A NIGHT WITH PARKY

$110,000 RAISED FOR THE ALzNSW MEMORY VAN

REGIONAL WRAP-UP
AlzNSW LOCATIONS AND CONTACTS

ANIMATION SERIES
NEW DEMENTIA AWARENESS RESOURCE

DISCUSSING ALZHEIMER’S ACROSS AUSTRALIA
FIGHTDEMENTIA.ORG.AU

SERVICES • EDUCATION • FUNDRAISING • NEWS
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I am pleased to report to you that we have had a very busy start to 2014 and we’ve already seen a lot of media attention around research advances in dementia. Whilst these reports are positive signs, we remain grounded in the knowledge that there is, as yet, no cure. Major advances over the past few years have led to a greater understanding of the illness and, although it’s too soon to say whether or not we can prevent it, studies show that its progress can be slowed down.

The Board and staff at AlzNSW are working very hard to improve the lives of everyone affected by Alzheimer’s disease and other forms of dementia in our community.

One of our top goals for 2014 is to have our quality services delivered to more people in more locations across the state.

Mid last year, the organisation recruited ten new staff (Key Workers) focussed on delivering services to people with Younger Onset Dementia, and their carers. This year, we anticipate that these roles will have very full workloads as awareness grows about the addition to our services. The Key Workers also work closely with other community service organisations in helping to improve health pathways and connections to people in need.

This year we will be expanding our services in the far south coast and in western NSW at Dubbo. Clearly, our growth is essential to those living with dementia and their carers. We are committed to continuing that growth across NSW.

On the political front, we continue to be closely engaged with government bodies to achieve greater funding for dementia research and support for expanded service coverage. Our central requests to Australian Government include the establishment of a national ‘Key Worker’ program to better serve the needs of the rapidly expanding dementia population, increased dementia research funding, and GP awareness programs which include appropriate education and training.

The Board of Directors and I look forward to the year ahead with vigour and determination.

Jerry Ellis AO, Chair, AlzNSW

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The AlzNSW animated series, *My Grandmum, My Papu, My Grandpa and Me*, tells the experience of Ezekiel, aged six, Bibi, nine and Julia, 11, who each have a grandparent living with dementia.

The CEO of AlzNSW, The Hon. John Watkins, said the aim of the series is to start a conversation among families living with dementia, to help children better understand what changes may be happening to their grandparent.

"This age group, while not the primary carers of a person with dementia, are still affected by the condition and it’s important to give them a voice," John said.

"We hope these animations will encourage families to talk more about dementia, about how the condition may be affecting their grandparent and how they relate to their grandchild."

AlzNSW worked with digital production house Why Documentaries to make the series, which was animated by Nick Davlouros.

*My Grandmum, My Papu, My Grandpa and Me* is available at Alzheimer's Australia’s new online resource hub at: [W: www.dementiadaily.org.au](http://www.dementiadaily.org.au)

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**NEW COMMUNITY AWARENESS RESOURCE**

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**ON THE ROAD ...**

Follow the AbNSW Memory Van as it travels around the state, raising dementia awareness.
MAKING PORT MACQUARIE DEMENTIA FRIENDLY

Port Macquarie is on track to become dementia friendly, with a steering committee set up to turn the idea into reality.

Member for Port Macquarie, NSW Parliamentary Friends of Dementia Co-Convenor and Dementia Friendly Steering Committee chair, Leslie Williams MP, visited the UK last year where a number of dementia-friendly communities exist, bringing back ideas for the steering committee.

The committee is made up of people living with dementia, carers, representatives from local service clubs, council, emergency services, AlzNSW, the Local Health District, aged-care providers and volunteers.

Using local and overseas examples, the committee has developed a strategic plan to help turn Port Macquarie into a more informed community where those living with dementia and their carers will feel more supported and included.

AlzNSW is using the Port Macquarie example to compile a Dementia-Friendly Community Guide that can be used by other communities to make their local area friendlier and more inclusive of people living with dementia and their carers.

If you have any suggestions for how Port Macquarie can become more dementia-friendly, please contact AlzNSW’s Judy Bartholomew.

T: (02) 6651 6415 E: judy.bartholomew@alzheimers.org.au

BRING IT TO THE TABLE IS BACK!

Bring it to the Table is taking the fight against dementia to the nation’s tables again this June. The national Bring it to the Table fundraising campaign was a great success for AlzNSW in 2013, its inaugural year, but we want you to go one better in 2014.

Supporters held events such as trivia nights, barbecues, and even Onesie Wednesday, across NSW.

Bring it to the Table is a fun way to raise vital funds to support people living with dementia, their carers, family and friends in NSW.

We were thrilled that Rebecca Sullivan, author of Like Grandma Used To Make, and Alice Zaslavsky, host of Kitchen Whiz, lent a hand last year and we look forward to working with them again this year.

Our Facebook and Twitter pages ran hot with people sharing how they did Bring it to the Table their own way, all showing great support for AlzNSW.

Start thinking now about how you and your family, friends and colleagues can Bring it to the Table this June.

Visit www.bringittothetable.com.au for everything you need to get started. You can download invitations, get ideas on events to hold and information on how to register your event.

If you would like to know more about Bring it to the Table or how you can be involved, please contact Megan Thomas.

T: (02) 8875 4625 E: megan.thomas@alzheimers.org.au

CAFÉ CONNECT

Café Connect is a social group that enables people living with dementia, their carers, family and friends to get together for a coffee and chat. Bookings are essential. Below is a list of locations and contact details.

NOW ON THE CENTRAL COAST

Thanks to the support of the Mazda Foundation, a series of Café Connects will be delivered on the Central Coast. To find out more, please contact (02) 4962 7000.

SOUTH SYDNEY

ST GEORGE

3rd Tues. of the month. 10–11.30am Café Brasserie, Beverly Park Golf Club

SUTHERLAND

4th Tues. of the month 9.30–11am The Tea House, cnr President Ave & Kareena Rd, Caringbah

Contact Julie Sinnis

T: (02) 9531 1928 E: NSW.stgeorgesutherland@alzheimers.org.au

ST GEORGE & SUTHERLAND YOUNGER ONSET FAMILY SUPPORT MORNING

2nd Sat. of the month, 10–11.30am Hazelhurst Gallery Café

Contact Pam Mcdonagh

T: (02) 9531 1928 E: NSW.stgeorgesutherland@alzheimers.org.au

HUNTER

MAITLAND

3rd Thurs. of the month, 10am–12pm Central Park Café & Function Centre, cnr High Street & New England Hwy

NELSON BAY

2nd Thurs. of the month, 9.30–11am Little Nel Café at The Nelson Resort

TORONTO

4th Thurs. of the month, 10am–12pm Toronto Workers Club

WARNERS BAY

1st Wed. of the month, 10–11.30am Wamers at the Bay, Hillsborough Rd

Contact Hunter Dementia and Memory Resource Centre

T: (02) 4962 7000

NORTH COAST

COFFS HARBOUR

3rd Wed. of the month, 10–11.30am Shearwater Café, The Promenade, 321 Harbour Drive

Contact Marg Coutts

T: (02) 6651 7101

CONTINUED PAGE 6.
**NEW QUALITY FRAMEWORK**

AlzNSW has adopted a Quality Framework that ensures robust systems and processes are in place.

A key component of the Framework is an external audit against health and community service-focussed standards, which occurs every three years.

The most recent audit in late 2013 assessed AlzNSW in three categories:

1. **The Organisation:** Governance, management, finance, HR, risk management, legal compliance, knowledge management, physical resources and safety and quality.
2. **Service Delivery:** Understanding community and individual needs, ensuring positive outcomes, consumer rights; cultural safety, and service coordination.
3. **External Relationships:** Agreements and partnerships, collaborations, contribution to good practice, and community/sector capacity building.

The final report has been received and the feedback indicates an outstanding result with an ‘Exceeded’ rating received in five of the 19 standards. These included:

- Understanding community and individual needs;
- Service agreements and partnerships;
- Collaboration and strategic positioning;
- Incorporation and contribution to good practice;
- Community and professional capacity building.

For more information or to provide feedback on any of our activities, contact:

E: NSW.quality@alzheimers.org.au

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**NSW CARER AWARDS 2013**

The compassion shown by two AlzNSW carers has been recognised with the presentation of two 2013 NSW Carers Awards.

Laurieton woman Sandy Holmes received an award for the Port Macquarie region and Hawks Nest man Richard Armstrong was recognised for the Great Lakes region.

Sandy cares for her husband Jon, who has Younger Onset Dementia, and now helps care for her father, who also has dementia, while Richard set aside his own grief following the death of his wife Lois, to help other carers in his community.

AlzNSW CEO The Hon. John Watkins said the award not only recognised Richard and Sandy’s dedication to their loved ones, but also their compassion for others facing a similar diagnosis of dementia.

“I congratulate both Richard and Sandy on this achievement and thank them for their help in bringing joy to those who are living with dementia. The recognition is truly deserved,” John said. “This award is also an opportunity to reflect on the wonderful work, care and dedication that all carers give to people who are living with dementia.”

The NSW Carers Awards acknowledge the unpaid contribution carers make to the person (or people) for whom they care, and the community.

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**CAFÉ CONNECT**

**SOUTHERN TABLELANDS**

**YASS**
3rd Mon. of the month, 10am–12pm
Kaffiene Café, Comur St
Contact Libby Smith T: (02) 6241 0881

**CROOKWELL**
3rd Wed. of the month, 10.30am–12pm
Chat-A-Way Café, 87 Goulburn St
Contact Nina or Jane T: (02) 4869 5651

**WINNISCARRIBEE**

**WERAI**
1st Thurs. of the month, 10.30am–12pm
Weraí Teahouse and Nursery

**BOWRAL**
3rd Thurs. of the month, 10.30am–12pm
Peppers Cray Circhurn
Contact Nina or Jane T: (02) 4869 5651

**FIDDLE BOXES**

AlzNSW was grateful to receive financial support from Donaldson Coal Ltd and the Wests Leagues Club Group to expand the Every Bloke Needs A Shed program.

Recently, shedders from Cessnock and Salamander Bay Men’s Sheds were involved in making ‘Fiddle Boxes’ (pictured) for men living with dementia in aged-care facilities.

The boxes have handles, knobs, locks, latches, ropes, carpet and wool that men living with dementia can move and touch, which stimulates interest and engagement for the men.

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**‘START2TALK’**

We all want to make our own important life decisions – how to spend our money, where to live and what medical treatments to have.

Unfortunately, many of us will be in a position where other people have to make decisions for us, whether as a result of a sudden accident or a progressive illness such as dementia.

A new website, start2talk.org.au helps you plan ahead for healthcare, lifestyle and financial decisions, providing some control if you can’t speak for yourself in the future.

It has comprehensive information relevant for all states and territories, as well as a section for carers.

It also includes the option of sending in your story and having your questions answered.

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**‘LEFT TO RIGHT’: Merv Gillies and Richard Armstrong. Right: Sandy Holmes, her husband Jon and Sandy’s parents, Win and John Holmes.**
MEMORY WALK & JOG JUST KEEPS GETTING BIGGER
After successful Memory Walk & Jog events in Sydney, the Illawarra and Hunter in 2013, the events will be bigger and better in 2014.

As well as expanding into other states with our sister organisations, we will be adding a new event in NSW, with Port Macquarie taking part in the fundraising and awareness-raising event this year.

A very big thank you to our major sponsor, Bupa, for helping us make it such a success. Another thank you goes to Souvenaid, which is increasing its support as a state sponsor.

Early bird entries are about to open, so head to www.memorywalk.com.au or like us on Facebook at www.facebook.com/memorywalkandjog to keep up to date with all the event news.

DEMENTIA ADVOCATES
People with dementia, their carers and families are at the core of what we do every day here at AlzNSW.

One of the reasons we have been so successful in recent years in our advocacy and awareness-raising work has been our ability to tell the stories of our members, with their help. Many have shared with us and the wider community – in the media, through our research, with our stakeholders, with other members and more – the reality of what it is like to live with dementia day-to-day.

As community awareness of dementia has increased, so has the demand for these stories in many fora. As such, we’re excited to tell you about a new program we are developing, with the help of our members.

The Dementia Advocates program will be the platform for these stories to continue to be told. Members of this program will help us continue to spread the word by sharing their story.

This could be in the media, or via our social media sites, as part of a fundraising appeal, participating in our research projects and more.

We understand that for many, sharing their story publicly is something they are unable to do for a range of reasons. However, for those of you who would like to find out more, or would like to express your interest in becoming involved, contact: E: jo-ann.brown@alzheimers.org.au T: (02) 8875 4636

COMING UP:
DEMENTIA SYMPOSIUMS
2 APRIL
A LIFE WORTH LIVING
E: janice.margin@sswahs.nsw.gov.au
E: sue.tolhurst@swahs.health.nsw.gov.au
7 APRIL
DEMENTIA AND DISABILITY
T: (02) 8875 4600
29 APRIL
DEMENTIA CARE IN HOSPITALS
RSVP by Friday 11 April
E: kim.taylor@alzheimers.org.au
T: (02) 6278 8922

BIENNALLE OF SYDNEY
AlzNSW has been working with the Biennalle of Sydney to run a free Art and Dementia program for people living with dementia.

The program runs from 21 March to 9 June on Cockatoo Island – a World Heritage-listed former shipyard and prison in Sydney Harbour. Each Art and Dementia tour runs for 60 minutes, followed by 30 minutes of informal social discussion over tea and coffee in a quiet rest space.

A maximum of six people living with dementia can be included in each tour, with options available for repeat or one-off visits to the island.

The aim of the program is to provide a stimulating experience in a socially and creatively engaging environment.

The Biennalle of Sydney is Australia’s largest international contemporary arts events and features more than 90 artists from around the world.

For more information or to take part, please phone T: (02) 8484 8728

JOURNAL RECOGNITION
The Every Bloke Needs A Shed program in the Hunter recently featured on the front cover of the Australian Journal of Dementia Care. The program enables men living with dementia or men caring for someone living with dementia to remain socially connected through Men’s Sheds in their communities. You can find a link to the article on our online resource hub: W: dementiadaily.org.au/news
On Thursday, 27 February, AlzNSW was fortunate to play host to A Night With Parky, with Sir Michael Parkinson and Ita Buttrose at Doltone House in Pyrmont, Sydney.

The night was a resounding success, with more than 470 people joining AlzNSW for a glamorous evening of delicious food and fantastic entertainment, all while raising funds for a great cause.

The sold-out event made $110,000 in profit to keep the AlzNSW Memory Van’s wheels turning.

Undoubtedly, a highlight of the evening was watching the tables turn as veteran journalist, author and talkshow host Sir Michael Parkinson CBE was interviewed by 2013 Australian of the Year, Ita Buttrose AO OBE.

AlzNSW Ambassador Natarsha Belling was dazzling as the evening’s MC and sisters Kia and Sian Woodmore captured the audience’s attention when they shared their personal journey as carers of a parent living with younger onset dementia.

AlzNSW CEO The Hon. John Watkins said he was thrilled with the generosity of those who attended A Night with Parky.

“AlzNSW needs to say a very special thank you for the support of all those who attended, NRMA Motoring & Services for sponsoring the event, and of course to our special guests Sir Michael Parkinson and Ita Buttrose, along with Natarsha Belling, for making the evening such a success,” John said.

“The money that was raised will be used to sustain the vital services of the Memory Van throughout 2014 and will allow us to continue to deliver information, education and support to those who need it – right across NSW.

“We are very fortunate to have the support and friendship of such wonderful people as Sir Michael, Ita and Natarsha.

“We are also very fortunate to have the support of the many friends who came along on the night who helped make the event such a success.”
Clockwise from this image: Ita and Parky on stage; AlzNSW CEO The Hon. John Watkins with Michele Bribosia, Gillian McFee and Prof Henry Brodaty AO; AlzNSW Ambassador and MC, Natarsha Belling; Doltone House in Pyrmont was the glamorous venue; guests snap the opportunity for a photo with Ita, Parky with artist Matteo Charles, who painted his portrait, and the winning bidders; sisters Kia and Sian Woodmore with Helen James.
**ALzNSW LOCATIONS**

**REGIONAL WRAP-UP**

ALzNSW has expanded its presence across the state, providing support, education and advocacy for those living with dementia, their carers, family & friends. Our friendly & knowledgeable staff are available at the below locations.

- **SYDNEY**
  120 Coxs Road
cnr Norton Road
North Ryde
NSW 2113
02 9805 0100

- **TWEED HEADS SOUTH**
c/o Moran
29 Sylvania Road
Sylvania NSW 2224
02 9531 1928

- **BEGA VALLEY**
  5 Hill Street,
Bega NSW 2550
02 6492 6158

- **SOUTH SYDNEY**
c/o Morcan
29 Sylvania Road
Sylvania NSW 2224
02 9531 1928

- **FORSTER**
  Forster Community Centre
  Breese Parade
  Forster NSW 2428
  02 6554 5097

- **EUROBODALLA**
cnr Campbell & Page streets
Moruya NSW 2537
02 4474 3843

- **EGGAR CARBEE**
  Suite 1, Queen Street Centre,
  Queen Street
  Moss Vale NSW 2577
  02 4869 5651

- **CENTRAL COAST**
  2 Percy Street
  Hamilton NSW 2303
  02 4962 7000

- **CENTRAL COAST**
  2 Percy Street
  Hamilton NSW 2303
  02 4962 7000

- **WYALLARWA**
  Synergy Business Centre, Level 1,
  1 Burelli Street,
  Wollongong
  NSW 2500
  02 9805 0100

- **YASS VALLEY & SURROUNDS**
c/o Alzheimer’s Australia ACT
159 Maribyrnong Ave
Kaleen ACT 2617
02 6241 0881

- **WINGECARIBEE**
  c/o Alzheimer’s Australia ACT
  159 Maribyrnong Ave
  Kaleen ACT 2617
  02 6241 0881

- **MID-NORTH COAST**
  55 Lord Street
  Port Macquarie
  NSW 2444
  02 6584 7444

- **HUNTER**
  2 Percy Street
  Hamilton NSW 2303
  02 4962 7000

- **WYALLARWA**
  Synergy Business Centre, Level 1,
  1 Burelli Street,
  Wollongong
  NSW 2500
  02 9805 0100

- **YASS VALLEY & SURROUNDS**
c/o Alzheimer’s Australia ACT
159 Maribyrnong Ave
Kaleen ACT 2617
02 6241 0881

- **WINGECARIBEE**
  c/o Alzheimer’s Australia ACT
  159 Maribyrnong Ave
  Kaleen ACT 2617
  02 6241 0881

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  55 Lord Street
  Port Macquarie
  NSW 2444
  02 6584 7444

- **HUNTER**
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  Hamilton NSW 2303
  02 4962 7000

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  1 Burelli Street,
  Wollongong
  NSW 2500
  02 9805 0100

- **YASS VALLEY & SURROUNDS**
c/o Alzheimer’s Australia ACT
159 Maribyrnong Ave
Kaleen ACT 2617
02 6241 0881

- **WINGECARIBEE**
  c/o Alzheimer’s Australia ACT
  159 Maribyrnong Ave
  Kaleen ACT 2617
  02 6241 0881

- **MID-NORTH COAST**
  55 Lord Street
  Port Macquarie
  NSW 2444
  02 6584 7444

- **HUNTER**
  2 Percy Street
  Hamilton NSW 2303
  02 4962 7000

- **REGIONAL PARTNER**
  Armidale
02 6771 1146
Orange 02 6369 7164
Wagga Wagga
02 6932 3095

- **WINGECARIBEE**
  Suite 1, Queen Street Centre,
  Queen Street
  Moss Vale NSW 2577
  02 4869 5651

- **HUNTER**
  2 Percy Street
  Hamilton NSW 2303
  02 4962 7000

- **CENTRAL COAST**
02 9805 0100

*Note: project officer base only – no direct services to clients are provided from the Tweed Heads office*
EDUCATION

2014 COURSES

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

SUPPORT GROUP LEADERS WORKSHOPS 2014

Introduction to Group Work Leadership
Tamworth 2 and 3 June
North Ryde 28 and 29 July
Newcastle 9 and 10 September

Advanced Group Leadership
Newcastle 22 and 23 April
Wollongong 5 and 6 May
North Ryde 18 and 19 August
Tamworth 10 and 11 November

Loss and Grief in a Carer Support Group
Albury 10 and 11 March
Tuggerah 21 and 22 July
North Ryde 13 and 14 October

Group Leaders’ Forum (for current, experienced group leaders)
Newcastle 25 March
Orange 7 April
North Ryde 8 April
Ballina 26 May
Port Macquarie 16 June
Wollongong 4 August
Queanbeyan 24 November

For more information, contact:
E: GroupDevelopmentNSW@alzheimers.org.au
T: (02) 8875 4682

CARE WORKER COURSES

A Positive Approach to understanding Dementia, Effective Communication and Behaviour Changes
North Ryde 19 March
Griffith 18 June

Working with Families
North Ryde 7 April

Discover the Person, not the Disease, and Communicating with a Person Living with Dementia
North Ryde 28 May

Experiencing Dementia and Challenging Perceptions of Behaviour Associated with Dementia
North Ryde 18 June

Meaningful Engagement in Leisure Activities
Daretown 10 March
Broken Hill 13 March
Dapto 25 March
North Ryde 8 April

Communicating with a Person living with Dementia and Challenging Perceptions of Behaviour Associated with Dementia
Bega 3 April

Challenging Perceptions of Behaviour Associated with Dementia
Newcastle 30 April
Older Abuse and Dementia
Newcastle 30 April

Working with families
Newcastle 16 July

Experiencing Dementia and Communicating with a Person Living with Dementia
Coffs Harbour 17 March

What is Dementia and Experiencing Dementia
Port Macquarie 13 May

FAMILY CARER EDUCATION

Engaging in Meaningful Activities
Daretown 10 March
Broken Hill 12 March
Dapto 27 March

One-Day Carer Education
Newcastle 12 March and 14 May
North Ryde 12 March and 27 May
Coffs Harbour 25 March
Narrabri 31 July
Griffith 19 June

Family and Friends
North Ryde 6 May

Four-Evening Carer Education
Sylvania 16 June

Three-Day Carer Education
Goulburn 10 July

Living with Dementia
Tamworth 3 July

Two-Day Carer Course
Port Macquarie 22 and 29 July

VOLUNTEER COURSES

Interacting with a Person with Dementia
Broken Hill 12 March
South Grafton 12 March
Newcastle 26 March
Forster 7 April
North Ryde 5 May and 30 July
Yamba 23 July
Tamworth 2 July

DISABILITY AND DEMENTIA

Working with People who have a Physical Disability and Dementia
Lismore 7 and 8 May
Hurstville 21 and 22 May
Narrabri 4 and 5 June
Campbelltown 18 and 19 June
Coffs Harbour 9 and 10 July
Milperra 23 and 24 July
Taree 6 and 7 August
Marrickville 17 and 18 September
Queanbeyan 15 and 16 October
Dubbo 5 and 6 November

Working with People who have an Intellectual Disability and Dementia
Daretown 11 March
Dapto 26 March
Bega 1 April
Port Macquarie 29 April
Griffith 17 June
Tamworth 1 July
Sydney City 6 August
Newcastle 16 September

Caring for People who have an Intellectual Disability and Dementia
Port Macquarie 19 June
Newcastle 14 October

For more information or to register, contact:
E: NSW.education@alzheimers.org.au
T: (02) 8875 4640
Q&A

Q: My brothers and I have found out that mum has been diagnosed with Alzheimer’s disease. Do you think it would be helpful for us to speak with someone?
A: Yes, it is often helpful for family members to come together to obtain a greater understanding and knowledge about the dementia, and about resources and services that are available to help and support them in caring for their loved one. Meeting with a counsellor can help family members discuss their individual reactions and responses, and to plan ahead for the future.

Q: What is Wernicke-Korsakoff syndrome?
A: Wernicke-Korsakoff syndrome is a form of dementia that develops in some people with a long history of regular and very heavy alcohol consumption. Treatment with high doses of thiamine can sometimes reverse symptoms if carried out in time and before permanent brain damage occurs.

RESEARCH

LATEST STUDIES

RECENT RESEARCH FINDINGS SUGGEST CAFFEINE MAY IMPROVE MEMORY PERFORMANCE, AND MORE.

CAFFEINE IMPROVES MEMORY PERFORMANCE
Researchers from Johns Hopkins University have found that consuming 200mg of caffeine can improve the ability to retain information.

Study participants were shown a series of images and, 24 hours later, shown new images and asked to identify which were old, new and similar. Immediately after the first session half of the participants consumed caffeine, while the other half was given a placebo.

Those who took a caffeine tablet were better able to identify similar images in the second round. Higher doses of caffeine did not further improve memory retention.

VITAMIN E SLOWS FUNCTIONAL DECLINE
A long-term clinical trial published in the Journal of the American Medical Association has found that vitamin E can slow the rate of decline in functional abilities of people with dementia.

While there was no reportable difference in memory decline, the difference in functional decline meant those receiving the vitamin needed two hours less care per day and performed better against the Activities of Daily Living Scale at activities such as showering, dressing and eating.

While recommending caution in taking supplements, especially for patients also taking warfarin, Dr Maurice Dysken said the study may prompt research into antioxidant use in dementia treatment.

ALZHEIMER’S AND ANAEMIA
A link between Alzheimer’s disease and anaemia may shed light on a treatment-resistant form of anaemia that is more common in older people.

A team of researchers worked with more than 1100 participants over the age of 60 as part of the Australian Imaging, Biomarkers and Lifestyle Flagship Study of Ageing, testing their iron levels and blood chemistry.

The study found that the lowered haemoglobin levels caused by Alzheimer’s disease represent a major risk factor for developing anaemia.

“Older people more frequently develop a type of anaemia that cannot be treated by any available drugs or supplements,” explained Professor Ashley Bush, Chief Scientist at the CRC for Mental Health.

“The research suggests that Alzheimer’s disease lowers haemoglobin levels and leads to an increased risk for anaemia, which in turn can be having an effect on memory, concentration and learning.”

MORE INFO
Stay up to date with the latest dementia research, visit: dementiaresearchfoundation.org.au

NEED ANSWERS?
Contact the National Dementia Helpline.
E: nsw.helpline@alzheimers.org.au
T: 1800 100 500

CROSSWORD SOLUTION

SUDOKU SOLUTION

SOLUTION TO PREVIOUS ISSUE'S PUZZLE
One key consideration when entering aged care is the appointment of a trustworthy relative, friend or ‘trustee organisation’ who can act on your behalf, providing you have the capacity to make that decision. This can be achieved by the creation of a Power of Attorney, which is simply a legal document made by one person (the ‘principal’) that allows another person or ‘trustee organisation’ to manage your legal and financial affairs while you are alive.

This does not mean that you lose control of your financial affairs; rather it allows your attorney to manage those financial affairs according to your instructions. The Power of Attorney can be revoked at any time providing you have the capacity to do so.

There are two types of Powers of Attorney. A General Power of Attorney is usually established to provide for shorter-term appointments such as travelling overseas or one-off transactions. It is important to understand that a General Power of Attorney automatically terminates when the principal loses capacity, at which time the attorney must immediately cease acting on behalf of the principal. Moreover, on losing capacity, the attorney must conclusively cease acting on behalf of the principal. If you want someone to make medical or lifestyle decisions on your behalf should you lose the capacity to do so, you should appoint an Enduring Guardian. This requires a separate form of appointment.

The legal framework of Powers of Attorney can be complex and vary between states. In addition, new legislation came into effect on 13 September 2013 regarding the format of General and Enduring Powers of Attorney and, from 1 March 2014, a new form will be mandatory to create an Enduring Power of Attorney.

For these reasons it is critical that expert advice be sought when considering appointing a Power of Attorney or Guardianship.

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Phillip has had a long association with AlzNSW as a voluntary member of its Investment Advisory Committee. The views expressed in this column are those solely of the author.
FUNDRAISING
GET INVOLVED
DONATE, BEQUEATH A GIFT IN YOUR WILL OR FUNDRAISE THROUGH ACTIVITIES. NO MATTER HOW YOU DO IT, SUPPORTING A:: NSW FINANCIALLY WILL HELP THOUSANDS OF PEOPLE.

BEQUESTS
Please consider making a gift in your will to help us extend our services to meet growing demands. This kind and generous gesture to AlzNSW shall ensure people with dementia, their carers and families are provided access to vital support services; education of carers and health professionals; as well as investment in research. Your bequest will help continue to maintain and expand these programs with increased future demands.

We always recommend that you seek the services of a solicitor or trustee company to prepare your will, to ensure that it is correctly drafted and clearly states your wishes. If you would like to know more about how you can help AlzNSW by making a gift in your will, please contact Yvonne Hamilton:
T: (02) 8875 4606
E: yvonne.hamilton@alzheimers.org.au

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

DEMENTIA FIGHTER
Do you want to help lead the fight against dementia? You can, by becoming a Dementia Fighter with a regular monthly gift today.

We know you care about improving the lives of people living with dementia, and we are grateful to have your support. But what if there was something else you could do – something which could help revolutionise the way we approach dementia services and support in NSW? There is. You can join us as a Dementia Fighter. We started the program for our committed and passionate supporters who are determined to do more.

Each month our Dementia Fighters contribute to a pool of guaranteed, ongoing income, which allows AlzNSW to plan for increased demand for our services and make sure we’re here for everyone who needs us.

It doesn’t take much. The beauty of the program is that the more people who join, the more we can do, together.

To find out how you can become a Dementia Fighter, please contact Megan Thomas:
T: (02) 8875 4625
E: megan.thomas@alzheimers.org.au

TEAM MEMORY JOGGERS
We are recruiting supporters for Team Memory Joggers to raise funds for AlzNSW in 2014.

Here are a few of the fitness events you can be part:
3–6 April: NewRun: Newcastle’s Festival of Running
13 April: Fitness First Corporate Triathlon
18 May: Sydney Morning Herald Half Marathon
13 July: Sydney Harbour 10K
10 August: Sun-Herald City2Surf
21 September: Blackmores Sydney Running Festival

For more about the events or to join Team Memory Joggers, contact Megan:
T: 1300 636 679
E: megan.thomas@alzheimers.org.au

COMMUNITY FUNDRAISING
Planning a fundraiser in your community or workplace? We are revitalising our fundraising program and looking for support from passionate fundraisers.

We can guide and support you in preparation for your event, from morning teas to gala balls. Contact Megan:
T: (02) 8875 4625
E: megan.thomas@alzheimers.org.au

ALZHEIMER’S AUSTRALIA NSW
SPECIALIST DEMENTIA EDUCATION FOR HEALTH PROFESSIONALS, FAMILIES AND THE COMMUNITY
Alzheimer’s Australia NSW is the peak body for dementia and related services. Our education programs are at the forefront of contemporary dementia knowledge and care.

As the experts in dementia care, we provide an extensive range of dementia specialist education including expert consultancy for your organisation to improve the quality of care and services.

Some of our education topics include:
- Discover the Person, not the Disease
- Challenging Perceptions ofBehaviour Associated with Dementia
- Meaningful Engagement in leisure activities
- Experiencing dementia
- Working with families
- Dementia Awareness
- Carer and Volunteer Education ... plus many more

For details of the specific services available in your area please go to:
WWW.FIGHTDEMENTIA.ORG.AU/NSW

THE NATIONAL DEMENTIA HELPLINE
1800 100 500

Understand Alzheimer’s Educate Australia
FIGHTDEMENTIA.ORG.AU
WE OFFER OUR CONDOLENCES TO THE FAMILIES WHO HAVE LOST THEIR LOVED ONES. WE ALSO THANK THEIR FRIENDS AND FAMILIES WHO HAVE DONATED TO ALZHEIMER’S AUSTRALIA NSW.

Giuseppa (Joyce) Aloe
Jean Angelo
Reverend Ronald Noble Beard
Arthur William Bishop
Eileen Mary Blevins (nee Bramston)
Celesta Bosco
Eileen Rose Brown (nee Curran)
David Burns
Kevin Thompson Carlsson
Mary (Molly) Cartwright
Kathleen Chensee
Ethan Clark
Elizabeth Climpson
Joan Cluff
Richard John “Dick” Coleman
Brian Coyle
Clare Cullen
Arthur Dagnall
Anthony Michael Davy
Angus Death
Bill Dent
Bernadette Devereaux-Clark
Domenico Dimento
Melvyn John Dodds
Amelia Donato
Sheila May Drysdale
Percival Edgar Dunn
J une Lorraine Elliott
Filippo Firmano
J ean Beryl Firman
J ohn Fitzpatrick
George Forsyth
Gwendolyne Phyllis Fowler
Manuel Gazepis
Joyce Gladman
Faye Gloria Graham (aka Faturos)
Napoleon Grapsas
Barbara J ean Gray
J esse Joseph Griffiths
Serafina Grone
J ane Gunton
Harold Wilfred Hall
Thomas Hamilton
Dudley Heazlett
Nancy Holloway
Lois Minna Hopkins
Edna Irons
David Barry (Fuzz) Iverach
Edith Alicia J ackson
Helen J ames
Lakshmi Grace J ayatilleke
Andromahi Kelaiditis
Doreen King (nee Philip)
J ane Mary Knight
Peter Kolivos
Valerie Koller
J oyce Levi
Michael Andrew Lewin
Gloria J ay Longhurst
Noel Maggs
George Marsh
Laurence J ames Mchattie
Patricia J acqueline McManus
Mary Low Mitchell
Phyllis Moffat
Marie Anne Mullens
Ruth Ann Nash
Winifred Hope Nicholls
Rita J ean Norgard
Norma Kathleen Pemberton
Terence Gabriel Pilavachi
Leon Porritt
William Price
J oan Richmond
Mark Souter Robertson
Rocco Romeo
Deanne Gail Ryan
Tony (Anthony Arthur) Ryan
J ohn Ryan
Sarah May Sargent
Frieda Schuster
Marietta Scorciapino
Patrick Sequeira
Rosa Silvestro
Hazel Slattery
Maria Spagnolo
Alister Stanford
J anet Thelma Steele
Ronald Aubrey Sutton O.A.M
Doris J ean Swan
Helen Thomas
Geoffrey Towell
Donald Uhrig
Diane Urie
Dorothy May Veitch
Louise Verhey
Jack Wakefield
J udith Wallace
Enid Walsh
Marian Emily Watson
Sylvia J ean White
Peter Whitehouse

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

## AlzNSW LIBRARY

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

### BOOKS AND CDS FROM ALZHEIMER’S AUSTRALIA

**How To Be Sick: A Buddhist-Inspired Guide For The Chronically Ill And Their Caregivers**
By Toni Bernhard

The author – who became ill while a law professor in the prime of her career – tells how she got sick and, to her and her partner’s bewilderment, stayed that way.

Bernhard had been a long-time meditator, attending retreats and spending many hours practicing, but soon discovered that she simply could no longer engage in those taxing forms. She had to learn ways to make ‘being sick’ the heart of her spiritual practice – and through truly learning how to be sick, she learned how, even with physical limitations, to live a life of equanimity, compassion and joy.

**Thrive: Finding Happiness The Blue Zones Way**
By Dan Buettner

What makes us happy? It’s not wealth, youth, beauty, or intelligence, says Dan Buettner. In fact, most of us have the keys within our grasp. Circling the globe to study the world’s happiest populations, Buettner found several common factors. Unravelling the story of each ‘hotspot’, he reveals how he discovered each location and then travels to meet folks who embody each particular brand of happiness. He introduces thriving people in Denmark, Singapore and north-eastern Mexico. In addition, he interviews economists, psychologists, sociologists, politicians, writers, and other experts to gain an understanding of what contributes to each region’s happiness.

Buettner’s findings result in a credible, cross-cultural formula and a practical plan to help us stack the deck for happiness and get more satisfaction out of life.

**Full Catastrophe Living: Using The Wisdom Of Your Body And Mind To Face Stress, Pain, And Illness [CD]**
By J on Kabat-Zinn

This guide to awareness meditation methods offers a program for coping with illnesses and everyday stress. Use the practices described to learn to manage chronic pain resulting from illness or stress-related disorders. Kabat-Zinn also examines the roles anger and tension play in heart disease, and looks at ways to reduce anxiety and feelings of panic.

These resources are available for loan to members of AlzNSW. If you would like to reserve them, please email the library at nsw.library@alzheimers.org.au

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### CROSSWORD

**ACROSS**

1. Monotonous  
4. Different  
7. Sultan’s wife  
8. Restraining cord  
9. Straighten  
12. Inflame  
15. One who solicits votes  
17. Sliced very thinly  
18. Duck’s call  
21. Finest  
22. Oral sense  
23. Of earthquakes  

**DOWN**

1. Appeals board  
2. Accustomed  
3. Coal vein  
4. Australian gemstone  
5. Announces  
6. Wealthy  
10. Ledger entry  
11. Satirical routines  
13. Plague  
14. Chafes  
16. Stops momentarily  
18. Give up  
19. Leg joint  
20. Flows away  

**SUDOKU SOLUTION CORRECTION**

The solution for the Level 2 Sudoku puzzle in the Summer 2013 edition of InTouch was incorrect. We apologise for any inconvenience. The correct version can be found on page 12.