Movie Night Fundraiser

Update your calendars for the 22nd July and come see our special presentation of 'Up' at the Deckchair Cinema for a night of side hurting laughs and the occasional tear.

As far as movies go, it’s pretty hard to top 'Up'. This movie is great for adults and kids alike. Kids will find the imagination that the story displays irresistible. However, the movie is not just for children; 'Up' is sophisticated and enjoyable with emotional depth. It is a beautiful love story that moves even the toughest of us.

It’s going to be a great entertainment event. All proceeds from food and raffle ticket sales during this night will support Alzheimer’s Australia NT.

The event is being sponsored by; VIBE Hotel Darwin Waterfront; Medina Grand Darwin Waterfront; Mitchell Centre Bakers Delight (Stephan Cooney); IGA Nightcliff; Aralia Street Supermarket; Abode New Homes; Butcher Shop in Hibiscus Shops; Coles in the Mitchell Centre; Trower Road Pharmacy; Crocodylus Park; Nivana; Parap Fine Foods; Middle Point Farm; and Margaret Baxter. Alzheimer’s Australia would like to thank everyone who has offered their support to make this night successful.

Gates open at 6.30pm so come along; have a bite to eat; and check out the raffle prizes before the movie begins at 7.30pm.

Tickets for 'Up' at the Deckchair Cinema are $13 (full); $10 (concession); $8 (DFS Members, seniors); $6 (children); $30 (family – 2 adults/2 children). Tickets are available at the door.

Contact Michelle for further information on 8948 5228 or email michelle.davies@alzheimers.org.au

Senior’s Month

Come celebrate Senior’s Month with Alzheimer’s Australia NT. Activities include:

CALD Morning Tea
On Thursday 5th August at 10am, Devonshire Tea will be served at beautiful Burnett House. This morning tea for senior people in the Darwin Community at Myilly Point is now an Alzheimer’s Australia NT annual event. Healthy ageing information tailored for people from culturally and linguistically diverse backgrounds (CALD) will be available, with light refreshments in this serene setting.

The function is funded by the National Dementia Support Program (NDSP) which is an Australian Government initiative. NDSP promotes understanding and awareness in the community about dementia, services and available resources.

Please RSVP by Thursday 29th July, phone Kim 8948 5228

Activities at Jingili Water Gardens
On Monday 9th and Wednesday 18th August, from 10am to 1pm, Alzheimer’s Australia NT along with Darwin City Council will be holding physical and mental activities, in a social context. A morning tea and light lunch will be provided to participants.

Contact Annette on 8948 5228 for more details or Nancy at Darwin City Council 8930 0300 to book.

Dementia Awareness Week

This year Dementia Awareness Week (DAW) runs from the 16th to 26th September. For information about the events being run please contact our office.

Tea Dance
Plans are well under way for the 2010 Tea Dance. This annual event held during Dementia Awareness Week has become an institution! This year it will be held on Thursday 16th September, the first day of DAW. Thanks to the generosity of the Greek Orthodox School, this event will be held once again at their school hall in Nightcliff. This year’s theme is ‘Swing’ – from the fabulous era of the 1940s & 50s. Jenny from Hidden Agenda will be Master of Ceremonies and provide fantastic music and entertainment. Don’t miss her special performance! Our group members are also busy practicing their pieces for the big day, so get out those special outfits and dancing shoes. Come along and join in the fun.
It is always pleasing to boast of success however small. On this occasion Alzheimer’s Australia NT has been successful in improving consumer awareness. According to May 2010 Newspoll consumer awareness survey results, since the previous survey in 2008, Alzheimer’s Australia NT has increased our unprompted awareness by 31.6% against a National average of 17.9%.

However there is still much work to be done on educating the community about the detail of our work and engendering a greater understanding of dementia generally. I am confident that our staff and volunteers will continue their good work for the community of the Northern Territory and particularly thank Claire Bell of AA&P for her significant contribution to this successful outcome.

continued from Ruth...

her well. We welcome Erin Wood who is working to ensure that the important task continues; spreading the word throughout the NT about what dementia is and what constitutes quality dementia care.

Sue Woods has retired after nearly 6 years with the organisation. She and John have taken their boat to the Kimberley and will head off overseas to explore the islands of South East Asia in late August. Sue has been a key member of staff and an excellent team mate. We hope she and John enjoy their marine adventures.

I would like to thank Bakers Delight in Darwin City who have been very generous in supporting Alzheimer’s Australia NT. Stephan Cooney has been donating bread to our groups and will be donating the bread needed for our Movie Fundraiser Night ‘Up’, on the 22nd July.
Staff Movements

Goodbye Catherine Zlatnik

My time spent working at AlzANT over the past 3 years has been very rewarding both professionally and personally. It has been a pleasure meeting many people across the Territory and I have made some good friends along the way. I have especially enjoyed meeting and training aged care workers from both local and remote facilities including Aboriginal workers. I feel fortunate to have discovered the Territory!

Goodbye Kerrie Read

As you may know, I am leaving Darwin to start a new adventure, travelling Australia with my husband. Working with Alzheimer’s Australia NT over the past four and a half years has been very rewarding.

I take with me many happy memories and will certainly miss all the wonderful people I have had the pleasure of working with.

I wish employees and clients all the best for the future, especially the Stepping Out Group.

Welcome Erin Wood

I am delighted to have joined the team at the Nightcliff office as the new education officer replacing Ronelle Sheehan.

Prior to this I was working as a registered nurse in Darwin. I have been welcomed warmly by the close-knit team and I am looking forward to investing my time into this new and important role.

Welcome Katja Evans

My name is Katja Evans. I appreciate the opportunity given to me to replace Kerrie as the Day Respite Officer. Hope I can continue the great work that Kerrie did.

Thank you to all for making me feel welcome.

Theatre Program

Alzheimer’s Australia NT is excited to announce that we have received funding from the Australian Government to work with Corrugated Iron Youth Arts to develop a two pronged program.

One part of the project is aimed at children. Resources and activities will be developed that introduce the concept of dementia to school children, these will be provided to teachers. Memory and ageing will be explored through the “Snap it Up” school holiday program and a theatrical adaptation of the book Wilfrid Gordon McDonald Partridge by Mem Fox will be performed at the Darwin Entertainment Centre.

The other part of the program will provide aged care facilities in Darwin with information and resources which encourage residents to run theatrical activities.

Actors will develop props and run improvisation sessions with residents in care, as well as members of our day respite group, that provide skills to enable them to organise stage performances for each other.

Book Review

Looking for Lionel... by Sharon Snir (published 2010, Allen & Unwin)

“The need to be recognised or remembered has long passed. Now my mother falls in love with me every day. No past pain and no future gains. To be cherished and loved anew by Lily every day is a gift.”

Sharon Snir is a psychotherapist who has been directly touched by dementia. This book combines personal experience and the latest research in a way that will provide many ‘a ha’ moments for those who share their lives with a person with dementia. Sharon shares her ‘very human’ journey of learning to live in the present. Along the way, you will find yourself reaching for the tissues ... but the sadness is wonderfully balanced by many warm and humorous moments.

Thanks to Allen & Unwin Publishers for providing this sample copy to furnish our Nightcliff library collection with another great read.
One of the common misconceptions about dementia is that it only affects older people.

Readers may have watched a recent television show in which two young women were interviewed, both with Alzheimer’s disease. One of these women is 31 years old and had recently given birth. Sadly, she does not realize the baby is hers.

This form of dementia is known as younger onset Alzheimer’s disease.

**What is Younger Onset Alzheimer’s Disease?**

Whilst the signs of younger onset Alzheimer’s disease are indistinguishable from later onset AD, younger onset AD is typically diagnosed in people younger than 64 years, and late onset AD, beyond 65 years.

The major difference is that the younger onset form of the illness is almost exclusively inherited. That is, those who develop early onset AD tend to have an affected parent, sibling, and/or grandparent with AD – it is described as being “familial”.

**What are the chances of developing Younger Onset Alzheimer’s Disease?**

- Familial onset is very rare. It runs in a few families where a gene on chromosome 1, 14 or 21 is mutated. It is an autosomal dominant condition, meaning that if one parent has the mutation, each child has a 50% chance of inheriting it.

- The presence of the gene means the person will eventually develop Alzheimer’s disease with the symptoms manifesting earlier in life, usually in their forties or fifties but sometimes as early as their thirties.

- Therefore, almost all those with familial Alzheimer’s disease are under 65 at the time of onset.

- Most cases of later onset AD are not genetic so the chance of diagnosis is no greater than for the general population.

- While some genes have been clearly implicated in familial Alzheimer’s and frontotemporal dementia, most people with familial dementia inherit it in a complex fashion with contributions from a number of different genes.

- Younger onset dementia is also rare. The Australian Bureau of Statistics Survey of Disability, Ageing and Carers data suggests that 10,500 of the 212,000 people with dementia in 2006 were aged under 65 (about 5% of people with dementia). This represents about 1 in 10,000 Australians under 60.

**Is Alzheimer’s Disease the only form of Younger Onset Dementia?**

Several forms of dementia may develop in younger people, including:

- Younger Onset Alzheimer’s disease
- Vascular dementia
- Frontotemporal lobar degeneration
- Alcohol related dementia
- Dementia with Parkinson’s disease
- Dementia with Lewy bodies
- Huntington’s disease
- Multiple sclerosis
- HIV-related dementia

**Why is Alzheimer’s Disease more common amongst people with Down Syndrome?**

Life expectancy for a person with Down syndrome has increased markedly due to improvements in health care. However, those with Down syndrome have a particularly high risk of developing younger onset dementia as they have an additional chromosome 21 (thus increasing their chance of having the dominant APP allele associated with AD).

Whilst it is of small consolation, the prevalence of dementia amongst this group assisted in the discovery of this Alzheimer’s gene.

By the age of 40 many people with Down syndrome have the hallmark plaques and tangles in their brain associated with Alzheimer’s disease. However, fortunately not all people with Down syndrome show the symptoms of dementia.

**What are some of the issues facing those with Younger Onset AD?**

- It may be difficult to obtain an accurate and timely diagnosis. Most general practitioners see very few patients with young onset dementia.

- In an older person, memory loss immediately raises a suspicion of Alzheimer’s disease in the minds of doctors and the general population. However in a younger person Alzheimer’s
COMMONLY ASKED QUESTIONS

- A GP will often be the first medical contact, but specialist opinion is essential, both for correct diagnosis, and to ensure symptoms are not due to other treatable medical conditions.

- Genetic blood testing is available for some types of dementia. Many familial dementias are of younger onset and family members are often concerned about dementia being inherited.

- The diagnosis of Alzheimer’s disease is usually based on histories provided by both the person and their family, in conjunction with clinical findings including the progression of disease and the results of neuropsychological testing.

How will greater public awareness help those with Younger Onset Dementia?

- There is a need for increased awareness among the public and health practitioners about younger onset dementia. Currently, dementia is perceived as a disease of much older people so changes in a younger person are less likely to be attributed to dementia.

- If we are all aware that dementia can appear earlier, it might encourage individuals to get a second opinion if the health professional they first see does not consider that the symptoms may be a sign of dementia.

- Realising that younger onset dementia exists will encourage lobbying and support for services relevant to younger people.

How do we support people with Younger Onset Alzheimer’s Disease?

- Alzheimer’s Australia NT provides information, advice, counselling, advocacy, and one-on-one social support for people with younger onset AD and their families.

disease is less likely to be considered and other commoner problems of younger adults are considered, for example, depression, stress, marital or family problems.

- There is usually a more rapid deterioration. It is not known whether this is due to delays in diagnosis, the types of dementia common among younger people, or another unknown reason.

- Family responsibilities, including still actively raising a young family.

- The illness may interfere with current employment or very recent retirement.

- People may still have significant financial commitments.

- Expectations of everyday life, such as work, finances, living arrangements, social and sexual relationships, and independence and responsibility for others, may need to be revised.

- Future plans are affected at an earlier stage of life than expected.

- People may experience difficulty in accessing appropriate services, particularly as younger people with dementia are often otherwise physically strong and healthy and may have very different interests compared to the majority of people who access dementia support services.

How is Younger Onset Alzheimer’s Disease diagnosed?

- Diagnosis and assessment of younger onset dementia often involves a number of health professionals.

- A GP will often be the first medical contact, but specialist opinion is essential, both for correct diagnosis, and to ensure symptoms are not due to other treatable medical conditions.

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Can dementia be prevented?

**Dr Maree Farrow**
The National Institutes of Health of the USA recently commissioned an evidence report on dementia prevention. The report, Preventing Alzheimer’s Disease and Cognitive Decline, was released in April. The authors reviewed the scientific literature on risk and protective factors for dementia to determine whether there is sufficient evidence to make specific recommendations for lifestyle or health interventions to prevent dementia.

The authors concluded that current research on risk or protective factors is largely inadequate and that further research is needed prior to being able to make specific recommendations on interventions. The resulting media headlines claimed that the experts had decreed that dementia could not be prevented. This was an inaccurate reflection of the report’s conclusions.

The report’s authors used the strictest criteria for the research they included in their review and for the interpretations of the findings. The “gold standard” for determining whether an intervention can prevent a disease is randomised controlled trials (RCTs). These studies require one group to receive the intervention and a second group to receive a placebo, and measuring whether fewer people in the intervention group develop the disease.

Many of the accepted risk or protective factors for dementia are thought to exert their influence during midlife or across the lifespan. RCTs of these factors are not feasible. We cannot randomly assign people in their forties to exercise or not exercise, or have their high blood pressure treated or not treated, and then follow them up into old age to see who develops dementia. Such studies would take 50 years to complete and would be unethical because it is important to exercise and treat high blood pressure for a range of health reasons.

For many modifiable dementia risk factors, we are not likely to ever have the high level of evidence that is usually required for specific medical recommendations. What we do have, as was outlined in the report, is evidence that certain health and lifestyle factors that affect people throughout their lives are associated with an increased or decreased risk of developing dementia. We, and many published experts in the field, believe that this evidence is sufficient to encourage people to lead active lives and manage vascular risk factors and to develop programs that assist them to do so. We believe that such an approach can lead to fewer people developing dementia.

More research is most definitely needed to clarify many remaining questions. However, the looming dementia epidemic means that we cannot afford to delay implementing preventative health strategies for dementia based on the current evidence.

The evidence report on preventing Alzheimer’s disease and cognitive decline is available at [www.ahrg.gov/clinic/tp/alzcogtp.htm](http://www.ahrg.gov/clinic/tp/alzcogtp.htm)

**Helping others helps the ageing Brain**

Experience Corps is a national US program that trains volunteers over 55 to tutor disadvantaged children in reading and maths. A group of older adults working with children in Baltimore schools have taken part in a brain imaging study to see if increasing activity could delay age-related changes in the brain. The study found that brain function and cognitive function were both improved in the older adults after participating in Experience Corps. The researchers concluded that the increased mental, social and physical activity involved in going to work in the schools may improve the brain’s plasticity and help prevent age-related decline.

This is a fantastic example of how remaining active in old age is beneficial for brain health and function. The volunteers not only gave something to their community by sharing their experience with the children, but also helped themselves. Older people, including people with dementia, can benefit from remaining mentally and physically active as far as possible.

For more information about Experience Corps, visit [www.experiencecorps.org](http://www.experiencecorps.org)

**Fitness for the Ageing Brain Study II (FABSII)**

A trial of physical activity for the treatment of patients with Alzheimer’s disease.

The aim of this study is to determine whether a home-based physical activity program, such as walking, can improve memory and quality of life for people with Alzheimer’s disease. FABS II may be suitable for people with a diagnosis of Alzheimer’s who live in the community or in a hostel, can take part in moderate exercise and have a family member or friend who can attend the assessments and provide assistance with the physical activity program as a “coach”. For further information, contact Dr Elizabeth Cyarto at the National Ageing Research Institute on (03) 8387 2332 or email: e.cyarto@nari.unimelb.edu.au
World’s First Dementia Care Network

Alzheimer’s Australia is establishing a new National Quality Dementia Care Network. The aim of the network is to fund projects with the objective of improving the quality of dementia care. Collaboration between researchers, health professionals, service providers and consumers is considered paramount to the success of the network. Consumers from diverse cultural backgrounds will assist in identifying, assisting with, and disseminating research and training priorities to ensure that valuable research is applied to practice in a timely manner. The network is funded by the JO & JR Wicking Trust, a generous supporter of Alzheimer’s Australia, and British United Provident Association (BUPA), which operates 47 residential care facilities in Australia.

A Sense of Purpose is Good for Your Memory

A recent study has found that people who have a sense of purpose in life may be less likely to develop Alzheimer’s disease. The Rush Memory and Ageing Project, Rush Alzheimer’s Disease Centre, Chicago, interviewed 951 older people without dementia. Participants rated their sense of happiness, wellbeing and purpose in life. Annual follow-ups for four years identified that 16.3% of participants developed Alzheimer’s disease. Of these, those who had high scores on purpose of life measures were 2.4 times less likely to develop Alzheimer’s than those with low scores. Further research will be useful in determining the exact relationship between Alzheimer’s disease and purpose of life.

Media Link: www.sciencedaily.com/releases/2010/02/100224102443.htm

See also: www.usnews.com/health.family-health/brain-and-behaviour/articles/2010/03/02/a-purposeful-life-may-stave-off-alzheimers.htm

Waist Circumference in Middle Age Linked to Dementia

Middle-aged women who have high abdominal fat are more than twice as likely to develop dementia later in life, according to health and lifestyle data from the Prospective Population Study of Women in Sweden. Of participants remaining in the study in 2000, who were between the ages of 38 to 60 years when the study commenced in 1968, 161 women developed dementia. A waist-to-hip ratio of greater than 0.80 appeared to double the risk of dementia. The results of this study (and another by Rachel Whitmer and colleagues in 2008) suggest that women should endeavour to reduce their abdominal fat in mid-life to help reduce the risk of developing dementia later in life.


Driving and Dementia

Alzheimer’s Australia NSW launched a discussion paper on Driving and Dementia in NSW in April this year. The paper includes a survey of members of Alzheimer’s Australia NSW, and indicates there is limited information about the rights and responsibilities of a driver after a diagnosis of dementia. In NSW, there are more than 90,000 drivers aged 80 and over, with dementia impacting on 1 in 4 people over the age of 85. The paper puts forward 13 recommendations, including: improved driver testing for people with dementia, clear and accessible information about rights and responsibilities of drivers following diagnosis, and improved transport alternatives and support for people transitioning from driver to non-driver. The NSW Minister for Transport and Roads, David Campbell, spoke at the launch, confirming that the Roads Transport Authority (RTA) would work on the recommendations in partnership with AANSW.

Source: Alzheimer’s Australia NSW
**Stepping Out**

The advent of the Dry Season (finally, you all say!) has seen the Stepping Out members living up to their group’s name. It might have been easier to ask Kerrie, “What haven’t you done?”

The group repaid Kerrie for sharing her mother’s chocolate cake recipe by showing her how to bake scones at Joy Anderson house. They have spotted crocs and birds at Fogg Dam, marvelled at orchids and other flora at Jenny’s Orchid Garden, Howard Springs and Allora Gardens, Berrimah, visited Lyons Cottage for a morse code demonstration, toured the Territory Wildlife Park and picnicked by the sea. In between all of this, they have managed to have choir practice for the tea dance and celebrate at least 6 birthdays.

Sadly, in the last week of June, Stepping Out farewelled their fearless leader, Kerrie Read, as she embarks on her own retirement. We thank Kerrie for the energy and love, yes – lots of it, that she has put into Stepping Out. When the three groups presented Kerrie with thank you gifts and cards, humble as always about her efforts, Kerrie thanked all of the group members for the life lessons they have taught her and for the laughs they shared. If you have shares in Kleenex, prepare for a healthy dividend, as there wasn’t a dry eye in the house all week!

Katja Evans is our new Stepping Out leader and she is looking forward to getting to know all of our members. As ever, Kay Field will continue to support Katja in making Stepping Out an enjoyable day out for all each week.

**Therapy Group**

When we last met, the group was feverishly finishing their travel trivia board game, Adventure Bound. The board game has been tested by a few groups and has provided many hours of mental challenge. Annette reports that the spirit of competition has been strong – I look forward to testing my own travel memories with them soon ...

The group has embarked on a new challenge for the remainder of the year – horse riding. Annette and the group have been visiting Riding for the Disabled in Palmerston for the past few months. So far, they are getting to know the horses, with the hope of eventually gaining the horses’ trust to ride them. The group had a surprise when they last visited. A large media contingent was present to celebrate the 1st anniversary of the Riding for the Disabled’s renovated site. A few of the ladies in the group were seen to swoon as they were greeted by the Chief Minister, Paul Henderson.

**Exercise Group**

One of the highlights for the group has been completion of a DIY project, facilitated by Bunnings, Darwin Airport. Group members attended a session at Bunnings where they constructed a wooden tray, using hammer and nails (and it appears no one lost a finger, so well done team!). Group members selected tiles and glued them in to the base of the tray. Later, at Jingili Water Gardens, the group grouted the tiles. Finishing touches have taken place at our training room, with the final step being painting the timber. The pictures tell the story! With thanks to Bunnings and their Activity Organiser – Community Involvement, Naomi Hebbard, for arranging this stimulating and rewarding activity.
Alzheimer’s Australia NT was involved in the Activate NT Program, which ran from April 12th to June 13th to help promote an active and healthy life for our community. On Thursday 6th May, both Erin from Education Services and Annette from Support Services presented a risk reduction session. It was attended by a range of people in Palmerston, from a variety of different ages. Erin provided a 45 minute session on Mind Your Mind—a risk reduction program, which provides some background information on how people may be able to reduce their risk of developing dementia. Following this there was a movement therapy session, facilitated by Annette.

The group was able to enjoy the music whilst expressing themselves through simple movements. This was followed by a short quiz. The March edition of the Australasian Journal on Ageing featured an article discussing the importance of risk reduction strategies and their use in reducing the risk of dementia in the overall community. This article pointed out that risk reduction programs like Mind Your Mind that target the wider population along with mass media coverage is a positive step towards promoting the health of the population.

On the 13th of May both Rexine and Erin traveled to Tennant Creek to deliver the Dementia Care Essentials course to a group of 14 students working in aged care. The students were predominantly from the Tennant Creek area. We were also lucky enough to have students as well as their colleague, Anne, travel from Borroloola to attend the course. The four day event was well received by all those who attended. This is an accredited course which is a part of Certificate III in Aged Care—focusing on providing quality care and support for those people living with dementia.

The Mind your Mind project was developed by Alzheimer’s Australia and is a dementia risk reduction program. It is aimed at raising awareness of dementia in the general public, as well as possibly reducing the risk of a given person developing dementia. It identifies seven signposts for potentially reducing the risk of developing dementia:

- mind your brain
- mind your diet
- mind your body
- mind your health checks
- mind your social life
- mind your habits
- mind your head

Unfortunately there has been some negative media coverage regarding the effectiveness of risk reduction programs after a study in the USA was performed. This study was reported as not being able to draw conclusions about how useful risk reduction programs are. However, gold standard trials are inappropriate when testing the effectiveness of healthy lifestyles on disease mitigation as it would be unethical to have a control group engage in unhealthy activities. The researchers acknowledged that dementia is an increasing problem for the health care system and risk reduction strategies need to continue. Dr Michael Valenzuela from the University of NSW has written about the importance of adopting a healthy lifestyle to reduce the risk of dementia. His book "It’s never too late to Change Your Mind" is available from our library.

Social isolation has been found to be associated with an increased risk of developing dementia. It is therefore beneficial to keep socially active. The dry season in the Top End is a particularly good time of year to remain socially engaged. June, July and August provide that perfect weather that we wait half the year to arrive. Why not invite a group of friends for a BBQ? What is stopping you from doing some volunteer work? Why not invite a group of friends around for a game of cards? Try all the different cuisines at the markets if you haven’t been in a while. Why not get a group of friends together and attend a dance class? If you live in Darwin, have a look at the Darwin City Council website where there are ideas (click on community event and things to do) the website address is: www.darwin.nt.gov.au
Support Groups.

Support group for children of a parent living with Dementia.

1st Tuesday of each month at the Alzheimers Australia Alice Springs office. 5:30- 7pm.

Remember this is your group, so please feel free to suggest topics or any issues that you would like more information about.

Social Group

Our social groups have really picked up pace and are now being held on a fortnightly basis. We actively encourage feedback from our group, to help us plan and include as many people as possible. The group is open to residents of Alice Springs living with dementia and invitations are sent out to our members. If you would like to join or need any information, please contact our office on 08 89 529 799.

Hazel Hawke library

Please feel free to come and browse or borrow any of our resources.

The library covers a comprehensive range of books, DVD’s, videos and other resources giving dementia information and telling personal stories.

We have had some recent new editions to our library, ensuring that our members are offered the most up to date research and information available.

We have had a lot of positive feedback from our regular borrowers, so come in and have a look.

Vehicle

Taria and Wendy put in a great deal of effort in writing an application for a Vehicle Grant through the Department of Justice. We are very excited as we will have a Toyota Avensis by the end of June. This will enable us to transport up to 6 Healthy Friends for our group gatherings.

We will also be able to do our remote travel more comfortably and while on visits Wendy will be able to conduct her Healthy Friends Program in Tennant Creek 3 times per year. A big Thank you to the Department of Justice for this gift.

What’s happening in the Alice Office

We are going to use one of our windows for other service providers and ourselves to advertise up coming events. Please send us brochures you would like displayed. A4 and coloured leaflets would be great so I can create an eye catching window.

Healthy Friends Groups

We have been having regular outings with clients. A couple of our trips have been to the Old Telegraph Station for lunch and an Art day. I was given some great art tips from my friends that joined me that day (I am only able to draw stick people) I became very inspired by these tips in hope that it would improve my artistic side.

We celebrated Easter by joining in with ROST’s Respite House and had a wonderful lunch. We decorated and set up our tables under the pergola with an Easter Theme. The Easter Bunny joined us for lunch after delivering all his Easter Eggs for the day.

We would like to say a BIG THANKYOU to Woolworths for donating $75.00 towards this function. It was much appreciated and paid for the eggs along with Hot Cross Buns and salads to go with our Baked Salmon pasta dish. YUM YUM!

Darwin Community Legal Services

This service is free, independent and confidential!

Aged Disability Rights Team

Our Advocates can help:

- Older people receiving Commonwealth Funded Services at home or in a facility, and their representative.
- Anyone with a disability, and their representatives.
- People who want to know about their rights and how to obtain them.

We can provide assistance about:

- Where you live
- Care and services you are receiving
- Activities in your community
- Support, representation and referral
- People not respecting your culture
- Problems where you work
- Access to an interpreter

We also provide education and community awareness, activities, fact sheets and if we can’t help we can refer you to other appropriate services.

Freecall 1800 812 953 :: Ph 8982 1111
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 will be held on the 3rd Friday of the month. It will be facilitated by our Family Support Officer, Annette. It is an opportunity for people with dementia & their carers to engage in gentle physical exercise and cognitive activities while promoting independence. These session’s activities alternate between wet season and dry season.

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

Palmerston Health & Well Being
These sessions are held on the 1st Thursday of each month 10am to 12 midday at the Palmerston Library Community Room. These sessions incorporate a combination of body health & education and brain gym exercises. Members of the public are welcome to join us for these free sessions.

Nightcliff Health & Well Being
These sessions are held on the 1st Friday of each month 10am to 12 midday, incorporating whole body health & education about dementia related topics. 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 cafe.

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

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

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

Dementia Care Essentials
A four day nationally accredited course designed for health professionals working in the area of dementia care.

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

Support Services

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

Younger Carers Group
Meet every 2nd month on the 4th Wednesday from 5.30pm to 7.00pm. Contact Teresa for details.

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

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

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

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

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. Topics discussed include Living with Memory Loss – Early Diagnosis, Assistive Technology, Risk Reduction and Indigenous Issues.

Deck Chair Cinema
Come along for a fundraising movie night on the 22nd of July at the Deck Chair Cinema.

Most of these events are free of charge - bookings are essential. For all information please contact the Darwin Office on 8948 5228.
Thank you...

Alzheimer’s Australia NT would like to gratefully acknowledge the donations made by the following people in the past few months:

- Eric Smitt, Hazel Glencross, Partner Parnall, Raymond Weir & Helen Gabel.
- Wendy de Souza for listing Alzheimer’s as a donation point on the recent passing of her Mother. The Alice Springs office raised approximately $700.00 and purchased a Cannon Camera to catch special moments with friends at Alzheimer’s Australia Alice Springs Office.
- We would like to thank Dawn Prior’s Friends for their generous donations in memory of Ruby Dawn Prior. (Ailsa Turner, Lori Johnson, PG Montefiore, P Morey, Heaslip Family, Ray & Gwen Maher, W &B Braithing, E & D Waudby, Rowena Russell, Cynthia Prior, Susan Duggan, RM Cadzow and Michael Clarke)
- To Gary Prior for helping fold Alice Springs brochures, a big effort was put in by Taz, Wendy and Gary.
- For bringing lots of vegetables and fruit to our office we wish to thank Henry Chin.
- Alzheimer’s Australia NT wish to thank Helen Gabel who is a great volunteer for Health and Wellbeing, Memory Matters, Animal Therapy and Social Club Group.
- Thank you to Chris Nolan for doing a splendid job assisting with the Exercise Group.
- Our Sincere thanks go to the “Brains Trust” team of Merit Partners who fundraised all through May.
- Alzheimer’s Australia NT wishes to gratefully acknowledge the receipt of a Community Benefit Fund grant of $3,000, to upgrade and catalogue our specialist libraries. With this funding, we have been able to purchase new books and DVDs for the Darwin and Alice Springs libraries, and engage a librarian to catalogue the collections so that our listings are available to people accessing public libraries. The timing of this grant has also coincided with the development of a national library catalogue as part of the Alzheimer’s Australia national website and information technology project, which will also make the NT collection searchable nationally.
- A big thank you to Merit Partners who donated furniture to use in our offices.
- Thank you to Medistore Australia Pty Ltd for donations.