ART AND DEMENTIA
DEMENTIA-SPECIFIC GALLERY
TOURS LAUNCHED ACROSS NSW
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Cover image: Orange Regional Gallery is running dementia-specific tours
The latest dementia prevalence rates show that the number of people with dementia across NSW is now estimated to be almost 112,000. We expect this number to increase to about 128,500 people by 2020 and up to 272,000 people by 2050. These figures are telling us that dementia is an issue that is only going to continue to increase, and we need a whole-of-government approach to appropriately tackle that challenge.

We prepared a pre-election manifesto and delivered it to the major political parties before the NSW state election in March, calling on them to commit to funding for the following initiatives:

- A dementia centre in Western Sydney
- The creation of dementia-friendly communities across NSW
- Implementation of initiatives to support improved hospital care for people with dementia

With the high level of dementia in Aboriginal communities, we need to look at suitable dementia care and risk reduction measures. We are calling for the major parties to commit to:

- Continuing to fund a state-wide Aboriginal project officer to support Aboriginal communities and mainstream services in providing culturally-appropriate dementia care
- Appropriately funding local Aboriginal liaison workers to provide risk reduction messages to the Aboriginal population

Alzheimer’s Australia NSW will continue to advocate for a comprehensive state-wide dementia strategy across health, transport, policing, housing and other government services, and the implementation of initiatives that will support improved care for people who are living with dementia.

This means taking a serious look at how to provide better care for people with dementia in hospital, increasing specialist palliative care for people with dementia, and adequately funding health-related transport to support people living with dementia to access health and medical-related appointments.

Dementia is an issue that cannot be ignored and will not go away. It demands effective, comprehensive action by the NSW Government, and Alzheimer’s Australia NSW will continue to ask for that on your behalf.

The Hon. John Watkins
CEO, Alzheimer’s Australia NSW
NEW RESEARCH: MEETING THE TRANSPORT NEEDS OF PEOPLE WITH DEMENTIA

The results of Alzheimer’s Australia NSW research into the transport needs of people with dementia is now available.

The project found that there is a lack of focus on the mobility needs of people with dementia despite the fact that having access to suitable transport is vital to maintaining a reasonable quality of life.

Ageing, Disability and Home Care (ADHC) in the NSW Department of Family and Community Services provided funding to Alzheimer’s Australia NSW to undertake a literature review and fieldwork.

Five surveys were conducted in NSW involving 96 people with dementia and carers, 51 service providers, 31 community transport operators, 55 local governments and 16 licensed clubs. In addition, nearly 100 interviews were conducted with stakeholders, people with dementia, carers and service providers, and six focus groups were run with Alzheimer’s Australia NSW Consumer Advisory Groups.

Almost all participants agreed that meeting the transport needs of people with dementia is difficult. More than half of the community transport operators reported that there is an unmet demand for transport from this vulnerable group of clients. Service providers rank transport as one of the three most important types of assistance they provide in helping people live in the community.

The main areas where actions are required include:

- Training in dementia awareness and support for everyone involved in providing transport for people with dementia
- Information to enable people with dementia, carers and service providers to ascertain what the transport options are
- Escorts for people with dementia when needed
- Information and resources to make it less traumatic to stop driving
- Provision of appropriate transport so that people with dementia can meet all their needs, including their need for social interaction

The consequences of not taking action are expensive. In particular, people with dementia are likely to move into residential care earlier as symptoms become more marked because their social and medical needs are not met in the community.

This research project has been completed and the full report is available on the Alzheimer’s Australia NSW website [http://goo.gl/QLs6tq]. A summary report is also available on the website and in hard copy from Alzheimer’s Australia NSW.

W: nsw.fightdementia.org.au
ADIconference 2015

The 30th International Conference of Alzheimer’s Disease International will be held in Perth in April and has attracted a large field of talented international guest speakers and dementia care experts.

Held in conjunction with Alzheimer’s Australia and Alzheimer’s Australia WA, Alzheimer’s Disease International’s Care, Cure and the Dementia Experience – A Global Challenge will attract about 1000 delegates from 60 countries.

International experts Martin Prince from the UK and Harry Johns from the USA, honorary Alzheimer’s Australia NSW medical adviser Professor Henry Brodaty, Alzheimer’s Australia consumers Edie Mayhew and Anne Tudor will be there along with a strong representation of Alzheimer’s Australia NSW staff.

Staff presentations include:
  • Alzheimer’s Australia NSW educator and group worker Judy Bartholomew will present on Becoming A Dementia-Friendly Community: The Port Macquarie Experience.
  • Bega Mobile Respite team support worker Nola Hergenhan will talk about working outside the box in Community Respite.
  • Senior research and policy officer Kylie Miskovski will give a presentation about Preventing Financial Abuse of People with Dementia.
  • Education and sector development manager Danielle White will talk about Dementia and our Mob: Aboriginal Community and Dementia Awareness.
  • Younger Onset Dementia Key Worker Program team leaders Marie Gorman (Alzheimer’s Australia NSW) and Connie Alomes (Alzheimer’s Australia Tasmania) will present on the Younger Onset Dementia Key Worker Program.

Posters will also be presented with information about:
  • Antipsychotics and dementia: a de-prescribing guide will be created and displayed by Alzheimer’s Australia NSW Marketing and Communications General Manager Andrew Mills.
  • Risk factors for Alzheimer’s disease: Lifestyle factors or a consequence of social determinants of health? by Policy, Research and Information General Manager Brendan Moore.
  • Respect + Increase capacity + Social emphasis = Acceptance CALD: Link Worker Brokerage Program: Alzheimer’s Australia NSW Partnership Project by Counsellor / Group Facilitator Nina Catalano.
  • Making the story matter: How dementia has become a legitimate issue in the media landscape by Alzheimer’s Australia NSW Media General Manager Sarah Price.
  • The Moving into Care Project: Leading change through successful collaborative partnerships by Senior Project Manager Sally Lambourne.

To find out more or to register, visit the conference website.

W: alzint.org/2015

Perth, 15-18 April 2015

In Memoriam

Alzheimer’s Australia NSW would like to extend our deepest sympathies to the family of Valerie Mann, who passed away in June 2014. Valerie served as a member of the Alzheimer’s Australia NSW Board from 1996 to 2005, and is remembered as a champion volunteer and supporter.

New Resource

Alzheimer’s Australia NSW, as part of the Illawarra Forum, has helped launch a new website to make it easier for people to find and access social and support services in the Illawarra region.

The Dementia Online Illawarra project responds to community needs and builds on recent consultative work by the Illawarra Forum through the Dementia Mapping Project.

W: dementiaillawarra.com

Alarm Subsidies

Will your smoke alarm wake you in the event of a fire? Are you or someone you know deaf, deafblind or hard of hearing and can’t wear hearing aids or cochlea implants at night? The Deaf Society of NSW and Fire and Rescue NSW offer specialist smoke alarms that include a strobe light and pillow shaker. Their joint initiative, the Smoke Alarm Subsidy Scheme (SASS), lowers the cost of these specialist alarms from $500 to $20. Contact the Deaf Society of NSW.

T: (02) 8833 3600
E: info@deafsociety.com
W: deafsociety.nsw.org.au

New Study

An international study aimed at improving the independence of older Australians at home is calling for Sydney participants. Contact the Sydney Nursing School at the University of Sydney to find out more. T: (02) 9114 4084

E: nursing.research@sydney.edu.au

BEING ACTIVE IS LIVING WELL

Dr Lee-Fay Low, Associate Professor of Ageing and Health at the Faculty of Health Sciences, University of Sydney and author of Living Well with Dementia shared her insights about Living Well with Dementia at the Wollongong Art Gallery recently.

“Being active is living well,” Dr Low said. “Engage the person with activity that’s meaningful and achievable based on their interests and abilities.”

Dr Low’s advice is to find an activity that works and create variety, focusing on what the person can do now. It can be great to find activities that family and friends can do with the person as a way of continuing those relationships.

“If a person likes gardening but can’t do physical gardening any more, they can discuss a gardening magazine or visit a beautiful garden.

“If they like rugby but can’t get to a game because they’re at night or it’s too crowded, go to a kids game during the day, watch it on television, sort rugby cards into teams or look at old pictures.”
ART AND DEMENTIA

People living with dementia can find an outlet for creative expression through art, and a new initiative is supporting galleries meet this need.
The Alzheimer’s Australia NSW Guided Tours for People with Dementia program is a one-day dementia training session for guides and volunteers. It is designed to give them the confidence, skills and strategies in both verbal and non-verbal communication to conduct tours for people living with dementia.

The tours aim to provide intellectual stimulation in a safe and supportive environment to foster self-expression and further meaningful discussion and active engagement, while exploring the range of art works in the gallery and museum.

The training is designed to be sustainable, as gallery staff and volunteers are equipped with knowledge and training resources that can be passed to new starters.

The one-day dementia training is followed up with a demonstration tour to give staff and volunteers an opportunity to see the training in action.

“To see the training in action solidifies everything they’ve learned in training,” says Denise Herman, Alzheimer’s Australia NSW Coordinator Social and Therapeutic Programs.

Guided tours for people with dementia are designed to break down the barriers and stigma a person with dementia can experience with no distinction made and no emphasis placed on the person’s dementia.

“For the person with dementia a tour is about being part of the group engaging with art,” Denise said. “The volunteers and people with dementia are part of that conversation. The facilitator is there to engage everybody about their thoughts and comments about art. It gives a person with dementia the opportunity to express their feelings and thoughts, and be heard.”

The Guided Tours for People with Dementia program has been generously supported by the Nelson Meers Foundation.

Galleries that elect to undertake the training are provided with a number of resources and Denise remains in regular contact to provide any further assistance staff or volunteers might require.

MORE INFO

For more information about the Guided Tours for People with Dementia program or to take part please contact Denise Herman.

T: (02) 9888 4207
E: denise.herman@alzheimers.org.au
IN THE GALLERY

Art tours for people living with dementia are now available in Dubbo, with guides at the Western Plains Cultural Centre (WPCC) trained to share their collection, exhibitions, events, passion and knowledge of art and art history with people who are living with dementia.

WPCC Education Officer Lisa Minner said the tours have resonated with the community, and that photos of the first tour posted on the gallery’s social media channels attracted a record-breaking number of likes and shares.

A second group of visitors were taken through the gallery more recently, and particularly loved exploring familiar items in the 1950s classroom.

“The visitors were very engaged and enthusiastic,” Lisa said. “They really enjoyed the experience and loved sitting at the old desks and looking at the text books.”

“We plan on using the museum and classroom again during the tours as it was so well received.”

The group will hold tours on the second Monday of each month.

What: Art for those with Dementia Tours
Where: Western Plains Cultural Centre foyer, 76 Wingewarra Street, Dubbo
When: Second Monday of each month.
Contact: WPCC Education Officer Lisa Minner
T: (02) 6801 4441
E: lisa.minner@dubbo.nsw.gov.au

NSW GALLERIES OFFERING TOURS

• Hazelhurst Regional Gallery (02) 8536 5700
• Orange Regional Gallery (02) 6393 0136
• Wollongong Art Gallery (02) 4227 9506
• Campbelltown Arts Centre (02) 4645 4298
• Dubbo Regional Gallery (02) 6801 441
• Tweed River Art Gallery (02) 66702712
• Mosman Art Gallery (02) 9978 4178
• Hawkesbury Regional Gallery (02) 4560 4441
• 19th Biennale of Sydney ran free Art and Dementia program for people living with dementia

CASE STUDY

MOSMAN GALLERY’S GUIDES AND PARTICIPANTS

With an ageing population in Mosman, Mosman Gallery Public Programs Officer Janelle Patchett jumped at the opportunity to train gallery staff and volunteers to be able to offer tours for people with dementia.

“There are a number of aged care facilities in the area, and they often have bookings for groups to come to the gallery,” Janelle said, pointing out that as a number of people joining the groups have dementia, the training is necessary.

Understanding the benefits of creative outlets in ageing and wanting more people who are living with dementia to be able to visit the gallery, 18 Mosman Gallery volunteers received training by Alzheimer’s Australia NSW, including floor volunteers to assist people with dementia to access the gallery and move around.

Volunteer guide Anne said taking the art tour for people with dementia was a welcome shift from her usual guiding role.

“It was really nice just looking at a painting,” Anne said. “You’re always talking about a painting as a guide.”

She also said the experience was quite a learning curve.

For visitors to the gallery, the tours can evoke cherished memories. This was the case for Fran when she attended a demonstration art tour at the Mosman Gallery.

The sight and aroma of colourful and delicate flowers adorned Fran’s childhood home. The delightful blooms were freshly picked straight from the garden that was lovingly tended by Fran’s father, who would proudly display the fruits of his labour inside the family home.

“We don’t have that house anymore,” Fran says, but the tour offered Fran a unique opportunity to reminisce about her father’s garden and share that experience with a small group of people with a similar interest in art.

For others, the tours are an opportunity to connect with people where the focus is on art, rather than dementia.

“I don’t know how much they know, or want to know (about dementia),” said Ann, a tour participant. “It was nice to hear what other people thought about the art.”

For Ann, who has a passion for art, attending the demonstration tour gave her the opportunity to hear the opinions of others and think about the pieces the group viewed in a different way.

“I found it very interesting,” Ann said. “There were lots of pieces I haven’t seen before and perhaps some things I won’t see again.”

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IN TOUCH AUTUMN 2015

NSW GALLERIES OFFERING TOURS
SOCIALISING FOR BETTER BRAIN HEALTH

PROFESSOR HENRY BRODATY AND PROFESSOR PERMINDER SACHDEV, CO-DIRECTORS, CENTRE FOR HEALTHY BRAIN AGEING (CHeBA)

People who have more social contacts are less likely to develop dementia and will generally be affected by Alzheimer’s disease about a decade later than their less-social peers. This could just be reverse causality. The pathological brain changes involved in Alzheimer’s disease gradually build over the course of the 20 to 30 years before the disease becomes apparent, so it could be that social withdrawal occurs in many people with Alzheimer’s disease because of subtle brain changes prior to diagnosis.

On the other hand, the dementia risk reduction associated with a larger social network or social engagement, which is shown by some epidemiological studies, is fairly large. The effect of increasing social engagement on delaying dementia disease progression could exceed that of current FDA-approved medications. The positive effects of social engagement on cognitive function have been demonstrated even at the level of biomarkers. Recent MRI studies found associations between the size and complexity of real-world social networks and the density of grey matter and amygdala volume – both markers of healthier brains.

Even for those people who develop Alzheimer’s disease, larger social networks may modify the level of symptoms. Non-human research suggests that social network size could actually contribute to changes both in brain structure and function, providing further support for causal links.

For some, networking at cocktail parties is akin to living hell. But there are many ways of connecting for better mental health. Meaningful engagement can be through volunteering, joining an exercise group, joining a club or playing bridge. These are especially important messages in the 21st century as more people live alone, particularly in later life.

Find out more about CHeBA at www.cheba.unsw.edu.au

Professor Brodaty is a Medical Advisor to Alzheimer’s Australia NSW and Professor Sachdev is a Medical Advisor to Alzheimer’s Australia.

HOW TO PLAN ENGAGING ACTIVITIES

Most people tend to think of activities for someone with dementia as something they have to think up to do with the person, but it doesn’t have to be so. They can simply be the everyday tasks we do from the moment we open our eyes in the morning, such as getting dressed, doing housework, playing cards, even paying bills.

“They can be active or passive, done alone or with others,” Alzheimer’s Australia NSW educator Pam Davis says. “Activities represent who we are and what we are about.”

Activities are an opportunity to be involved in everyday tasks, enjoy and create, spend quality time together, and connect with the environment.

A person with dementia will eventually need a carer’s assistance to organise and structure their day. Planned activities can enhance the person’s sense of dignity and self-esteem by giving more purpose and meaning to his or her life.

Activities structure time. They can make the best of a person’s abilities, enhance quality of life and facilitate relaxation.

Engaging in activities can also reduce behaviour like walking about or agitation.

It can be helpful when finding activities for a person with dementia to think of the three Rs: role, repetition and routine.

A role is something a person does regularly that contributes to their home life. To identify the role, ask ‘what are some roles that the person used to do, or still manages, but maybe only just?’ and think about how you could modify the role to work with the person now.

The idea is that with repetition, the role will become a routine, which you can do as often as necessary or as many times as you can at regular intervals and at the best time of the day for the person with dementia.

Simple ways to make roles, routines and activities easier for the person living with dementia are to make all the items needed accessible and visible, and to use labels, for example broom cupboard, breakfast items, laundry to be folded.

When two routines can occur together, the presence of one can help to bring the other to mind. You can try combining the routines of taking tablets and eating breakfast or sweeping the path and preparing lunch.

IDENTIFY SOME ROLES THAT THE PERSON USED TO PLAY, AND THINK ABOUT HOW YOU COULD MODIFY THE ROLE TO WORK NOW.

MORE INFO

For more information about education offered by Alzheimer’s Australia NSW, see page 16.
RESEARCH

ALZHEIMER’S DRUG TRIALS

A NEW PHASE TWO CLINICAL TRIAL LOOKING AT THE EFFICACY OF A DRUG CALLED ANAVEX 2-73 IS SET TO BEGIN AT THE ALFRED HOSPITAL IN VICTORIA.

Anavex 2-73 is designed to relieve the symptoms and slow the progression of Alzheimer’s disease by blocking Tau and amyloid-beta proteins, preventing the oxidative stress and cell death seen in the brains of people with Alzheimer’s disease.

The phase two trial will assess 32 people with mild-to-moderate Alzheimer’s disease, to determine the maximum tolerated dose of the drug while assessing participants’ resulting cognitive skill, blood results and brain scans.

Associate Professor Stephen Macfarlane, Director of Aged Psychiatry at The Alfred Hospital, is leading the Australian trial and said that Anavex 2-73 aims to protect the brain, helping nerve cells live longer and assisting with the removal of amyloid plaque, which builds up in the brains of people with Alzheimer’s disease.

“It’s really important to have a drug that can both relieve symptoms and slow the disease progression,” Macfarlane said. “If you just slow down what would otherwise be a decline over seven to 10 years, people might survive for longer, but their quality of life won’t be improved.”

The phase two trial is being fast-tracked and results could be known within the year. If results are promising, a larger phase-three trial will involve thousands of participants across the country. Alzheimer’s Australia recommends consulting your health professional before taking part in clinical trials.

Visit the Dementia Research Foundation research website for detailed information and questions to ask before participating in a research trial.
W: dementiaresearchfoundation.org.au

COMMON PRESCRIPTION MEDICATIONS LINKED TO DEMENTIA

Anticholinergic medications include hay fever tablets, sleeping pills, asthma drugs and anti-depressants. They block a neurotransmitter called acetylcholine, which is involved in transmitting information between nerve cells. A common side effect is memory loss, which is considered reversible on discontinuation of the medication.

However, a new US study published in JAMA Internal Medicine suggests that higher doses of prescription anticholinergic medications, combined with prolonged use, are linked to dementia risk in older people.

It is important to stress that the current results do not suggest that these medications cause dementia, nor does it suggest that a specific type of anticholinergic medication is linked to a higher risk. More research is required to answer these questions.

If you are taking these medications and are concerned about their potential impacts on brain health and dementia risk, speak to a doctor about alternatives, rather than ceasing taking the medication.

Source: JAMA Internal Medicine archinte.jamanetwork.com

For more information on dementia risk reduction strategies, visit the Your Brain Matters website.
W: yourbrainmatters.org.au
BRAIN CELLS MAY PREVENT DEMENTIA
Researchers from Stanford University’s School of Medicine have found that fully functioning microglia can prevent neurodegeneration in mice. Microglia are supportive brain cells that constitute approximately 10 to 15 per cent of total brain cells and assist in maintaining normal brain function. When microglia lose their ability to function, amyloid beta proteins can build up in the brain, inducing toxic inflammation that may lead to Alzheimer’s disease.

Degeneration of microglia is predominately due to a protein known as EP2. Blocking the action of EP2 restores the ability of microglia to reduce brain inflammation and clear the toxic markers that cause cell death, preventing cognitive decline in Alzheimer’s-afflicted mice.

The Alzheimer’s Australia Dementia Research Foundation is currently funding a two-year research fellowship to explore the interaction of microglia and amyloid beta, particularly in relation to those who already have Alzheimer’s disease.

Source: Journal of Clinical Investigation jci.org

BRAIN TRAINING MODERATELY EFFECTIVE
A recent review of scientific literature by Australian researchers has found that computerised brain training is only modestly effective at improving cognitive performance in healthy adults.

This finding was published in PLOS Medicine by Associate Professor Michael Valenzuela and his colleagues from the Brain and Mind Research Institute at the University of Sydney.

The researchers are now planning additional research into computerised brain-training, and Associate Professor Valenzuela was awarded $700,000 to lead a clinical trial to determine whether intensive computerised training can stop the progress of cognitive decline and the onset of dementia.

Source: PLOS Medicine plosmedicine.org

HEIGHT AND DEMENTIA RISK
Researchers recently analysed more than 180,000 British medical records from 1994 to 2008 across 18 different population cohort studies. When the researchers looked specifically at the 1093 deaths attributed to dementia, they found that height was associated with a more favourable risk factor profile in both men and women, but it’s likely the link is correlative, rather than causative.

“Short height in itself of course does not ‘cause’ dementia,” explains senior researcher on the study Dr David Batty. “Rather, height captures a number of early life factors, including early-life illness, adversity, poor nutrition and psychosocial stress, and so allows us to examine the effect of these factors on dementia more closely.”

The researchers cited evidence from previous studies showing that shorter stature is related to an increased risk of cardiovascular disease, which is also linked to dementia risk. They are now planning to assess the role of hormones, specifically IGF-1, in dementia risk.

Source: British Journal of Psychiatry bjp.rcpsych.org

WHILE BRAIN TRAINING CAN IMPROVE MEMORY AND SPEED, IT DOESN’T SEEM TO HAVE AN IMPACT ON ATTENTION OR EXECUTIVE FUNCTIONS SUCH AS IMPULSE CONTROL, PLANNING AND PROBLEM SOLVING.

CALL FOR PARTICIPANTS – FALLS RESEARCH
Researchers at Neuroscience Research Australia are investigating whether a tailored exercise and hazard-reduction program can reduce the rate of falls in older people with cognitive impairment or dementia living at home. Falls are the leading cause of injury-related hospitalisation for people aged over 65, and people with dementia or impaired cognition have twice the falls risk of the general population. There are no proven strategies to prevent falls for people with dementia.

The team of occupational therapy and physiotherapy researchers, led by Professor Jacqui Close are looking for people with dementia and their carers to be involved in the study, which goes for 12 months. The study is able to enrol people from the inner city, eastern, southern and northern Sydney metropolitan areas, and is not limited by Local Health District boundaries.

To find out more, contact Sandra O’Rourke
T: (02) 9399 1851

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New research suggests that playing a musical instrument during adulthood is associated with reduced risk of cognitive impairment and dementia. Researchers analysed data from 157 sets of twins, with one in each pair having been diagnosed with a form of dementia or a cognitive impairment, allowing researchers to control for genetic and environmental factors to determine risk factors unique to the twin with dementia, as well as protective factors exclusive to the healthy twin.

Of the 157 sets of twins, 31 individuals identified that they played musical instruments, and 27 of these were cognitively healthy while four had dementia. Analysis (controlling for gender, education, and physical activity) found that participants who played an instrument in older adulthood had a 64 per cent lower likelihood of developing a cognitive impairment. This result provides evidence that learning a new hobby (such as a musical instrument) may reduce dementia risk. For more information about dementia risk reduction strategies please visit www.yourbrainmatters.org.au

Source: International Journal of Alzheimer’s Disease hindawi.com/journals/ijad/

**APP DEVELOPMENT – LEND A HAND**
The Dementia Collaborative Research Centre-Assessment and Better Care (DCRC-ABC) at UNSW is seeking consultation with experienced carers to guide the development of an App to support family carers in the management of behaviour.

Taking part would involve a brief group or individual discussion with Kim Burns and Ranmalie Jayasinha from the DCRC team.

Consultation can be conducted at a time convenient to carers. Information gathered will not be linked to any individual. For more information, or to take part, contact Kim Burns. E: k.burns@unsw.edu.au
AGED CARE CHANGES

RECENT LARGE-SCALE CHANGES HAVE BEEN MADE TO BOTH RESIDENTIAL AND COMMUNITY AGED CARE, INCLUDING CLIENT CONTRIBUTION CHANGES.

BRENDAN MOORE, GENERAL MANAGER – POLICY, RESEARCH AND INFORMATION, ALZHEIMER’S AUSTRALIA NSW

INFORMATION, ACCESS AND ASSESSMENT
My Aged Care commenced operating in July 2013 with a website and telephone contact centre. At this stage it is working as a central source of information for people to contact and access the services they need. W: www.myagedcare.gov.au
T: 1800 200 422

Access to residential and packaged care remains through Aged Care Assessment Teams. It is proposed that future developments of the My Aged Care service will see it manage screening, assessment, client records, service matching and electronic referrals.

Access to the Home and Community Care Program and National Respite for Carers Program remains unchanged, and you can self-refer or refer others to organisations that provide these services. Again, the My Aged Care service can help you locate these services in your area.

The National Dementia Helpline remains unchanged. You can contact the Helpline at any time, and it isn’t just for emergencies or times of crisis. You can call for information or queries you may have.

RESIDENTIAL AGED CARE
The distinction between low and high care in Residential Aged Care (formerly called hostel and nursing home) has been removed.

Bonds on low-care beds and daily charges have been replaced by a combination of basic daily fees, a means-tested care fee and accommodation payments. Everyone’s circumstances will be different depending on their income and assets and you may wish to access advice from a service that specialises in this area. The Australian Government regulates the costs you may have to pay; it is not a decision the aged care provider makes. More information is available on the My Aged Care website. W: www.myagedcare.gov.au/financial-and-legal/aged-care-homes-costs-explained

A dementia supplement in residential aged care was a feature of the aged care reforms, however, in June 2014 the Government stopped this without warning. Alzheimer’s Australia continues to advocate for people with dementia in residential aged care and for the reinstatement of a program that achieves the Government objectives of supporting the individual residents who have very high behaviour support needs.

COMMUNITY AND IN-HOME CARE
Community Aged Care Packages and Extended Aged Care in the Home packages have been replaced by a four-level system of Home Care Packages – one being the lowest level and four being the highest. Each of the four levels includes a supplement for dementia that equates to 10 per cent of the value of the Home Care Package. For example, the Level 1 package subsidy paid to the aged care provider is $21.43 per day, with an additional $2.14 per day paid in the form of a Dementia and Cognition Supplement.

New Home Care Package clients from 1 July 2014 are now subject to an income test to determine their individual fee. A basic daily fee of 17.5 per cent of the single basic Age Pension will remain in place as a minimum contribution.

The income test will determine whether you need to make a higher payment. The Australian Government, not the aged care provider, regulates the costs.

More information is available on the My Aged Care website. W: www.myagedcare.gov.au/help-home-costs-explained

Since 1 August 2013, all new Home Care Packages must have been delivered on a consumer-directed care (CDC) basis. Packages allocated prior to 1 August 2013 are not subject to this requirement until 1 July 2015, so you may find variation until that date. CDC means that you should have greater choice, control and flexibility in the types of care and support you receive, who delivers it and when. Packages are still allocated to providers, not to the client, so you can’t change who manages your package easily.

There are no changes to the Home and Community Care Program, National Respite for Carers Program, Day Therapy Centres Program and Assistance with Care and Housing for the Aged Program until 1 July 2015.

GET IN TOUCH
This article is the first in a series that will inform people with dementia, their carers and families about changes to aged care and dementia services. To suggest topics for discussion in future editions, contact Brendan Moore.
E: brendan.moore@alzheimers.org.au

NATIONAL DEMENTIA HELPLINE
The National Dementia Helpline remains unchanged. You can contact the Helpline at any time, and it isn’t just for emergencies or times of crises.
T: 1800 100 500
E: nsw.helpline@alzheimers.org.au

POLICY UPDATE

AUTUMN 2015 IN TOUCH
COMMUNITY EVENTS

OPPORTUNITIES FOR PEOPLE WITH DEMENTIA, THEIR CARERS AND FAMILIES TO SOCIALISE, BUILD SUPPORT NETWORKS AND LEARN.

FORSTER YOUNGER ONSET DEMENTIA ACTIVITY AND SUPPORT GROUP
13 April Krambach Pub, 11am
11 May Rainforest Walk to beach: 10am, Lunch at The Bunker, Tailwoods Golf Club: 12pm
1 June Manning Regional Art Gallery, 10am; Sailo’s Taree Aquatic Club, 12pm
Ellen Brown 0407 049 178

COFFEE AND CHAT
Bermagui (Saltwater Café) 7 April, 5 May, 2 June: 10am – 11.30am
Merimbula (Dolphin Room, Club Sapphire) 14 April, 12 May, 9 June:10am – 12pm
Cooma (Werri-Nina Centre) 28 April, 26 May, 23 June: 10:30am – 12:30pm
Bredbo (Snowy Mountains Gourmet Food) 14 April, 9 June: 10am – 12pm
Jindabyne (Parc Café, National Parks Building) 1 April, 3 June: 10am – 12pm
Verity Jackson (02) 6584 7444

Batemans Bay (Batemans Bay Community Centre) 1 April, 6 May, 3 June: 10.30am – 12pm
Gaye Finch (02) 4474 3843

Crookwell and District 15 April, 13 May, 10 June: 10.30am – 12pm
Bundanoon 2 April, 7 May, 4 June: 10:30am – 12pm
Bowral 16 April, 21 May, 18 June: 10:30am – 12pm
Jane Bushell (02) 4869 5651
Port Macquarie 23 April, 28 May, 25 June
Port Macquarie dinner group 14 April, 9 June
Laurieton 24 April, 22 May, 26 June
Laurieton lunch group 9 April, 11 June, 13 August
Kath Storey (02) 6584 7444

YOUNGER ONSET DEMENTIA GROUPS
Younger Onset Dementia cafe: Newcastle Cruising Yacht Club
1 April, 6 May, 3 June
6 – 7.30pm
Clare or Deb (02) 4962 7000

Milton Younger Onset Dementia support group: Yatte Yattah nursery
22 April, 27 May, 24 June: 10am
Sandra Kay (02) 8875 4694

Fairy Meadow Younger Onset Dementia support group 7 May, 2 July: 10am
Kate Troy (02) 4220 8706

CAFÉ CONNECT
Coffs Harbour 15 April, 20 May, 17 June
Marg Coutts (02) 6651 7101
Maitland (Maitland Park Bowling Club Bistro) 16 April, 21 May, 18 June: 11am – 12.30pm
(02) 4962 7000

Nelson Bay (Little Nel Cafe at The Nelson Resort) 9 April, 14 May, 11 June: 9.30 – 11am
(02) 4962 7000

Toronto (Toronto Workers Club) 23 April, 28 May, 25 June: 10am – 12pm
(02) 4962 7000

Warners Bay (Warners at the Bay) 1 April, 6 May, 3 June: 10 – 11.30am
(02) 4962 7000

Raymond Terrace (Cravings Café) 23 April, 28 May, 25 June
10am – 11.30am
Miriam Low (02) 4962 7000

St George (Cafe Brasserie Beverley Park Golf Club) 21 April, 19 May, 16 June: 10 – 11:30am

Sutherland Shire (Camelia Gardens Tea House) 28 April, 26 May, 23 June
9:30 – 11am
Julie Sinnis (02) 9531 1928

‘SPOTLIGHT ON DEMENTIA’ ONE-DAY FORUM
Ryde Eastwood Leagues Club 28 May
Lynn Silverstone
T: (02) 9998 2915
E: Lynn@ccnb.com.au

RUNNING EVENTS
New Run: 18-19 April
Sydney Morning Herald half marathon: 17 May
Sydney Harbour 5 and 10km: 12 July
City2Surf: 9 August
Blackmores Sydney Running Festival: 20 September
Color Run Wollongong: 24 May
Color Run Newcastle: 28 June
Lucie Barney
T: 02 8875 4625
E: lucie.barney@alzheimers.org.au

ACTIVITIES WORKSHOPS
Art and music: Liverpool: 21 April
Mount druitt: 20 May
Technology and reminiscence Narellan: 17 June
Nepean: 21 July
Nina Catalano
T: (02) 8875 4645

The Alzheimer’s Australia NSW Memory Van raises awareness of the importance of brain health, and provides information on dementia, for people living with dementia and their families, service providers and the community.

MEMORY VAN

THE VAN ALSO VISITED:
○ Harden ○ Murrumbateman ○ Queanbeyan ○ Braidwood ○ Bungendore ○ Yass ○ Boorowa ○ Young ○ Lavington ○ Albury ○ Bankstown ○ Omeira ○ Cootamundra ○ Coogee ○ Forster ○ Croydon Park ○ Wollongong

GUNNING
OLYMPIC PARK KIAMA
POINTE DUME
GLACIER pointe
LARCHMERE
STATION BAY
TEMPLETON
URANIA STATION
WYALONG
ABERFELDY
MONAVALE
WYALING
BROOKVALE
CARPENTARIA
AMBERLY
WYALING
BROOKVALE
CARPENTARIA
AMBERLY

14 IN TOUCH AUTUMN 2015
SPREADING THE WORD

ALZHEIMER’S AUSTRALIA NSW DEMENTIA ADVOCATES WORK TO RAISE AWARENESS ABOUT DEMENTIA IN THE COMMUNITY AND MEDIA.

IMELDA GILMORE

Imelda Gilmore (right) is a Dementia Advocate for Alzheimer’s Australia NSW, and is married to Graham (left), who lives with younger onset dementia.

Graham and I began the Living with Memory Loss program in May 2012, and it wasn’t long before I became aware that Graham and I have a story to tell. Not only that, the story needs to be heard by carers, government and service providers, and a community that stigmatises and hides dementia.

We heard that there could be media organisations looking to speak to couples like us and agreed to do this. As the next year passed, there were media interviews and Graham and I began talking more openly to friends. We were even more open with medical professionals about what we were experiencing, where we were being let down and where changes could make a difference to how well I could care for Graham.

When Graham’s illness began to pick up momentum he moved to residential care, where he has now been for 16 months. As I gradually handed over the larger portion of my caring role, I had more time available. It remains my desire to honour the man I love and continue with our agreed intention of telling our story.

I enjoy taking part in fundraisers and I keep my eye out for research projects. It doesn’t take long to complete surveys and our contribution is essential to the validity of the data. I look for opportunities to support initiatives to lobby government. I’ve been able to sit on a Consumer Advisory Group, and it’s been affirming and encouraging to see that I do have a voice and people are listening.

I’ve been able to contribute by speaking at workshops, forums and other Alzheimer’s Australia NSW events. Equally importantly, I talk to anyone who will listen about the reality of the disease, rather than the myths. Graham and I see ourselves as very ordinary people and at first I was surprised that anyone would be interested in our story. However, I’ve felt validated and listened to, and I believe we’ve made a positive contribution to the community.

Whoever you are, whatever your experience is, don’t be afraid to share your story and join the fight; we can contribute to providing a better world for those whose world is slipping away. It’s rewarding and it helps us to feel less isolated. Most importantly, every story adds to the knowledge base that will help our communities to become dementia-friendly, and every story makes a vital contribution to the research that will one day provide the key to unlock the door to the cure.

Q & A

HELEN JAMES

Q Why did you become a dementia advocate?

When my husband Gordon was diagnosed with frontotemporal dementia, I knew nothing about this cruel and debilitating disease. I learned there was no cure. I then wondered how we could turn a negative situation into a positive one and decided the best way was to share our story to increase the awareness of dementia among friends, family and the community to remove the stigma and mystery surrounding this disease.

Q What one thing is important for carers to hear?

It’s important to encourage and empower carers of loved ones with dementia so that they gain knowledge and support to assist them on this really rough journey we are all on.

It’s all about living one day at a time and ensuring we focus on what we can do, rather than what we can’t do.

Q What would you say to someone who was considering becoming a Dementia Advocate?

We all need to recognise that we are not alone in this. We need to share our stories to help others in similar situations.

BECOME AN ADVOCATE

If you would like to be a Dementia Advocate please contact Jo-Ann Brown or visit the Fight Dementia website. T: (02) 9875 4636 | E: jo-ann.brown@alzheimers.org.au W: nsw.fightdementia.org.au/nsw/support-us/dementia-advocates-program
**EDUCATION**

**ALZHEIMER’S AUSTRALIA NSW COURSES**

The Alzheimer’s Australia NSW Education Program offers courses for care workers, family carers and volunteers.

### CARE WORKER COURSES - FEES APPLY

**Experiencing Dementia & Challenging Perceptions of Behaviour Associated with Dementia**
- North Ryde: 25 Jun
- Macksville: 30 Jun

**Challenging Perceptions of Behaviour Associated with Dementia**
- Tamworth: 22 Apr
- Ballina: 21 May

**Understanding Dementia**
- Forster: 26 May

**Communicating with a Person with Dementia**
- Tamworth: 22 Apr

**A Positive Approach to Understanding Dementia, Effective Communication and Behaviour Changes**
- Newcastle: 22 Jul

**Meaningful Engagement in Leisure Activities**
- North Ryde: 22 Apr

**Discover the Person, Not the Disease and Communicating with a Person Living with Dementia**
- Newcastle: 29 Apr
  - North Ryde: 20 May

**Working with Families**
- North Ryde: 24 Mar
  - Batemans Bay: 23 April

### FAMILY CARER EDUCATION

**One Day Carer Education**
- Holbrook: 28 April
- Henty: 29 April
- Corowa: 30 April
- Newcastle: 12 May, 11 Aug., 27 Oct, 10 Nov
- Albury: 27 Apr
- Tea Gardens: 10 Jun
- Forster: 20 Aug

**Two Day Carer Education**
- Dapto: 12, 19 May

**Family and Friends**
- North Ryde: 29 Apr, 20 Aug

**Four-evening Carer Education**
- North Ryde: 12, 19, 26 May, 2 Jun
- Sylvania: 15, 22, 29 Jun, 6 Jul;
  - 12, 19, 26 Oct, 2 Nov

**Emotional Impact and Stress Management**
- Moruya: 21 April

**Effective Communication and Responding to Changed Behaviour**
- Batemans Bay: 22 April

**Interacting with a person with dementia**
- Newcastle: 12 Aug
  - North Ryde: 6 May, 15 July, 15 Oct

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

### SUPPORT GROUP LEADERS’ WORKSHOPS

**Introduction to Group Work Leadership**
- Albury: 18-19 May
- Kiama: 25-26 May
- North Ryde: 20-21 Jul

**Advanced Group Leadership**
- North Ryde: 21 Apr
- Queanbeyan: 1 Jun
- Newcastle: 23 Jun
- Albury: 27 Oct

**Loss & Grief in a Carer Support Group**
- North Ryde: 4-5 May, 7-8 Oct
- Newcastle: 24-25 Nov

**Group Leaders’ Forum (for current, experienced group leaders)**
- Carer Coaching
  - Port Macquarie: 27 Apr
  - Nowra: 16 Jun

**Working with Guilt**
- Newcastle: 4 Aug
  - Port Macquarie: 25 Aug
  - North Ryde: 8 Sept
  - Queanbeyan: 9 Nov

**Facilitating Aboriginal and Torres Strait Islander Yarning Circles**
- Armidale: 8 Apr

For information contact Leanne Norman.
T: (02) 8875 4682
E: groupdevelopmentnsw@alzheimers.org.au

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**DEMENTIA NEWS**

**UNRAVEL THE SCIENCE BEHIND DEMENTIA RESEARCH**

Subscribe today via our website to receive this free e-resource.
DementiaResearchFoundation.org.au

Understand. Discuss. Participate.
Q I’m really struggling to occupy my husband now he has dementia. Do you have any ideas about any activities he can do?

Encouraging your husband to have responsibilities in the household can help to make him feel useful. Simple skills such as sweeping the drive, buttering bread, folding the washing, watering the garden or raking the grass can help to ensure that this happens.

Call the National Dementia Helpline and one of our telephone counsellors can address your specific need. They will explore your husband’s interests and be able to suggest ideas for what may help to relax your mum or make her feel more secure.

Q Lately my mother has been telling my children stories about our family, but some are not true. When I try to correct her she gets agitated and upset. Why?

Your mother may have forgotten some of the details of the story and, rather than try to bring her back to our reality, you could try validating what she says. This can result in a much more positive experience. You can develop empathy with your mum, and build trust and a sense of security, which can reduce her anxiety and agitation.

While validation involves lying to the person with dementia, it also avoids challenging his or her reality, which can create further confusion.

Q Can physical exercise reduce the risk of developing dementia? Can physical exercise help people with dementia?

Physical exercise is an important part of any healthy lifestyle, contributing to general fitness, muscle control and coordination, and to a general sense of wellbeing.

Physical exercise is also essential for maintaining adequate blood flow to the brain and may stimulate brain cell growth and survival.

Exercise is therefore one of the factors that researchers are considering for its role in reducing the risk of developing dementia and for the benefits it offers to people with dementia. Of course, you should always consult your doctor before starting any exercise program, particularly where there are other illnesses or disabilities to consider.

If you have questions about dementia, contact the Alzheimer’s Australia National Dementia Helpline counsellors.
T: 1800 100 500
E: nsw.helpline@alzheimers.org.au

30th International Conference of Alzheimer’s Disease International
Care, Cure and the Dementia Experience - A Global Challenge

Register Now
15 - 18 April 2015, Perth, Australia

www.alzint.org/2015

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FUNDRAISING

ROLLING OUT THE RED CARPET

THE RECENT FILM STILL ALICE DREW PAINFUL PARALLELS WITH COMMUNITY FUNDRAISER JACQUI’S EXPERIENCE. JACQUI WAS COMPELLED TO ACT, ORGANISING A MOVIE FUNDRAISER FOR ALZHEIMER’S AUSTRALIA NSW.

In August 2013, Jacqui’s father Nigel Robert Louez passed away from Alzheimer’s disease.

“It was a long and intense journey, and one that my mum and I would not have navigated if not for the support and guidance from organisations like Alzheimer’s Australia NSW,” Jacqui says. Jacqui and her mother wanted to raise money for Alzheimer’s Australia NSW, and an opportunity presented itself when the remarkable film Still Alice was released.

“The film is a touching account of somebody diagnosed with Alzheimer’s disease. I’m fortunate to have old colleagues in the film world who have been incredibly helpful on account of knowing how much the cause means to me, and who demonstrated incredible support to make a private screening possible,” Jacqui says. “My dear friend who is more like a surrogate sister, actress Kate Bosworth, stars in the film and took the role partly due to what we all experienced with dad, whom she loved very much. I saw the film for the first time on the night and, as the film has added meaning for our family, it was an especially emotional evening.”

The lead-up to the event was a busy time, with Jacqui selling 200 tickets among friends and family. Event Cinemas donated sparkling wine for guests, and Kate Bosworth organised a poster signed by the cast, which was auctioned on the night.

“İ’ve been amazed at how generous people can be when you are raising money for such a good cause, and a personal one at that,” she says. “I hoped the fundraising would be successful and we would raise as much money as possible for Alzheimer’s Australia NSW. The screening was held in honour of my dad but the money raised is for the benefit of everyone living the Alzheimer’s journey. Our hearts are with you.”

Alzheimer’s Australia NSW thanks Jacqui and everyone involved for their amazing efforts in raising more than $5000. If you would like to fundraise for Alzheimer’s Australia NSW, contact Lucie Barney.

T: (02) 8875 4625 E: lucie.barney@alzheimers.org.au

JOIN THE FIGHT

There are many ways to fight dementia:
• Hold an event through our community fundraising program
• Become a regular giver as a Dementia Fighter
• Donate through your workplace
• Request donations in lieu of gifts for celebrations
• Leave a bequest
• Volunteer

To find out more, contact Alzheimer’s Australia NSW.

T: 1300 636 679
E: nsw.fundraising@alzheimers.org.au

BEQUESTS

To meet the growing demand for services, please consider leaving a gift in your will. Helping in this very special way will allow Alzheimer’s Australia NSW to continue to provide the vital support, education services and research to people with dementia, carers and families.

Anyone considering this should also consult a solicitor or a Trustee Company. For a confidential discussion, please contact Alzheimer’s Australia NSW Bequest Executive Karen Carran.

T: (02) 8875 4639
E: karen.carran@alzheimers.org.au

 Jacqui (centre) raised more than $5000 for Alzheimer’s Australia NSW, with a little help from some high-profile friends.
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.

A
Anna Arciero
George Arthur Austin
Dorothy Baber (Nee Fiddes)

Thelma Rose Gibson (Nee Croxon)
June Laurel Godwin
Theodora Valetta Green
Mavis Greenhalgh

B
Rae Winifred Backus
Solomon Matthew Bard
Silvana Bianco
Hilda Bloxham
Monica Margaret Bowen
Gloria Wanda Boyce-Monaghan
Robert Bradbury
Clyde John Thomas Bruce
Carmine Bucciarelli
Maximo Arnaldo Buch
Margaret Burns
Richard Henry Robert Butcher

C
Thomas Noel Cappie-Wood
Sara Carchidi
Dulcie May Catterall
Zena Mary Charlton
Doreen Charnock
Kenneth Chivers
Maria Coelho
Doreen Coles
Roddam John Cooper
Laurence Counsel
AJ (Tony) Cram

D
Maisie Daines
Ronald Charles Day
Evelyn Diamond
James Dixon
Rae Doenau
Iris Doyle

E
Ruth Merle Edwards
John Evgenikos

F
Shirley Ann Fawcett
Sergei Nikolaevich Feodosiu
Patricia Fiander
John Sylvester Fitzpatrick
David Fortune
Margaret Foster
Jan Fredericks

G
Elise May Galvin
Helen Mary Garner
Flo Gauci
Rosalia Gennusa

Adrienne Parkee
June Audrey Parkes
Beverley Elaine Parkes
Marie Therese Paul (Nee Denlay)
Pamela Pearson
Margaret Phillips
Elena Pittiglio
Ross Plews
Harry Plumridge
Ernie Preston

R
Colleen Anna Redshaw
Patricia Rees
Jessie Reid Byrne
Vincenzo Risso
Patricia Roberts
Gwenellen Ryder

S
Konstantinos Serassios
Con Skouras
Jackie Standford
Connie Stylianidis
Pam Sunnucks
Frank Sutherland

T
Mavis Lillian Taber (Nee Naylor)
Guiseppina Tortora

U
Ronald William Upton

V
Leonarda Vasta
Giuseppe Viola

W
Barbara Joan Wallace
Sarah Joan Westren
Phyllis Norma Wheatley
Margery Patricia Whitbourn
Jimmy White
William Joseph White
Robert Henry Wood

Alzheimer’s Australia NSW 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.
LIBRARY RESOURCES
THE ALZHEIMER’S AUSTRALIA NSW LIBRARY OFFERS FREE LOANS OF BOOKS,
DVDS AND OTHER RESOURCES TO MEMBERS THROUGHOUT THE STATE.
HERE ARE REVIEWS OF SOME OF THE ITEMS AVAILABLE AT THE MOMENT.

BOOKS
The hen that laid the golden omelette: a guide to art classes for people with dementia – the experiences and learning of two volunteers over 10 years
Barbara Davison and Barbara Potter
Even when the memory and senses fail, people with dementia may experience the joy of creativity through watercolour painting. This is the liberating message of Barbara Davison and Barbara Potter’s inspiring Sefton Art Project.
In The Hen that Laid the Golden Omelette, they outline the philosophy and techniques that evolved during their 10 years of assisting people with dementia to express themselves in watercolour.
Illustrated with the exuberant and moving images of the artists themselves, this book challenges the assumption that people with dementia can no longer live productive lives and offers practical advice to those who may follow in their path.
Live and laugh with dementia: the essential guide to maximising quality of life
Dr Lee-Fay Low
An easy-to-read book that highlights the importance of all of us remaining involved in physical and mental activities to keep our brains healthy and fit as we age. It outlines the many different ways the brain functions and shows how dementia may affect these abilities.
Dr Low provides practical strategies and tips on topics such as whether it is okay to lie to the person with dementia, how to present activities, communicating more effectively, how to maintain friendships and connections, and how to involve family and friends.
Useful case studies offer examples of interactions between a person with dementia and their carer, and provide positive ways to respond in similar situations.
This book is based on research and scientific evidence, as well as Dr Low’s many years of experience working with people with dementia and their carers.
Reviewed by Alzheimer’s Australia NSW educator Pam Davis.
Activities for older people in care homes: a handbook for successful activity planning
Sarah Crockett
This activities book is useful and very readable, as the author draws on her own experiences as leisure staff in residential and community aged care. The book is written for the UK environment but easily adapts to our own. I would recommend this book to people starting out in this profession and doing creative activities with clients in aged care. It has chapters on planning, art and craft, and cooking, as well as extensive discussions of appropriate exercise, outings, spirituality, theme days and sensory activities.
The reference section is a useful guide to other books on activities and dementia. This would be a great book for a student studying aged care or leisure and lifestyle.
Reviewed by Alzheimer’s Australia NSW diversional therapist Lauretta Kaldor.
Strengthen your mind: activities for people with early memory loss
Kristen Einberger and Janelle Sellick
If you are running out of ideas for quizzes for your groups, this book will give you ideas and topics to try. The quizzes are aimed at providing stimulation of long-term memory using prompts of the different senses.
The approach is light-hearted and promotes fun and socialisation. This book would also be a valuable tool for people with early memory loss.

REVIEW AN ITEM
We’d love to hear what you think of the library resources. Submit a review, and we’ll choose a few for publication in each issue. Post or email your reviews to Sonia Byrnes, including your full name and suburb. E: Sonia.Byrnes@alzheimers.org.au P: Sonia Byrnes, PO Box 6042, North Ryde NSW 2113