DEMENTIA AWARENESS WEEK

DATE: 21 - 28 SEPTEMBER 2012
THEME: BRAIN HEALTH - MAKING THE CONNECTIONS

Go to www.fightdementia.org.au for details on the activities in your state.

INTERNATIONAL SPEAKER TOUR:
DR SERGE GAUTHIER, MD, FRCPC

Throughout Dementia Awareness Week Dr Gauthier will do a national tour to discuss:

- The possible causes of dementia and the prospects of new treatments.
- The links between dementia and other chronic diseases, and their management.
- The potential to include dementia in existing health prevention programs.
- The evidence base for reducing the risk of dementia.
- Slowing the progression of the disease and reducing prevalence of dementia.

National Dementia Helpline 1800 100 500
(An interpreter service is available)
In April we saw an unprecedented call to all corners of the globe in a report released by the World Health Organization and Alzheimer’s Disease International for nations to recognise dementia as a public health crisis and to make dementia a global public health priority. The report, “Dementia: A Public Health Priority” is available online at http://www.who.int/mental_health/publications/dementia_report_2012/en/index.html and is an invaluable resource that adds more momentum to the fight against dementia and for informed discussion, understanding and action. To fight dementia we need to be armed with the facts and ready to talk at any opportunity to raise awareness and to articulate clearly what is needed at a governmental and individual level—and then advocate to make it happen. Key messages are offered in the report; with the first one being that dementia is not a normal part of ageing!

Talking about being armed with information and motivated to act brings to mind the excellent evening hosted by the General Practice Network Northern Territory (GPNNT) in late May with Professor Sube Banerjee as the guest speaker. There was absolutely standing room only for those GPNNT attendees who clearly ranked dementia as a priority topic. Professor Banerjee’s talk was part of a nationwide seminar series by Alzheimer’s Australia and while the talk was billed as a “Dementia Update” with emphasis on understanding behavioural and psychological management and the potential adverse effects of antipsychotics it was a tour de force on dementia. The most impressive and emphatic points were made around the very basics—the need to communicate, share information, to listen, be patient…and how this approach successfully allows for a better quality of life and more time spent in one’s home.

It should be noted that there is a new organisation in town, the Northern Territory Medicare Local (NTLM). The NTLM is a collaborative partnership among the GPNNT, the NT Department of Health (DoH) and the Aboriginal Medical Services Alliance NT (AMSANT) and provides a new entity for awareness raising, understanding and action to fight dementia.

What a difference a little activism can make! On the 20th of April, the Australian Government announced that it would work with State and Territory Health Ministers to make dementia a National Health Priority. I am delighted to say that Minister Vatskalis has already given his support. The Australian Government’s Living Longer, Living Better package represents the beginning of aged care and dementia policy reform. Key areas addressed are:

- The impact of dementia in both the health and aged care systems;
- The recognition of additional costs of providing dementia care to people with severe behavioural and psychological symptoms of dementia;
- Services which support people with younger onset dementia; and
- Improved choice and flexibility of services including community care and respite.

The Alzheimer’s Australia Federation looks forward to continuing to work with the Minister and the Department of Health and Ageing to implement these reforms.

The review of the Pharmaceutical Benefits Scheme (PBS) in regard to the use of drugs used to support the cognition of people with dementia is causing some concern. Professor Sube Banerjee spoke to a packed room at the GP Network NT in May about the dangers of antipsychotic use in older people and expressed an opinion that they are warranted in only around 20% of cases. The anti-Alzheimer’s drugs available on the PBS are often helpful in settling the behavioural and psychological symptoms of dementia.

Thank you to all our new Dementia Champions and to our new Ambassador, Darwin’s Lord Mayor, Katrina Fong Lim. Your support has been (and will continue to be) vital in our Fight Dementia campaign.
CONTENTS

From the President & CEO 2
Dementia Champions 3
Fitness To Drive 4
Living Longer, Living Better 5
Research & Development 6
Stepping Out With Scarecrows 7
Support Services 8
Darwin 9
Alice Springs 10
Our Services 11
Thank You 12

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PO Box 515, Nightcliff NT 0810
3/18 Bauhinia St, Nightcliff NT 0810

Alice Springs Office: (08) 8952 9799
PO Box 1618, Alice Springs NT 0871
Shop 5 Cinema Complex, Todd Mall, Alice Springs NT 0870

Consumer Advisory Group
Seeking new members! Meetings are held three times a year. If you are interested, please call Anne Pike at Darwin Office.

DEMENTIA CHAMPIONS

We must all stand up to fight Dementia. You can help support Alzheimer’s Australia’s campaign and every Australian affected by Dementia.

The aim of Alzheimer’s Australia Fight Dementia Campaign is to get recognition of dementia as a health priority in the 2012 Federal Budget.

Action is needed to tackle dementia NOW.

Alzheimer’s Australia is proposing that the Australian Government commit to an additional $500 million over the next five years to promote a greater awareness of dementia, improve the quality of care and act on positive solutions to reduce the future numbers of people with dementia

How can you help?

Help us reach our goal of 100,000 Dementia Champions. Sign up today and get your family and friends to join the fight against dementia!

Please go to our Fight Dementia campaign website to sign up, campaign.fightdementia.org.au

You can also show your support on www.facebook.com/fightdementia

If you don’t have internet access or computer skills, don’t let that stop you. Drop into our Nightcliff or Alice Springs offices and we will help you to sign up!

National President of Alzheimer’s Australia, Ita Buttrose with our celebrity Dementia Champions:

Senator Trish Crossin

The Honorable Natasha Griggs

The Honorable Peter Styles, MLA
FITNESS TO DRIVE

NEW MEDICAL STANDARDS FOR VEHICLE DRIVERS

Changes encourage regular monitoring of drivers with dementia.

On the 1st March this year the National Transport Commission and Austroads released the new medical standards for driver licensing – Assessing Fitness to Drive. The standards, which were last updated in 2003, have been substantially revised with input from general practitioners and medical experts, as well as from consumers and driver licensing authorities throughout Australia. The aim has been to continue to improve road safety while ensuring people can maintain their independence for as long as possible.

Not surprisingly, a key issue considered during the review has been the management of older drivers, including the management of dementia. A specific working group, with representation from Alzheimer’s Australia, was formed to guide the development of the revised medical criteria and the provision of more comprehensive information to support assessment and management of these drivers.

There is a significant change in the standard for dementia, which has been introduced to support regular monitoring of this progressive condition. All drivers with a diagnosis of dementia will be required to be assessed for a conditional licence and to have annual medical reviews for licensing purposes. This doesn’t mean that these drivers will have to have special tests or on-road assessments, but it does mean that each year they will have a medical review that specifically considers the progression of their condition and how it might affect their driving ability. These annual reviews also provide an opportunity for the treating health professional and the driver’s family to have conversations about preparing for non-driving in the future so that the person does not suddenly have to come to terms with loss of their licence. For people with dementia or other age-related changes, early discussion about driving and involvement of the family are important for managing driving and mobility.

Other changes evident in the new edition of Assessing Fitness to Drive include:

- an increased focus on functionality rather than diagnosis which supports fairness for drivers
- improved guidance on the role of practical driver assessments, and
- inclusion of links to useful sources of information for drivers and families to support the transition to non-driving

More information is available on the newly revised Austroads website: www.austroads.com.au

where a copy of the standards can also be downloaded or purchased. Local driver licensing authorities are also a source of helpful information.

YOU’RE INVITED!

“COUNTRY & WESTERN ...WITH A TOUCH OF ROCK’N’ROLL”

Tue 25 September

Time: 1:30 – 4:30pm

Greek Orthodox School Hall
Chapman Rd, Nightcliff

Don’t miss the Alzheimer’s Australia NT annual Tea Dance, to be held during Dementia Awareness Week.

Once again, the Greek Orthodox School has kindly offered their hall – which is a fantastic venue for socialising and dancing.

This year’s theme is Country & Western with a touch of rock’n’roll.

So come on down to the hall dressed in your country & western best (no spurs please gentlemen!), park your horse in the stables, and pull up a hay bale to catch up with some old friends.

Live entertainment and afternoon tea will be provided.

The event is free but bookings are essential for catering purposes.

Please contact the Alzheimer’s Australia NT Darwin office for further information or to RSVP, on 8948 5228 or nt.admin.d@alzheimers.org.au
Alzheimer’s Australia welcomes the Federal Government’s aged care reforms and their plan to tackle dementia.

The Government’s package showed that the Prime Minister, Julia Gillard and the Minister for Mental Health and Ageing, Mark Butler, have not only listened to people with dementia but have responded comprehensively to their priorities. As a result the Government will take a proposal to the next meeting of Commonwealth, State and Territory Health Ministers that dementia be added to the existing list of eight National Health Priorities. This is an outstanding result. The reforms appear to answer the requests of Alzheimer’s Australia in five important ways.

First, the reforms hold out the promise of strengthening the community care system to make it possible for people with dementia to stay at home longer. There will be more community care packages and more funding for respite care. This is central to any strategy for consumer choice and avoiding premature entry to residential care. The doubts are whether the growth in community services will be fast enough.

Second, the reforms to empower consumers through adopting consumer directed care in all care packages will enable consumers to have more say over the services they need, when they need them and who delivers them. This greater flexibility should be of help to diverse communities although there are special measures in the reforms to assist in tailoring services to their needs.

Third, the approach to funding will embrace the principle of supplementary funding to meet the extra costs of dementia care in both residential and community settings. In other words there is a focus on dementia in the aged care reforms.

Fourth, there are measures that should help re-assure consumers that there will be greater transparency in the quality of aged care quality care through the independent Aged Care Financing Authority, the new Australian Aged Care Quality Agency, My Aged care website and greater independence of the Aged Care Complaints Scheme.

Lastly, there is a plan to tackle dementia. The Government’s proposals for tackling dementia address the key priorities in Alzheimer’s Australia’s Fight Dementia Campaign, particularly in respect of timely diagnosis, improved acute care services, improved support for younger people with dementia and an expansion of Dementia Behaviour Management Advisory Services.

Not all our priorities have been addressed. Research in dementia is crucial if we are to reduce the future numbers of people with dementia. Alzheimer’s Australia is concerned about the very low level of investment in dementia research. This is an issue we will be pursuing vigorously through the Minister’s review of Scientific and Medical Funding in Australia.

The reforms will be reviewed at the end of five years and the Government has rightly taken the view that the full impact of the reforms will take ten years to work their way through. This is because the reforms are not just a question of funding but changing the way services are delivered. There will continue to be frustrations for many thousands of people with dementia and their carers as the reforms work their way through.

**Glenn Rees**  
CEO, Alzheimer’s Australia

For more information about the Government’s aged care reforms, visit www.health.gov.au, where you will find a link to Living Longer, Living Better.

**SAVE THE DATE!**

**Planning for the end of life for people with dementia, Colleen Cartwright**

In April 2011, Professor Colleen Cartwright addressed the Darwin and Alice Springs communities, on planning for the end of life for people with dementia. Following the success of this visit, we are pleased to announce that Professor Cartwright is returning to Darwin to lead workshops based on Planning for End of Life for People with Dementia, Vol 1 & Vol 2.

Advance Care Planning is a process by which a person can communicate in advance, decisions about their health care for a future time when they have lost capacity to make their own decisions. Completion of an advance care plan is voluntary; however, research has found that few people want to leave such decisions to their family and carers. Advance planning can help avoid disputes among family and friends about treatment options and ensures the person’s wishes are met.

Two workshops will be held on **Monday 22 October**. The first session will be geared to people with dementia, their family carers and the general public. The second session will provide information for aged care service providers. Expressions of interest should be forwarded to nt.admin.d@alzheimers.org.au or phone us on 8948 5228.
RESEARCH & DEVELOPMENT

2010 ALZHEIMER’S DISEASE PROGRESS REPORT: A DEEPER UNDERSTANDING

... this annual research report from the National Institute of Health (NIH) was released in Feb 2012 and is available on line at no cost. Prepared by the National Institute on Ageing, the report highlights important developments and directions in NIH-funded research, including:

- Risk for developing Alzheimer’s
- Genes that play a role in the disease
- Neuroimaging and biomarkers that detect and track the disease
- Research into new treatments
- Lifestyle factors that may either worsen or protect against the disease; and
- Help for carers

The report includes animation showing the progression of Alzheimer’s in the brain and video interviews:


EYE TEST FOR ALZHEIMER’S DISEASE

A simple eye test may aid in the detection of major neurological diseases such as Alzheimer’s disease, according to an article published in the Journal of Cell Death and Disease. Professor Cordeiro and a team of international researchers from University College London Institute of Ophthalmology, conducted a study to determine whether brain cell death associated with Alzheimer’s disease and glaucoma can be tracked by examining eye cells. The results of the study suggested the amount of damage in the retinal cells of mice corresponded with the level of brain cell death. The researchers were also able to pinpoint a pattern of retinal cell death characteristic of Alzheimer’s disease, which could have potential for early detection of the disease.

http://www.sciencedaily.com/releases/2010/01/100114081158.htm

MAINTAIN YOUR BRAIN – DR MICHAEL VALENZUELA

Dr Michael Valenzuela is a Research Fellow at the School of Psychiatry at the University of New South Wales (UNSW) and the Leader of the Regenerative Neuroscience Group at UNSW. One of the main areas of Dr Valenzuela’s current research is to determine why some people are more susceptible to dementia pathology. His research suggests that there are competing forces between mechanisms that initially cause the disease, the disease itself, neuroprotection and compensation that all relate to how the disease affects an individual. Research conducted by Dr Valenzuela and his team at UNSW suggests that people who are continually engaging in complex mental activity throughout their life are able to compensate for neuron loss caused by initial stages of dementia pathology. Similarly, his group’s research findings suggest that managing staff during your career can have a protective effect on your brain health later in life. Dr Valenzuela has recently written a book called ‘Maintain your brain’ based on his research which identifies practical steps to reduce the risk of developing dementia including mental, physical and social stimulation.

https://shop.abc.net.au/products/maintain-your-brain-the-latest-medical-thinking-on-what-you-can-do-to-avoid-dementia

DEMENTIA AWARENESS WEEK: CALENDAR OF EVENTS

- Fri 21 September - World Alzheimer’s Day

Alice Springs:
- Mon 27 September – NT launch of Mind Your Mind’s exciting new makeover in conjunction with Healthy Ageing Communities with Alice Springs Town Council
- Tue 28 September – Dementia Pathways in Remote Central Australia – report launch with the Centre for Remote Health

Contact Nicole O’Connor on 8952 9799 or nicole.o’connor@alzheimers.org.au for more details

Darwin:
- Mon 24 September – Serge Gauthier – Speaking at Royal Darwin Hospital Grand Rounds on the links between chronic disease and dementia.
- Tue 25 September – Tea Dance with a country rock theme at the Greek Community School Hall, Nightcliff from 1:30 – 4:30pm.

Contact Tania Nash on 8948 5228 or nt.admin.d@alzheimers.org.au for more details
By Christine Bond, Associated Advertising and Promotions

Each year the Royal Darwin Show offers many great opportunities for community groups and individuals from all walks of life to participate in activities and exhibitions.

With competitions and displays for everything from arts and crafts, cooking, cats and chooks to traditional spear throwing, bonsai, beaut utes and prize bulls there are prizes and trophies galore up for grabs for young and old alike.

One group that has taken up the challenge to compete with gusto and enthusiasm are members of the Stepping Out Group, a day respite service provided to local Territorians supported by Alzheimer’s Australia NT in Darwin.

The group meets 3 days a week and as part of their monthly Garden Art project they decided to get involved in the Royal Darwin Show and create three fabulous Scarecrows. Their efforts will also have a permanent home after the Show in the community garden created last year in the grounds of Alzheimer’s Australia NT’s Darwin Centre in Nightcliff.

Following weeks of planning and activities that included scouring local Op Shops for clothes and accessories and utilising their individual skills the group has created three of their very own spectacular scarecrows affectionately named Rustle, Hay-zel and Strawn Crow.

Stepping Out Officer, Norma Sutcliffe, says building the scarecrows has been great fun for all concerned as well as providing a practical project that is stimulating and involves skills such as collaborative teamwork.

“Along with our visits to Op Shops we also collected other materials such as wood, plastic, straw and coconuts to create authentic scarecrows that have been part of private gardens and farmers fields for decades, ‘ Ms Sutcliffe said.

“The scarecrows are a timely reminder of our past links to the land in this Year of the Farmer, and the Community Garden has also been very popular with our clients. Projects like this help keep that interest going and provide a focus for their energies.

“Many of the clients are also experienced gardeners and these sorts of activities help revive positive memories. Everyone is keen to harvest the rewards of their hard work with a top crop of vegetables and flowers. And of course what an added thrill it would be if one of the Stepping Out creations was honoured with a prize at the Show!” Ms Sutcliffe said.

All entries for the popular Scarecrow competition were displayed outside the Horticultural Hall at the Royal Darwin Show Winnellie Show Grounds from Thursday 26 to Saturday 28 July.

SENIORE MONTH – AUGUST

Once again, Alzheimer’s Australia, in conjunction with Darwin City Council, will be running two activities during Senior’s month. Each event will consist of information sessions about reducing the risk of dementia, gentle physical exercise and mental puzzles and games. Details are in the Darwin City Council Senior’s Month calendar or call 8948 5228.

- Mon 13 Aug – Jingili Water Gardens
- Mon 20 Aug – Alzheimer’s Australia NT, Nightcliff Community Centre - 18 Bauhinia St
EXERCISE GROUP
As soon as the Dry arrived, the group headed outdoors – including visits to the Botanic Gardens and Charles Darwin National Park. They also attended the play “The Very Cranky Bear” at Taminmin Library, which was thoroughly enjoyed by the group.

CHOIR
Our volunteer, Jimmy Harte, is generously sharing his expertise as an entertainer and singer by setting up and training the AlzANT choir, which meets every second Wednesday at Nightcliff. Practice is intensifying ahead of our debut in August – a warm up for our Tea Dance performance in September.

CREATING ALZANT SCARECROW FAMILY
During May and June clients, with assistance from volunteers and staff, have been creating a family of scarecrows to live in our “Garden of Memories”. Rustle Crow was the first family member to come to life followed by Hay-zel and most recently their son, Strawn. The family’s first outing will be an appearance at the Royal Darwin Show.

STEPPING OUT IN DARWIN
Highlights from Stepping Out in Darwin include:
• Bowling with Bronwyn Bishop and Natasha Griggs
• Events at Bunnings Warehouse Darwin – International Women’s Day and creating mosaic tile pavers for our garden.
• Mini Paws Walk at Jingili Water Gardens – group members brought their dogs out for the day for a lovely Dry season outing.

CARER GROUP
Our Darwin Carer group meets each month and recent activities included:
• Reflexology session
• Morning tea at Speakers Corner
• Painting of tiles for the 2012 Alzheimer’s Australia National Conference; and
• Lunch at the Botanic Gardens

ACTIVATE NT
This year the Support Services team in Darwin contributed to Activate NT by hosting four general public sessions during May and June. Topics included: relaxation, balance, and mind games and puzzles. We thank Darwin City Council for providing the venue.

GARDEN ART THERAPY GROUP
Every third Friday for the next six months, the group will draw, use mosaics and enjoy garden activities in the warm weather. There has already been lots of action and the gardens are taking shape with a variety of vegetables and fruit trees on the go.

Thank you to everyone who has supported our garden project by potting and donating plants.

KATHERINE COMMUNITY HOUSE
Thank you to GROW Katherine for the use of their Community House during our visits to Katherine for our Activity Day and Living with Memory Loss course. The Support Services Darwin team visits Katherine four times a year to provide face-to-face support for people with dementia and their carers.
DEMENTIA CARE ESSENTIALS

Alzheimer’s Australia NT continues to offer Dementia Care Essentials Certificate III and IV accredited training courses across the Territory.

The Northern Territory’s remote communities, despite having unique characteristics, share a genuine need to have their elderly cared for in a culturally appropriate way. Using a combination of family and shire services, they manage to address the issues with the resources that are available. A number of care workers have achieved competency in dementia care.

ROD SCARR RETURNS!

We all know it’s hard to stay away from the Territory … We welcome back Rod Scarr, as our new Education Officer. In his previous role at Alzheimer’s Australia NT, Rod was an Activities Officer for our Darwin respite groups. Rod will be seeing a bit more of the Territory in his new role, delivering education to health care workers and community members across the NT.

BABY NEWS

In May, Manisha deSilva gave birth to a gorgeous little girl, Sanchia. By all accounts, Manisha and her husband, Sam, are enjoying being first-time parents.

COUNSELING ROOM HAS A FACELIFT

The AlzANT Counselling room has been transformed into a warm and inviting space thanks to funding from the Northern Territory Government’s Department of Justice Community Benefit Fund Grant funding (2010). Requests for counselling are steadily on the rise and providing support for people dealing with a dementia diagnosis remains a key service of AlzANT. With thanks to Gail Marsh, friend of AlzANT, for sharing her interior design expertise, Steph Charlesworth (DBMAS) for her aromatherapy tips, and Teresa Smithson for sewing the curtains – and to all staff who helped with selections and set up.

HAPPY BIRTHDAY

Congratulations to Ray Norman – seen here celebrating a significant birthday with colleagues, Marsha Murray, Norma Sutcliffe and Tania Nash. And no, he still hasn’t officially retired! Ray will continue to work with the Education team on a casual basis.

FINANCE INTERN

We also welcome Shafia Sultana, our new finance intern. Shafia is an accountant and over the next six months she will be completing the work experience component of her studies at QIBA.
CARER GROUPS
Alzheimer’s Australia NT has initiated two new carer support groups. A daytime and evening group have been established. Carers who attended in June expressed their appreciation of the new service. Judy Buckley, our AlzANT Board Alice Springs member, joined both groups in a mentor role. It is our intention to engage guest speakers on a regular basis.

OUT AND ABOUT
I shared a stand at the Connect & Protect Expo with Frontier Services Commonwealth Carer Respite Centre and had the chance to talk to other service providers there and promote AlzANT’s services.

I am in contact with other services to attend our Carer Group meetings as guest speakers. There is support from Carers NT and various arms of Frontier Services.

I continue to chair the Dementia Service Providers Network Group meeting and attended my first Alice Springs Town Council Seniors Coordination Committee meeting as a general member in June.

I was thrilled to join my colleagues in Darwin for Professor Sube Banerjee’s presentation about dementia and antipsychotic medications. During my stay, I also took the opportunity to meet with AlzANT’s Darwin-based respite groups and share ideas (& cake!) with the team.

AUSTRALIANS DESERVE TO AGE WELL
If you’ve ever tried to access aged care services for yourself or your family you’ll know the system can be a minefield.

It’s hard to know where to start, it’s inconsistent and very complicated. In-home support services are extremely limited and residential care based on arbitrary ratios not demand.

And yet we know our population is ageing. By 2050 over 3.5 million Australians are expected to use aged care services each year. This is more than a threefold increase in a system that is already buckling under pressure today.

How will we afford it? How can we fix the system today so it can provide all of us with the choice, quality and dignity we deserve as we age?

In 2011 the independent Productivity Commission released the Caring for Older Australians report recommending comprehensive reform of the aged care sector.

The suggested changes would result in a much more people centred system with more choice which is fairer for everyone across the country.

Neither the Gillard Government nor the Opposition have officially responded to the report or committed to its recommendations.

We can’t afford to wait any longer. Decisions need to be made now to avoid much tougher decisions in the longer term.

Getting older is something that happens to all of us. Let’s act now, we all deserve to age well.

Join the age well campaign, sign up to show your support and to receive updates from the campaign:

DEMENTIA & MEMORY COMMUNITY CENTRE

Social Group
This group is for people with memory loss & their family carers. This group meets every 4th Friday of the month 10am to 12 midday. Minimal costs may be involved with the Social Group.

Therapeutic Activities Group
This program is held on the 3rd Friday of the month and is facilitated by our Family Support Officer, Annette Koch. It provides an opportunity for people with dementia & their carers to engage in a variety of cognitive activities and gentle physical exercise, whilst promoting independence. The theme of the program changes every six months.

Memory Matters
Sessions are held on the 2nd Friday of each month 10am to 12 midday. Participants engage in brain gym, puzzles & cognitive exercise. Members of the public are welcome to join us for these free sessions.

Nightcliff Health & Well Being
Sessions are held on the 1st Friday of each month 10am to 12 midday, incorporating whole body health & guest speakers covering a range of topics relevant to Senior Territorians. Members of the public are welcome to join us for these free sessions.

Internet Café
Feel free to arrange a time with our friendly staff to use our free internet café where we have dedicated computers to browse memory & dementia resources on the internet. We even have some brain teaser games to exercise your brain! Members of the public are welcome to join us at the café.

EDUCATION & TRAINING

The following courses are held in Darwin, Alice Springs & Katherine.

Community Education
These information sessions are tailored to meet the needs of various groups - the general public, including culturally and linguistically diverse groups and health professionals. Please contact us if you would like a free information session.

Mind Your Mind Program
This program highlights the seven lifestyle changes we should adopt that may reduce our risk of dementia. Suitable for the general public and health professionals.

Dementia Care Essentials
Two nationally accredited courses are delivered, designed for health professionals working in the area of dementia care.

Carer Education
This is designed specifically for family carers and friends to assist them in their caring roles. By learning about dementia, carers and friends will have a better understanding of the effects of the disease.

SUPPORT SERVICES

Living With Memory Loss
An information & support program for people living with early stage dementia and their carers & family. If you are interested in participating please contact Susan Williams, Early Stage Coordinator for further details.

Younger Carers Group
Meets every 2nd month on the 4th Wednesday from 5.30pm to 7.00pm. Contact Teresa Smithson, Family Support Coordinator for details.

Nightcliff Carer Support Group
Held on the 3rd Thursday of the month at 10am. Groups alternate between guest speakers and social functions. If you are interested in participating please contact Teresa Smithson, Family Support Coordinator for details.

Exercise Group
Held every Wednesday for clients with memory loss who are physically fit and enjoy outdoor activities. Fees apply.

Stepping Out — Day Respite
Stepping Out groups promote socialisation and meaningful activity for people living with the early stages of memory loss. They are suitable for people who still enjoy company, who are mobile & need little assistance with every day tasks. This program also provides regular respite for carers. Fees apply.

Social Activity & Support
A new fee-for-service program. We can provide an individual visit by a qualified staff member, to a person with dementia who is living in hospital or a residential care facility. Our visiting staff will encourage socialisation, physical and cognitive activities and can include a drive or visit to community venues.

Life Memories Albums
Life Memories Albums encourage individuals to construct an album representing their life history through recollecting and retelling memories. For further information, or to volunteer your services with this program, please call Anne Pike.

Territory FM (104.1)
Listen to Territory FM (104.1) on the first Wednesday of each month at 10.20 am to hear Alzheimer’s Australia NT staff and guest speakers discuss issues faced by those with dementia or those caring for someone with dementia.

Most of these events are free of charge - bookings are essential.
For further information please contact the Darwin Office on 8948 5228.
THANK YOU

Alzheimer’s Australia gratefully acknowledges the donations made by the following people and organisation since March 2012:

- Kathleen Short
- Betty Barham
- Helen Gabel
- Gillian McQuinn
- MS Society SA & NT
- Gwen Phillips
- Olga Dos Santos
- Jacqui Meggitt
- Ronald Quall
- Russel & Ruth Beazley
- Helen Crafter
- Bas & Margaret Wie
- Patricia Rasmussen
- Rosemarie Valle
- Ron Collier
- Judy Dent
- Hazel Glencross
- Clare Fern
- Mr Terry Mills MLA, Member for Blain
- Newmic Pty Ltd T/A Active Realty (NT)
- Janis Shaw
- Sue and Hugh Bradley
- Blue Illusion
- Country Women’s Association NT Inc Darwin Branch

A big thank you to all of those who have made anonymous donations and supported Alzheimer’s Australia NT

BLUE ILLUSION FUNDRAISER

The Blue Illusion women’s clothing store in Casuarina provides French inspired clothing and accessories for women who seek style and comfort. Blue Illusion stores are also home to a range of home-wares, aromatherapy candles and body products with broad appeal.

As part of their community support program Blue Illusion Casuarina generously donated 20% of sales between 11am and 2pm on Saturday 14th of April to Alzheimer’s Australia NT, raising $800.

Alzheimer’s Australia NT Board member Julie Nicholson, CEO Ruth Leslie-Rose, and Dementia Champions Terri Hart and Jan Wilschefski modelled a fabulous array of clothing, encouraging many attendees to “shop for Alzheimer’s”. Thank you to Blue Illusion’s store manager, Laura, and all who supported the event.

AUSTRALIAN WOMAN OF THE YEAR FUNDRAISER – SAT 13 OCTOBER

Carole Guinane of the Country Women’s Association generously donated a handmade quilt to auction at this event.

The Office of Women’s Policy purchased a table of 10 so that our Carers might enjoy a lovely day out at the Australian Woman of the Year function.

The Centre for Disease Control at Royal Darwin Hospital has decided to redeem recycled containers on behalf of Alzheimer’s Australia NT.

LADIES DAY

Elements Day Spa and Fusion Exhibition and Hire Services raised over $2000 for Alzheimer’s Australia NT at Ladies Day, Darwin Turf Club in July.