DISCUSSING DEMENTIA
NEW AlzNSW VIDEO SERIES

DEMENTIA AWARENESS WEEK
SPREADING THE BRAIN-HEALTHY MESSAGE ACROSS THE STATE

WAYS TO HELP AlzNSW

IN TOUCH
THE QUARTERLY NEWSLETTER OF ALZHEIMER’S AUSTRALIA NSW
SUMMER 2013. ISSUE 87

SERVICES • EDUCATION • FUNDRAISING • NEWS

DISCUSSING ALZHEIMER’S ACROSS AUSTRALIA
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The election of the Coalition Government has resulted in a new structure of Ministerial responsibility for the Health and Ageing portfolios. The Hon. Peter Dutton MP is the new Minister for Health and The Hon. Kevin Andrews MP is Minister for Social Services. A dedicated Ageing Minister, replaced by an Assistant Minister for Social Services (Senator Mitch Fifield) is responsible for the development of the National Disability Insurance Scheme and Aged Care. We will remain vigilant that our Fight Dementia campaign stays front-of-mind for the new team.

Over the next few weeks we will be hosting visits to our North Ryde centre by the NSW Minister for Ageing and Disability, The Hon. J on John Ajaka MLC and the NSW Minister for Health The Hon. J ilian Skinner MP, both of whom have made clear their interest in dementia and our organisation. Even though responsibility for most issues for over-65s belong with the Commonwealth, the fact that there are approximately 24,000 people living with Younger Onset Dementia means the NSW Government is still very much involved in dementia care. Also, as many people living with dementia spend time in hospitals – the direct responsibility of the NSW Government – the opportunity to lobby these Ministers is welcomed.

The AlzNSW Board has just undertaken a self-review of its performance and I am pleased to report the results were positive. It was clear our board is made up of committed individuals who bring a range of skills to their responsibilities. It is a privilege to work with this inspiring group of people.

We know that there are a great deal of committed, professional and talented staff in the aged care workforce. However, we know that more needs to be done to improve wages, training and resources. Experience also shows that increased levels of interpersonal contact with residents with dementia leads to more caring moments, and improved feelings of respect and dignity. AlzNSW continues to work closely with care providers across the spectrum to ensure the best training and educational practices are available to their staff. We want to see outstanding, person-centred care practices as the norm.

Over the past months I’ve seen wonderful examples of dedication across AlzNSW. Dementia Awareness Week attracted record levels of media attention with extensive state-wide campaigns. The flow-on effect of this activity impacts every level of our services, from the Helpline to education and carer support.

I would like to single out one event I was fortunate to attend: a free public education forum in Cabramatta for the Cambodian community. AlzNSW is fortunate to have a dedicated Culturally and Linguistically Diverse (CaLD) Project Officer, Michelle Basic, who, with the aid of an interpreter, captivated the audience. At this time I was also introduced to Vandita Nijhawan, one of our Dementia Counsellors, who is working to improve access to support and services to people living with dementia in South Western Sydney. Congratulations to Michelle and the entire team at AlzNSW, who continue to demonstrate empathy and cultural sensitivity in dealings with the community.

Jerry Ellis AO, Chair AlzNSW

As usual, it has been a busy few months. Recently we were delighted to launch a series of videos that capture the ten most-asked questions on our Helpline and feature several members who have graciously shared their experiences of dementia. Called You’re not Alone: Discussing Dementia, the series also features expert commentary from some of our staff and honorary medical advisor Professor Henry Brodaty. The aim of the series is to let others going through the dementia journey know that they are not alone, and there is help available.

In September, we celebrated the launch of Is it Dementia? at Central Station with the NSW Minister for Transport, The Hon. Gladys Berejiklian MP. This new training resource has been designed for taxi drivers, bus, rail and ferry frontline staff, as well as other industry sectors. This is a great step forward for people living with dementia in NSW. I congratulate and thank Minister Berejiklian and the NSW Taxi Council, which worked with Alzheimer’s Australia to embed the training resource into their induction and training programs for new staff. We hope it will pave the way for other service-based organisations to do the same. You can read more about Is it Dementia? on page 8.

We have once again seen a busy and successful Dementia Awareness Week with numerous activities and events held across NSW. From a dementia awareness-raising motorcycle ride through Central NSW to information stalls in Bega, community memory walks, seminars and memory van visits, the brain health message was spread far and wide. It was pleasing to see Tweed Shire Council Mayor Barry Longland sign up for the 21-Day Challenge. Congratulations Cr Longland on committing to improving his brain health.

Throughout the year we have had a number of courageous and generous people share their experiences living with dementia or caring for someone with dementia. We appreciate and thank each of them for sharing their stories to empower, inspire and help others. Their honesty goes a long way towards breaking down barriers, eliminating stigma, raising awareness and supporting others.

As the year draws to a close it is time to think about the things in life that matter. I do hope you are able to spend some time with loved ones over the holiday break. At AlzNSW, we are looking forward to an exciting new year ahead.

The Hon. J ohn Watkins, CEO, AlzNSW
**PLANNING AHEAD FORUM**

As dementia progresses, it impacts a person’s decision-making ability. However, in the earlier stages, the person is able to consider and document their wishes about health, lifestyle and financial matters, including who they would like to support them with important decisions when they begin to have difficulty.

The Illawarra Planning Ahead Forum was held on 30 July at the Builders Club in Wollongong. More than 160 people attended the forum, organised by the AlzNSW Illawarra Project and Val Fell from the Illawarra Consumer Advisory Group.

The forum had speakers on services that help a person with dementia remain at home, advance-care planning for health care decisions in the late stage of dementia, legal processes and documents that record a person’s wishes and specify a substitute decision-maker, and making the move to residential care.

Fifteen services from the Illawarra area provided displays of information about their organisations and answered questions during the morning.

AlzNSW is now established in the Illawarra and Shoalhaven, working with local health, community and residential services to raise awareness about dementia and to support those living with dementia and their families.

**LOVE, LOSS AND LAUGHTER PHOTOGRAPHIC EXHIBITION**


Love, Loss and Laughter is a collection of photographs offering a unique, compassionate and positive portrayal of dementia—a condition that often evokes fear and despair.

By illustrating the stories of those living with dementia, photographer and sociologist Cathy Greenblat offers a new vision of dementia and care. The exhibition, which includes images of people from around the world, along with people from Australia, including Sydney, the Hunter and the Central Coast, conveys that life goes on after a diagnosis of dementia and that people with dementia continue to have needs for social interaction and engagement in much the same way as any other member of the community.

The Sydney exhibition at NSW Parliament House from 7–27 November was the final stop on the Australian tour, marked with an official opening on 13 November.

As part of the exhibition, people living with dementia, their carers, family and friends were invited to submit their own photographs that capture the experience of living with the condition.

A collection of these images was displayed as part of the exhibition and can be viewed at: exhibition.fightdementia.org.au/locations.php

Love, Loss and Laughter is one of the largest collections of photographs of people living with dementia from around the world. The photos were taken in eight countries, including Australia, and have had an extremely positive reception in the USA, England, Scotland, Canada and Spain. This has been the biggest national tour of the exhibition to date.

Find out more about Love, Loss and Laughter at www.cathygreenblat.com

Cathy’s book, Love Loss and Laughter: Seeing Alzheimer’s Differently, is also available online through Amazon.

**VALE DI GRIFFIN**

AlzNSW would like to pass on its sympathies to the family and friends of Di Griffon, who passed away in September. Di was heavily involved in setting up AlzNSW and leaves a great legacy. We thank and acknowledge Di’s important contribution to people living with dementia, their families and carers.

**WE CAN HELP**

We’re here to provide the help you need, when you need it. Call the National Dementia Helpline on 1800 100 500.
IN TOUCH SUMMER 2013

THE ILLAWARRA SHINES
It was the Illawarra’s turn to shine in October.
Stuart Park at North Wollongong was transformed
for Memory Walk & Jog as 1068 people turned out
to support the estimated 5300 people living with
dementia, their carers, family and friends.
The multicultural spirit of the region was celebrated
with entertainment from the Women’s Multicultural
Choir, Wollongong Conservatorium of Music,
Winyanga Nanganai and Astarte Mind + Body Studio.
Aboriginal elder Bev Armer shared an emotional
story of her family’s experience with dementia and
conducted the Welcome to Country.
There was a special presentation made to Illawarra
Consumer Advisory Group member and tireless
volunteer Val Fell (pictured on the cover, with AlzNSW
CEO The Hon. John Watkins) who was named
honorary lifetime member of AlzNSW.
“It was lovely to see almost 3000 people out
running and walking in support of people with
dementia in the Hunter and Illawarra,” said Mr
Watkins. “It really was a remarkable effort and I’d like
to congratulate and thank everyone involved.”
AlzNSW would like to thank sponsors Bupa aged
care, Souvenaid, David Lloyd Funerals, Community
Options Illawarra and Glencore for their support.
The events could not happen without the generous
donation of time by our special volunteers, with more
than 200 volunteers at the 2013 Hunter and Illawarra
Memory Walks & Jogs.
AlzNSW would like to thank all those who took part
and assisted in any way to make this year’s Memory
Walks & Jogs the biggest and best yet.

MEMORY WALKS & JOGS

The Memory Walk & Jog series ended the year on
a high with events in the Hunter and Illawarra.
Hunter broke last year’s record with 1907 people
attending the second annual Memory Walk &
Jog at Speers Point Park in Lake Macquarie in
September. It was a special and emotional day not
only for those who gathered to walk for, or with,
a loved one, but also for seven-year-old Vanuatu-
born Nurak Charley who, after two life-changing
surgeries to help him walk, led the 2km walkers
out of the starting gate.
In a moving ceremony, Aunty Sandra Griffin
welcomed the crowd to Awabakal Country and
11-year-old Jamie Elliott delivered a beautiful
rendition of the Australian National Anthem in a
local Aboriginal language.
AlzNSW ambassador and actress Doris Younane
and NBN news sports presenter Mike Rabbitt
were a colourful MC duo that kept everyone on
their toes throughout the morning.

Above and below left: Participants of the 2013 Illawarra Memory Walk & Jog in October, held at Stuart Park in North Wollongong.
Alzheimer’s Australia NSW is pleased to announce it has been fortunate enough to be the receiving charity for the 2013 AMA (NSW) Charitable Foundation Gala Dinner.

The Foundation has generously donated $66,000 to help support those living with dementia, their families and carers and especially the Detect Early Campaign; an integrated campaign to encourage and educate GPs to screen and diagnose dementia as early as possible.

Diagnosis can be a difficult and lengthy process and, post diagnosis, GPs often juggle a myriad of responsibilities and may not realise that AlzNSW and other service providers are there to support them. The Detect Early website is easily accessible and time-efficient and can help GPs to realise they can make a difference to a patient’s future. It can be found at www.detectearly.org.au

The donation was presented to AlzNSW CEO The Hon. John Watkins at the Foundation’s annual Gala Dinner in October. The night also featured Alzheimer’s Australia National President Ita Buttrose, who delivered the keynote speech. Those present also heard from AlzNSW member Helen James, who spoke about her experience of caring for her husband, who has dementia.

AlzNSW and AMA (NSW) will continue to work together to support and inspire GPs to believe they can make a difference to their patient’s future and alleviate the strain that dementia poses on communities.

Top to bottom: Generous donation from the AMA (NSW); AlzNSW member Helen James; Ita Buttrose delivered the keynote address.
YOU’RE NOT ALONE, DISCUSSING DEMENTIA

AlzNSW Ambassador and McLeod’s Daughters actress Doris Younane has joined other carers of people with dementia to share their experiences in a new film series.

Ms Younane has shared her family’s experience of caring for their mother in the series You’re Not Alone, Discussing Dementia in the hope of combating the stigma surrounding the condition and providing help and comfort to others in the same situation.

The series features people with dementia and carers talking about their experiences of living with the condition, along with expert advice from AlzNSW staff and Medical Advisor Professor Henry Brodaty about some of the most common issues faced by people living with the condition.

Ms Younane said it was an important project that she hoped would help people know they did not have to go through the journey alone. “It can be an overwhelming, daunting and distressing experience,” she said, “but to know others are going through the same thing and that there is help and support available is a huge relief. And to learn from others who have been there before can be really valuable.”

The 10-part series was produced by AlzNSW and filmed by Why Documentaries. The series can be found on Alzheimer’s Australia’s YouTube Channel www.youtube.com/alzheimersaustralia

The online help video series was launched in October as part of Carers’ Week 2013.

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IT'S NOT A DISGRACE – IT'S DEMENTIA, IN VIETNAMESE

A new short film for Vietnamese communities is now available, and is designed to encourage acceptance that dementia is a medical condition – and not a normal part of ageing.

It’s Not A Disgrace – It’s Dementia in Vietnamese was launched at the Cabramatta Moon Festival during Dementia Awareness Week. The film is the latest in a series of language-specific films for non-English speaking communities, viewed around the world via Alzheimer’s Australia’s YouTube channel.

The film is the ninth release alongside films for the Spanish, Arabic, Serbian, Ukrainian, Khmer, Croatian, Portuguese and Assyrian-speaking communities.

AlzNSW CEO The Hon. John Watkins said the short films, made with local families in Sydney and Wollongong, address myths and stigma about dementia and the importance for families to seek support within their local service network.

“If people recognise dementia as a distinct medical condition, they may be more encouraged to seek out advice, assessment and support,” Mr Watkins said.

The films feature carers of people living with dementia giving personal accounts of their experience, along with health professionals who talk about the condition.

Each film runs for about 15 minutes and has English subtitles. They can be watched at Alzheimer’s Australia’s YouTube channel at www.youtube.com/alphemersaustralia and are also available as an education resource for health and community workers and services.

With thanks to the support of the Department of Health and Ageing (DOHA) and Ageing, Disability and Home Care (ADHC), the series has been produced in partnership with Why Documentaries and the Multicultural Communities Council of the Illawarra.

DEMENTIA AWARENESS TRAINING FOR TRANSPORT STAFF

Dementia awareness training is now being included for NSW taxi drivers, bus, rail and ferry frontline staff.

The move announced by the Minister for Transport, The Hon. Gladys Berejiklian MP, Transport for NSW, and the NSW Taxi Council during Dementia Awareness Week is being hailed as a major step forward for people with dementia in NSW.

AlzNSW CEO The Hon. John Watkins praised the minister’s decision, saying it will go a long way to helping ensure the estimated 109,000 people with dementia in NSW feel supported when travelling within their communities.

“This is a significant step by both the state government and the NSW Taxi Council to ensure the increasing numbers of people with dementia are not discriminated against and feel confident in having the same access to transport as everyone else,” Mr Watkins said. “People with dementia have a right to equal access to the services that we all enjoy in the community.”

Alzheimer’s Australia has developed Is it Dementia? a world-first dementia-awareness training resource for staff, helping them recognise the signs of dementia.

It aims to increase awareness among frontline staff of the challenges often experienced by people with dementia, including confusion and disorientation.

The resource features 12 short scenarios with interactions between frontline service staff and people with dementia in various settings, and includes suggested actions to support the person and, in the case of the transport component, help get them safely to their destination.

The NSW Taxi Council has already incorporated Is it Dementia? into training for taxi drivers, while Transport for NSW will include the training for all new customer-facing staff with the State Transit Authority and Sydney and NSW Trains from November. Training for all new staff with Harbour City Ferries has already begun.

The NSW Taxi Council was involved in the development of the resource, acting as the lead taxi body representing the Australian Taxi Industry Association, which consulted with Alzheimer’s Australia for that component of the training.

PEOPLE WITH DEMENTIA HAVE A RIGHT TO EQUAL ACCESS TO THE SERVICES THAT WE ALL ENJOY AS A COMMUNITY.
NEW ‘VOX POP’ VIDEOS

AlzNSW is excited to announce that two new ‘Vox Pop’ videos were launched during Dementia Awareness Week.

Stemming from a recommendation by the AlzNSW Advisory Council, the videos enable us to reach out to and engage with a younger, broader audience who might have little understanding or care for issues related to dementia.

These videos are a wonderful way to bring the issues to life. We want younger generations to be informed and to care about such an important health issue.

The videos, called ‘Memories are precious – imagine life without them’ and ‘The Human Spirit – it’s about never giving up, and neither will we’ were made by Walkley-nominated producer and co-founder of maverick online broadcaster vivecoolcity.com, Kirk Docker. Docker was a key creative member of Hungry Beast (ABC1) and recently produced season one of Aussie Pickers. Docker likes to interview people on the fringe; he took this approach to use ‘vox pops’ (Latin for ‘the voice of the people’) to respond to thought-provoking questions.

We did not just want to ask about dementia issues, but to get to this a little tangentially. Focussing on the importance of ‘memories’ and ‘the human spirit’ are themes that everyone can understand. The underlying notion is, even with a diagnosis of dementia, “I’m still me” and “my voice matters”.

The videos are on Dementia Daily at www.dementiadiary.org.au, the Alzheimer’s Australia YouTube channel (direct links below) and on Facebook, where they have had more than 50,000 views.

‘Memories are precious – imagine life without them’
http://www.youtube.com/watch?v=4TXUKwgbeyY

‘The Human Spirit – it’s about never giving up, and neither will we’
http://www.youtube.com/watch?v=3tzeYqbvuRo

PUPPET-MAKING WORKSHOP

Puppeteering joy took hold at the Hunter Dementia & Memory Resource Centre in August. Shelley Moses coordinates puppet-making workshops for people in residential aged-care facilities and has found positive impacts on mood and behaviour.

Louise Hiser and Agnes Trelease (carers) with Mandy Harden (facilitator).

50TH LIVING WITH MEMORY LOSS PROGRAM CELEBRATION

A celebration was held in the Hunter on 2 October to recognise the completion of the 50th Living with Memory Loss (LWML) program in the region.

AlzNSW’s LWML program provides information, education, counselling and support to people in the early stages of dementia and their families.

Participants learn communication and problem-solving skills, and discuss memory loss, the impact of diagnosis, self-care and legal and financial issues.

AlzNSW Board Director Nick O’Neill visited a monument to Alois Alzheimer at Goethe University in Frankfurt, Germany (pictured). A fitting memorial to a pioneering man.
NEW WEBSITE: DEMENTIA DAILY

Dementia Daily is AlzNSW’s new resource hub, designed to keep you up-to-date with the latest dementia research and news, and help you find support. It’s there to help you access the resources and information you need to deal with dementia.

You can also head to Dementia Daily to find our online resource video series, including You’re Not Alone, Discussing Dementia, and It’s Not A Disgrace – It’s Dementia. You can comment on stories and posts and share all the information on it easily via social media. Head to www.dementiadiary.org.au and check it out. We’d love to hear what you think!

STRATEGIES FOR REDUCING AGED CARE COSTS

The costs of residential aged care can vary depending on the facility, the type of care and the assets of the person seeking care.

Unfortunately, for some people the costs of residential care can be considerable.

However, there are some strategies that – if implemented carefully and with the guidance of a qualified financial adviser or from Centrelink – could result in some worthwhile cost savings.

Aged care is a complex area and it can help to gain an understanding of how the rules interact with the broader taxation and social security systems. As well as seeking financial planning advice, taxation advice could also be sought on taxation consequences and obligations from a registered tax agent.

The following table very briefly outlines a number of strategies that may reduce some of the costs of aged care. However, it is advisable to seek expert advice before implementing any of these strategies, as they won’t all be suitable for everyone.

I cannot emphasise enough how important it is to seek professional advice in both financial planning and taxation before implementing any of these strategies to avoid costly mistakes, as implementation of any of these strategies can be quite complex.

To find out which strategies could suit your individual circumstance, you could talk to a qualified financial adviser with expertise in aged care planning who can assist you to minimise costs, maximise social security benefits, choose suitable investments and ensure that your estate planning replicates your wishes.

You can also contact the Centrelink Financial Information Service on 13 23 00.

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Suitable for</th>
</tr>
</thead>
<tbody>
<tr>
<td>Establish a ‘granny flat’ right over your home</td>
<td>Those with a home who are in good health and want to plan ahead in case they eventually enter care</td>
</tr>
<tr>
<td>Move into aged care separately</td>
<td>A couple where both need to move into aged care</td>
</tr>
<tr>
<td>Gift assets</td>
<td>Those with significant assets that would be assessable for aged care purposes</td>
</tr>
<tr>
<td>Plan for burial or funeral costs</td>
<td>All who need aged care</td>
</tr>
<tr>
<td>Establish a testamentary trust</td>
<td>Those with high income and assets likely to be charged significant aged care costs</td>
</tr>
<tr>
<td>Establish a special disability trust</td>
<td>Those who have family members with severe disabilities who are entering aged care</td>
</tr>
<tr>
<td>Rent the family home</td>
<td>Those who want to retain the family home but need additional income to meet their fees and living expenses</td>
</tr>
<tr>
<td>Purchase an annuity</td>
<td>Those with high assessable income who are likely to be charged a high daily income-tested fee</td>
</tr>
</tbody>
</table>

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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.
FLEXIBLE SERVICES A MUST FOR PEOPLE WITH DEMENTIA IN REGIONAL NSW

A new discussion paper, Living with Dementia in Regional NSW, released by AlzNSW, has found that the complex issues faced by people with dementia are made worse for people in regional areas, who often have to travel long distances to access medical and support services, face long waiting periods to see a GP, have little or no access to specialists, and have limited choice when it comes to aged care and respite places.

AlzNSW CEO, The Hon. J ohn Watkins, said there needs to be greater flexibility and understanding by policy makers and service providers of the types of challenges faced by people in regional NSW.

“People with dementia and carers living in regional, rural and remote NSW have a right to access good quality dementia care and support services,” Mr Watkins said.

“Governments have attempted to address these issues, however the challenges still remain. The good news is there are some great examples of quality care and service provision already happening,” he added.

One example is The Whiddon Group, which provides residential and community care to elderly Australians across regional NSW. The Whiddon Group collaborated with the Arts Health Institute to implement the ‘Play Up’ program – a humour-based therapy program for people with dementia – in all 19 of their care homes, which has helped manage challenging behaviour and reduce reliance on medication.

The Whiddon Group’s Chief Operating Officer Jo Caughey said that innovative humour and arts-based programs make a huge difference to clients and their day-to-day enjoyment of life.

“Having strong links to the community and fostering partnerships with other local health services is important to providing quality care that can enrich lives for people with dementia, particularly in regional areas where specialist resources are hard to come by,” she said.

The discussion paper was launched at a briefing at NSW Parliament House in November. The Living with Dementia in Regional NSW discussion paper was sponsored by The Whiddon Group.

SIR MICHAEL PARKINSON AT SYDNEY GALA EVENT

AlzNSW Ambassador Sir Michael ‘Parky’ Parkinson CBE will be joining us at a special Gala Evening. Tickets to the event are now available for purchase.

Australian of the Year 2013 and Alzheimer’s Australia National President Ita Buttrose AO OBE will be joining Parky, along with Network 10’s Natarsha Belling and actress Doris Younane (all AlzNSW Ambassadors).

The event will be held at Doltone House, Jones Bay Wharf on 27 February and includes a three-course meal and beverages. Guests will witness an exclusive and candid live interview with Sir Michael. It promises to be a fun and glamorous evening.

There is a special members-only discount ticket price of $195 (non-member tickets are $220) or $1900 for a table of ten (non-members, $2000). Tickets are limited and expected to sell out fast.

To purchase your tickets, please phone AlzNSW on 1300 636 679 or email rachel.peek@alzheimers.org.au

FIGHT ALZHEIMER’S SAVE AUSTRALIA

Alternatively, you can complete the survey online at http://svy.mk/1BrDkMs

We are also surveying people with dementia and their carers. Please pass this information to your clients. People with dementia and their carers can complete the survey online at http://svy.mk/1j8cKj
The importance of brain-healthy lifestyles and the support available for people with dementia and their carers and families was the message spread across NSW – and Australia – as Dementia Awareness Week 2013 unfolded in September.
During September, Dementia Awareness Week (DAW) draws together an array of seminars, events and activities across the nation. The primary objectives are to raise awareness of dementia, its signs and symptoms; to provide strategies to minimise the risk of developing dementia; and to provide information about local services for people living with dementia, and their carers and families. Across NSW, we saw a wide range of innovative activities. From our state-wide media campaign,
to giant chess and brain games in Sydney’s CBD, an awareness-raising motorcycle ride through central-western NSW, memory walks, information stalls and displays at libraries and chemists, art exhibitions and gallery events, there were plenty of opportunities to get involved this year.

Major events included public lectures, symposiums and education in Sydney, Blacktown, Bathurst and Penrith.

SPREADING THE WORD
A targeted media campaign including letters to the editor from AlzNSW CEO The Hon. John Watkins encouraging people to lead brain-healthy lifestyles were published in newspapers across NSW. Street banners were hung at more than 200 sites across Sydney and community service announcements were played in cinemas, on television and on the radio to ensure the messages around brain health, risk reduction and support were spread far and wide.

GP AND PHARMACY AWARENESS CAMPAIGN
A major focus of our activities is directed towards improving the awareness and understanding of dementia amongst GPs and pharmacists. Our ‘Detect Early’ campaign has been very successful in helping to convey the importance and evidence supporting an early diagnosis. So far we’ve reached nearly 20 per cent of GPs in NSW.

WORRIED ABOUT YOUR MEMORY?
The ‘Worried About Your Memory?’ brochure is the key resource distributed to around 800 GP clinics across NSW, with more than 4000 brochures taken by the public each month in NSW. The brochure has now been translated into 16 different community languages.

MORNING TEAS
About 50 groups participated in Dementia Awareness Week morning teas and outings with grants provided to dementia Carer Support Groups across NSW, including in Georges Hall, Wagga and Bankstown.

YOUR BRAIN MATTERS:
ALZHEIMER’S AUSTRALIA’S BRAIN-HEALTHY LIFESTYLE PROGRAM
There were a number of Your Brain Matters presentations to help people from diverse ethnic communities in Amciffe and Beverly Park understand how to look after the brain, body and heart to reduce the risk of dementia. Your Brain Matters presentations were also made in Cooma, Coffs Harbour and a cross-border presentation at Tweed and the Gold Coast. Other highlights included 70 staff members from the University of Technology, Sydney who attended a Your Brain Matters briefing, as well as the Tweed Shire Council Mayor Barry Longland, who signed up for the 21-Day Challenge.

MEMORY WALKS
Record-breaking attendances and donations were achieved for Memory Walks in Newcastle (1907 attendees) and Wollongong (1068 attendees). Other community awareness-raising Memory Walks were held in Dubbo, Mudgee, Port Macquarie and Tweed. These saw communities come together to support those living with dementia, their carers, family and friends.

A-Z EVENTS
AUBURN
Library information stall
ARMIDALE
Interactive games day
BALLINA
North Coast Aged Care Symposium
BANKSTOWN
‘Living with dementia’ information session, in Macedonian
BEGA
Information stalls
CASINO
Brain food presentations
COFFS HARBOUR
Brain health seminar & afternoon tea
DUBBO
Dementia awareness morning tea
EUROBODALLA
Bus trip & carer’s picnic to Foxglove Spires, Tilba Tilba
GRIFFITH
Brain Healthy Living event with guest speaker Dr Sid Williams (psychogeriatrician)
HUNTER
‘Dancing in the Streets’ to mark the beginning of DAW 2013
Dementia Friendly Newcastle Museum and Art Gallery tours
HURSTVILLE
‘Dancing in the Streets’ to mark the beginning of DAW 2013
Dementia Friendly Newcastle Museum and Art Gallery tours
ILLAWARRA
Art exhibition & therapy classes
KOGARAH
Ageing-well morning tea, including senior’s expo & information stall
MID NORTH COAST
Aboriginal Elders Dementia Awareness Gatherings, involving the Awabakal, Worimi, Biripi and Darkinjung Elder groups
SNOWY MOUNTAINS
Information on memory, healthy ageing and dementia in Bredbo, Jindabyne and Adaminaby.
Moring Tea in Bombala
SYDNEY CBD
Martin Place information booth, brain games & giant chessboard Street banners hung CBD-wide
TWEED
AlzNSW CEO The Hon. John Watkins guest speaker at the Tweed Seniors Expo
Interactive art tour ‘Memory Scape’ launched at Tweed River Art Gallery
WOOLLARRA
Moring tea & photo exhibition
YASS
Information stalls about memory loss and the services available to people worried about their memory
EDUCATION

2014 COURSES

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

TRAINING FOR SUPPORT GROUP LEADERS
We will be running the Introduction to Group Work Leadership, Advanced Group Leadership, Loss & Grief in a Carer Support Group, and Support Group Leaders’ Forums again next year at various locations around the state, which are still being finalised.

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

CARE WORKER COURSES
Meaningful Engagement in Leisure Activities
North Ryde 19 February

PHYSICAL DISABILITY AND DEMENTIA
Working with People who Have a Physical Disability and Dementia
Albury 5 and 6 February
Burwood 19 and 20 February
Lismore 7 and 8 May
Hurstville 21 and 22 May

INTELLECTUAL DISABILITY AND DEMENTIA
Working with People who have an Intellectual Disability and Dementia
North Ryde 5 February
Broken Hill 11 March
Bega 1 April

FAMILY CARER EDUCATION
Sons and Daughters/Family and Friends Information Evening
North Ryde 26 February

One-day Carer Course
North Ryde 12 March

For more information or to register, please contact:
E: nsw.education@alzheimers.org.au
T: (02) 8875 4640

SUDOKU SOLUTIONS
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NEED ANSWERS?
E: nsw.helpline@alzheimers.org.au
T: 1800 100 500
W: fightdementia.org.au
**RESEARCH**

**LATEST FINDINGS**

**THE MEDIA HAS BEEN ABUZZ RECENTLY WITH PROMISING RESEARCH FINDINGS OFFERING POTENTIAL NEW TREATMENTS AND DIAGNOSTIC TOOLS. HERE’S A SAMPLE.**

**IS PEANUT BUTTER A POSSIBLE ALZHEIMER’S DIAGNOSTIC TOOL?**

Smelling peanut butter could be a possible diagnostic tool to identify Alzheimer’s disease, according to research results published in the *Journal of Neurological Sciences* by scientists from the University of Florida.

In the study, 94 participants aged in their 60s and 70s were grouped based on their likely diagnosis (i.e. people with probable Alzheimer’s disease, people with mild cognitive impairment, people with other forms of dementia, and people without any brain impairment).

Having closed their eyes and mouth and blocked one nostril, those with probable Alzheimer’s disease were less likely to smell a small amount of peanut butter being moved towards their nose. Of those with mild cognitive impairment, 10 out of 24 displayed the same left nostril impairment as those with probable Alzheimer’s disease. In contrast, people with other forms of dementia showed slightly better sensitivity on average in their left nostril. There was no difference between nostrils for the age matched control group.

Dr Jennifer Stamps who led the study explained that the method could potentially prove useful in helping clinicians differentiate between Alzheimer’s disease and other forms of dementia, noting that Alzheimer’s disease can affect the part of the brain responsible for smell.

**ANOTHER REASON EXERCISE IS IMPORTANT FOR BRAIN HEALTH**

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

This study is novel, as the researchers did not previously know how exercise increased BDNF. They are now much more aware of the molecular pathways that are enhanced by exercise and the brain proteins that are involved in these pathways.

**SCIENTISTS CLOSER TO REVERSING CELL DAMAGE CAUSED BY DEMENTIA**

An experimental drug given to mice with a form of dementia known as Prion disease has succeeded in preventing the cellular damage caused by toxic protein build-up in the brain and in improving cognitive symptoms associated with the disease. This research was published in the journal *Science Translational Medicine* by British researchers.

Alzheimer’s Australia National Research Manager Dr Chris Hatherly said: “The novel part of this study is that instead of trying to stop or reverse the build-up of abnormal proteins in the brain, the researchers have succeeded in preventing damage to the brain cells by modifying the cells’ stress response to those proteins.”

What this study has shown is that an existing drug may be able to prevent brain cells from using this stress response to keep them functioning normally even in the presence of this particular form of dementia called Prion disease.” Dr Hatherly said, though, that while the findings are positive, the research is still a way off being translated into treatment for humans.
Support at time of diagnosis helps you and your family to make sense of the diagnosis and the next steps.

Practical advice helps you minimise the impact of dementia.

Living with Memory Loss programs for people in early-stage dementia increase knowledge and confidence for managing memory loss.

Individual and family consultations help you plan for the future.

Education programs help you understand and live well with dementia.

Up-to-date information and resources about dementia and access to the members’ lending library keeps you and your family informed.

Connections with other people living with dementia enable you to share information and experiences.

Social and creative activities provide opportunities for meaningful participation.

Recommendations and advice about dementia support services in your area ensure suitable care.

Our provision of information to GPs and other health care providers helps them improve their care and support for you.

Courses and special events increase knowledge about dementia risk reduction and treatments.

AlzNSW campaigns rally the public and lobby the government to improve dementia funding and care.

Do you have a question for AlzNSW? Contact the National Dementia Helpline. E: nsw.helpline@alzheimers.org.au T: 1800 100 500

If you are interested in participating or would like to know more about the research, please contact Deborah. T: (02) 8875 4621 E: deborah.corrigall@alzheimers.org.au

You can complete the survey online at http://svy.mk/1c83KIJ
IN TOUCH SUMMER 2013

FUNDRAISING

LIFE SUPPORT

DONATE, LEAVE A GIFT IN YOUR WILL OR FUNDRAISE THROUGH ACTIVITIES. NO MATTER HOW YOU DO IT, SUPPORTING ALZNSW FINANCIALLY WILL HELP THOUSANDS OF PEOPLE.

BEQUESTS
AlzNSW would like to welcome the newest member of the Fundraising Team, Yvonne Hamilton, who has joined us in the role of Bequest Executive. Making a gift in your will to AlzNSW ensures people with dementia, their carers and families are provided access to vital support services, as well as education of carers and health professionals and investment in research. Your bequest will ensure these programs continue to be maintained and expanded with increasing demand.

It is essential to seek the services of a solicitor or trustee company to prepare your will, to ensure 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

COMMUNITY FUNDRAISING
Planning a fundraiser in your local community or workplace? We are revitalising our community fundraising program and are looking for support from passionate fundraisers. We can guide and support you in preparation for your event, from morning teas to gala balls.

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

SEND US YOUR STORY
Some members help our fundraising and awareness-raising efforts by sharing their stories of dementia, whether funny, tragic, empowering, uplifting, inspirational or sad.

If you would like to help our fundraising and awareness-raising efforts by telling your story, please contact Karen.

T: 1300 636 679
E: karen.carran@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 truly 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, by giving a gift each month. We started the program for our most committed and passionate supporters who are determined to do more.

Each month our wonderful Dementia Fighters give a regular gift, contributing 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 Dementia Fighter program is that the more people who join, the more we can do – together.

Log onto www.everydayhero.com.au/event/dementia-fighter to join online or contact Megan Thomas on (02) 8875 4625 to find out how you can become a Dementia Fighter.

BLACKMORES SYDNEY RUNNING FESTIVAL
Team Memory Joggers was out in force at the Blackmores Sydney Running Festival, with more than 300 participants registered to run and almost $40,000 raised for AlzNSW so far.

A big thanks to all our runners and a special thank you to our top individual fundraisers Laura Stonebank who has raised more than $4,500 so far. Registrations for the 2014 event are now open, so go to www.sydneyrunningfestival.com.au or please contact Megan Thomas for more information.

T: 1300 636 679
E: megan.thomas@alzheimers.org.au

STAY IN TOUCH
If you are not already on our email database and would like updates about all the news on our upcoming events please contact Megan.

T: (02) 8875 4625
E: nsw.events@alzheimers.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.

Keith Aldridge
Ada Rose Allen
Harry Arkell
Jack Avramidès
Dorothy Bellamy
Gaetanina Bianchi
Santo Biazzo
Felicite Margaret Brierley
Salvatore Brunetta
Nola Joy Burke
Dorothy Carroll
Pat Castieau
Peter Childs
Nance Margery “Nancy” Cramp
Pietro Cremasco
Dorothy Kathleen (Dottie) Cummings
Anthony Del Col
Arie Delhaas
Jean May Doig
George Evan Foggarty
Cliff Francis
Elaine Mae Gallagher
Gwendoline Gallant
Josephine Philomena Graf
Margot Margaret Grimes
Pierre Heijis
Rex Robert Hughes
Betty Ikin

Beryl Kidd
Harry Kosovich
Arthur Chichester Buchanan MacArtney
Anna Macris
Maisie Marlin
Gordon “Gudge” Mascord
Pauline Bernadette McGrath
Eleni Christine Andria Michaelopoulos
Ian Alexander Munro
Diana Dorothy Nguyen
Martha Nicola
Chris Nicolaides
Gwen O’Keiffe
Giuseppe Palumbo
Maria Papas
Andree Paterson
Marie Penney
Chris Perdikaris
David Phillips
Laurence Gregory “Laurie” Poxon
Edna Ann Pritchard
Nello Querin
Joyce Rafferty
Ralph Riley
Stephen John Roberts
Joan Roots
Mervyn Rose
Nick Ruben

John William “Johnny” Ryan
John Joseph Said
Esther Scott
Verona Zara Smith
Brian Sullivan
Iris Sulman
Dorothy Symonds
Bob Talay
Anne Tanner
Nymfo (Nina) Thanos
Domenica (Mimma) Tornatore
Francis Tweedie
Gianoyla Vagas
Argentina Vozzo
Joyce Alice Waterman
June Mary Wilson (nee Dobell)
Berri Elizabeth Woodward

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.
The Tailored Activity Program

We are currently recruiting for participants

This study being run from the University of Sydney is a trial to test a program aimed at improving the quality of life of people with dementia by providing meaningful activities tailored to their abilities.

For more information, please contact:
Annu Mothakunnel Tel: (02) 9036 7433
Or Email: fhs.tap@sydney.edu.au