

ALZHEIMER'S AUSTRALIA NT NEWSLETTER

DECEMBER 2013



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 TILL THE 2ND JAN 2014

CREATING MEMORIES



ALZHEIMER'S AND DEMENTIA AUSTRALIA AND HOPE

PRESIDENT & CEO REPORTS

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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 the Darwin Office.

National Dementia Helpline
1800 100 500

Australian Government Initiative
(interpreter service available)



DR. VICKI KRAUSE
President

Members and friends will be aware that our Chief Executive Officer (CEO) Ruth Leslie-Rose has been on extended leave since August. Ray Norman, well known to Alzheimer's Australia NT for the many roles he has carried out in the organisation, has stepped in as the Acting CEO. The shift has allowed the activity and service of Alzheimer's Australia NT to continue and flourish, a tribute to both of these very capable and committed individuals and to the staff.

Dementia Awareness Week in late September focused attention on dementia in the NT and nationwide. It also meant Darwin was treated to the ever-popular Annual Tea Dance - a function that brings together those with dementia, their carers, friends, family and community supporters for fun, games, music—and more. It didn't disappoint. Our dementia expert for the week, visiting both Darwin and Alice Springs, was Professor Susan Kurrle from Sydney. She spoke most informatively at Ground Rounds at Royal Darwin Hospital on the less-well recognised, yet common medical conditions associated with dementia.

On 7 November we held our Annual General Meeting and welcomed the support of members who attended. The 2012/2013 Annual Report was distributed and I invite you to read it at <http://www.fightdementia.org.au/northern-territory/annual-reports.aspx> to fully appreciate the breadth of support and educational services, activities and future directions of Alzheimer's Australia NT.

With the year almost over a huge vote of thanks and appreciation goes out to all those involved in the work and mission of Alzheimer's Australia NT. If you are contemplating what you might take on in the New Year, and are not already a Champion, why not consider being one?

Visit <http://campaign.fightdementia.org.au/>

Best wishes for a very happy Christmas Season and New Year.



RAY NORMAN
Acting CEO

Where has the year gone?

It is that time of the year when we all wish each other wonderful things for the future; e.g. a great Xmas and a prosperous and happy new year. On behalf of our staff I certainly wish our clients, staff and stakeholders all of those things for the festive season ahead.

It has been another busy and eventful year for Alzheimer's Australia NT. We have taken on new programs like the Younger Onset Dementia program, the Wulagi House project and the YBM ATSI project. All of which has been detailed in our recent Annual Report. It has been a joy to welcome new staff; Judy Ratajecz as Manager Support Services and Michelle Lawson, (Wulagi House). We have also been privileged to have some very good "work experience" students join us at various times during the year.

Congratulations to Nicole O'Connor in Alice Springs for the publication of her article "Outback Dementia Education". Congratulations also to Annette Harte, Gillian McQuinn and Kylie Beard for winning awards connected to their work. My thanks to all staff for their efforts over the entire year.

The down side of the year has been the illness of our CEO Ruth causing her to take extended leave. On top of this comes the sad news that Ruth's eldest daughter passed away during November. Our condolences are extended to Ruth and her family for this sad loss. The staff and all who know Ruth would like to extend their best wishes to Ruth for her recovery.

SEMINAR OVERVIEWS



**ASSOCIATE
PROFESSOR
SUE KURRLE**

Sue Kurrle recently presented at the Grand Rounds at Royal Darwin Hospital as well as at community based sessions in both Darwin and Alice Springs.

Professor Kurrle holds the Curran Chair in Health Care of Older People, in the Faculty of Medicine at the University of Sydney. She also works as a specialist geriatrician at Hornsby Ku-ring-gai and Batemans Bay Hospitals with clinical responsibilities in both the hospital and the community.

Professor Kurrle stated that a lot of emphasis focuses on cognitive symptoms and the behavioural and psychological symptoms of dementia, but less is known of the physical conditions or comorbidities.

A range of conditions causing or resulting in falls, weight loss, seizures, delirium, visual/sleep dysfunction and frailty are found to be much more common in people with dementia than in the normal older population. Professor Kurrle's community sessions were also well attended, informative and instigated a great degree of discussion on current dementia research.

She has recently published a book on the Physical Comorbidities of Dementia. For more information about her recent publication go to: www.cambridge.org/9781107648265



**CAMERON CAMP
PHD**

Cameron J. Camp, Ph.D. renowned psychologist specializing in gerontology recently visited Darwin as part of his Australian tour.

His current research and approach uses Montessori-based activities to not only enable people with dementia to be engaged in meaningful activities but to encourage care residents with dementia to effectively lead activities for other residents with dementia.

His workshop for Darwin Carers promoted positive interactions and meaningful activities with people living with dementia.

Such activities are designed to reduce challenging behaviors, increase the level of functioning and enhance quality of life. The session was well received and delivered with Dr. Camp's trademark enthusiasm.

MY AGED CARE INFORMATION FOR AGED CARE SERVICE PROVIDERS

Note: From 18 September 2013, aged care became the responsibility of the Department of Social Services.

My Aged care is an identifiable entry point to the aged care system, enabling timely and reliable information to be accessed by older people, their families and carers. It helps people to navigate the aged care system and provides referrals for assessment and service providers.

My Aged care comprises of a website (www.myagedcare.gov.au) and national phone line (1800 200 422). The My Aged Care phone line operates from 8am - 8pm Monday - Friday and from 10am - 2pm on Saturday, your local time.

What does My Aged Care do?

- Provides a point of contact to find clear and reliable information on the aged care system and services, reducing the need to 'shop around'.
- Provides information in a user-friendly format and language.
- Provides referrals to aged care service providers, including assessment services
- Enables older people, their carers and families to discuss care options

More information

For more information visit: www.myagedcare.gov.au or call 1800 200 422

Further information on My Aged Care, including Frequently Asked Questions and Information Sheets can be found at <http://www.livinglongerlivingbetter.gov.au/internet/living/published.nsf/Contents/my-aged-care-gateway>

DEMENTIA AWARENESS WEEK

ALZHEIMER'S AUSTRALIA NT 7TH ANNUAL TEA DANCE

Every year, we mark **Dementia Awareness Week** by putting on a party for our seniors to enjoy an afternoon of entertainment and good times. The **Alzheimer's Australia NT Annual Tea Dance** has become a "must attend" event for Darwin and Palmerston seniors from our community and residential care facilities. It provides a rare opportunity for a large number of Territory seniors to dance and sing, eat and drink, and socialise with each other. The 7th Annual Tea Dance was held on Tues 24 September at the Greek Orthodox School Hall in Nightcliff.

Guests cleverly responded to the Masquerade theme of this year's Tea Dance, wearing an array of gorgeously decorated masks – many of these handmade! We danced and sang, livened up by the supremely talented Hidden Ajenda (thanks Jennie and Jacko!). We were entertained by the Groovy Grans, resplendent in glittering masks, Bev Shanag and Trevor (country yodelling), and guests participated in a parachute performance and mask-parade.

Guests supported our Tea Dance stall, with homemade gifts created by our group members. We would like to acknowledge Helen Gabel, our No. 1 volunteer for initiating this.

The event could not have taken place this year without the support of our sponsors who are acknowledged on the adjacent page. Alzheimer's Australia NT is very grateful for their support, especially our major sponsors, NT DBMAS and Bendigo/ Nightcliff Community Bank and to the Greek Community School

for providing the venue. We also appreciated the many donated prizes and decorations, including the stunning balloon arch (thanks Tammy!) and the beautiful cupcakes created by CakesNT.

Our staff, volunteers and members worked hard to make this unfunded event a special day for all – planning, decorating, preparing and serving food and drinks – and cleaning up! Thanks to everyone for their effort and enthusiasm!



Parachute Dance



Dancing with scarves



Everyone enjoys a mask



Judy Ratajecz with Mary Ingrams from NT DBMAS



Ray Norman with Lorraine from the Bendigo Bank



Tea Dance 2013

DEMENTIA AWARENESS WEEK

WE WOULD LIKE TO THANK THE FOLLOWING PEOPLE FOR THEIR CONTRIBUTIONS TO OUR ANNUAL TEA DANCE:

MAJOR SPONSORS:



NT Dementia Behaviour Management Advisory Service

SPONSORS:



ROLLER DOOR SERVICES N.T.



WITH THANKS TO :

Kezia Purick, Spotlight, Val Cowan, Tammy Messina, Helen Gabel, Adorne, Michelle Lawson, Hidden Ajenda, Groovy Grans, Howard Springs Kennels, Deb McColl, Graham Cowan, Allora Gardens Nursery, Noni B, The Body Shop, Finlays Stonemasonry, Paraphernalia, Infidelity Furniture and Homewares, Bev Shanag and Trevor, Cameo Gifts and Homewares, Greek Community School Association, Jeanette Tonks, Rosemary Valle, Country Women's Association, Chor Sung Neill, Effie Penhall.

And all volunteers who contributed to a wonderful day

RESEARCH & DEVELOPMENT

TRAUMATIC BRAIN INJURY

Traumatic brain injury refers to any external force or impact to the skull that is severe enough to injure the brain. Very severe traumatic brain injury will result in death or permanent disability. Less severe injuries that result in concussion can also cause short-term or persistent changes in a person's cognitive abilities including learning, thinking and memory.

The association between traumatic brain injury and dementia risk is becoming increasingly evident. Research suggests that athletes who play contact sports such as football and boxing (that involve repeated impact to the skull) may develop on going cognitive impairments. There is even a specific type of dementia for the progressive brain damage resulting from repeated minor traumatic brain injuries called chronic traumatic encephalopathy.

This degenerative condition involves a build-up of the toxic tau protein and progressive death of brain cells. As with other causes of dementia, chronic traumatic encephalopathy is associated with memory loss, confusion, depression, suicidal thoughts and personality changes.

More research is needed to better understand the link between traumatic brain injury and dementia and to understand why moderate, severe and repeated mild traumatic brain injuries may increase risk.

For more information go to:

Press link: <http://www.sciencedaily.com/releases/2013/01/130122142839.htm>

Journal Link: http://www.espn.go.com/pdf/2013/0122/espn_otl_CTELiving.pdf

ANOTHER REASON WHY EXERCISE IMPROVES BRAIN HEALTH

A protein, elevated during endurance exercise, has been shown to enhance brain health in mice. This result was reported in *Cell Metabolism* by researchers from the Harvard Medical School, USA. The researchers found that mice given access to a running wheel from 30 days had increased levels of a range of proteins important for brain function. This included the brain derived neurotrophic protein (also referred to as brain derived neurotrophic factor, or BDNF)

This study is novel, as the research did not previously know how exercise increased BDNF. They are now much more aware of the molecular pathways that are enhanced by exercise and the brain proteins that are involved in these pathways. The researchers initially found that BDNF was significantly enhanced during exercise and based on this, developed an experimental protein-based drug. They found that when injected into the mouse, their drug enhanced production of BDNF, irrespective of exercise level.

Dr Bruce Spiegelman who was involved in the trial said "what is exciting about this result is that when our experimental drug was injected into the blood stream, it mimicked some of the effects that endurance exercise has on the brain." However, researchers are still a long way off trialing this drug in humans, and the researchers first want to understand if an increased production of BDNF actually improves brain function and memory. Alzheimer's Australia recommends engaging in regular physical activity to not only enhance brain health but your body and heart.

See your latest paper on physical activity and brain health here.

For information go to:

Media link: <http://www.medicalnewstoday.com/releases/267382.php>

Journal link: <http://www.sciencedirect.com/science/article/pii/S155041311300377X>

The brain derived neurotrophic protein (or factors) promotes development of new brain cells and the connections between brain cells that allow learning and memory. It also helps prolong survival of brain cells.

PARTICIPANTS WANTED

WHEN SHOULD I STOP DRIVING?

DEMENTIA AND DRIVING: A DECISION AID

If you have dementia and drive a car, researchers at the University of Wollongong would like to invite you to participate in a telephone survey. All participants will be mailed a free information booklet on driving and dementia. The aim of the study is to seek your feedback on this booklet.

For more information about joining this study please contact:

Dr John Carmody MRCP FRACP
Staff Specialist Neurologist,
Wollongong Hospital

E: john.carmody@sesiah.health.nsw.gov.au

T: (02) 4253 4430 or 0427 468 544

(Australian Residents)

T: 0061 2 4253 4430 or
0061 4 2746 8544

(New Zealand Residents)

YOUNGER ONSET DEMENTIA KEY WORKER

The National Younger Onset Dementia Key Worker Program gives people living with younger onset dementia, their families and carers a primary point of contact - a key worker - who provides information, support, counselling, advice and helps consumers effectively engage with services appropriate to their individual needs.

Forty Younger Onset Dementia Key Workers have been recruited nationally and officially commenced on 1 July in all states and territories.

One of the first priorities was to bring all Key Workers together for 2 days of training and networking in Sydney. This training not only ensured that all Key Workers understood the 'mechanics' of the Program, it also reinforced the consumer-directed philosophy of the Program.

The opportunities to meet their new colleagues, share ideas and practice was invaluable and established an ideal environment for the national Key Worker network to operate effectively and consistently across the country. Ongoing training is an important element of the Program and further training is scheduled for late 2013 and 2014.

Key Workers have the flexibility to deliver services and undertake activities that consumers identify as being a priority for them. This means that Key Workers aren't bound by rigid referral structures that are often found in other case management services, and allows more adaptable support that responds whenever and wherever a need is identified.

Just as importantly, Key Workers will work with other organisations, helping them to be more inclusive of people with younger onset dementia, and raising awareness of the impact of the disease on the lives of younger people and their families.

It has been confirmed that consumers who had a diagnosis of younger onset dementia before the age of 65, but who are now aged over 65, will be eligible to receive support for a Key Worker under the Program - see below for more details, or call the National Dementia Helpline on 1800 100 500.

Eligibility

In order to access the services of the Younger Onset Dementia Key Worker Program, the following eligibility criteria must be met:

- Individuals must be Australian Residents.
- The person with younger onset dementia must be under 65 years of age when they enter the Program. If the person is aged over 65, they must have been aged under 65 when they received a diagnosis or started accessing younger onset dementia services.
- The person must either:
 - a) have a diagnosis of dementia or a related disorder or,
 - b) have symptoms of dementia that have not been diagnosed, but a dementia diagnosis is likely.

Where an individual has symptoms of dementia but has not yet been diagnosed, Key Worker services will be limited to assisting the individual obtain a diagnosis in the first instance, and provision of support towards achieving this outcome.

Some other conditions apply.

The Northern Territory's Younger Onset Dementia Key Workers.

In the NT we have Judy Ratajec leading the team of two part-time key workers: Nicole O'Connor based in Alice Springs and Dianne Maley in the Darwin office.

Hello my name is Dianne Maley and I am based in Darwin as one of the two Younger Onset Dementia Key workers for the Northern Territory. As a Registered Nurse I have worked across many aged and community care settings including in an Acute Behavioural Unit and being responsible for the management of Community Care Packages.

The new Key Worker role is an amazing concept to be involved in and I look forward to negotiating my way into the world of support and services for younger people to provide an individual support service for them. I am looking forward to supporting people with Younger Onset Dementia to maintain their individuality and continue to be their own self as they journey through the disease.

I am looking forward to providing a safe and happy environment for our clients, whether it is the person living with dementia, carers or family members. I hope we can build awareness and support in the community by providing information and education. One of our challenges in the Northern Territory is distance so we will need to look at ways to develop long distance relationships and resources to support people. Ben Graetz from our NT office has been leading a new National project called the ATSI Dementia Awareness Resource for Indigenous Communities and I hope to be able to be involved in taking this project out to remote communities

In Darwin we have commenced a carers group which meets every two weeks. I have two dreams; one is to have a retreat for our clients and families, and the second is a bigger dream to have a community based flexible respite /community centre that is aged appropriate and consumer driven.



**NICOLE
O'CONNOR**

OUT BACK DEMENTIA EDUCATION

Nicole O'Connor reflects on her experience in developing and delivering a culturally-specific brain health education session for Indigenous people with dementia and their families in the Northern Territory.

Hermannsburg is a remote Aboriginal community which lies approximately 130km west of the town of Alice Springs in the Northern Territory. The birthplace of the renowned artist Albert Namatijira, Hermannsburg is an historic Lutheran mission town handed back to traditional ownership in 1982 (MacDonnell Shire Council 2011). It is Western Aranda country and named Ntaria in the language of the 600 or so people who live there.

Dementia is rarely spoken of or understood amongst the Aboriginal people I have met in the course of my work. Ordinarily there is little knowledge about what dementia actually is, what a person living with dementia might need or how to access assistance. This is a concern, especially as rates of dementia among Aboriginal Australians are three times higher than the rate of dementia in other Australians (Neuroscience Research Australia 2013).

The lack of appropriate resources for the target audience you need to connect with is a common problem when working in remote and rural Australia.

Using the existing Mind Your Mind program, I created straight-forward presentation cards using locally recognisable photographs and illustrations. I worked with an Aboriginal Liaison Officer from NT Government Department of Health and Ageing to come up with activities and examples to back up the information, and liaised with the Aged Care Coordinator on community for the practicalities of venue and transport.

A healthy lunch, games and music were provided to reflect the brain health message. What resulted was an inspiring afternoon with a group of senior Hermannsburg residents and their families, some of whom were living with dementia.

This experience emphasised the importance of interagency collaboration and flexibility in approach to remote education delivery and the recognition and understanding that there is no "one size fits all" for remote communities or their residents when it comes to resource design.

There is a real and urgent need for brain health education and dementia information in Aboriginal communities.

At present, work is starting in the NT to create a nationally available brain health resource that is suitable for use in these settings.

For more information about this article please contact Nicole O'Connor on 8952 9799 or email nicole.o'connor@alzheimers.org.au



HAVE YOU CONSIDERED JOINING THE NT AAG

(AUSTRALIAN ASSOCIATION OF
GERONTOLOGY)

- Are you a Health Professional working in Aged Care?
- Are you a student interested in Aged Care?
- Do you know someone with an interest in the ageing?

Let's get the word out there. We are an ageing territory and this is our time.

The NT is now "Coming of Age"
New members are welcome!!

If you would like more information log onto www.aag.asn.au

HOLIDAY TIPS

TIPS FOR HOLIDAY CHEER

Christmas is traditionally a time for family gatherings', the exchanging of presents, lashings of food and drink, and general Christmas cheer. However, it can be both a happy and a stressful time, especially for carers, because it also represents a break from routine. Changes to routine can result in unexpected situations; however by remaining calm, adopting a flexible approach and using some simple communication and validation techniques, potentially difficult situations may be averted.

While many of the following tips are common sense and you are probably already using them, you may find others helpful in the care of your relative or friend who has dementia.

Creating opportunities for others to share the caring through an activity such as Carols by Candlelight can be a very positive way of enhancing relations between the person with dementia's family members and friends.

Take the person to a small local event rather than one which involves more travel and which is likely to attract a larger crowd.

Short-term memory loss can present difficulties at times.

If the family stops a person who may have forgotten how many drinks have been consumed, he or she may feel confused and left out. However, by diluting a drink, the person can continue drinking happily. Adapting the environment, rather than attempting to change the person's behaviour, is likely to achieve a more positive result.

Reminiscence is one key to good communication with a person who has dementia.

If the person with dementia is becoming overly sad, acknowledge the feeling and then use a happy event to distract. However, all families will have both happy and sad memories and it is quite acceptable to share them.

When the unexpected happens, take a deep breath before reacting.

There is sometimes an inherent logic to the person with dementia's behaviour, if the family can manage to find it. If not, a sense of humour can also go a long way toward remedying a situation.

People with dementia may, at times, become disorientated and sometimes the past will merge with the present.

There is no point trying to reason with the person if this happens. Try validating the underlying feeling instead. By addressing a person with dementia's need, we can reduce underlying anxiety.

We cannot stress enough the importance of building some low-key activities into your holiday festivities.

Pace yourself so that the holiday is more likely to be manageable and enjoyable for everyone.

CHRISTMAS CRAFT IDEA

-TERRARIUM ORNAMENTS



These ornaments are actually fake terrariums. By using dried sheet moss or reindeer moss, the ornament isn't technically growing so it requires no care. Perfect for those of us who are excellent at forgetting to water things.

What you'll need:

- clear glass ornaments,
 - dried moss,
 - twine,
 - pencil, and
 - q-tips
- Optional- twigs, butterflies, feathers etc...



1. Tear off a small piece of moss and moisten slightly (this helps to keep the moss from crumbling a lot of dust inside).
2. With the eraser end of your pencil, gently push moss into the opening. Repeat this a few times until you have a forest floor on the bottom of your ornament.
3. Add any extras and poke with your pencil to style things as necessary.
4. Bend a Q-tip and clean any debris stuck to the inside walls of the ornament.
5. Attach a piece of twine with a bow and hang.

PUZZLES

Sudoku

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

9						2		
		4	5					8
8		6						1
3					2	8	5	7
2					6	4		
					8		3	
	3		2	9				6
7		9			5			
	4						9	

4	3							9
1		5						7
6				2				8
					4			
5		6						1
		7	6					2
3						8		7
						2		
						5		
								1

W H I T E C H R I S T M A S P W L E Z F
W T B T T P N T L W K O M A T S B N C S B G P W S F
B H S V K I S W M S C L I L S D B C B Q W N L M
N H T H G I N T W M S E L I S B A B C C N L W
T J D M Z F U R A E A T E A M L O C V W L O N
G Y X W U K D R U M M E R B O Y K C A N S
L K D O Y X Y C K X H E R L A N D C J H S
W I N T E R W O N D E R L A N D C T M E T
M X J S V G P Q R A S D K V R J T P H I
L D O H H O L Y N I G H T R O C B A T T
Q S J I N G L E B E L L R O C K B A K T E
U O H C H R I S T M A S Y G S Q P L G B C E L O
R X F N E V D V V W Y G S Q P L G B C E L O
T T W W T M O V N J J A B H G O L C H D S
G W E T H R E E K I N G S Y O F E H V U

Wordsearch

Try and find the listed below words in the above puzzle

- Drummer Boy
- Deck The Halls
- Jingle Bell Rock
- We Three Kings
- White Christmas
- Winter Wonderland
- Silent Night
- Oh Christmas Tree
- Oh Holy Night
- Let It Snow

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.

Activities Group

This program is held on the 3rd Friday of the month and is facilitated by our Activities Officer. 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 exercises. 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, their carers and family. If you are interested in participating please contact Susan Williams, Support Services Coordinator for further details.

Younger Onset Dementia Carer Support Group

Held fortnightly on Tuesday evenings. Please contact Dianne Maley, Support Services Coordinator for details.

Nightcliff Carer Support Group

Held on the 2nd Thursday of the month at 10am. Groups alternate between guest speakers and social functions. If you are interested in participating please contact the Support Services 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 and 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 the Support Services Manager.

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 organisations since July 2013:

- Alzheimer's Australia Payroll Partners
- Helen Gabel
- Roller Door Services Pty Ltd - Justin McQuinn
- Hazel Glencross
- Kathleen Elliott
- Bendigo Bank Ltd - Nightcliff
- Les and Clare Fern
- NT DBMAS
- Katrina Fong Lim
- Jean Foxon
- Blackadder Financial Services NT
- GF Holdings (WA) Pty Ltd
- Freedom Screens NT
- Nightcliff Community Enterprises Ltd
- Top End Access
- Gift Wrapping Alice Springs
- Dot Seib and family
- Dr A.G & S.A Mahajani

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

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 on Wednesday 25th December 2013 and reopening on Thursday 2nd January 2014.

Groups will resume in the week commencing 13th 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.

