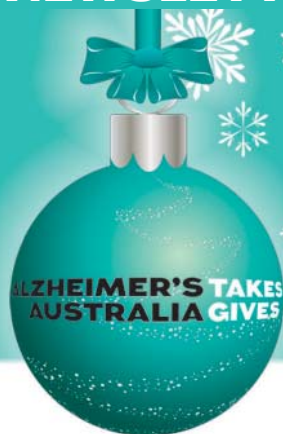


NT NEWSLETTER DECEMBER 2012



THE ALZHEIMER'S AUSTRALIA
NT TEAM WISHES YOU A
MERRY CHRISTMAS
AND A HAPPY NEW YEAR

OUR OFFICE WILL BE CLOSED
FROM THE 25TH DEC 2012 TILL
2ND JAN 2013

DEMENTIA AS A NATIONAL HEALTH PRIORITY AREA

Glenn Rees, Alzheimer's Australia National CEO

In August, the federal government added dementia as its ninth National Health Priority Area (NHPA), enabling greater focus to be placed on reducing the prevalence of the disease, on managing the health needs of those living with the condition and to reduce the risk of people developing dementia.

It is wonderful news that Commonwealth, State and Territory Health Ministers have made dementia a national health priority area alongside eight other chronic diseases including cancer and heart disease.

This is the outcome of ten years of advocacy by Alzheimer's Australia and most recently the Fight Dementia Campaign. We are grateful to the many members of NACA who over the years have supported us.

Alzheimer's Australia is grateful to the Gillard Government for taking this issue to Health Ministers and getting this historic Agreement.

The decision has enormous importance for three reasons:

First, because for the first time in Australian Health Policy, dementia has been recognised as a chronic disease and not simply a natural part of ageing.

Second, the decision sets the scene for a new national action plan on dementia to be agreed by Australian Health Ministers.

Thirdly, making dementia a health priority is the starting point for the Commonwealth Government to tackle dementia. The announcement, coupled with the Commonwealth Government's commitment of \$268.4 million over 5 years to tackle dementia as part of the *Living Longer. Living Better.* aged care reform package, creates new opportunities to address areas that have long been neglected. The scene is set in *Living Longer. Living Better.* to fund initiatives on timely diagnosis, making hospitals safer places for people with dementia, improved quality of dementia care and action on preventative health. Whereas the decision to make dementia a National Health Priority Area signals increased opportunities for priority funding for research through the National Health and Medical Research Council.

This is a good policy and there is funding to start implementing it in *Living Longer. Living Better.*

We can all be proud that Australia is continuing to take the lead world-wide in giving dementia the priority it merits in health and aged care policy.

YOUR BRAIN MATTERS

Alzheimer's Australia's Your Brain Matters program is based on scientific evidence that a number of health and lifestyle factors that we can all do

something about are associated with brain function and the risk of developing dementia.

The brain changes that cause dementia begin many years before any symptoms appear. The evidence suggests that midlife is a critical time to think about looking after your brain, body and heart. But it's never too late to make changes that will improve your brain health.

Alzheimer's Australia's vision is for a society committed to the prevention of dementia, while valuing and supporting people living with dementia. An active lifestyle and effective treatment of cardiovascular risk factors may also benefit people diagnosed with dementia, helping to slow the decline in their abilities.

So what is recommended? There is good evidence to support a range of lifestyle and health strategies to keep your brain healthy and reduce your risk of dementia.

- Keeping your brain active matters;
- Being fit and healthy matters and;
- Looking after your heart matters

Contact Alzheimer's Australia NT if you would like to receive the Your Brain Matters booklet, or to arrange a 'Your Brain Matters' education session for your community group.

For more information on how to live a brain healthy lifestyle visit yourbrainmatters.org.au

**ALZHEIMER'S AND DEMENTIA
AUSTRALIA AND HOPE**

PRESIDENT & CEO REPORTS

CONTENTS

From the President & CEO	2
Dementia Champions	3
Research & Development	4
Dementia Awareness Week	5
News and Event	6
Our Services	7
Thank You	8

Patron: Dr Valerie Ashe, AM

Medical Adviser: Dr Sadhana Mahajani

President: Dr Vicki Krause

Vice-President: Claire Bell

Secretary/Public Officer:
Elizabeth Furlonger

Treasurer: Jacqueline Dowling

Members:
Julie Nicholson
Judith Buckley
Ruth Leslie-Rose
Dr Sadhana Mahajani

Darwin Office: (08) 8948 5228
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.

National Dementia Helpline
1800 100 500
Australian Government Initiative
(interpreter service available)



**DR. VICKI
KRAUSE**
President

The second half of 2012 has been a productive and encouraging time for Alzheimer's Australia. We learned in August that dementia was recognised as a national health priority by the federal government, a most welcome and promising step, marking dementia as a chronic disease to be addressed across the health and aged care systems.

Dementia Awareness Week in late September drew attention to all aspects of the disease in print, radio and TV as well as at public gatherings. Interviews with those dealing with and caring for people with dementia poignantly highlighted the daily challenges faced and resources required. Dr Serge Gauthier, a motivating speaker and expert in the field of dementia engaged and updated local healthcare providers and the wider community on what is known, what is needed and what is being done in dementia diagnosis, treatment and research. It also provided a forum for the launch of Your Brain Matters, encouraging people to live a 'brain - healthy' life. Nothing however, topped the annual Tea Dance for bringing together and uplifting a community with music, song, laughter - and some dancing too.

In October the Australian Woman of the Year Association, Inc luncheon held in Darwin raised funds for Alzheimer's Australia NT. Guest speakers on dementia included our own NT Dementia Ambassador Clare Martin.

In November the Alzheimer's Australia NT General Meeting was held and the Annual Report distributed. I invite you to read it for a full understanding of the key issues, supportive services, activities, home and community care, education services, strategic directions and guiding principles and the treasurer's report.

Sincere thanks go to all the hard working

staff at Alzheimer's Australia NT, to the many generous volunteers, to the Dementia Champions, our supportive Patron, Dr Valerie Ashe, to our medical Advisor, (and newly announced NT Senior Australian of the Year!), Dr Sadhana Mahajani, to our board members, our funding bodies, sponsors and supporters within the community.

Best Wishes for this Christmas Season and for a New Year full of possibilities - and action.



**RUTH
LESLIE-ROSE**
CEO

As the festive season approaches, I wish everyone a very Happy Christmas and a safe and peaceful New Year.

As usual, we close for the week between Christmas and New Year. There is more information on the back page of this newsletter about how to get help during this time.

Since our last newsletter, Dementia has been made a National Health Priority. This was supported by the previous Territory Health Minister Kon Vatskalis and replaces the dementia initiative which terminated in the June 2010 budget.

The NT now has 71 champions. New champions include Dawn Fraser, Charlie King and Ted Egan. In late breaking news Ted Egan has now agreed to become an Ambassador.

Ray spent time in Alice Springs in October signing up new champions, winning gold medals at the Masters Games and looking after the Alice Springs service for Nicole, who was on Annual Leave. After all this hard work, Ray is now looking forward to once again assuming a casual Education role and taking an overseas holiday in the New Year.

DEMENTIA CHAMPIONS

AUSTRALIAN WOMAN OF THE YEAR LUNCHEON

The Australian Woman of the Year Association luncheon held on the 13th of October was a very successful event. National Alzheimer's Australia ambassador Sue Pieters-Hawke and NT Ambassador Clare Martin were special guest speakers who shared their stories about dementia in their families. Two hundred and sixty people attended and funds raised at the luncheon will be donated to Alzheimer's Australia NT. Alzheimer's Australia NT appreciates the support extended by the Australian Woman of the Year Association for people with dementia, their families and carers.



Rosemarie Valle and Jean Foxon



Sue Pieters-Hawke and Clare Martin



Helen Gabel and Dr Vicki Krause

PROFESSOR COLLEEN CARTWRIGHT

During October Professor Colleen Cartwright visited Darwin and gave two presentations on End of Life issues. The visit was part of an Australian speaking tour sponsored by Alzheimer's Australia.

Professor Cartwright gave a clear and challenging presentation on a topic we are often reluctant to discuss. Her forthright presentation on difficult issues was appreciated by all who attended.



Professor Colleen Cartwright



Dawn Fraser AO MBE



Ted Egan AO



Richard Ryan AO

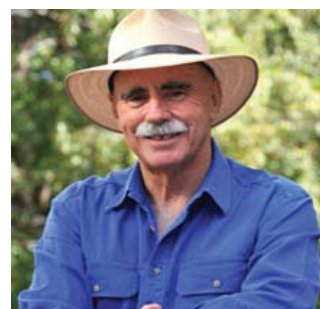
DEMENTIA CHAMPIONS

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

Action is needed to tackle dementia NOW.

How you can help?

If you would like to become a dementia champion and speak for people who cannot, please contact Tania, in reception, who will send you a champion form. We are asking The Australian Government to invest more money into dementia research, as we believe the current level of spending is inadequate. We need the voices of as many people as possible.



The Hon. Warren Snowden, MP

RESEARCH & DEVELOPMENT

THE MOST DIFFICULT DECISION: DEMENTIA AND THE MOVE INTO RESIDENTIAL AGED CARE

On Wednesday 17th October, Alzheimer's Australia NSW launched its 5th Discussion Paper titled *The Most Difficult Decision: Dementia and the Move into Residential Aged Care*. The paper was cosponsored by the two biggest NFP providers of residential aged care in NSW, Uniting Care Ageing and Baptist Community Services - NSW & ACT. A number of recommendations are made in the paper, with a view to improve the experience and system of managing entry into a residential aged care facility for people with dementia and their carers. You can find a copy on the Alzheimer's Australia website: http://www.fightdementia.org.au/common/files/NSW/20121016-NSW-PUB-Moving_To_Res_Care.pdf

DENIAL ABOUT DEMENTIA

One in every four people living with dementia around the world shamefully denies having dementia because of the social stigma attached to the condition, according to a new international report released on World Alzheimer's Day (21st September). The World Alzheimer's Report, issued by Alzheimer's Disease International (ADI), claims that one in 10 carers hide the diagnosis of the person living with the disease from others for fear of being victimised. Around three quarters of people with dementia also said they felt negatively judged because of the condition, and 40 per cent claimed they had been victimised due to the stigma that goes hand-in-hand with a diagnosis. The figures are based on a survey conducted by ADI, which collated the

responses of 2,500 people from 54 different countries.

The new ADI report shines the international spotlight on the social stigma attached to dementia and the work the global community has yet to do to challenge negative stereotypes associated with the condition. National President of Alzheimer's Australia, Ita Buttrose, said the disturbing findings in the ADI report are consistent with recent studies carried out in Australia. "We all have a responsibility to work towards a society that is dementia friendly, and the best way to do this is to support friends and family living with dementia." The new report identifies education, information and awareness as priorities to reduce the stigma of dementia, and asks that governments worldwide implement national dementia plans to increase research into how to address the issue of stigma. It recommended 10 key measures to specifically help the international community to overcome the stigma of dementia. These include social isolation programs for people with dementia; formal involvement for people with dementia; education and support for informal and paid carers; an improvement in the quality of care at home and in care homes; an improvement in the dementia training of primary health care physicians; further research into the stigma associated with dementia and more.

Source: Australia Ageing Agenda - Yeamin Noonan - <http://www.australianageingagenda.com.au/2012/09/20/article/14-are-ashamed-of-dementia/JXFSUUORES.html>

STAND UP!

The 45 and Up Study, managed by the Sax Institute, involves 267,000 people from New South Wales, now aged from 50 to over 100 years old.

It is Australia's largest longitudinal study on ageing. An interesting finding from the initial phase of the study comes from asking people how much time they spent sitting and standing. It appears that the more time a person spends standing (independent of other exercise), the less their risk of death.

Source: Australia Ageing Agenda - Natasha Egan - <http://www.australianageingagenda.com.au/2012/10/30/article/The-determinants-of-ageing-well/APIJKODURE.html>

ALZHEIMER'S DETECTED DECADES EARLIER

Researchers have found some of the earliest signs of Alzheimer's Disease, more than two decades before the first symptoms usually appear. A team at the Banner Alzheimer's Institute in Arizona looked at a group of patients in Colombia who have familial Alzheimer's. A genetic mutation means they nearly always get the disease in their 40s. Alzheimer's normally becomes apparent after the age of 75. Brain scans of 20 people with the mutation, aged between 18 and 26, already showed differences compared with those from 24 people who were not destined to develop early Alzheimer's. The study has been published in the *Lancet Neurology*. Dr Eric Reiman, one of the scientists involved, said that the findings, "...raise new questions about the earliest brain changes involved in the predisposition to Alzheimer's and the extent to which they could be targeted by future prevention therapies."

Source: DPS News - http://www.agedcareguide.com.au/news.asp?newsid=7924&utm_source=dpsnews

DEMENTIA AWARENESS WEEK

WORLD ALZHEIMER'S DAY

The aim of World Alzheimer's Day is to develop public awareness of dementia and its effects on people and the economy.

The day started with a radio interview, followed by an all-day display in the CBD of Darwin. Many dignitaries attended the display and were interviewed by journalists which resulted in additional media coverage.

A feature of the display was cup cakes sporting the new teal branding with signage containing the slogan "Did you remember that today is world alzheimer's Day? No? That's OK. We did. We even made cup cakes". This attracted passers by who staff were able to interact and provide education materials to. The day was very successful.

TEA DANCE

The 6th Annual Tea Dance was reported to be "the best Tea Dance yet" with in excess of 200 seniors attending.

We thank the City Of Darwin for continued support of this event.

This year, the newly formed Alzheimer's Australia NT Choir "The Unforgettables" sang several songs which delighted of the crowd. Musician/Choir Master/MC extraordinaire Jim Harte did a fantastic job with the choir, which delivered a polished performance on the day.

Volunteers, clients and staff worked for many weeks to ensure the event was a great success again this year - Well Done and thank you!



Ruth Leslie-Rose at the Tea Dance

DR. SERGE GAUTHIER

On the 24th of September Alzheimer's Australia NT was privileged to host Dr. Serge Gauthier from the McGill Centre for Studies on Ageing in Montreal, Canada, for two interesting and informative lectures. The first was at the Grand Rounds at the Royal Darwin Hospital, the second at the Darwin Airport Resort that evening. Professor Gauthier proved to be a very engaging speaker, with a wealth of interesting new facts.

Using up to date research Serge explained the natural history of Alzheimer's disease and diagnostic criteria, who is at risk, and what we can do about it.

He posed two questions: "Can we set up a dementia prevention strategy using current knowledge?" and "Can we modify disease progression in persons who are affected?" The answer to the first question is "yes" and the answer to the second is "not yet." However, "we can modify progression of symptoms with available treatments"

ALICE SPRINGS

Dementia Awareness Week 2012 was a great success in Alice Springs. As well as information stands at the Alice Springs Hospital and coverage in the Centralian Advocate, we launched the Dementia Pathways Report in conjunction with the Centre for Remote Health and the Western

Australian Centre for Health and Ageing (WACHA).

The main event of the week was the Healthy Communities, Healthy Ageing morning including the NT launch of Your Brain Matters (the new Alzheimer's Australia brain health program), together with the Alice Springs Town Council's Healthy Communities Program. Dr Patricia Miller AO officially launched Your Brain Matters in the Northern Territory. Following the launch there was a morning of games and puzzles to exercise the brain, a Heartmoves exercise demo to get the body moving and a Your Brain Matters information session.

Nicole sincerely thanks the following people who contributed to Dementia Awareness Week activities:

- Dr Miller AO,
- Lucinda Coobs - Healthy Communities Programs Coordinator ASTC.
- Dr Melissa Lindeman - Centre for Remote Health,
- Judy Buckley - Alzheimer's Australia NT Board Member
- Peter Donohoe - NTDBMAS
- Marianne Cummins - Psychogeriatric Services



NT launch of Your Brain Matters

NEWS & EVENTS

INTERGENERATIONAL MEMORY TOUR - ALICE SPRINGS

During Senior's Month the Alice Springs Intergenerational Memory tour was held with the assistance of a Community Grant from the Alice Springs Town Council.

School students from Centralian Secondary College toured heritage sites in Alice Springs accompanied by local seniors living with dementia. Many memories and stories were shared about the town and lives over the last 50 years, this was a great learning opportunity for the students, volunteers and the tour guide!

The day included a wonderful morning tea at Adelaide House and lunch at The Residency, kindly catered for us by volunteers Rosanne and Jill. Judy Buckley and Janine Pearce also lent a hand during the tour; many thanks to all who assisted, we could not have done it easily without you.

We hope to hold more activities like this in the future to foster respect and learning across generations and develop a greater understanding of people living with dementia in our community.



Intergenerational Memory Tour

ARRIVAL OF THE NEW BUS

Clients and staff are very happy to have a new bus for our groups, thanks to the Department of Justice Community Benefit Fund Vehicle Gifts and Long-Term Loans Program.

Les & Clare Fern have most generously paid for the new bus step which will promote client safety when getting on and off the bus.



Rod Scarr and Emmett Hale, Disposals Manager NT Fleet - Hand over of keys

STAFF NEWS

There have been changes to the team in the Darwin office. Ray Norman, who has been acting as the temporary Education Manager for the past several months, is taking a step back into his old role of Education Consultant so he can once again enjoy his retirement.

Rod Scarr has moved from his role as Education Officer to become the Education Manager in early December, and is looking forward to the challenges ahead.

Norma Sutcliffe has moved from coordinating the Stepping Out groups to the position of Education Officer. Norma previously worked as an educator and is looking forward to the challenges of her new role.

Gillian McQuinn has taken on the Stepping Out officer position and is looking forward to planning many interesting activities with members of the group.



HEATHER SMITH

The newest addition to the team is Heather Smith. Heather has recently taken up the position of Stepping Out Assistant. She relocated from Melbourne where she worked in Aged Care during the last 4 years. Heather is very excited to be working with the team and exploring Darwin at the same time.

CLIENT CHRISTMAS PARTY

Alzheimer's Australia NT recently held its annual client Christmas party. Clients, carers and families came together to celebrate the festive season and the end of another year.

Entertainment was supplied by our very own Jim Harte supported by the fabulous Alzheimer's Australia NT choir "The Unforgettables".



Jim Harte, Helen Gable and Annette Harte

OUR SERVICES

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 the community, including - culturally and linguistically diverse groups and health professionals. Please contact us if you would like a free information session.

Your Brain Matters 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

Nationally accredited Certificate III and IV units, designed for health professionals working in the area of dementia care.

Carer Education

This is designed specifically for family carers and friends to assist in their caring roles. By learning about dementia, carers and friends develop 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. A qualified staff member, will visit a person with dementia who is in hospital or a residential care facility. The focus of these visits is to encourage socialisation, physical and cognitive activities and can include excursions 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.**

TALKING ABOUT ALZHEIMER'S ACROSS AUSTRALIA

**POSTAGE
PAID**

TO:

THANK YOU

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

- James Harte
- M Friel
- Element's Darwin Day Spa
- Helen Gabel
- Afzala Awan
- Mathew Bradley
- Lorraine Martin
- Tara Meldrum
- Hazel Glencross
- Judy Dent
- Rural Garden Club
- Scriven Exploration Pty Ltd
- Les & Clare Fern
- Jasmine Jan
- Carole Guinane
- Cakes NT
- Stephen Cooney - Bakers Delight
- Territory FM 104.1 Darwin
- 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



Little Strawn and the family



The Unforgettables choir

WITH BEST WISHES...

Best wishes for Christmas and the New Year

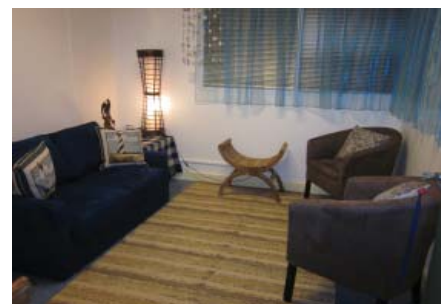
All of us at Alzheimer's Australia NT wish you a happy festive season

Staff will take a well-deserved break over the festive period. Our office will be closed from Tuesday 25th December to Tuesday 1st January.

Groups will resume in the week commencing 7th January. Health and Wellbeing will resume on 3rd February 2013.

If you need behaviour management assistance please call **NT DBMAS 24 hour Helpline on 1800 699 799.**

The Aged Care Assessment Team is available all days except public holidays on 89 227 392 to assist with less urgent concerns.



Teresa's beautiful new counselling room