19 October

Webinars
Family and Friends: 20 June

VOLUNTEER COURSES

Interacting with a Person with Dementia
Ballina: 28 June
North Ryde: 13 July, 13 October

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

MEMORY VAN

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

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

### CAFÉ CONNECT

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Contact Person</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Bowral</td>
<td>10.30am – 12pm</td>
<td>Jane Bushell</td>
<td>(02) 4869 5651</td>
</tr>
<tr>
<td>Bundanoon</td>
<td>10.30am – 12pm</td>
<td>Jane Bushell</td>
<td>(02) 4869 5651</td>
</tr>
<tr>
<td>Coffs Harbour</td>
<td>10am – 11.30am</td>
<td>Marg Coutts</td>
<td>(02) 6651 7101</td>
</tr>
<tr>
<td>Hamilton (for cars only)</td>
<td>10am – 11.30am</td>
<td>Belinda Horgan</td>
<td>(02) 4962 7000</td>
</tr>
<tr>
<td>Nelson Bay</td>
<td>9.30am – 11am</td>
<td>Miriam Low</td>
<td>(02) 4962 7000</td>
</tr>
<tr>
<td>Newcastle</td>
<td>10am – 11.30am</td>
<td>Stuart Torrance</td>
<td>(02) 4962 7000</td>
</tr>
<tr>
<td>Maitland</td>
<td>11am – 12.30pm</td>
<td>Clare Coyle</td>
<td>(02) 4962 7000</td>
</tr>
<tr>
<td>Sutherland Shire</td>
<td>9.30am – 11am</td>
<td>Julie Sinnis</td>
<td>(02) 9531 1928</td>
</tr>
<tr>
<td>Queanbeyan</td>
<td>10am – 12pm</td>
<td>Libby Smith</td>
<td>(02) 6241 0881</td>
</tr>
<tr>
<td>Raymond Terrace</td>
<td>10am – 11.30am</td>
<td>Miriam Low</td>
<td>(02) 4962 7000</td>
</tr>
<tr>
<td>Toronto</td>
<td>10am – 11.30am</td>
<td>Genelle Sharrock</td>
<td>(02) 4962 7000</td>
</tr>
<tr>
<td>Young</td>
<td>2pm – 3.30pm</td>
<td>Julie Sinnis</td>
<td>(02) 9531 1928</td>
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<tr>
<td>Tuggerah</td>
<td>9.30am – 11am</td>
<td>Justine Sneddon</td>
<td>0438 715 518</td>
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<tr>
<td>Newcastle</td>
<td>10am – 12pm</td>
<td>Clare Coyle</td>
<td>(02) 4962 7000</td>
</tr>
<tr>
<td>Tuggerah (Under 65)</td>
<td>9.30am – 11am</td>
<td>Verity Jackson</td>
<td>(02) 6452 3961</td>
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<tr>
<td>Crookwell and District</td>
<td>10.30am – 12pm</td>
<td>Jane Bushell</td>
<td>(02) 4869 5651</td>
</tr>
<tr>
<td>Harden</td>
<td>10am – 12pm</td>
<td>Libby Smith</td>
<td>(02) 6241 0881</td>
</tr>
<tr>
<td>Merimbula</td>
<td>10am – 12pm</td>
<td>Barbra Williams</td>
<td>(02) 6492 6158</td>
</tr>
<tr>
<td>Port Macquarie</td>
<td>23 June, 28 June</td>
<td>Lyndell Huskins</td>
<td>(02) 8875 4615</td>
</tr>
<tr>
<td>Port Macquarie Dinner Group</td>
<td>9 August</td>
<td>Kath Storey</td>
<td>(02) 6584 7444</td>
</tr>
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### YOUNGER ONSET DEMENTIA CAFÉ CONNECT (UNDER 65)

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<th>Location</th>
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<th>Contact Person</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Coffs Harbour</td>
<td>10am – 11.30am</td>
<td>Barbra Williams</td>
<td>(02) 6492 6158</td>
</tr>
<tr>
<td>North Ryde (Carer support group)</td>
<td>6.30pm – 8.30pm</td>
<td>Jane Bushell</td>
<td>(02) 4869 5651</td>
</tr>
<tr>
<td>North Ryde</td>
<td>6.30pm – 8.30pm</td>
<td>Lyndell Huskins</td>
<td>(02) 8875 4615</td>
</tr>
<tr>
<td>North Ryde</td>
<td>2pm – 4pm</td>
<td>Lyndell Huskins</td>
<td>(02) 8875 4615</td>
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<tr>
<td>North Ryde Dinner Group</td>
<td>9 August</td>
<td>Kath Storey</td>
<td>(02) 6584 7444</td>
</tr>
<tr>
<td>Laurieton</td>
<td>22 July, 26 August</td>
<td>Kath Storey</td>
<td>(02) 6584 7444</td>
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<tr>
<td>Laurieton Lunch Group</td>
<td>12 August</td>
<td>Kath Storey</td>
<td>(02) 6584 7444</td>
</tr>
<tr>
<td>Yass</td>
<td>10am – 12pm</td>
<td>Libby Smith</td>
<td>(02) 6241 0881</td>
</tr>
<tr>
<td>Carnarvon</td>
<td>10am – 12pm</td>
<td>Deb Veness</td>
<td>(02) 4229 5926</td>
</tr>
<tr>
<td>North Ryde</td>
<td>10am – 12.00pm</td>
<td>Janet Godsell</td>
<td>(02) 9888 4268</td>
</tr>
<tr>
<td>North Ryde (Daughters &amp; Sons Group)</td>
<td>6.30pm – 9pm</td>
<td>Lyndell Huskins</td>
<td>(02) 8875 4615</td>
</tr>
<tr>
<td>North Ryde (AD-HOC Group)</td>
<td>1pm</td>
<td>Marina Agostino</td>
<td>(02) 9888 4268</td>
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### CARER SUPPORT GROUPS

<table>
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<tr>
<td>Corrimal</td>
<td>10am – 12.30pm</td>
<td>Val Fell</td>
<td>(02) 4229 5926</td>
</tr>
<tr>
<td>North Ryde</td>
<td>10am – 12.00pm</td>
<td>Janet Godsell</td>
<td>(02) 9888 4268</td>
</tr>
<tr>
<td>North Ryde</td>
<td>6.30pm – 9pm</td>
<td>Lyndell Huskins</td>
<td>(02) 8875 4615</td>
</tr>
<tr>
<td>North Ryde</td>
<td>1pm</td>
<td>Marina Agostino</td>
<td>(02) 9888 4268</td>
</tr>
</tbody>
</table>
**FUNDRAISING**

**A DAY ON THE GREEN**

**THE ANNUAL SMOKEY’S CUP CRICKET GAME HITS A SIX.**

Each year, Smokey (aka Trevor Jones) and his community of Tallimba in central western NSW get together to host their Twenty20 charity cricket match, Smokey’s Cup.

In 2016, in honour of their friend and fellow cricket player Ginger, who has Younger Onset Dementia, Alzheimer’s Australia NSW was the chosen charity for the event.

The day was a fantastic success! Alzheimer’s Australia NSW would like to say a huge thank you to the small, yet very impressive, community of Tallimba for their amazing efforts in raising nearly $6000. Well done!

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**LOSING LOCKS FOR LOVE**

What’s the best way to raise awareness about dementia while raising funds for those living with the disease?

For Maria Lo Presti, whose mother was diagnosed with Alzheimer’s disease six years ago, shaving her head fit the bill. She raised more than $5000.

“If someone in your life suffers from Alzheimer’s disease, then you already know the distress, the despair, the helplessness that I have felt. Mum was diagnosed about six years ago and has lost any capacity to communicate clearly – and this is a woman who spoke five languages,” Maria says.

“To have no capacity to express any of her needs, her discomfort, her pain, even thirst or hunger...

“Shaving my head was a small thing I could do in an effort to contribute in some way to research into Alzheimer’s disease. “I was so surprised how generously people donated. I dyed my hair bright pink before shaving it, and mum absolutely loved it and laughed a lot. I was worried how she would feel once it was shaved off, though. I was concerned about confusing her or her thinking I might be unwell, but thankfully she loves this style, too.

“I am grateful to everyone who donated to help Alzheimer’s Australia NSW make a difference. I wish I could do more.”

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**JOIN THE FIGHT**

Do you want to be part of the fight against dementia? Here are a few of the ways you can get involved:

- Hold a fundraising event of your own;
- Become a regular giver as a Dementia Fighter;
- Donate through your workplace; or
- Volunteer.

To learn more, contact Alzheimer’s Australia NSW Fundraising. T: 1300 636 679 | E: nsw.fundraising@alzheimers.org.au

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**GEAR UP FOR THINKO!**

A brand new fundraising initiative will raise money for Alzheimer’s Australia during Dementia Awareness Month in September this year.

The Thinko! team has developed an exclusive range of games, puzzles and brainteasers to work the six key areas of your brain.

There are lots of ways to play Thinko! while raising vital funds for dementia support and research:

- Buy a table at one of the official star-studded Thinko! black tie trivia nights in Sydney or the Hunter. Call 1300 636 679 to reserve your spot today.
- Thinko! online with daily puzzles.
- Find the closest Thinko! pub trivia night and take some mates along.
- Host a games night in your home or workplace. We provide the puzzles and the games for free. However you decide to Thinko!, you will have the full support of the Alzheimer’s Australia NSW fundraising team behind you.

To get your Thinko! on, visit: www.thinko.org.au

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18-19_InTouch_ALZ30_Winter_2016_InMemoriam_V2_with_ad.indd   18
18-19_InTouch_ALZ30_Winter_2016_InMemoriam_V2_with_ad.indd   18
3/06/2016   11:55 am
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
Joyce Angus
John Anson

B
Wal (Joan) Ball
June Barnet
Carlos Billeke
Jim Bradshaw
Claude Adolphus Brown
Gloria Budd
Maddalena Burgio
Jack Byrnes

C
Joy Cameron
Cesaria Seconda Campagner
William George Carter
Joseph Casaceli
Ross Casella
Carmela Catrupi
Rina Cavallero
Carol Child
Francesco Chirillo
Pamela Considine
Charles William Cropper
Susan Barbara Crowden
Dan Cullen

D
Michael James Davidson
Patricia June Davis
Dulcie Delbridge
Mary Dodds

Dorothy
Coral Dow
Betty Hilary Drew
Gloria June ‘Joy’ Dunn
Peter Dunne
Noel Ellis
Ron Farley
Carlo Favorito
Elias Fildissis
Jean Fitzgerald
Anna Rosa (Rose) Furfaro
James Gardner
Neil Gerard Gilbert
Angela Giuliano
Barbara Lorraine Gray
Janet Greenville
Bruno Guzzaloni
Gary Harvey
Percival Hilliar
Barbara Hinchcliffe

E
Agnes Irene Jakubowski
Betty Maud Jaroma
Valmai Jewkes
Lorna Joes
Lorna Grace Jones
Jeanette Ayres Kemp

Archie Kilian
Grace Pascoe King
Dulcie (Tood) Kirk
Keith Kitchen
Bernie Koen
Constantinos Koutsouras
Joyce Kretchmer
Carmela Mary Lacava
Saverio Lasorsa
Wesley Charles Leach
Giovanni Lo Galbo
Marianne Lourens
Stratios Lytsakis
Frank Macgregor
James Mahony
Ilias Marantos
Steve James Masselos
Tina Anne Matthews
Barbara Michell
Laurie Mills
Pierina Monzo
Joan Morris
Anna Assunta Murace
Eva Alice Newbigging

O
Harrie O'Neill

P
Angela Parisi
Valma ‘Val’ Parker
Allan Sidney Pavey
George Pittendrigh
Edward Stephen Pollock
Dorothy Mortimer Pye
Maria Raco
Angela Ramirra
Lorraine Redden
Ron Reedman
Mary Rolfe
George Rudd
Alice Simmons
Giuseppina Saracco
Esnat Sarram
Hannah Sealy
Remo Silveri
Nellie Beatrice Smith
Allan Wilfred Strudwick

T
Xanthippi Theodossiou
Angelina Torrisi
Bram And Lena Van Twist

V
Guam Vasquez

W
David Stanley Wait
Paul Ward
Valmai Webster
Janette Margaret Wells
John Charles Wood

Z
Donato Zaccardo

LIVING WELL WITH DEMENTIA CONFERENCE

DAY I
Monday 22 Aug 2016
9:00am to 4:30pm
DAY 2 WORKSHOPS
Tuesday 23 Aug 2016
9:30am to 4:30pm
VENUE
Rydges, World Square, Sydney
TO REGISTER
http://bit.ly/1KEwf2a

DISCUSSING ALZHEIMER'S ACROSS AUSTRALIA
IN TOUCH 19
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.

BOOKS

**Contented Dementia: 24-hour wraparound care for lifelong well-being by Oliver James**

Dementia is a currently incurable illness, but much can be done to maximise the quality of life for people with the condition. *Contented Dementia* by clinical psychologist Oliver James outlines a groundbreaking method for managing dementia. The SPECIAL method (specialised early care for Alzheimer’s) works by creating links between past memories and the routine activities of daily life in the present. Drawing on real-life examples and tried-and-tested methods, this book provides essential information for carers, relatives and professionals.

**Eat to Cheat Ageing: What you eat helps you make 60 the new 50 and 80 the new 70 by Ngaire Hobbins**

This book is based on the science of nutrition for ageing, but it’s not a fad diet. It’s about going back to basics – eating and enjoying real food, being active at a level that works for you and being able to live life to the fullest. Learn how to fight illness and infection, repair bumps and bruises, combat Type 2 Diabetes, and keep your brain adequately fuelled and your mind firing as you’d like it to.

**In Praise of Ageing by Patricia Edgar**

Australians are staying healthy and living longer than ever before. Yet rather than focusing on the productive, rich, varied lives older people lead, we dwell on the burden of ageing. *In Praise of Ageing* tells the stories of eight people who have lived well into their 90s and beyond. These people will inspire you, entertain you and motivate you to be connected, interested and inventive.

**A Caregiver’s Guide to Dementia: Using activities and other strategies to prevent, reduce and manage behavioral symptoms**

“My husband gets agitated when I need to leave the house. I don’t know what to do.” These are some of the common challenges encountered by individuals and families who are caring for a person with dementia. This practical guide is designed to help at-home caregivers navigate these daily challenges. Although there is no cure, there are clear and proven strategies that can be used to enhance the quality of life for people with dementia. Separate sections cover daily activities, communication, safety and behaviours.

**LOANING ITEMS**

These items and more are available to members of Alzheimer’s Australia NSW, and can be found at local resources centres and offices. Resources can also be posted to you. Find a list of offices and resource centres on the Alzheimer’s Australia NSW website.

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

A new e-newsletter with the latest news and updates from the Dementia Daily website. Sign up now at: www.DementiaDaily.org.au