

# ACT ANNUAL REPORT 2014-15

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#### Alzheimer's Australia ACT

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Alzheimer's Australia ACT Incorporated ABN 66 342 708 600

An Australian Government Initiative

#### ALZHEIMER'S AUSTRALIA ACT ANNUAL REPORT 2014-15

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Alzheimer's Australia ACT is committed to the prevention of dementia while valuing and supporting people living with dementia

# PURPOSE

Making a difference for those impacted by dementia by using our knowledge and expertise of dementia to provide leadership in quality services, and be a strong and credible voice for the creation of a dementia friendly ACT

# VALUES

Respect and Dignity Professionalism

Inclusion Innovation Integrity Collaboration

# Alzheimer's Australia ACT Inc Strategic Plan 2015 - 2018

INITIATIVES	FOCUS AREAS	PURPOSE	VALUES	NOISIA			
<ul> <li>1.1 Deliver high quality and innovative dementia support and services in changing political, economic and social environments</li> <li>1.2 Identify consumer needs and opportunities to expand our range of services and geographic coverage utilizing partnerships, alliances and mergers where appropriate</li> <li>1.3 Raise awareness of dementia and create a dementia friendly community in the ACT</li> <li>1.4 Review, evaluate and improve service models and capabilities</li> </ul>	Service Innovation and Delivery	Making a difference for those impacted by dementia by using our knowledge and expertise of dementia to provide leadership in quality services, and be a strong and credible voice for the creation of a dementia friendly ACT.	Making a difference for those impacted by dementia by using our knowledge a quality services, and be a strong and credible voice for the creation of a deme	Respect and Dignity, Inclusion, Integrity, Professionalism, Innovation and Making a difference for those impacted by dementia by using our knowledge a quality services, and be a strong and credible voice for the creation of a demential services.	Respect and Dignity, Inclusion, Integrity, Professionalism, Innovation and Making a difference for those impacted by dementia by using our knowledge a quality services, and be a strong and credible voice for the creation of a dementiant of the creation of a dementiant of the creation of a dementiant of the creation of the creation of a dementiant of the creation of the creation of the creation of a dementiant of the creation o	Respect and Dignity, Inclusion, Inte	Alzheimer's Aust while valui
<ul> <li>2.1 Develop and implement a marketing and communications strategy and plan to increase visibility and credibility</li> <li>2.2 Maintain strong and effective working relationships with key stakeholders to position Alzheimer's ACT as the leading, credible and influential voice for those whose lives are impacted by dementia</li> <li>2.3 Disseminate relevant dementia information and research intended to inform, educate and empower consumers</li> <li>2.4 Advocate and communicate the needs of those affected by dementia to improve policies and services</li> </ul>	Communications and Advocacy					rity, Professionalism, Innovation and by dementia by using our knowledge ar edible voice for the creation of a demen	ty, Professionalism, Innovation and ( y dementia by using our knowledge and  dible voice for the creation of a dement
<ul> <li>3.1 Ensure we respond successfully to the aged care, disability and other governmental reforms by reforming our service and business systems and processes, identifying new opportunities and developing appropriate change management and work force plans</li> <li>3.2 Pursue short-term and long-term accommodation options to enhance our service delivery capabilities</li> <li>3.3 Continue to enhance our governance, financial and business systems and processes to support growth and diversity in services and our long-term viability</li> <li>3.4 Develop and implement an Information Communications Technology strategy to improve consumer access to information, services and assistive technologies and improve our business processes and systems</li> <li>3.5 Maximise government and non-government income streams, enhance sustainability and respond to emerging needs of consumers</li> </ul>	Organisational Sustainability		and Collaboration	the prevention of dementia living with dementia.			

#### **LETTER TO MEMBERS**

#### **Dear Members**

On behalf of the board and management of Alzheimer's Australia we are pleased to present this report on our services, activities and achievements over the past year. This has been a dynamic, challenging and progressive period in response to the increasing prevalence of dementia and the need to adapt our services, practices and culture to changing consumer expectations and government policies and funding models.

To prepare for the challenges and opportunities we face, the board developed a new Strategic Plan 2015-2018 (see page 3) that positions our organisation to:

- respond to the full implementation of the disability and aged care reforms that are underpinned by the principles of consumer directed care;
- take account of the increasing trend for the Australian Government to fund providers who are able to deliver services across a number of regional areas; and
- seek partnerships, alliances and more formal relationships with other like-minded organisations to strengthen our capacity to offer an enhanced range of services and strengthen our sustainability.

The Strategic Plan 2015-2018 was developed in close consultation with consumers, staff and key external stakeholders to capture their diverse views and ensure the key priority areas are relevant, achievable and sustainable.

At a Special General Meeting held in August 2015 members approved a resolution to transition from an incorporated association to a company limited by guarantee and adopt a modernised Constitution. The change to a company structure means that we can extend our geographic reach into southern NSW, implement the fee for service model being introduced with the National Disability Insurance Scheme and the Commonwealth Home Support Program, and generate surpluses that will sustain us into the future.

The 2014-15 Financial Statements record a surplus result of \$96,000 achieved largely by our fundraising efforts. The highly successful events in this period were; An Evening with Ita, Steve Doszpot's Charity Trivia Night and the Memory Walk and Jog.

All funds raised from these events and others have been conserved to provide for discretionary program activities and to cover costs associated with relocating to more suitable accommodation once this has been identified.

Shortly after the end of the financial year the ACT Government offered new and improved accommodation in the Flynn Community Hub. It is anticipated we will relocate our offices to Flynn early in the new year.

We thank the Board for their strong governance of our organisation, the management team for their leadership and commitment and all our staff for providing compassionate and quality services. We are also very grateful for all those people and businesses who have contributed to our fundraising and other activities over the past year. Together we have achieved an ambitious program of work and put the necessary framework in place to meet the emerging political, economic and social challenges that will enable us to continue to provide quality services and supports to people living with dementia and those who care for them.

Finally, we want to thank our dedicated volunteers who give so generously to support our work. We couldn't achieve what we do without you all.

We hope the decisions taken by the Board and the direction, systems and processes in place will position Alzheimer's Australia ACT well for the future.

Greg Fraser

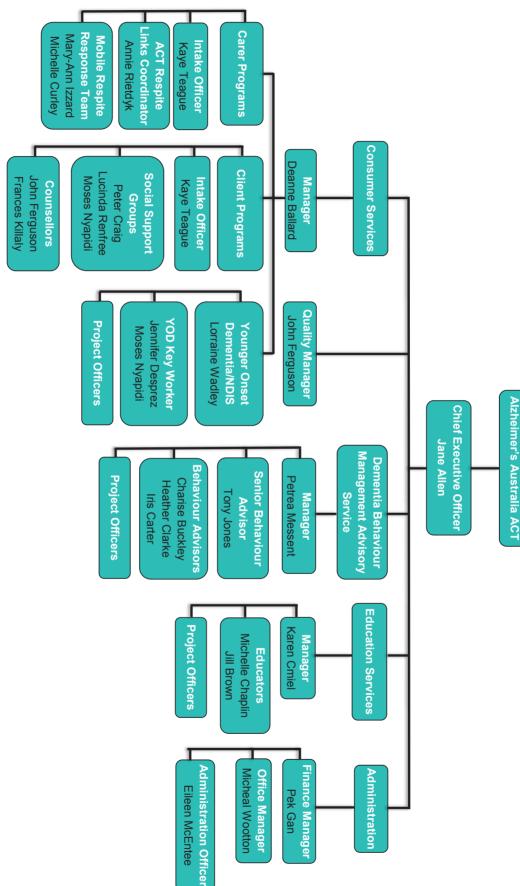
President

Ellen

Jane Allen, Chief Executive Officer







#### COMMUNICATION

#### CREATE

#### **FRIENDSHIPS**



An Evening with Ita October 2014



CEO Information Session March 2015



Winter Celebration May 2015

#### OCTOBER

#### **DECEMBER**

#### **MARCH**

#### **APRIL**

#### **MAY**

Client's and Member's Christmas Party December 2014



Men's group outing to National Zoo and Aquarium April 2015



Steve Doszpot's Charity Fundraising Trivia Night May 2015



# SUPPORT INFORMATION EI

EDUCATION

#### **PARTICIPATION**

#### GIVE

#### COMMUNITY



Dementia and Palliative Care Dementia Network June 2015



Greening with Meaning partnership with Greening Australia July 2015



Gill Ayling public lecture Dementia Awareness Month September 2014

#### **JUNE**

#### JULY AUGUST

#### **SEPTEMBER**

DBMAS GP Forum June 2015



Bungendore Steam Train Outing September 2015



Dementia Awareness Month Memory Walk & Jog September 2015



CARE

**FUNDRAISING** 

AWARENESS

#### **SUPPORT AND SERVICES**

Our team of dedicated and skilled staff provides a wide range of services for people with dementia, their families and carers. These include:

The National Dementia Helpline provides an information, advice and referral service for people concerned about memory loss, carers, care staff and the wider community. Alzheimer's Australia ACT received 482 calls on the National Dementia Helpline.

Counselling is for people with dementia and their families providing practical strategies for coping with both emotional and other events that impact on their lives. Alzheimer's Australia ACT provided 234 Counselling sessions in either a group or 1:1 sessions to 99 participants

Dementia Links provides social support through the ACT Home and Community Care Program for people with early stage dementia and those diagnosed with younger onset dementia through a range of activities that allow continued participation in the community. Alzheimer's Australia ACT provided 6106 hours of social support and 4413 trips through transport to access social support.

**Support groups** offer practical help, information and emotional support **for carers**. Alzheimer's Australia ACT provided support to **106** participants in **4** Carer support groups.

ACT Respite Links supports family carers who find it difficult to access mainstream respite services. This program also provides flexible respite to carers. Alzheimer's Australia ACT provided support to 216 carers.

Mobile Respite Response Team provides information, support and strategies for families wishing to continue caring for their loved one with dementia at home. Alzheimer's Australia ACT provided support to 222 carers.

Dementia Behaviour Management Advisory
Services (DBMAS) provide advice and support to
those caring for people with dementia. Service may
include clinical advice over the phone, assessment,
care plan development, mentoring and educating and
training. DBMAS staff are accessible over the phone
via a 24 hour helpline and cater for aged care staff as
well as family carers.

During the last 12 months DBMAS has provided 68 occasions of information and advice, case managed and provided carer support for clients 243, and delivered 24 tailored education sessions.



Providing opportunities for social engagement for people living with dementia and their familes.

#### **EDUCATE AND INFORM**

Living with Memory Loss Program provides information, education, planning and support for people with early stage dementia, their families and friends. Alzheimer's Australia ACT has provided 6 Living with Memory Loss Programs to 84 participants.

**Education Services** provides education and training on dementia and associated topics for family carers, people with dementia, staff in aged care facilities, health professionals and the broader community.

There has been an increase in demand for training provided to aged care, community organisations and the general public. There has also been an increase in the number of organisations seeking customised education for their workplace. This highlights the widespread need for dementia training and information and the increasing impact of dementia in the ACT.

Our most popular training courses delivered this year continues to be the Experiencing Dementia workshop, with its practical simulation and experiential learning component and the Montessori Method for Dementia Care workshop. There has also been an increase in the demand for Worried about Your Memory sessions. Other courses and workshops included:

- Orientation to Dementia
- Effective Communication in Dementia
- Experiencing Dementia
- Disabilities and Dementia
- Behavioural Symptoms of Dementia
- Dementia research
- Meaningful Activities
- The Enabling Environment
- The Montessori Method for Dementia Care
- Healthy ageing and dementia risk reduction
- Care for the Carer
- Younger Onset Dementia
- Customised education

#### Education Services delivered to:

- 88 family carers attended family carer education sessions
- 1898 aged care and health professionals attended education and training courses
- 1110 people attended 27 community information, awareness and outreach activities

Your Brain Matters™ aims to facilitate dementia risk reduction through the provision of awareness raising activities, the facilitation of engagement with young people, people from ATSI/CALD background and primary care providers. Alzheimer's Australia's Your Brain Matters™ program guides you on how to look after your brain health. Alzheimer's Australia ACT delivered 39 Your Brain Matters™ programs including 1 CALD and 1 ATSI group in 2014/15.

#### Younger Onset Dementia Key Worker Program (YODKW)

The Younger Onset Dementia Key Worker Program provides individualised information and support to improve the quality of life for people with younger onset dementia, their families and carers. The key worker provides information, support, counselling, advice and helps consumers effectively engage with services appropriate to their indivdual needs. The program provided support to 53 clients and runs a Memory Lane café that meets monthly.



Delivering education to aged care and health professionals at our Kaleen Offices.

#### YOUNGER ONSET KEY WORKER PROGRAM

The Younger Onset Dementia Key Worker Program has had another productive and successful year.

Highlights of the program include two strong partnerships that have been developed.

#### **Greening Australia Partnership**

Alzheimer's Australia ACT and Greening Australia have partnered to provide a unique volunteering opportunity for 10 men who are living with younger onset dementia. This committed group have been volunteering their time at the Aranda, ACT nursery for over 16 months.

Every week through rain, hail or shine, the men assist with nursery tasks such as native seed cleaning, weeding tube stock and nursery tasks that support the growing of more than 30 flora species. The men have cleaned kilograms of groundcover woodland species from the Greening Australia seed orchard such as the Button Wrinklewort (threatened plant), other daisies, native bluebells and lilies like the chocolate and bulbine.

The men have also enjoyed meeting and at times working with Mr Gregory Andrews, the Threatened Species Commissioner at the nursery.

As well as working tirelessly in their conservation efforts, the men enjoy spending time each week catching up and sharing stories. It provides the men with a great opportunity to connect and provide peer support to one another.

Alzheimer's Australia ACT and Greening Australia would like to thank the men for their dedicated volunteering work.



Warren and Ray volunteering through the Younger Onset Dementia Key Worker Program and Greening Australia Partnership

To view our Greening with Meaning - Volunteering with Dementia film clip head to https://www.youtube.com/watch?v=OxQ-MUX1jHY

One of our participants who said he was scared to come on his first day has since quoted "I had nothing to do before, I started and then somebody said to do this and it was just perfect and it was exactly what I wanted"

#### YOUNGER ONSET KEY WORKER PROGRAM

#### **Woodworking Enterprise**

Alzheimer's Australia ACT is in partnership with Northside Community Services and the Majura Men's Shed to develop a woodworking enterprise.

This program is providing a dementia friendly supported environment for people diagnosed with dementia to participate in the development of the business. With support from these three organisations, participants of the woodworking team will be actively involved in:

- building wooden/mosaic products
- · marketing, advertising and selling
- promotion and fundraising

The program highly values the skills and employment backgrounds of its participants and will provide the support for these skills to be maintained and maximised. Opportunities will be sought to use each participant's knowledge, skills and experience in areas of the program i.e. developing webpages, supporting monthly fundraising events etc.

Each week, two programs work in conjunction:

- 1. Men living with dementia are working alongside volunteers at the Majura Men's Shed to cut the wooden products into kit form.
- 2. A team of ten people are finishing the products for sale involving sanding, painting and assembling. The team finish the products with their own designs.

The teams have just started working on making toy cars as a first project. A request has been taken from Greening Australia for nesting boxes to be built for threatened bird species. Other projects will include building easels and other toys i.e. planes and "waddling" ducks.



Members of the woodworking team creating their woodwork projects



Examples of the toy car and airplane produced by the woodworking team

One woodworking participant states, "I enjoy coming each week. I'm glad as this reminds me of my earlier days when I used to work with wood products"

## DEMENTIA BEHAVIOUR MANAGEMENT ADVISORY SERVICE

The ACT Dementia Behaviour Management Advisory Service (DBMAS) seeks to influence the practice and care of people with dementia who have changed behaviours due to dementia.

To get the best outcomes for DBMAS clients living in residential aged care, effective change needs to occur with the way staff provide daily care for residents. In metropolitan areas the individuals providing this care are increasingly from culturally diverse backgrounds.

The Culturally and Linguistically Diverse (CALD) Workforce Project was developed to assist DBMAS advisors to better respond to the needs of the growing CALD workforce in residential aged care. The project aimed to explore and provide strategies and resources for DBMAS behaviour advisors to work more effectively with a CALD workforce.

Firstly the project provided a comprehensive review of the available literature around the CALD aged care workforce in Australia and overseas. The project then gained the views of ACT DBMAS staff, the National DBMAS network, key organisations, as well as the managers and direct care staff from CALD backgrounds working in residential aged care.

Though there has been significant study undertaken into the needs of CALD aged care clients, little has been conducted to understand the needs of CALD care staff. The project has raised a high level of interest among stakeholders, and there is a great deal of will and scope to further explore and apply the recommendations and resources nationally.



The Culturally and Linguistically Diverse (CALD) Workforce Project aimed at developing the DBMAS service to better respond to the needs of the growing CALD workforce in residential aged care.

## DEMENTIA BEHAVIOUR MANAGEMENT ADVISORY SERVICE

#### **Person Centred Care Project**

ACT DBMAS trialled a new approach to increase the use of person-centred care approaches in residential aged care facilities. Two ACT facilities, Illawara Retirement Trust Kangara Waters and St Andrews Village volunteered to work with us on this project.

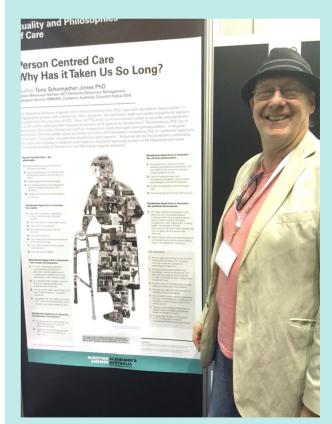
DBMAS behaviour advisors worked regularly on-site alongside care staff and other support staff to develop knowledge and skills in person-centred care approaches and changes to the environment, before a crisis of "behaviour" occurs. The program was provided as intensive support, up to 6-8 weeks for a number of selected clients.

The project was delivered over a four month period. Over this time DBMAS advisors were able to build and strengthen rapport with the care staff and other unit staff. The building of this regular and positive relationship assisted greatly in introducing new skills, tools and approaches. A key success of the project was the small group interactive learning seminars, techniques and activities. During the project staff were observed to be increasingly using person-centred care, and experiencing the benefits of this to the residents and to their role.

Care staff have also been more actively joining in socially and having fun with the residents which seems to have the effect of creating a friendly, less formal atmosphere, reducing potential agitation, boredom and social isolation.

In both facilities DBMAS introduced practical and useful tools for staff to learn more about the people they are caring for – the basis of person centred care.

The support, leadership and involvement of management staff in the facilities was critical to the success of this project and any future implementation.



Person Centred Care poster at Alzheimer's Disease International (ADI) conference in Perth April 2015 Project Leader, Dr Tony Jones

Thanks to all our supporters who gave so generously throughout the year. Your financial and in kind support and sponsorship is valued and appreciated

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#### **Donation - General**

#### **Donation - General**

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#### **Donations - In Memory**

#### **Donations - In Memory**

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Wild Duck

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#### FINANCIAL REPORT FOR THE YEAR ENDED 30 JUNE 2015

#### STATEMENT BY BOARD MEMBERS

The following summary financial statements are taken from the audited 2014-15 Financial Statements of Alzheimer's Australia ACT Incorporated.

Copies of the Financial Statements are available from the office of Alzheimer's Australia ACT.

There have been no significant changes to the nature of the principal activities of Alzheimer's Australia ACT during the year. In the opinion of Board Members, at the date of this statement there are reasonable grounds to believe that Alzheimer's Australia ACT will be able to pay its debts as and when they fall due.

Signed for and on behalf of Board Members of Alzheimer's Australia ACT by:

Greg Fraser Vice President

10 November 2015

Trevor Wheeler Treasurer

#### STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2015

	2015 \$	2014 \$
Revenue	2,853,391	2,373,078
Depreciation expense	(9,788)	(11,690)
Employee benefits expense	(1,702,087)	(1,468,116)
Funding distributed to subcontractors	(301,074)	(292,347)
Client expenditure	(128,427)	(87,711)
Motor vehicle expense	(67,874)	(67,112)
Advertising & promotion	(15,113)	(20,636)
Rent and maintenance expense	(31,227)	(29,181)
Client transport	(93,622)	57,563)
Contractor fees	(34,197)	(24,000)
Fundraising expenses	_(32,357)	(15,443)
Communications and IT support	(66,186)	(44,988)
Professional development	(53,430)	(49,537)
Audit and insurance	(22,098)	(41,001)
Other administrative expenses	(199,644)	(109,779)
Surplus from operations	96,267	53,974
Other comprehensive income	-	-
Total comprehensive surplus for the year	96,267	53,974

#### Alzheimer's Australia ACT Incorporated

#### **STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2015**

	2015 \$	2014 \$
ASSETS CURRENT ASSETS Cash and cash equivalents Financial assets Trade and other receivables Other current assets	406,707 388,418 7,008 8,862	402,363 374,802 7,727 14,383
TOTAL CURRENT ASSETS	810,995	799,275
NON-CURRENT ASSETS Plant and equipment	25,525	25,550
TOTAL NON-CURRENT ASSETS	25,525	25,550
TOTAL ASSETS	836,520	824,825
LIABILITIES CURRENT LIABILITIES Trade and other payables Provisions Other liabilities  TOTAL CURRENT LIABILITIES	142,046 108,043 121,849 371,938	129,846 111,114 211,569 452,529
NON CURRENT LIABILITIES Provisions		3,981
TOTAL NON CURRENT LIABILTIES		3,981
TOTAL LIABILITIES	371,938	456,510
NET ASSETS	464,582	368,315
EQUITY Retained earnings	464,582	368,315
TOTAL EQUITY	464,582	368,315

#### **Auditor's Report**



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#### INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF ALZHEIMER'S AUSTRALIA ACT INCORPORATED

#### Report on the Financial Report

We have audited the accompanying financial report of Alzheimer's Australia ACT Incorporated (the Association), which comprises the statement of financial position as at 30 June 2015, the statement of profit or loss and other comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, notes comprising a summary of significant accounting policies and other explanatory information, and the certification by members of the Board on the annual statements giving a true and fair view of the financial position of the association.

#### Board's Responsibility for the Financial Report

The board of the association is responsible for the preparation of the financial report that gives a true and fair view in accordance with Australian Accounting Standards – Reduced Disclosure Requirements and the Associations Incorporation Act 1991 and for such internal control as the Board determines is necessary to enable the preparation of the financial report that is free from material misstatement, whether due to fraud or error.

#### Auditor's Responsibility

Our responsibility is to express an opinion on the financial report based on our audit. We conducted our audit in accordance with Australian Auditing Standards. Those standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the association's preparation of the financial report that gives a true and fair view in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the Board, as well as evaluating the overall presentation of the financial report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

#### INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF ALZHEIMER'S AUSTRALIA ACT INCORPORATED

#### Opinion

In our opinion, the financial report of Alzheimer's Australia ACT Incorporated is in accordance with the Associations Incorporation Act 1991, including:

- giving a true and fair view of the association's financial position as at 30 June 2015 and of its performance for the year ended on that date; and
- complying with Australian Accounting Standards Reduced Disclosure Requirements.

James Barrett, CA Registered Company Auditor BellchambersBarrett

Canberra, ACT Dated this 13th day of October 2015

#### Alzheimer's Australia ACT Incorporated

#### SUMMARY OF FUNDRAISING, PROGRAM FUNDING AND EXPENDITURE FOR THE YEAR ENDED 30 JUNE 2015

FUNDRAISING	2015 \$	2014 \$
INCOME	•	*
Memory Walk	25,060	5,562
An Evening with Ita	49,124	
Trivia Night	44,188	
Others	15,091	18,116
TOTAL INCOME	133,463	23,678
EXPENSES		
Memory Walk	1,619	689
An Evening with Ita	10,885	
Trivia Night	10,994	
Other expenses	8,859	14,755
TOTAL EXPENDITURE	32,357	15,443
SURPLUS	101,106	8,235

The following information has been extracted from the audited grant acquittals which were unqualified.

PROGRAMS	2015	2014
INCOME		
ACT Home & Community Care	235,782	229,137
Community Support and Infrastructure Grant		12,090
Healthy Workplaces Grant		5,000
Commonwealth Department of Social Services		
Home & Community Care	436,384	301,924
National Dementia Support Program	354,307	327,754
Service Delivery Pathway Project	33,938	33,938
National Respite for Carers Program	681,897	634,650
Dementia Behaviour Management Advisory Service	629,572	513,785
Younger Onset Dementia Key Worker	196,628	133,186
Your Brain Matters	36,006	20,637
Commonwealth HACC Transition Costs Funding	44.000	40,000
Other (Note A)	11,829	12,693
TOTAL INCOME	2,616,342	2,264,793
EXPENSES		
ACT Home & Community Care	236,601	230,501
Commonwealth Department of Social Services	,	•
Home & Community Care	438,036	303,243
National Dementia Support Program	358,089	330,981
Service Delivery Pathway Project	33,985	34,260
National Respite for Carers Program	684,528	637,664
Dementia Behaviour Management Advisory Service	633,158	517,075
Younger Onset Dementia Key Worker	197,166	133,860
Your Brain Matters	36,236	20,637
Non-current Funding		57,370
TOTAL EXPENDITURE	2,617,800	2,265,592
SURPLUS/(DEFICIT)	(1,457)	(799)

Note A: Includes interest and user fee for service



# FIGHTING ALZHEIMER'S FOR AUSTRALIA

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National Dementia Helpline 1800 100 500