Annual Report

Alzheimer’s Australia NT Inc.

2006 - 2007

Patron: Dr Valerie Asche, AM
Our Vision...

A society committed to the prevention of dementia while valuing and supporting people living with dementia

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Purpose of our Annual Report

We receive funding from public and private sources, as well as donations of time and other resources, to pursue the objectives outlined in our vision and mission statements.

The Annual Report provides an opportunity to account to our members, funding providers and supporters about how we have used these resources to pursue our objectives in the reporting year, and to outline our aspirations for the ensuing year.
Our Mission…

To provide quality dementia services and leadership, in advocacy, policy and research

Alzheimer's Australia NT Executive Director Marianne Fitch, President Ray Norman and Minister for Family and Community Services, Ms Delia Lawrie MLA, The Minister attended a consumer luncheon and made an announcement about the organisations’ success for the 2006-2007 funding round.

Contact us at:

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Nightcliff    NT   0814               Nightcliff    NT   0814
Phone: (08) 8948 5228    Fax: (08) 8948 5229 Email: admin@alzheimersnt.org.au
National Dementia Helpline: 1800 100 500
Executive Director: Mrs Marianne Fitch
Strategic Directions for 2007/08

Alzheimer’s Australia NT aims to continue to be recognised as the key organisation to assist people living with dementia.

Focus

- Advocacy and empower consumers
- Quality dementia care
- Understanding and awareness of dementia
- Prevention, risk reduction and delay the onset of dementia
- Organisational sustainability

Guiding Principles

People living with dementia, their families and carers have the right to

- access high quality support services
- access flexible, responsive and timely support services
- be treated with dignity, courtesy and respect, to have their feelings validated and their choices and individual beliefs respected
- access services that support both the person with dementia and their families ensuring that the needs of the person with dementia is the primary focus/ priority.

Susan McQuade, Manager Support Services Alice Springs, at Hamilton Downs for an older indigenous carers get-together.
PRESIDENT’S REPORT 2006 /2007

This year Alzheimer’s Australia NT has continued to live its mission, that is ‘to provide quality dementia services and leadership in advocacy, policy and research.’

Dementia is a growing issue for the Northern Territory. This is because the Territory has the fastest growing population of over 65’s in Australia and it is expected that dementia rates will increase six fold by 2050.

Even more telling is that we now have reliable research, conducted by the University of Western Australia, which has shown that the prevalence of dementia among rural and remote Indigenous people could be four to five times higher than for the rest of the Australian community. This recent research, carried out in the Kimberley region of Western Australia, found that 12.4 percent of Indigenous people aged over 45 have dementia, compared to a rate of 2.6 percent in general Australian population of the same age.

Therefore we must build on initiatives already taken in the implementation of dementia as a National Health Priority and the Board of Alzheimer’s Australia NT has prioritised actions urgently required to improve the everyday lives of people living with dementia in the Territory.

Diagnosis of Dementia
There is an urgent need to recruit geriatricians to work across Acute Care and Community Care in the Northern Territory, to improve diagnosis and ongoing assessment for people with concerns about their memories. As well as improve care planning, treatment, management and referral for people with dementia.

Community Care
Community Care is the corner stone of our support system and provides the means for both older and younger people with dementia to stay at home longer and maximise their independence. Well designed and well resourced community care services should build on the individualised capacities of people with dementia and their carers.

There is an urgent need for Government to provide annual growth funding, of at least 10% per annum in real terms, through the Home and Community Care (HACC) program.

Dementia Care / Aged Care Workforce Training
There is recognition by governments, service providers and unions that workforce issues are a serious threat to the provision of health and aged care services, including dementia care. Consumers of Alzheimer’s Australia NT greatly value the work done by staff and share concerns about the current and future supply of qualified and skilled aged care workers.

In the Northern Territory there is an urgent need to provide adequate and appropriate workforce training and to recognise and adequately recompense the work of aged care workers within the community.
Indigenous Communities
In the Northern Territory there is an urgent need to improve awareness of dementia in indigenous communities, as well as provide education and training in the use of the Kimberley Indigenous Cognitive Assessment Tool (KICA).

Advance Care Planning
Advance care planning plays an important role in allowing people with dementia to plan for their future health care and financial matters, should they lose the capacity to make those decisions. Together with an enduring power of attorney, an advance care plan is a significant document that informs health care providers about a person’s wishes regarding their health care. Unfortunately, current legal provisions are complex and vary across the jurisdictions, terminology is confusing and inconsistent, and all too often the wishes of the person with dementia are not appropriately followed.

I would like to thank all Board members for their contribution, commitment and advice during the year. I especially thank Grace Page, Vicky Coleman and Jennifer Prince who will not be standing for re-nomination to the Board this year; we wish them all the best with their future endeavors. I believe that Alzheimer’s Australia NT continues to be well equipped to meet the opportunities and challenges ahead.

Ray Norman
President
October 2007

Annette Koch, Margaret Baxter, Ray Norman, Ruth Leslie-Rose, Kerrie Read, Jackie Lewis and Sue Woods, seven of the eleven happy contingent from Alzheimer’s Australia NT at the International Alzheimer’s Conference in Perth, May 2007
EXECUTIVE DIRECTOR’S REPORT

This has been another exciting year for Alzheimer’s Australia NT, with growth in funding for Education and Support Services. We have been busy promoting community awareness, attending to staff professional development, seeking consumer consultation and providing advocacy. This year we have also started the consultation process to set the Strategic Direction of the organisation for the next three years.

We continue to be seen as the ‘dementia experts’ with invitations to be part of two reference groups. The first is for the development of the NT Framework for Action on Dementia, and the second is the new Dementia Behaviour Management Advisory Service (DBMAS).

We were delighted to host a visit by Minister, Delia Lawrie, in January. The purpose of the Minister’s visit was to announce which organisations had been successful in the 2006/2007 Home and Community Care (HACC) funding round. Her visit gave us an opportunity to showcase our service and for our consumers to speak to the Minister.

The validation of the Kimberley Indigenous Cognitive Assessment tool in the Rural and Remote communities of the Northern Territory was completed, and the report is available on our web site. Our thanks to the Australian Government and the Territory Government for their support of this project.

Seven staff and five consumers attended Alzheimer’s Australia National Conference held in Perth in early June. Sue Woods, Manager of Support Services, presented a paper on the Early Stage Functional Evaluation Scale; Jackie Lewis, Family Support Coordinator, conducted a workshop on Art Therapy; and Kerrie Read, Home Club Officer, presented a poster on the clubs. The staff returned from the conference with a stronger sense of connection to Alzheimer’s Australia as a unified organisation across Australia and a heightened understanding of the quality of our services in the Territory. I would like to congratulate all those who presented at the conference.

This has been the last year that we will be selling Rosella jam at the Fred’s Pass Show. Chris Telfer, who has been making Rosella Jam for the organisation for more than 10 years, has retired, and Judy and Chris have joined the ranks of the “grey nomads”. Thank you Chris for all you have done for the organisation over the years.

Dementia Awareness Month (DAM) Sept – October 2006

Dementia Awareness Month commenced with a speech by Chief Minister, Ms Clare Martin in the Territory Legislative Assembly on Wednesday 30th August. The Chief Minister confirmed that dementia is an issue of growing importance in the Territory and gave recognition to the work of our President and this organisation.

The President of Alzheimer’s Australia, Associate Professor Marc Budge, visited Darwin and presented a Dementia Research Forum, with 100 people attending. We received much positive feedback after this event. Marc also meet with the Health Minister, Dr Chris Burns and drew his attention to the AA Dementia Estimates and Projections Report from Feb 2005, prepared by Access Economics. This report stated that the Northern Territory will have the fastest growth in dementia in Australia, with a six fold increase by 2050.
During the month there was significant nationally generated media, organised through the National Office, as well as locally generated media. This generated an increase in Helpline calls to the office. From week one to week three of DAM, we had a 150% increase in Helpline calls. Daryl Manzie interviewed Ray Norman on radio.

Other activities during DAM included mini launches of the “Mind your Mind” booklet to a variety of groups in Darwin, Palmerston and Alice Springs. We reached over 200 people with these activities and distributed over 3000 “Mind your Mind” booklets across the Territory.

Support Services

We are pleased to report that this year we have increased our delivery of services to people living with dementia, their families, carers and the general public, as well as raising community awareness of Dementia and Alzheimer’s Australia NT.

Through our expanded Support Services, consumers are able to access:-

- National Dementia Helpline
- Counselling and Support
- The Living with Memory Loss Program
- Carer Support Groups; the Dementia Library
- Health & Wellbeing and Memory Matters programs
- The Dementia Monitoring Program
- Home Clubs and various Therapy Programs and Social Groups.

Consumers are also able to access the Safe Return Program and our Life Memory Album project.
Most of these services are funded either by the Territory Government, through the Home and Community Care Program, and directly or indirectly by the Australian Government thought the Dept of Health and Ageing.

The Northern Territory Government, through HACC, provides us with a total of $275,719 annually to deliver counselling, advice, support and transport for people living with dementia, their families and carers in Darwin and Alice Springs, as well as respite and social support programs in Darwin. Our HACC funding has increased this year by $40,000 for the establishment of the Dementia Monitoring program. This program provides much-needed support to people with early stage dementia who require some assistance in a variety of practical ways but have no family or social support to assist them.

The National Dementia Support Program (NDSP) contract was renewed in April and provides funding until 30th June 2009. Total funding for this program is $629,807. This contract funds the following programs:-

• Information and Awareness
• Helpline and Referrals
• Early Intervention and the Dementia and Memory Community Centre (DMCC).

The Living with Memory Loss (LWML) program continues to provide much needed education and support to our consumers and this year we have held a total of four (4) LWML programs. These were held in Darwin, Alice Springs and Katherine. There has been an 300% increase in the number of groups (1 to 4) as well as a 125% increase in the number of participants (16 to 36).

There has been an 11% increase in the number of consumers (498 to 554) who have had contact with Support Services, Territory wide. These people have received a 31% increase in the number of hours of services (3054 to 4003) as well as a 19% increase in the number of contact (5271 to 6278) with our team over the past 12 months.

Furthermore the Safe Return Program has seen a 26% increase in the number of families registering (65 to 82). This program continues to offer some peace of mind to families if their loved one has a tendency to wander.

The Support Services team have been involved in many other major activities, including a 3 year HACC Service Standards Review. This Review rated our standard of services as ‘High’, which is a great achievement. Staff have been working collaboratively with other dementia service providers throughout the Territory, and are involved in projects like the NT Dementia Framework, and established the Life Memory Albums. They have contributed to various promotional and awareness raising activities and continue to carry out their specific duties with enthusiasm and expertise.
Growth in Service Levels

The level of growth in our service delivery can be seen by the comparison of graphs for activity in 2006/2007 with the 2005/2006 year.

**Number of Contacts**

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<th>Carers and Family</th>
<th>Service Providers</th>
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<td>3,697</td>
<td>944</td>
<td>630</td>
<td>5,271</td>
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<tr>
<td>2006/07</td>
<td>4,493</td>
<td>1,233</td>
<td>552</td>
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<td>Increase in Contacts</td>
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<td>-78</td>
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**Hours of Service**

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<th>Carers and Family</th>
<th>Service Providers</th>
<th>Total</th>
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<tbody>
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<td>1,763</td>
<td>724</td>
<td>567</td>
<td>3,054</td>
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<td>2,313</td>
<td>1,237</td>
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<tr>
<td>Increased Hours</td>
<td>550</td>
<td>513</td>
<td>-114</td>
<td>949</td>
</tr>
</tbody>
</table>
Number of Individuals

Carer Relationships

Carer relationships to the person living with dementia can be seen on the graph below.
Education Services

We are pleased to be able to report that this year there has been an increase in the delivery of education and training to a diverse group of people, including people from culturally and linguistically diverse backgrounds, indigenous groups, aged care workers and health professionals, as well as family carers and the general community.

There have been some major changes in our education team with both Marilyn Inglis and Mary-Ellen Dalgleish moving on to new challenges. In April Catherine Zlatnik commenced as Manager of Education Services. Catherine comes to us from the Broome TAFE with extensive experience in the delivery of aged care and dementia education throughout the Kimberley region.

We have expanded our training expertise by adding sessional trainers to our team. This has given us a highly skilled and flexible Education Service which is able to deliver both non-accredited and accredited training.

We have two large contracts with the Department of Health and Ageing. The first is a three year project - ‘Dementia Essentials’ - total funding of $794,877. This project delivers nationally accredited Dementia Competency Courses across the five regions of the Northern Territory. Some of these courses are delivered in partnership with Batchelor College, who organise and transport aged care staff from remote communities into one of the regional centres for the 4 day course. We have completed our first year of delivery. This year, eighty-two (82) aged care workers gained competency in this module of aged care. This demonstrates a 95% increase on last year’s figure when 42 students gain their competency certificates through other projects.

The second project is an eighteen month program called ‘Mind your Mind Dementia Community Education’ – total funding $126,462. This project will deliver 37 “Mind Your Mind” workshops to a diverse group of people, including indigenous, various cultural groups, seniors and the general public across the Territory. We are now six months into this project and three hundred (300) participants have attended the Dementia Risk Reduction workshops.

The Dementia and Memory Community Centre commenced in early 2006 and provides workshops and recreational/social/therapeutic sessions to the general public, people with dementia and their families. This year ninety three (93) people have attended these sessions.

Manager Education Service, Catherine Zlatnik and Family Support Coordinator, Jackie Lewis in the AANT Library.
In summary,

Dementia is a growing issue in the Northern Territory and the needs of consumers will always be greater than resources allow. I am grateful for the support and dedication of our staff, our Board and our volunteers who contribute to the high standards of our service. This allows us to continue to be recognised as the ‘Dementia Experts with Compassion’ by our consumers and peers.

Marianne Fitch
October 2007

Clare Fern who helped support us in our television promotion by featuring in this photo.
CONSUMERS’ TESTIMONIALS for 2006/2007

Counselling and Support Groups
- “You’re so kind and thoughtful. I love your visits - they mean so much to me, as coping with (persons name) on a daily basis 24/7 sometimes makes me want to scream. You have shown me how to cope with all this, thankyou.”
- “Thank you for the great meeting. It has been rewarding to listen to other people’s experiences - I know now that I am not alone and I have made some valued friends here today. Sharing my thoughts and feelings of concern for my future as well as my parents, has made me feel I can cope better in the future.”
- “We need you. I really would have been lost without our support group. I have a place to vent myself whether I am angry, upset, depressed. I can come here and laugh. I can come here and cry. I just come because you care and see what I have to deal with every day.”

Home Clubs
Comments from clients who attend:
- “You lot do a wonderful job!”
- “I enjoy coming out with Home Clubs.”
- “It’s good to get out and about.”
- “I don’t know what I would do if I didn’t have Home Club.”
- From a family carer - “the Home Club is one activity he looks forward to every week.”

Health & Well-Being / Memory Matters
- “Enjoyed the session, felt better afterwards”
- “Very informative and interesting”
- “Can I bring a friend along next time?”

Education Courses
- “This valuable information will help me assess and care for clients and their families whilst networking with other services, for example AANT.”
- “Role play and brainstorming discussions were excellent.”
PERSONNEL AS AT 30 JUNE 2007

Patron
Dr. Valerie Asche AM

Medical Advisor
Dr Sadhana Mahajani

Board of Directors
Ray Norman President
National Alzheimer’s Australia Board Delegate
Alzheimer’s Australia Research Delegate
Delcine Jones Vice President
Vicky Coleman Honorary Treasurer
Grace Page Secretary/Public officer
Jennifer Prince Director
Elizabeth Furlonger Director
Caroline McDonald Director
Marianne Fitch Executive Director

Staff
Marianne Fitch Executive Director
Catherine Zlatnik Manager Education Services
Sue Woods Manager Support Services
Ruth Leslie-Rose Manager Administration/Finance
Susan McQuade Manager Services Alice Springs
Jackie Lewis Family Support Coordinator
Kerrie Read Home Club Officer
Nicole Fulton Home Club Assistant
Annette Koch DMCC Activity Officer
Roma Hill Administration Officer
Gayle Heron Support Officer Education/DMCC
Julie Dawkins Support Officer Alice Springs
Rosemary Aiken Family Support Officer Alice Springs
ACKNOWLEDGEMENTS

We would like to acknowledge and thank our funding bodies, sponsors and supporters including:

- Australian Government - Department of Health and Ageing.
- Northern Territory Government - Department of Health and Community Services.
- Pfizer - Dementia Awareness Month.
- Lundbeck – sponsorship of Dr Jane Tilly public forum.
- Northern Territory Police - in kind support for Safe Return Program.
- Cobbler’s Plus - engraving of our Safe Return Bracelets.
- RSPCA - Pet Therapy.
- Darwin City Councils’ Community Grants - $5,000 to fund a series of television advertisements to promote dementia awareness, our organisation and services available in the Northern Territory.
- Nightcliff Rotary Club - $500 sponsorship to support staff to attend the Alzheimer’s Australia bi-annual conference in Perth.
- Darwin South Rotary Club - $1470 sponsorship to support staff to attend the Alzheimer’s Australia bi-annual conference in Perth.
- NT Government Community Benefit Fund – $5,500 to support staff to attend the Alzheimer’s Australia bi-annual conference in Perth.
- Michels Warren Munday – generous public relations support
- NT Government Community Benefit Fund – $4,788 for partitioning in the Alice Springs office which has allowed us to have a much needed separate counselling room.

We also acknowledge and thank:

- Local politicians who have allowed us to use their community rooms for Home Clubs.
- All volunteers involved in our work, especially Martha Swart and Elaine Salvia, and Chris Telfer.
- All guest speakers who have passed on their skills and knowledge at our Education courses, Carers Support Groups and Living with Memory Loss Groups.
- As well as other Alzheimer’s Australia member organisations.
Alzheimer’s Australia NT Inc has continued to expand the delivery of approved programs throughout the Northern Territory in response to increased available funding following continued recognition of dementia as a National Health Priority.

The growth in funding in recent years is illustrated in the following chart:

The principal financial challenges for the Association remain the containment of expenditure within the constraints of available funding levels, whilst managing the liquidity position and maintaining funds at a level to sufficiently ensure its’ financial viability. The financial resourcing, management and reporting responsibilities are time-consuming and complex.

Operational funding receipts have increased by 9.7% from the previous year, from $1,099,027 to $1,205,783.

Program delivery expenditure has increased by 9.2% from the previous year, from $943,418 to $1,030,764.
In keeping with the generally accepted accounting policy adopted in prior years, unexpended grant funding at the end of the year has been brought to account as a current liability, (rather than as income), on the basis that as it has yet to be spent in accordance with relevant contractual obligations, it is potentially repayable. Unexpended grant liabilities at year end have increased by 33.9% from the previous year end, from $177,730 to $237,945.

The Association’s net surplus for the year increased by 33.3% from the previous year, from $34,442 to $45,899; resulting in its net asset position increasing from $104,941 to $150,840.

The Association’s financial position remains sound in the context of expected continuation of current funding levels. The efforts of the Executive Director, Marianne Fitch, and the Manager of Administration/Finance, Ruth Leslie-Rose are again to be commended for their dedication to the financial management of the Association.

Vicky Coleman
Honorary Treasurer
October 2007