DEMENTIA AWARENESS MONTH

EVENT HIGHLIGHTS AS WE FOCUS ON CREATING A DEMENTIA-FRIENDLY NATION
Dementia is one of the most challenging conditions that the medical profession and the aged care community face. Many people living with dementia will experience behavioural and psychological symptoms during the course of their illness and may even develop behaviours that place themselves and others at risk.

This can be a challenging situation for both people living with dementia and carers. As a result, antipsychotic medications are frequently used to reduce the impact of such symptoms.

Families and care staff face a myriad of challenges in dealing with daily care and safety issues. Managing antipsychotic medication for people with behavioural and psychological symptoms of dementia is a collaborative effort. Successful prescription requires close consultation between the patient’s doctor, pharmacist, aged care staff as well as the patient and their family, and can play a vital role in improving the lives of those living with dementia.

In response to this issue, Alzheimer’s Australia NSW (AlzNSW), in conjunction with Southern Cross Care NSW/ACT, the Dementia Collaborative Research Centre and AAMS (NSW), has developed a training video. Its purpose is to support GPs, nurse practitioners and other healthcare professionals identify people living with dementia, either in the community or in a care home, for whom an antipsychotic is no longer an appropriate prescription.

On 8 October, AlzNSW launched a new video resource, Antipsychotics & Dementia – Managing Medications for Behavioural and Psychological Symptoms of Dementia, at Parliament House in NSW. Alzheimer’s Australia has been vocal for some time about the issue of the overuse of antipsychotic medications. We stand for the rights of people living with dementia and their carers. It is our duty to speak up for those living with dementia.

We believe this new video resource helps to advise and educate, to raise awareness in a positive, productive way and to use the latest evidence to inform best practice.

The video has now been added to our Dementia Daily website and Alzheimer’s Australia’s YouTube Channel – we invite you to watch it.

Thousands took part in the four Memory Walk & Jog events held in NSW this year. Each of these events was a colourful display as people bonded through shared experiences and walked in memory and support of loved ones. Our Memory Walk & Jog events raised more than $200,000 this year, which will be a real boost to AlzNSW and will be used to fund many services across the state.

It is exciting to be able to welcome His Excellency The Honourable David Hurley AC DSC (Ret’d), Governor of New South Wales, to the role of AlzNSW Patron. His Excellency has accepted the role following the retirement of Professor Marie Bashir AC, CVO from office in October.

A most distinguished Patron, Professor Bashir supported AlzNSW for a number of years attending several key AlzNSW events including the opening of the Hunter Dementia and Memory Resource Centre in 2008 and the 30th anniversary celebrations at Government House in 2012. AlzNSW would like to thank Professor Bashir and welcomes His Excellency to the role of AlzNSW Patron.

And finally, congratulations to Merv Gibbes, one of our members from the Mid-North Coast, who was the recipient of a Highly Commended Award in the 2014 NSW Carers Awards. Merv contributes much to our organisation in a variety of ways and we think this is well-deserved recognition.

From everyone at AlzNSW we hope you have an enjoyable holiday period, and we will bring you more news and exciting developments in upcoming editions of In Touch.

The Hon. John Watkins, CEO, AlzNSW
Congratulations Mary!

Her poster was selected for the forum about dementia. It was one of only a dozen entrants out of 41 others at the forum. In touch individualised information and support was the key topic was ‘Working together – knowledge translation matters’. The consumer voice is integral to the work we do at AlzNSW and Merv is an important part of that work.”

Three members of the Great Lakes Council’s leadership team recently completed the ‘21 Day Your Brain Matters’ challenge to raise awareness for dementia and, at the same time, have taken steps to improve their own brain health. There are approximately 1000 people living with dementia in the Great Lakes local government area. This is expected to increase to about 2000 people by the year 2050.

Councillor Leigh Vaughan, General Manager Glenn Handford and Director of Corporate and Community Services Steve Embry responded to these statistics by taking up the 21 day challenge, which involved doing something to challenge their brain every day for 21 days.

Alzheimer’s Australia’s ‘21 Day Your Brain Matters’ challenge recommends five simple steps to maximise your brain health:
• Look after your heart
• Do some kind of physical activity
• Mentally challenge your brain
• Follow a healthy diet
• Enjoy social activity

Leigh has had close friends and a family member diagnosed with dementia. She said her personal experience of the debilitating disease made her aware of its terrible consequences.

“Alzheimer’s Australia recently came to talk to us and the statistics are frightening. I’m doing this to raise awareness of the prevalence of the disease, but I’m also helping myself by keeping my brain healthy. I hope not to become another statistic,” Leigh said.

Leigh chose to learn new fingering patterns on her cello as her challenge. “My ultimate aim was to increase my technical ability and level of skill which will set the path for the next few years, and take me out of my comfort zone,” she said.

General Manager Glenn Handford is a keen chess player. His challenge was to study the openings from the grand masters. Steve Embry, a passionate guitar player, also chose improving his skills with his musical instrument as his challenge.

If you would like to try the ‘21 Day Brain Matters’ challenge or would like information on how you can improve your own brain health visit: www.yourbrainmatters.org.au

Leigh Vaughan

COUNCIL LEADERS UP FOR A CHALLENGE

Steve Embry

NSW’S SECOND-LONGEST SERVING PATRON PROFESSOR MARIE BASHIR AC, CVO RETIRED FROM OFFICE IN OCTOBER.

As NSW Governor and AlzNSW Patron, Professor Bashir generously supported the organisation for several years. She also attended the 30th anniversary celebrations of AlzNSW at Government House in November 2012, meeting with many carers, supporters and volunteers.

AlzNSW wishes to thank Professor Bashir, offer best wishes for her future endeavors and is pleased to announce that His Excellency General The Honourable David Hurley AC DSC (Ret’d), Governor of NSW, has agreed to step into the role of Patron. We welcome His Excellency and thank him for his support.

Thank you AlzNSW Patron Marie Bashir

NSW CARERS AWARD PRESENTED AT PARLIAMENT HOUSE

Merv Gillies with John Watkins and his 2014 NSW Carers Week Award.

Hearty congratulations go out to one of our most hard-working consumers, Merv Gillies, for the NSW Carers Award, which was presented to him at Parliament House on 15 October.

Merv has been a long-time supporter of AlzNSW while caring for both his parents with dementia and has continued his support since they have passed away. He is an active member of the Port Macquarie Consumer Advisory Group, the National Consumer Advisory Committee and sits on the steering committee for the dementia-friendly communities project in Port Macquarie. “Merv has used his caring experience to raise awareness about dementia and has been a great advocate for all those living with dementia,” Gary Thomas, Regional Manager North Coast said.

“The consumer voice is integral to the work we do at AlzNSW and Merv is an important part of that work.”

NSW’s Younger Onset Dementia Key Worker Program (YODKW P) worker Mary Clifton took out the prize for “best poster” at the Dementia Collaborative Research Centre’s Forum. The forum ran during Dementia Awareness Month and the key topic was ‘Working together – knowledge translation matters’. Mary’s poster took out top honours out of 41 others at the forum. In addition to bagging the top prize, Mary was one of only a dozen entrants chosen to speak to the forum about her poster. It was a great achievement. Congratulations Mary!

The YODKWP provides individualised information and support to improve the quality of life for people with younger onset dementia.

AlzNSW Carers NSW held a high tea for ‘best poster’ at the Dementia Council’s leadership team recently completed the ‘21 Day Your Brain Matters’ challenge to raise awareness for dementia and, at the same time, have taken steps to improve their own brain health.

There are approximately 1000 people living with dementia in the Great Lakes local government area. This is expected to increase to about 2000 people by the year 2050.

Councillor Leigh Vaughan, General Manager Glenn Handford and Director of Corporate and Community Services Steve Embry responded to these statistics by taking up the 21 day challenge, which involved doing something to challenge their brain every day for 21 days.

Alzheimer’s Australia’s ‘21 Day Your Brain Matters’ challenge recommends five simple steps to maximise your brain health:
• Look after your heart
• Do some kind of physical activity
• Mentally challenge your brain
• Follow a healthy diet
• Enjoy social activity

Leigh has had close friends and a family member diagnosed with dementia. She said her personal experience of the debilitating disease made her aware of its terrible consequences.

“Alzheimer’s Australia recently came to talk to us and the statistics are frightening. I’m doing this to raise awareness of the prevalence of the disease, but I’m also helping myself by keeping my brain healthy. I hope not to become another statistic,” Leigh said.

Leigh chose to learn new fingering patterns on her cello as her challenge. “My ultimate aim was to increase my technical ability and level of skill which will set the path for the next few years, and take me out of my comfort zone,” she said.

General Manager Glenn Handford is a keen chess player. His challenge was to study the openings from the grand masters. Steve Embry, a passionate guitar player, also chose improving his skills with his musical instrument as his challenge.

If you would like to try the ‘21 Day Brain Matters’ challenge or would like information on how you can improve your own brain health visit: www.yourbrainmatters.org.au

Leigh Vaughan

COUNCIL LEADERS UP FOR A CHALLENGE

Steve Embry

NSW’s Second-longest Serving Patron Professor Marie Bashir AC, CVO Retired from Office in October.

As NSW Governor and AlzNSW Patron, Professor Bashir generously supported the organisation for several years. She also attended the 30th anniversary celebrations of AlzNSW at Government House in November 2012, meeting with many carers, supporters and volunteers.

AlzNSW wishes to thank Professor Bashir, offer best wishes for her future endeavors and is pleased to announce that His Excellency General The Honourable David Hurley AC DSC (Ret’d), Governor of NSW, has agreed to step into the role of Patron. We welcome His Excellency and thank him for his support.

Thank you AlzNSW Patron Marie Bashir

NSW’s Second-longest Serving Patron Professor Marie Bashir AC, CVO Retired from Office in October.

As NSW Governor and AlzNSW Patron, Professor Bashir generously supported the organisation for several years. She also attended the 30th anniversary celebrations of AlzNSW at Government House in November 2012, meeting with many carers, supporters and volunteers.

AlzNSW wishes to thank Professor Bashir, offer best wishes for her future endeavors and is pleased to announce that His Excellency General The Honourable David Hurley AC DSC (Ret’d), Governor of NSW, has agreed to step into the role of Patron. We welcome His Excellency and thank him for his support.

Thank you AlzNSW Patron Marie Bashir

NSW’s Second-longest Serving Patron Professor Marie Bashir AC, CVO Retired from Office in October.
REDUCING THE USE OF ANTIPSYCHOTIC MEDICATIONS IN PEOPLE WITH DEMENTIA: A NEW APPROACH

A new, free resource has been released to help doctors decrease the over-prescription of antipsychotic medication in people with behavioural and psychological symptoms of dementia.

The short film, Antipsychotics & Dementia: Managing Medications, was developed in response to recent research which found that antipsychotic medication, which can have serious side-effects, is used too frequently to manage behavioural and psychological symptoms of dementia.

WE KNOW THAT IN MANY CASES, THERE ARE OTHER, MUCH MORE APPROPRIATE TREATMENTS THAT SHOULD BE CONSIDERED.

Available on Alzheimer’s Australia’s Detect Early website, the resource has been developed by AlzNSW, in conjunction with Southern Cross Care (NSW & ACT) and the Dementia Collaborative Research Centre. It has also been supported by the Australian Medical Association (NSW).

AlzNSW Honorary Medical Advisor and the Director of the Dementia Collaborative Research Centre Professor Henry Brodaty, who appears in the short film, said that there are often a range of non-pharmacological interventions that can and should be considered when managing behavioural and psychological symptoms of dementia, such as pain therapy and person-centered activity, before prescribing patients with antipsychotic medication.

“In some cases, the use of antipsychotic medication is appropriate,” Professor Brodaty said. “However, we know that in many cases, there are other, much more appropriate treatments that should be looked at first.

“For example, providing pain relief, tailoring personal care practices to the individual’s preferences or working with the family to engage the person in more meaningful and stimulating activities (are alternatives to be considered),” he explained.

Alzheimer’s Australia’s report, The Use of Restraints and Psychotropic Medications in People with Dementia, found that about half of people in aged care facilities are receiving psychotropic medications, with 80 per cent of those with dementia also medicated. It also found that international data suggests that only 20 per cent of people with dementia who are receiving antipsychotic medication demonstrated any clinical benefits from taking it.

The report also found that these medications can have a range of serious side effects, including increased risk of stroke, increased risk of mortality, a greater chance of falls, and increased confusion.

Southern Cross Care (NSW & ACT) Chief Executive Paul McMahon said the organisation had identified the need for better management of behaviours of people with dementia without the reliance on antipsychotic medication.

“We also realised the need to educate our staff and health professionals, such as GPs, on eliminating high dependency on medication and improving outcomes for our residents with dementia,” Paul said.

Alzheimer’s Australia NSW CEO The Hon. John Walters said the short film was a positive step towards supporting GPs, pharmacists and other healthcare professionals working with people with dementia, both in care homes and in the community, with how best to deal with the behavioural and psychological symptoms of dementia.

“This really reinforces the importance of a partnership between the family of the person living with dementia, their treating doctor, their pharmacist and their care staff,” John said.

“It provides the evidence-base for the review and deprescribing of antipsychotic medications. The first line approach should always be to look and see if there are non-pharmacological approaches that may work better.”

Margaret Wood, daughter of a resident at Southern Cross Care (NSW & ACT), spoke of her experience visiting her mother who has dementia.

“Mum was put on a drug which made her very sleepy and her speech garbled,” Margaret said.

“She was also depressed and talked about wanting to die. When mum was taken off the medication she started to improve. Her speech got better, and she was eating more. She recognises us most of the time and she is bright and cheerful. It is so nice to visit her now.”

WATCH THE VIDEO
You can watch the video online: www.youtube.com/watch?v=LIK4H1X4AQ

Participants of the Dementia and Our Mob pilot program found out essential information about Alzheimer’s disease.
Throughout September, people all over NSW came together during Dementia Awareness Month, embracing the theme ‘Creating a Dementia-Friendly Nation’ with great enthusiasm.

Morning teas took place in Boorowa, Harden-Murrumburra, Queanbeyan, Yass, Newcastle, Ballina, Walcha, Dubbo, Wauchope and Taree to name a few, where all things dementia were discussed.

Community Memory Walks were held in Dubbo, Lightning Ridge, Mudgee and Orange, which saw participants gather and march in support of those living with dementia, their carers, families and friends.

Information days and displays were held in Braidwood, Captains Flat, Bungendore and Coffs Harbour. Open days gave people an opportunity to check out what was on offer and ask questions at the Percy Street Dementia and Memory Resource Centre in Hamilton.

Artistic endeavours were pursued with gallery visits, tours and programs in Sutherland and Tweed Heads.

Dementia Awareness Month is supported by financial assistance from the Australian and NSW governments.

This year, the Coffs Coast Dementia Action Group held a Dementia Information Day at Coffs Harbour City Square.

An estimated 1300 people live with dementia in the local region and the aim of the day was to raise awareness and highlight that dementia can happen to anyone.

Information about dementia, risk reduction and how the community can become more dementia-friendly was provided, along with musical entertainment and a Tai Chi demonstration. Fresh fruit was donated by local businesses and provided to members of the public to highlight the importance of healthy eating. The Coffs Harbour Health Campus and Mid North Coast Local Health District also provided people with free bottles of water.

The awareness displayed by the Coffs Harbour community was commendable, with strong support shown for the local people living with dementia.
A NEW GUIDE TO HELP COMMUNITIES BECOME DEMENTIA-FRIENDLY WAS LAUNCHED IN PORT MACQUARIE DURING DEMENTIA AWARENESS MONTH.

The booklet, A Guide to Becoming a Dementia-Friendly Community, developed by AlzNSW, has already led to change in Port Macquarie, with the community coming together to make a number of small changes to improve the everyday lives of people living in the area with dementia.

The guide, based on an eight-step management model, outlines the practical changes, including dementia awareness information sessions for local council staff and the introduction of a dementia-friendly ‘men’s shed’. The guide is part of a National tour for Dementia Friendly Nation, AlzNSW welcomed Steve Milton, Director of Innovations in Dementia in the UK, to launch the guide in Port Macquarie.

Steve, Director of Innovations in Dementia in the UK, says, “There are simple improvements that can be made in communities to help people with dementia feel more engaged in community life.”

Steve says that first of all, there is no cure for dementia. It has to be managed differently for each person. Secondly, people are keen to help and have the freedom to say no if they can’t. People are keen to help and have the freedom to say no if they can’t. Caring for someone with dementia is not easy. There are new challenges each day. We try to work out how to think outside the square and do things differently to ensure that life is kept at its best for Lyn.

Steve also spoke in Kiama, Melbourne, Hobart, Brisbane, Canberra, Adelaide and Perth during his visit, as part of a National tour for Dementia Awareness Month 2014.
There were smiles for miles at all of the NSW Memory Walk & Jog events this year, with participant records soaring. The events were a huge success in NSW, and in cities across Australia including Perth, Adelaide, Albany, Brisbane, Geelong, Canberra and Hobart. AlzNSW would like to thank Bupa for another great year of partnership, and everyone who took part, fundraised and shared their stories to help us promote Memory Walk & Jog. We hope to see you all again next time.

There were smiles for miles at all of the NSW Memory Walk & Jog events this year, with participant records soaring. The events were a huge success in NSW, and in cities across Australia including Perth, Adelaide, Albany, Brisbane, Geelong, Canberra and Hobart. AlzNSW would like to thank Bupa for another great year of partnership, and everyone who took part, fundraised and shared their stories to help us promote Memory Walk & Jog. We hope to see you all again next time.

Thousands of people showed their support throughout September. With this support, AlzNSW raised awareness and much-needed funds.

LEFT: AlzNSW Ambassador Ita Buttrose and acting AlzNSW CEO Chris Champ were presented with a generous cheque for $300,000+ for AlzNSW by David Lane from Count Charitable Foundation.
COPING WITH CHANGE: A GUIDE TO CHANGING YOUR DRIVING HABITS

TWO NEW RESOURCES HAVE BEEN DEVELOPED TO HELP SUPPORT PEOPLE WITH DEMENTIA TRANSITION FROM DRIVER TO NON-DRIVER.

AlzNSW and the NRMA have launched a guide, Staying on the Move with Dementia, to support people with dementia as their circumstances change when it comes to driving.

We know that giving up driving can be a difficult process for a person with dementia, their carers and the healthcare professionals who support them. It can be difficult to find information on the legal requirements, tips on how to have what can be difficult discussions, and access to alternative transport.

While some people with dementia can continue to drive safely for a period of time, at some stage all people with dementia must stop driving. All drivers with dementia are legally required to notify the Roads and Maritime Services (RMS) of their condition.

The guide looks at the key issues surrounding dementia and driving, and what mobility options are available for those who can no longer drive. It covers:

• How dementia affects driving abilities
• The legal requirements for drivers with dementia
• Suggestions on how to have helpful conversations about driving and dementia and driving cessation

“As our population ages and more Australians are diagnosed with dementia, it is absolutely critical we do everything we can to provide people with support around driving with dementia and the mobility options available once they can no longer drive,” Kyle said.

The guide provides a wealth of practical advice on how to prepare for the day when your loved one can no longer drive and what steps to take to make sure driving cessation has minimal impact on the quality of life for that person.

“Staying on the Move with Dementia is a much-needed resource that will assist people to retire from driving and move to other forms of transport.” NRMA President Kyle Loades said information was key to helping people with dementia and their carers tackle the challenges of driving and mobility.

ASISTING WITH ONE OF THE TOUGHEST DECISIONS: WHEN IS THE RIGHT TIME TO STOP DRIVING AFTER RECEIVING A DIAGNOSIS OF DEMENTIA?

A NEW RESOURCE BOOKLET, DEMENTIA AND DRIVING: A DECISION AID, HAS BEEN PUBLISHED TO ASSIST PEOPLE DIAGNOSED WITH DEMENTIA IN MAKING THE TOUGH DECISION ABOUT WHEN TO STOP DRIVING.

Driving is something most people take for granted. It gives us freedom, flexibility and independence. While we will all need to step out from behind the wheel one day, conditions such as dementia can mean that the decision to stop driving needs to be planned for and made much earlier than expected.

Most older adults have driven safely and remained accident-free for many years. Unfortunately, dementia can silently disrupt driving skills. For many people with dementia, this can happen without them realising it. Over time, the risk of becoming lost or having a car accident rises significantly.

It is important to keep in mind that a diagnosis of dementia does not always mean that a person has to give up driving straight away. Because the condition involves a gradual decline in cognitive and physical ability, however, they will need to stop driving at some point. The experience of giving up driving can be very difficult for many people, and the sense of grief and loss can be ongoing.

Making a decision about driving is tough. There are a number of options to consider. A decision needs to be made as to whether or not to continue driving with no change, stop driving now, drive less, or stop driving later.

The booklet, Dementia and Driving: A Decision Aid, produced by the University of Wollongong, is now available to assist people with dementia, and their families, to make the decision for themselves.

It is hoped that early planning for retirement from driving will avoid the need to stop suddenly in the future, often at a point of crisis and when the decision is out of the person’s hands.

The booklet helps a person with a diagnosis of dementia and their family to consider:

• How dementia affects driving skills
• Your options regarding driving
• What you have noticed about your own driving

• What support you have
• The reasons for and against driving
• Where to go for more information or support

The booklet aids decision-making and enables people with dementia to make good decisions about driving. It guides the person with dementia in a very practical way through four steps:

STEP 1 Clarify your decision
STEP 2 Decide what you need to make your decision
STEP 3 Weigh up your options
STEP 4 Decide what happens next

The booklet is available online, which can be downloaded at http://smah.uow.edu.au/nursing/adhere/drivingdementia/index.html. An interactive version is also available online, which can be completed to assist in making a decision.
**RESEARCH**

**LATEST STUDIES**

**THE ROLE OF TURMERIC IN BRAIN CELL REGENERATION, NEW DIAGNOSTIC TEST FOR ALZHEIMER’S AND RESEARCH INTO IF FASTING DECREASES THE RISK OF DEMENTIA.**

**TURMERIC’S ROLE IN BRAIN CELL REGENERATION**

New research suggests that the aromatic-turmerone compound (found in the turmeric plant) can induce and promote regeneration of brain cells in rats. The study had two phases, in vitro (assessing the effects on rats’ brain cells in test tubes) and in vivo (assessing effects on live rats).

In phase one of the trial, the researchers found that when the turmeric compound was added directly to rat brain stem cell cultures, the cells did not die. If the turmeric compound was added to the brain of a rat, researchers found that when the turmeric compound was added directly to the brain stem cell cultures, the cells did not die. If the turmeric compound was added to the brain of a rat, researchers found that when the turmeric compound was added directly to the brain stem cell cultures, the cells did not die. If the turmeric compound was added to the brain of a rat, researchers found that when the turmeric compound was added directly to the brain stem cell cultures, the cells did not die.

In phase one of the trial, the researchers found that when the turmeric compound was added directly to rat brain stem cell cultures in test tubes, the numbers of brain cells nearly doubled compared to cultures of brain stem cells that didn’t have any turmeric compound added. The trial also established that the turmeric compound didn’t cause cell death.

The next phase of the trial assessed the effects of the turmeric compound on the rat brain itself. In this phase, researchers injected the compound directly into a live rat’s brain. Examining the effects using PET brain imaging and a tracer to detect proliferating cells, researchers found that the subventricular zone (a part of the brain where cell production is prominent) was wider, and the hippocampus (the brain’s memory centre) had expanded in the brains of rats injected with the compound, compared to control rats that underwent the same surgical procedure but without the injection.

**DIAGNOSTIC EYE TEST FOR ALZHEIMER’S DISEASE**

Australian researcher Dr Shaun Frost and a team of researchers are developing eye-imaging technology that could diagnose Alzheimer’s disease and other forms of dementia up to 20 years before symptoms appear. Their study included 40 participants with an average age of 75 years. Participants’ eyes were photographed twice with a high-resolution camera that identifies individual cells in the retina of the eye. The retina is the eye’s ‘sensor’, which sits at the back of the eyeball behind the pupil and the lens. These photographs were then compared to an amyloid (a starch-like protein) PET scan of the participants’ brains. Amyloid PET scanning can definitively tell when Alzheimer’s disease does and does not exist in the brain, with or without symptoms. The results showed that the eye scan test could differentiate between brains both with and without Alzheimer’s disease – all participants with Alzheimer’s disease were correctly identified and four in five people without Alzheimer’s disease were cleared.

These findings are promising, with the eye test able to confirm everyone who had Alzheimer’s disease. However, they also suggest that some participants who were considered healthy controls (i.e., those with normal amyloid PET scans) displayed amyloid beta plaques in their retinal cells similar to that in those with Alzheimer’s disease. Further trials are required.

**CAN REGULAR FASTING DECREASE YOUR RISK OF DEVELOPING DEMENTIA?**

A recent news item claimed that regular fasting may enhance cell production, and to explore drug administration methods appropriate for human clinical trials. In phase one of the trial, the researchers found that when the turmeric compound was added directly to rat brain stem cell cultures, the cells did not die. If the turmeric compound was added to the brain of a rat, researchers found that when the turmeric compound was added directly to the brain stem cell cultures, the cells did not die. If the turmeric compound was added to the brain of a rat, researchers found that when the turmeric compound was added directly to the brain stem cell cultures, the cells did not die.

In phase one of the trial, the researchers found that when the turmeric compound was added directly to rat brain stem cell cultures in test tubes, the numbers of brain cells nearly doubled compared to cultures of brain stem cells that didn’t have any turmeric compound added. The trial also established that the turmeric compound didn’t cause cell death.

The next phase of the trial assessed the effects of the turmeric compound on the rat brain itself. In this phase, researchers injected the compound directly into a live rat’s brain. Examining the effects using PET brain imaging and a tracer to detect proliferating cells, researchers found that the subventricular zone (a part of the brain where cell production is prominent) was wider, and the hippocampus (the brain’s memory centre) had expanded in the brains of rats injected with the compound, compared to control rats that underwent the same surgical procedure but without the injection.

While this is an interesting result, further studies are required to understand the molecular processes behind how the compound might enhance cell production, and to explore drug administration methods appropriate for human clinical trials.

**10 WAYS ALZ NSW CAN HELP**

**ALZNSW IS HERE TO SUPPORT PEOPLE WITH DEMENTIA, THEIR FAMILIES AND CARERS. LET US COUNT THE WAYS!**

1. Support at time of diagnosis helps you and your family to make sense of the diagnosis and the next steps.
2. Practical advice helps you minimise the impact of dementia.
3. Living with Memory Loss programs for people in early-stage dementia increase knowledge and confidence for managing memory loss.
4. Individual and family consultations help you plan for the future.
5. Education programs help you understand and live well with dementia.
6. Up-to-date information and resources about dementia and access to the members’ lending library keeps you and your family informed.
7. Connections with other people living with dementia enable you to share information and experiences.
8. Social and creative activities provide opportunities for meaningful participation.
9. Recommendations and advice about dementia support services in your area ensure suitable care.
10. Our provision of information to GPs and other healthcare providers helps them improve their care and support for you.

**Q&A**

**Q: MY WIFE HAS BEGUN TO SHOW SOME SIGNS OF FORGETFULNESS. WE ARE BOTH GETTING OLDER, DOES THIS MEAN SHE COULD BE GETTING DEMENTIA?**

A: Research shows that as we age, forgetfulness does happen. However, the loss of memory with dementia is different. It is persistent and progressive and is not a normal part of ageing. If you have any concerns at all we do recommend that you talk to your GP in the first instance.

**Q: MY HUSBAND WAS DIAGNOSED WITH DEMENTIA SIX MONTHS AGO. WE ARE CONSIDERING GOING ON A HOLIDAY TO ENGLAND. IS THERE ANYTHING SPECIFIC I SHOULD BE AWARE OF?**

A: Many people have wonderful times traveling, but there are a few extra considerations when dementia is involved. A slower pace is recommended. For example, a stopover may be helpful. Alzheimer’s Australia’s Help Sheets have suggestions for different types of travel, tips for the families and friends of someone with dementia, and the warning signs that travelling is not recommended. To talk this through with one of our telephone counsellors, do not hesitate to contact us via the below channels.
**ZUMBATHON FUNDRAISER**

When Her Father was diagnosed with dementia, Belinda Sait decided to organise a two-hour Zumbathon to raise funds for AlzNSW.

**Fundraising**

**Zumbathon fundraiser**

Top: Belinda and some fellow Zumba participants on the day.

Bottom: Belinda with her Dad Les.

It was a great success with 30 people turning up to shake it for Dad and others living with dementia. We raised a total of $1786.50 for AlzNSW. I couldn't be happier with this result! We received so much incredible feedback from everyone involved and hope to turn the Shaking Our Booties for Dad Zumbathon into an annual event.

If, like Belinda, you have a great idea for a community fundraising event, please contact Megan Thomas.

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

**fundraising - team memory joggers**

A final big shout out to our Team Memory Joggers for this year’s running season. This year, almost 400 Memory Joggers took part in the Blackmores Sydney Running Festival. They raised over $21,000 and had a support group of 20 volunteers at the event, which was held on World Alzheimer's Day, Sunday 21 September.

Would you like to become part of the team? Please contact Megan Thomas.

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

Do you want to be part of the fight against dementia and help raise vital funds for AlzNSW? Here’s how:

- **Hold an event of your own through our community fundraising program**
- **Become a regular giver as a Dementia Fighter**
- **Donate through your workplace**
- **Donate in lieu of gifts for celebrations**
- **Volunteer**

To find out more contact the AlzNSW Fundraising team.

**BEQUESTS**

To meet the growing demands for our services, please consider supporting us by leaving a gift in your Will. Helping us in this very special way will allow us to continue to provide the vital support, education services and research to people with dementia, their carers and families. It is recommended that you consult your solicitor or a Trustee to prepare or modify your Will.

We invite you to contact Erik Johannes Pil, our Bequest Executive, for a confidential chat on how you can help.

T: (02) 8875 4606
E: erik.pill@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 AlzNSW.
RESOURCES

WHAT’S NEW ON THE BOOKSHELF

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

BOOKS

Running self-help groups in sheltered and extra care accommodation for people who live with dementia

Published by the Mental Health Foundation, this guide is based on its recent project in this area. The guide is intended to help group facilitators and organisations wishing to set up and run similar self-help groups. It is aimed at those working with people living in sheltered or extra care housing, but it is hoped it will be of benefit to others working in dementia care.

Creating culturally appropriate outside spaces and experiences for people with dementia: using nature and the outdoors in person-centered care (Reviewed by Wendy Brewin, Creative Spaces Project Manager for the Sensory Trust)

This book is well worth a read. With nearly 20 or so contributors from diverse countries, it demonstrates that only by asking what nature means to an individual can we discover how important it is for them to have access to it, and how we can help that person get the best experience from nature and the outdoors.

BOOK AND DVD

Staying Positive

Everyday you do can be easier and more enjoyable with a positive attitude. A good mood can improve relationships, enhance learning, reduce stress at work and make the job more fun. There is also a strong connection between positive emotions and wellness.

Staying Positive is an exciting, energetic and entertaining presentation of ideas you can use to get into a good mood and stay there. Topics covered include: a role-play of transferring attitudes in the workplace; simple, yet effective strategies to lift your mood; how to use the power of the mind to see things differently and humour and laughter to relax and feel good.

TabTimer™ helps keep medications on time.

Medication Reminders
Automatic Pill Dispensers
Vibrating Reminder Watches
Vibrating & Talking Clocks

Peace of mind for medicines!

Contact TabTimer™ and help to keep medicines on-time.

www.TabTimer.com.au
1300 TAB TIMER (1300 822 846)

For terms and conditions of sale see www.TabTimer.com.au. TabTimer™, helps keep medications on time™ and the TabTimer™ logo are trademarks of TabTimer Pty Ltd © 2011 ABN: 99 137 415 948

These resources are available for loan to members of AlzNSW. If you would like to reserve them, please contact the library.

T: (02) 9888 4218
E: nsw.library@alzheimers.org.au