SERVICES • RESEARCH • Q&A • PEOPLE • NEWS

30 YEARS
OF ALZNSW
HELPING AND SUPPORTING PEOPLE SINCE 1982
## Contents

### 3 Chair’s and CEO’s Messages

### 4 News
- Memory Van
- Revamped Consumer Groups
- Launch of Android BrainYapp
- Raising Men’s Awareness
- Dementia Awareness Week 2012

### 8 Cover Story
- AlzNSW Celebrates Its 30th Birthday

### 10 Services
- Courses
- 10 Ways AlzNSW Can Help
- Q&A: Signs of Forgetfulness

### 12 Research
- Link Between Metabolic Disorders and Dementia
- Benefits of Coffee
- Computer Use and Exercise Protect Brain Health
- Coconuts and Alzheimer’s Disease

### 13 Fundraising
- Ways You Can Support AlzNSW
- Past and Future Events

### 14 People
- Living with Memory Loss Team

### 15 In Memoriam

### 16 Resources
- In the Library
- Crossword
CHAIR’S MESSAGE

CONTINUAL GROWTH

The next battle we might have to fight on behalf of patients with dementia and their carers surrounds prescription drugs. As you all know, we use prescription medication, together with a whole suite of lifestyle changes, particularly in early stages of dementia when such drugs can halt the rapid progression of this condition. There is some talk of making drug subsidies more narrowly available. We are awaiting more detail and will work hard to represent the interests of those we serve.

Ita Buttrose made a recent impressive Press Club presentation on our behalf and we thank her for that. The coverage she has obtained is important for people living with dementia and their carers as it gives them hope and some comfort that people understand their life experience. It is also important for the wider community to understand the challenges of the dementia epidemic.

The organisation continues to grow as our responsibilities grow. This financial year our budget will pass the $10 million mark and the staff numbers the 100 mark. Our footprint continues to grow across NSW with significant new services planned for Western Sydney, the Illawarra and the Tweed to commence this year.

Dementia Awareness Week will be on us soon and we are looking forward to a rewarding and exciting time. There is support for this week from the Government of New South Wales and we are grateful to the Minister and to the Department for their support. The key elements this year will include:

• The national launch of Alzheimer’s Australia’s new brain health program
• A free public lecture by Professor Serge Gauthier from Canada, who will talk about the possible causes of dementia, links between dementia and other diseases, and new treatments
• A state-wide media campaign
• Memory Walks
• The Memory Van
• A street banner campaign.

See page six for more details.

We want the Federal Government to invest more in research so that we can get answers to what is causing dementia and to give us some guidance on how we might treat some of the people with this condition. We are asking that $200 million be provided and note that the present allocation of funding by the NHMRC provides only a miniscule amount for a major disease group.

Because I think the vigour, strength and innovation of any body is increased with a regular turnover of people, it is my intention to stand down as Chairman in November. In order to cope with this, a Nominations Committee has been meeting regularly to have another person ready.

It is the institution that is more important than any individual.

The Hon. Prof. Peter Baume AC, Chair, AlzNSW
**NEWS**

**NOTICE OF AGM**

Notice is given for the 2012 Annual General Meeting of Alzheimer’s Australia NSW Inc.

**Date:** Thursday 22 November 2012

**Time:** 2.30pm

**Guest Speaker:** Professor Susan Kurrle, Geriatrician

**Where:** Vincent Fairfax Family Resource Centre, Macquarie Hospital Campus, 120 Cox’s Road, North Ryde

For more information:

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

**FRESH FACES**

AlzNSW would like to warmly welcome Chris Champ to the team as the new General Manager Corporate Services. Chris comes to us with a wealth of not-for-profit, health, aged care and senior financial management experience.

We would also like to welcome Vandita Nijhawan, who has joined us as a counsellor and group facilitator, based in Western Sydney.

Welcome Chris and Vandita.

**COFFEE, CHAT AND A SINGALONG**

There wasn’t much time for coffee or chatting at Batemans Bay’s coffee, chat and singalong recently. When Jeff Della Virgin started playing some old familiar songs everyone joined in on the singing.

*Waltzing Matilda* was an easy one to start with. Wartime stories brought back memories of where everyone had first heard songs such as *Bless ‘em all* and *Kiss Me Goodnight Sergeant Major.*

The English attendees said they’d sung them in the pubs while someone else said her mother had played the piano while she sang along.

The morning passed quickly with scarcely enough time to eat the biscuits and cakes provided. The first Singalong was a huge success – everyone was smiling, everyone was singing.

Thanks to Judy Thompson who organised the day.

**WE NEED YOU!**

AlzNSW is calling for new members from around the state to join our consumer advisory groups, formally known as regional consumer committees.

“This organisation was founded on the voice of our consumers and without that voice we cannot properly meet the needs of the people we are here to serve,” AlzNSW CEO The Hon. John Watkins said. “In the past we have sought the advice of consumers for consultation with government, policy direction and service growth. At the grassroots level, hearing the experience, stories and responses from consumers has been a great asset. These groups are integral to the running of our organisation and part of our core business.”

You could be part of our consumer advisory group network to ensure the voice of our members is heard on a range of topics if you:

- Are a person with dementia or a carer (current or former)
- Are a member of AlzNSW or would like to become one
- Can travel to one of our venues in either Sydney (North Ryde), Wagga Wagga, Armidale, Orange, Newcastle, Wollongong, Cooma or Port Macquarie for meetings twice a year with our representative from the Policy, Research and Information Department
- Can spare the time to read and provide feedback on papers and reports intermittently through the year and occasionally participate in extra consultations in your region
- Have an email address or can get one.

Your input will help us advocate on your behalf and develop better care and support for all people living with dementia and their carers.

Membership numbers are limited and a membership term is for two years with an option to extend for another two years. You can opt out at any time if circumstances prevent you from continuing.

Jo-Ann Brown, Senior Social Researcher with AlzNSW, will be coordinating the consumer advisory groups to improve our engagement with members.

Previous members have also been invited to continue being involved.

**ARE YOU INTERESTED?**

Contact Jo-Ann Brown

E: jo-ann.brown@alzheimers.org.au

T: (02) 8875 4636

Please inform others who may be interested in helping us.

**ANDROID APP LAUNCHED**

BrainyApp hit number one in the Australian App Store just 48 hours after release. With more than 200,000 downloads worldwide since, the demand for the app, which may help reduce the risk of Alzheimer’s disease and other forms of dementia, is growing.

Ita Buttrose, National President of Alzheimer’s Australia, said Android consumers around the world have inundated the organisation via Twitter, Facebook and email requesting BrainyApp.

“The rapid success of BrainyApp demonstrates that Australians are eager for information and strategies to help them improve their brain health,” Ms Buttrose said.

Ita Buttrose explains BrainyApp to a passerby at the launch of the Android version.

BrainyApp is now available as a free download for Android phones and tablets from the Google Play Store.

W: www.brainyapp.com.au
SAPPHIRE MARKETPLACE INFORMATION DAY

Sam (left) and June (right) educated the public on brain health at the AlzNSW Far South Coast information day at the Sapphire Marketplace in Bega. The day was very successful with more than 100 people talking to staff about ways they can reduce their risk of dementia.

MEMORY VANS

(Left to right) Judy Bartholomew and Marg Coutts from AlzNSW, with Janet Atkinson and Emily Hams from Carers NSW.

The AlzNSW Memory Van paid a visit to the Coffs Coast and Mid-North Coast in June. More than 200 people were provided with information about brain health and the importance of seeking medical advice if they are worried about their memory.

The feedback from people accessing the van was overwhelmingly positive.

FOLLOW THAT VAN!

To find out where the Memory Vans will be in the upcoming months, visit the Fight Dementia website.

W: www.alzheimers.org.au

Invite a Memory Van to your community event.

Hunter and Mid-North Coast: Kim Wilson
T: (02) 4962 7000
E: kim.wilson@alzheimers.org.au

Rest of NSW: Susan Newton
T: (02) 8875 4637
E: susan.newton@alzheimers.org.au

CALD CAFE CONNECT

A project to connect people with dementia and their carers from culturally and linguistically diverse backgrounds is underway in the St George area.

Café Connect, run by AlzNSW in conjunction with the St George Migrant Resource Centre Inc aims to provide a social environment for people with dementia, their carers, family and friends.

"The cafes feature guest speakers and are a good way to find out the services that are available in the area," says Anne Lunnon, the Manager of Support Services for AlzNSW.

When: third Tuesday of each month
Where: Cherish Cafe Courtyard, Shop 1, 31 Clareville Avenue, Dolls Point
Cost: gold coin donation is appreciated

Contact: Sutherland St George Dementia Advisory Service
E: julie.sinnis@alzheimers.org.au or ljubinka.brkic@alzheimers.org.au
T: (02) 9531 1928

PERCY STREET SINGERS

The Percy Street Singers come together every Friday morning for song, friendship and fun at the Hunter Dementia and Memory Resource Centre.

For more information, or to get involved, contact the Hunter Dementia and Memory Resource Centre.
T: (02) 4962 7000

A QUILT FOR BEGA

Barbra Williams and Samantha Joyce with the quilt

Thanks to one of our carers, who wishes to remain anonymous, for donating this beautiful quilt to the Bega office. It is being raffled to raise funds for AlzNSW to be drawn on 21 September – World Alzheimer’s Day.

For more information:
T: (02) 6492 6158

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RECOGNISING A VOLUNTEER
Mariola Brock, one of the Hunter Dementia and Memory Resource Centre’s volunteers, was recently presented with an Achievement Award for Volunteering by Tim Owen AM MP, State Member for Newcastle.
Mariola returned to Newcastle to help her mother, Agnes Novak, who was in the early stages of dementia. Mariola’s sister-in-law helped to create a ‘this is your life quilt’. It now hangs in the library and is a fitting tribute to a special life.

PLAN IN ADVANCE
Advance care planning is the process of communicating how you would like health and lifestyle decisions to be made if you could not speak for yourself. A common reason this happens is if a person develops dementia.
Alzheimer’s Australia’s Consumer Dementia Research Network has recognised the need to increase the amount of advance care planning that is done. The Network, through the National Quality Dementia Care Initiative, has funded a project to develop a nationally focused website with the aim of making advance care planning more understandable and accessible.
A confidential online survey has been developed to get input from as many people as possible.
Take 10 minutes to complete the survey.
W: www.surveymonkey.com/s/ACP_and_dementia
Or contact Chris Shanley:
T: 0423 842 781
E: Christopher.Shanley@sswhs.nsw.gov.au

DEMENTIA AWARENESS WEEK 2012

Dementia Awareness Week (DAW) is the annual national centrepiece of Alzheimer’s Australia’s community awareness activities. World Alzheimer’s Day on 21 September will mark the start of DAW this year, and our theme is ‘Brain Health: Making the Connections’.

EVENTS
Memories Service
When: Sunday 16 September
Where: Christ Church Cathedral, Newcastle
Street banner campaign
When: 3-30 September
Where: across Sydney CBD
Martin Place Expo
A marquee will be located in Martin Place to promote Alzheimer’s Australia’s new brain health program and as a point of reference for people concerned about memory loss.
When: 17-21 September
Where: Martin Place, Sydney
GP information campaign
The Info Med brochure program will expand to approximately 700 GP clinics, allowing Alzheimer’s Australia to increase the reach of information across NSW.

Carer Support Groups
We will offer Morning Tea grants for dementia Carer Support Groups to recognise the ongoing efforts and their vital role.

Memory Walks
Regional walks will be held across the state in September.
• Newcastle/Hunter: Sun 9 Sept
• Wollongong/Illawarra: Sat 15 Sept
• Tweed: Sun 23 Sept
• Port Macquarie: Sun 30 Sept
W: www.memorywalk.com.au

Public seminar
Dr Serge Gauthier MD FRCP, from the McGill Centre for Studies in Ageing in Montreal, will discuss causes and new treatments.
When: Monday 17 September
Registration from 12:30pm
Seminar 1pm-3pm
Where: NSW Parliament House
T: (02) 9805 0100

Hunter dementia interagency seminar
A seminar for health professionals, GPs and specialists.
T: (02) 4962 7000

CALD and ATSI Awareness Program
With our partners, we will promote important health messages via appropriate media channels, all with the theme ‘It’s not a disgrace…it’s dementia’.

DCRC Forum
The forum, themed ‘Dementia. Who gets it?’ aims to raise questions and promote discussion about diagnosis, prevention and policy.
When: 27-28 September
Where: Canberra
LIVING WITH MEMORY LOSS SESSIONS

Younger Onset Dementia (YOD) presents in adults before the age of 65 and currently affects approximately 16,000 people across Australia. Carers and families of people with YOD are faced with many challenges including financial commitments, which often require carers to continue full-time work.

In response to the unique needs of younger people and their families, evening sessions of the Living with Memory Loss program will run in October and November, providing people who have been diagnosed with YOD and their carers with information, education and support. The sessions also provide an opportunity to connect with others facing a similar situation. The program accommodates the diagnoses received by younger people including the fronto-temporal and vascular dementias.

To find out dates and locations of sessions, or to register, call the National Dementia Helpline: T: 1800 100 500

THE BENEFIT OF SUPPORT GROUPS

AlzNSW facilitates support groups across NSW for people with dementia and their carers and families. Support groups play a valuable role in assisting people to understand and manage diagnoses, and provide an important support network for those living with dementia.

In the Sydney metropolitan area, AlzNSW runs two carer support groups, two Younger Onset Dementia (YOD) specific groups, a support group for young people who have a parent with YOD, and a group for sons and daughters with an older parent or a parent-in-law with dementia. There are also more than 200 general support groups running across NSW.

The Quality Support Groups Research Project has found support groups to be one of the most cost effective methods of supporting carers. Support groups give people opportunities to share experiences, learn new ideas or skills for living with dementia and engage in mutual problem solving.

For more information, call the National Dementia Helpline on T: 1800 100 500

NOT A NORMAL PART OF AGEING

The short film series It’s not a disgrace…it’s dementia, in Assyrian, Croatian and Khmer, has been viewed by almost 3000 people worldwide. The films, produced by AlzNSW in partnership with Why Documentaries and the Multicultural Communities Council of the Illawarra, encourage acceptance of dementia as a medical condition, not a normal part of ageing.

Another film in the series, in Vietnamese, is in production and is expected to be released in September. A Spanish film is expected to be produced this year.

All the films have English subtitles, making them a popular resource for English-speaking families. The short films have been produced thanks to the Department of Health and Ageing (DOHA) and Ageing, Disability and Home Care (ADHC).

Also, filming of a new DVD to raise dementia awareness has recently finished in Coffs Harbour to be played in GP surgeries, Centrelink offices and pharmacies. The film outlines risk reduction and what to do if people are worried about their own or someone else’s memory.

The films are available on YouTube. W: www.youtube.com/AlzheimersAustralia

SOCIAL NETWORKS

The Easter Connections Cafe at Eleebana was a happy affair which, for the 30 attendees, included not just the Easter bunny along with Easter eggs, but also a few games of bocce and croquet.

COFFEE AND CHAT

What: People with dementia and carers meet monthly throughout the state to share information and ideas.

Toronto
When: fourth Thursday of each month
Where: Toronto Workers Club
Contact: Clare Coyle
T: (02) 4962 7000

Valentine
When: first Wednesday of each month
Where: Valentine Bowling Club, Valentine Cres, Valentine
Contact: Bev Watson
T: (02) 4962 7000

CALD, St George District
When: third Tuesday of each month
Where: Cherish Cafe, Dolls Point
Contact: Julie Sinnis
T: (02) 9531 1928 or 0418 815 041

Sutherland Shire
When: fourth Tuesday of each month
Where: Camelia Gardens, Caringbah
Contact: Julie Sinnis
T: (02) 9531 1928 or 0418 815 041

Wingecarribee
When: first Thursday of each month
Where: Werai Teahouse and Nursery
Contact: Nina Eagle
T: (02) 4869 5651
In 1981, Professor Henry Brodaty sought to form a group for relatives and friends of people with dementia, realising there was a need to educate, stimulate care and encourage research. The suggestion gathered momentum and in 1982 the Alzheimer’s Disease and Related Disorders Society (ADARDS) was formed. The first public meeting was held on 8 May 1982 and was attended by 500 people. The financial resources of the society were the contents of a shoebox, which had been labelled ‘Donation Box’.

In 1990, ADARDS was given a donation of $1 million by the Vincent Fairfax Family Foundation and $500,000 by the State Government of NSW to build a Resource Centre. The organisation had four employees. Over the past two decades, the number of staff members has risen to more than 100 and high profile individuals, including Ita Buttrose and Sir Michael Parkinson, are part of the team as Ambassadors. The organisation continues to grow and serve the needs of people with dementia, and their carers and families.

**1982**
The Alzheimer’s Disease and Related Disorders Society (ADARDS) is born.

**1987**
Logo changes. An elephant never forgets! The knot in the trunk indicates the blockages in the memory of someone with Alzheimer’s disease.

**1990**
ADARDS is given $1.5m worth of donations to build a Resource Centre. Name is changed to Alzheimer’s Association NSW.

**1997**
Prime Minister John Howard and his wife Janette are special guests at the association’s first major fundraising dinner, An Evening to Remember, which raised $63,000.

**1999**
The Rotary Making Memories Program is launched in NSW. This has since been rolled out nationally and is now known as the Living with Memory Loss program.

**2002**
Formal adoption of the new name: Alzheimer’s Australia NSW.
Thirty years of development and growth culminated in the Fight Dementia campaign. Activists from NSW marched on Parliament House demanding funds to address the dementia epidemic.
COURSES

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

SUPPORT GROUP LEADERS’ WORKSHOPS
The following training for new and experienced support group leaders is held in various locations around NSW:
- Intro to Group Work Leadership
- Advanced Group Leadership
- Loss & Grief in a Carer Support Group
- Support Group Leaders’ Forum

For more information contact Monica Cole E: groupdevelopmentnsw@alzheimers.org.au T: 02 8875 4682

FAMILY CARER EDUCATION

One-day carer course
Forster 11 September
Wingham 14 November

Three-day carer course
Hamilton 6, 13 and 20 September
North Ryde 11, 18 and 25 September

Four-evening carer course
North Ryde 1, 8, 22 and 29 November

Friends, Family and Neighbours
Inverell 9 October
Lismore 23 October

Activities for Family Carers
Ballina 25 October

CARE WORKER COURSES

Pharmaceutical & Non Pharmaceutical Treatments for People Living with Dementia
Hunter 12 September

Living, Loving and Dementia
Hunter 26 September
North Ryde 17 October

Legal and End of Life Issues
Hunter 10 October

The 3 Ds of Dementia Care: Depression, Delirium and Dementia
Hunter 14 November

Experiencing Dementia
Forster 23 October
Kempsey 7 November

Engaging People with Dementia in Activity
Ballina 24 October

Working with People who have an Intellectual Disability and Dementia
North Ryde 19 September

Assisting with Activities of Daily Living
Inverell 10 October

Palliative Care and Dementia
North Ryde 21 November

Managing Behavioural Symptoms of Dementia
Forster 23 October
Kempsey 7 November

Communicating with a Person Living with Dementia and Managing Behavioural Symptoms of Dementia
Parramatta 10 October

Meeting Health and Hygiene Needs at Home and Person-Centred Care
Camden 25 October

VOLUNTEER COURSES

Volunteer Education
Port Macquarie 19 September
Forster 9 October

Activities
Inverell 10 October

Dates and locations may be subject to alteration. Fees apply for some courses. For more information or to register for a family carer, volunteer or care worker course contact AlzNSW.

E: nsw.education@alzheimers.org.au T: (02) 8875 4640 or (02) 8875 4651
Q & A

Q: MY WIFE HAS BEGUN TO SHOW SOME SIGNS OF FORGETFULNESS. AS WE ARE BOTH GETTING OLDER, DOES THIS MEAN SHE IS GETTING DEMENTIA?

A: Research shows that as we age forgetfulness does happen. The loss of memory with dementia is different though; it is persistent and progressive, and is not a normal part of ageing. If you have any concerns at all, talk to your GP.

Q: MY FRIEND HAS BEEN PLACED IN CARE BY HIS FAMILY AND I AM CONCERNED THAT HE ISN’T BEING STIMULATED ENOUGH. WHAT CAN I DO?

A: There are numerous help sheets and booklets that describe activities you can do with someone who has dementia, such as those that involve music or reminiscing with your friend. Call our National Dementia Helpline and talk to a counsellor about what might work for your friend.

1. Support at time of diagnosis helps you and your family to make sense of the diagnosis and the next steps.
2. Practical advice helps you minimise the impact of dementia.
3. Living with Memory Loss programs for people in early-stage dementia increase knowledge and confidence for managing memory loss.
4. Individual and family consultations help you plan for the future.
5. Education programs help you understand and live well with dementia.
6. Up-to-date information and resources about dementia and access to the members’ lending library keeps you and your family informed.
7. Connections with other people living with dementia enable you to share information and experiences.
8. Social and creative activities provide opportunities for meaningful participation.
9. Recommendations and advice about dementia support services in your area ensure suitable care.
10. Our provision of information to GPs and other health care providers helps them improve their care and support for you.

NEED ANSWERS?
W: www.alzheimers.org.au
E: nsw.helpline@alzheimers.org.au
T: 1800 100 500

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

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

CROSSWORD SOLUTION

Q: MY WIFE HAS BEGUN TO SHOW SOME SIGNS OF FORGETFULNESS. AS WE ARE BOTH GETTING OLDER, DOES THIS MEAN SHE IS GETTING DEMENTIA?

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5. Education programs help you understand and live well with dementia.
6. Up-to-date information and resources about dementia and access to the members’ lending library keeps you and your family informed.
7. Connections with other people living with dementia enable you to share information and experiences.
8. Social and creative activities provide opportunities for meaningful participation.
9. Recommendations and advice about dementia support services in your area ensure suitable care.
10. Our provision of information to GPs and other health care providers helps them improve their care and support for you.

NEED ANSWERS?
W: www.alzheimers.org.au
E: nsw.helpline@alzheimers.org.au
T: 1800 100 500

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

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

CROSSWORD SOLUTION

Q: MY WIFE HAS BEGUN TO SHOW SOME SIGNS OF FORGETFULNESS. AS WE ARE BOTH GETTING OLDER, DOES THIS MEAN SHE IS GETTING DEMENTIA?

A: Research shows that as we age forgetfulness does happen. The loss of memory with dementia is different though; it is persistent and progressive, and is not a normal part of ageing. If you have any concerns at all, talk to your GP.

Q: MY FRIEND HAS BEEN PLACED IN CARE BY HIS FAMILY AND I AM CONCERNED THAT HE ISN’T BEING STIMULATED ENOUGH. WHAT CAN I DO?

A: There are numerous help sheets and booklets that describe activities you can do with someone who has dementia, such as those that involve music or reminiscing with your friend. Call our National Dementia Helpline and talk to a counsellor about what might work for your friend.

1. Support at time of diagnosis helps you and your family to make sense of the diagnosis and the next steps.
2. Practical advice helps you minimise the impact of dementia.
3. Living with Memory Loss programs for people in early-stage dementia increase knowledge and confidence for managing memory loss.
4. Individual and family consultations help you plan for the future.
5. Education programs help you understand and live well with dementia.
6. Up-to-date information and resources about dementia and access to the members’ lending library keeps you and your family informed.
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CROSSWORD SOLUTION
In touch
spring 2012

Research

Latest Findings

Find out what the latest studies have to say about coffee, coconuts, and the balance between exercise and computer use.

The Benefits of Coffee

Drinking coffee may just have an extra perk. Research suggests that drinking a moderate amount of coffee per day could protect your brain from Alzheimer’s disease.

Dr Chuanhai and a team of researchers from the Universities of South Florida and Miami conducted a study to determine whether caffeine intake influences the risk of dementia.

The result of the study suggested that participants who had developed dementia over the duration of the study had caffeine levels that were 51 per cent lower than those who did not develop memory impairments.

Furthermore, of the participants who were found to have mild cognitive impairment at the beginning of the study, those who drank approximately three coffees a day had a delay in onset of dementia when compared to those who did not drink coffee regularly.

Metabolic Disorders Associated with Dementia Risk

Recent studies suggest that metabolic disorders and obesity may play a role in the development of dementia, according to a report published in the Journal of Alzheimer’s Disease.

The report revealed an increasing body of evidence that links metabolic disorders with the risk of cognitive decline, and its progression to dementia. One of the studies reviewed suggested possible mechanisms linking type 2 diabetes (T2D) with cognitive impairment. The researchers found that both Alzheimer’s disease and T2D presented similar abnormalities within cells, which impair the ability to regulate oxygen. Furthermore, it was found that human amylin, a peptide that forms deposits in the pancreatic cells of people living with T2D, shares several properties with amyloid plaques which are present in the brains of people living with Alzheimer’s disease.

More Research Needed When It Comes to Coconuts

Recently, there has been significant media attention around how coconut and its biproducts might be used to reduce the symptoms of Alzheimer’s disease.

Based on current research, no sound conclusions can be drawn about the efficacy of the use of coconut oil or coconut water as a therapeutic agent in the treatment of Alzheimer’s disease.

Recent studies have found that some of the chemicals contained in coconut water may play a role in neural transmission and possibly reduce amyloid β-protein formation (a causal factor in Alzheimer’s disease). These preliminary findings will need to be explored further to determine if these chemicals could be used to develop treatments for dementia.

Computer Use and Exercise Protect Brain Health

A new study by Dr Yonas Geda and a team of researchers from the Mayo Clinic in the United States reports an interaction between computer activities and moderate physical exercise in protecting brain function.

The results of the study found that 37 per cent of participants who did not exercise and did not use a computer showed signs of mild cognitive impairment compared to 18.3 per cent of participants who both exercised and used a computer.

“The ageing of baby boomers is projected to lead to dramatic increases in the prevalence of dementia,” Dr Geda said.

Further work will be needed to explore whether there may be other factors contributing to this relationship.
FUNDRAISING

LIFE SUPPORT

FIND OUT WAYS TO SUPPORT ALZNSW FINANCIALLY, HELP RAISE FUNDS AT UPCOMING EVENTS AND ALZNSW GIVES THANKS TO RECENT FUNDISERS.

RECENT EVENTS

- **Macquarie Bank BFS Trivia Challenge** Naomi Power and the BFS Charity Committee raised over $31,000 for Alzheimer’s Australia.

- **Nissan Corporate Triathlon** Triple C Consulting raised $4260 and Anastasia Hammond raised $1020.

- **Grandviews Women’s Bowling Club charity day** The day involved two games of bowls, lunch, presentations and raffle prizes, and the ladies raised over $7000.

- **Night Owls Harbour Cruise fundraiser** Special thank you to Amanda Whitefield and Lorraine McCann. The cruise raised $2400.

- **Suncorp Sydney Harbour 10km** Thank you to our wonderful volunteers and the fantastic runners and fundraisers. Congratulations to Megan Ryan for being the overall top fundraiser, raising over $1600 for AlzNSW.

- **Memory Joggers** Thank you for wearing our stylish new singlets. Sign up for a running event and raise over $100 and you can get a new singlet too.

- **City2Surf Gold Charity Place** Thank you to everyone who took part and raised funds for AlzNSW.

UPCOMING EVENTS

- **Blackmore’s Sydney Running Festival** Sunday 16 September. Fundraise for AlzNSW yourself or join the Memory Joggers Team.
  E: nsw.events@alzheimers.org.au
  W: www.sydneyrunningfestival.com.au

- **Knights of Malta Ball** Saturday 8 September. Last year the Knights of Malta donated $5000 to AlzNSW. Let’s see if we can help them do better this year.
  Contact Dame Ira Borg-Safar.
  T: 0410 625 069

BEQUESTS

Leaving AlzNSW a gift in your will can give us the long term financial confidence to maintain and extend our vital support services, to continue educate carers and health professionals, and invest in research to stop this deadly disease.

To find out more about how you can help AlzNSW by leaving a gift in your will, contact us.
T: (02) 9805 0100
E: diana.waring@alzheimers.org.au

IN LIEU OF GIFTS

Planning a celebration to mark a birthday, wedding or anniversary? Instead of gifts, encourage your guests to make a donation to AlzNSW.
E: marina.agostino@alzheimers.org.au
T: (02) 8875 4626

IN MEMORIAM DONATION

By making a donation in memory of a loved one you ensure his or her memory lives on by helping others.

In memoriam envelopes can be made available at a funeral, church, wake or service where friends and family can make a donation to AlzNSW.
E: marina.agostino@alzheimers.org.au
T: (02) 8875 4673

SEND US YOUR STORY

If you would like to help our fundraising and awareness-raising efforts by sharing your stories of dementia, whether funny, tragic, empowering, uplifting, inspirational or sad, please contact Megan.
T: (02) 9805 0100
E: megan.thomas@alzheimers.org.au

STAY IN TOUCH

If you are not already on our email database and would like updates about all the news on our upcoming events, please contact Emma.
E: nsw.events@alzheimers.org.au
T: (02) 8875 4626
The Living with Memory Loss program aims to assist people living with early stage dementia by connecting them with others in a similar situation, and building skills and strategies to cope more effectively with the diagnosis.

The program is run in Sydney, and rural and regional NSW for a course of seven sessions of two hours each. At each session, two groups meet concurrently: one for people with dementia and one for family members or carers. The program is free.

Outcomes of the program, particularly for people with a diagnosis, include an increase in self-esteem and feelings of support, an increase in positive perceptions of living with dementia and a reduction in feelings of isolation, distress and stigma.

“The program provides a safe place for people to share their story and their experiences with people who understand what they are going through,” Lyndell says.

The Living with Memory Loss program takes referrals from individuals, service providers and through the National Dementia Helpline, and all incoming referrals are processed sensitively and in a timely manner.

“We recognise how difficult it is for people to take that first step in picking up the phone and asking for help,” Lyndell says.

All potential participants are met prior to the program commencing to ensure that the program is going to be able to meet the individual’s or family’s needs.

One of the challenges for the team is that many people in the early stages of dementia are reluctant to access any type of service because they feel they are managing reasonably well on their own.

However, it is at this time when the program is most beneficial, giving people the chance to better prepare for their future. “The program is about allowing the person to live alongside the diagnosis, to maximise their skills and abilities and to express how the diagnosis is impacting on them with others in similar circumstances,” Lyndell says.

AlzNSW staff in Bega, Port Macquarie, Coffs Harbour, Armidale, Orange and Wagga Wagga have been working to improve the equity and access of the program in rural and regional NSW. AlzNSW has also been working with organisation partners in the Illawarra, South West Sydney and in Albury to provide programs to previously underserviced regions.

For more information contact the National Dementia Helpline
T: 1800 100 500
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.

Evadne Monica Amit
Richard MacDougall Armstrong
Carol Daphne Baker
Doreen Isabell Bale
Gordon Barnett
Dr Brendan Paul Barry
Trudy Bath
Gweneth Gladys Brooker
Alan William Brooks
Nancy Motherwell Brown
Noel William Bryant
Albert John Bullen
Lois Byrne
Dolores Philomena Chivers
Ronald James Cluff
Dina Contos
Ivy Jean Dasey
Gwendoline Joan Denny
William Duncan
Joan Elizabeth Leslie Elliott
Patricia Josephine Farrell
Philip Flook
Frieda Foggio
Margaret Elizabeth Fowler
Otto Franz Frey
Rosa Galluzzo
Margaret (Mikki) Adele Glasson
Charles Grimwood
Maria Ovdina Carrasco Guerrero
Jack Gunn
Rose Margaret Gurney
Terence Cecil Hall
Daphne Hancock
Iris June Hannon
Joyce Harvey
Gloria Dorothy Hill
Dorothy Hiser (nee Nelson)

Mrs Holley
Efstratia Hritis
Graeme Humphrey
Derek Hutt
Grace Lilian James
William Edward “Ted” Jamieson
Jean Florence Jones
Eve Koster
Panagiota Koureas
Leslie Albert Laing
Dila Maria Lungo
Joy Lunham
Maurizio Maffina
Iris June Makin
Rinaldo Malacco
Patricia Beryl Martin
Lily May McDonald
Noel McGregor
Robert McLennan
Betty Lorraine Muldoon
Peter Frank Munday
Noreen Rose Murrells (nee Keelan)
William Dallas Naughton
Joyce Nelson
Luigi “Lou”” Nespeca
David James Nicholson
Agnes Isabel Nielsen
Giuseppe Panuccio
Beryl Parry
Marion Irene Parsons
Kostas Pattalis
Flora Lilian Perera
Sylvia Portelli
George Hubert Price
Brian E Rebetzke
Maureen Elizabeth Redman (nee O’Keeffe)

John Charles Reid
Stanley Richards
Patricia Anne Rivett
John Roberts
Ken Ross
Susan Sackville
Elvie Schawrowas (nee Timbs)
Mario Slater
Fay Ada Smith
Demetrios Stamatospolous
Rhona Style
Dulcie Mary Thomas
Ronald Irvine Thurgar
Ray Turvey
Neil Edward Valentine
Bill Winterton
Cho Kim Man Wong
Frank Yates
Spiros Zournazis

Correction
AlzNSW apologises to Ms Nola Munro for listing her name in the In Memoriam section of the Winter 2012 issue of In touch.

Alzheimer’s Australia would like to acknowledge and thank the families and executors of the recently received bequests from which people with dementia, carers and their families have received lasting benefit.
RESOURCES

ALZN NSW LIBRARY

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

BOOKS
Use it, Don’t Lose it: A Mental Fitness Workbook
By Marge Engelman
Stimulate your brain and improve memory, reasoning, and speed of thinking. This easy-to-use workbook has 31 exercises in categories like memory, sketching, trivia, spatial ability, word games and imagination. Some exercises have specific answers, while others depend on individual opinions or choices.

Managing Depression Growing Older: A Guide for Professionals and Carers
By Kerrie Eyers, Gordon Parker & Henry Brodaty
Cover and internal illustrations by Matthew Johnstone
Depression in older people is easily missed. This practical guide shows how to identify depression in an older person and provide support to enable the best possible quality of life. This is a most important book on a very serious and common condition – depression.

CARD SETS
Expand your mind cards
The 100-card set is for baby boomers and beyond. Quick, challenging activities stimulate creativity and enhance memory. Six categories ensure all areas of the brain are exercised and the cards can be used by one person alone or by a small group of people.

Thinking cards: stimulating activities for older adults with mild cognitive impairment
Activities include brainstorming, word activities, memory and music, creative thinking, plus learning new ways to see, hear, touch and smell. A colourful photo on the back of each card illustrates its topic and encourages discussion. An instruction booklet presents strategies for using the cards, coping and memory tips, and suggestions for group leaders.

NEED ASSISTANCE?
NOT SURE WHAT YOU WANT?
ASK THE LIBRARY!
Monday to Friday 9am–4pm
E: nsw.library@alzheimers.org.au T: (02) 9888 4218
Keep up to date with all new items in the Library, including books, DVDs and journal articles by visiting the Library News blog.
W: www.alzheimersnswlibrary.blogspot.com

Choose from more than one million general titles, as well as a wide range relating to dementia and Alzheimer’s disease, at the Alzheimer’s Australia Online Bookshop.
W: www.alz.seekbooks.com.au T: (02) 8206 9035

CROSSWORD

Across
1. Violent maniac
6. Mother
10. Coated (with mud)
11. Pretended (4-5)
12. Keyboard star key
14. Jumbo
16. Remembers
18. Arrives at
20. Suffer (injury)
22. Signal with hands
23. From Baghdad
25. Anything that
28. Pop band (4,5)
29. Scientist, Sir ... Newton
31. Soap bubbles
32. Comprehended

Down
1. Choose
2. Jabber
3. Leafy fence
4. Young dogs
5. Game hunter
7. Showy flower
8. Letter recipients
9. Train networks
13. Shoes & ...
15. Support garments
17. Inclinations
19. Provide shelter for
21. Lunar phase (3,4)
22. Wrestle
24. Short-circuited
26. Wicked aspects
27. Delivered unreturnable serve
30. Commotion

National Dementia Research Forum
DEMENTIA. WHO GETS IT?
27-28 September 2012
Rydges Lakeside Canberra
For further information and to register please visit: www.cvent.com/d/8cqp8v
Enquiries to: dcrforum@anu.edu.au

An Australian Government Initiative