

HAVE YOU SEEN OUR NEW PROMOTIONAL VAN AROUND THE NT?



ALZHEIMER'S AND DEMENTIA AUSTRALIA AND HOPE

CEO REPORT

CONTENTS

From the CE	2
Show Day Road Show	3
Upcoming Events	4
Dementia Awareness Month	5
Research & Development	7
Start2Talk	8
News	9
Puzzles	10
Our Services	11
Thank You	12

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Alice Springs Office: (08) 8952 9799

PO Box 1618, Alice Springs NT 0871
Shop 5 Cinema Complex, Todd Mall,
Alice Springs NT 0870

Consumer Advisory Group

Seeking new members! Meetings are held monthly. If you are interested, please call the Darwin Office.

National Dementia Helpline
1800 100 500

Australian Government Initiative
(interpreter service available)



**RAY
NORMAN AM**
Chief Executive

Dementia awareness month is upon us once again, this year emphasising Dementia Friendly Communities.

So! What can you do to foster dementia friendly communities? Communities and societies are made up of individuals, so if each individual understands a little more about dementia and shows a little more tolerance to people with impairments whether they are physical or psychological the world will be a better place.

Small actions can make a difference to people with dementia and help them to maintain their

dignity and self-respect. People with dementia want to be valued, to feel they are useful. They want to be active participants in their own lives. A diagnosis of dementia is not the end of quality of life; it does not mean automatically giving up your driver's licence. It does not mean the end of family life. An early diagnosis will enable planning to ensure a good quality of life for as long as possible. It will enable family and carers to learn how to give the best possible care.

We want to encourage communities to enable people with dementia to maintain a good quality of life. We want to encourage corporate organisations to recognise that many of their customers are vulnerable and may have a cognitive impairment but are still entitled to respect and dignity.

Alzheimer's Australia has resources available to help train staff to recognise and help a person with dementia. We would be happy to receive requests from corporations for short training sessions for their staff.

CREATING A DEMENTIA-FRIENDLY NATION



SHOW DAY ROAD SHOW

ALZHEIMER'S AUSTRALIA NT'S SHOW DAY ROAD TRIP

The first of July was an exciting day, Norma and Rod set off for Alice Springs, the beginning of an education and awareness project with our new promotional van. The fit out of which was only completed the night before. The project was to visit all the main shows in the NT. Alice Springs, Tennant Creek, Katherine and Darwin. Unfortunately we obtained the Van too late for the Fred's Pass Show. Visits were also made to many venues along the Stuart Highway including clinics.

The project proved to be a great success with over a thousand people interacting with us and about forty people having in depth, Help Line type of discussions. A large number of people showed interest in the exhibits as thousands of people walked passed our stalls during the month long show circuit.

Engagement with, and the level of interest shown by children in "Yorrick" the brain at all the shows was encouraging. It instigated great discussion not only in the parts and function of the brain but the need to care for it, wear seat belts and helmets etc. Yorrick was investigated and handled to the point where the skull had to be retired for repairs. Many parents appreciated the back-up or reinforcement from us regarding the benefits of eating a healthy diet and exercise.

Over the four shows a number of "fight dementia" T shirts were sold and \$330 was placed in the donation box.

The van itself was a pivotal focus of the road show with us being approached by people in the street including guests at the hotel car park at 6 am. It generated much interest and comment throughout the 3600km journey. The van is now informally known as the "nifty neuron"

The nifty neuron will be at the Masters Games in Alice Springs in October and we will have a display in the registration hall at the Games.

Photos from the Show

Darwin:



Minister Peter Styles and Gillian McQuinn



Checking out the display

Katherine:



Norma Sutcliffe and Dianne Maley



Norma Sutcliffe, Ray Norman, Dianne Maley

Tennant Creek:



CE Ray Norman at the show



Brr its a bit cold in Tennant Creek!



Chief Minister Adam Giles, Norma Sutcliffe and Rod Scarr



Nicole O'Connor

UPCOMING EVENTS

UPCOMING ALZHEIMER'S AUSTRALIA NT EDUCATION & TRAINING

Nationally Accredited CHCAC319A Dementia Care Essentials - Certificate III - 3 Day Module

This unit is ideal for all Health Care Workers in the area of dementia care in community and residential aged care settings.

Topics:

- What is dementia?
- Effective Communication
- Managing Behavioural & Psychological Symptoms of dementia
- Activities for someone with Dementia

Alice Springs:

- 14th - 16th October 2014

Tennant Creek:

- 27th - 29th October 2014

Nhulunbuy:

- 17th -19th November 2014

For more information or to register for the Dementia Care Essentials Certificate III please call Alzheimer's Australia NT on 08 8948 5228 or email nt.admin.d@alzheimers.org.au

Nationally Accredited CHCAC416A Dementia Care Essentials - Certificate IV - 3 Day Module

This unit is ideal for all Health Care Workers in the area of dementia care in community care and residential care settings, particularly those in leadership roles. This unit is a core module of the Certificate IV in Aged Care.

Topics:

- The profile of a person with dementia including BPSD's
- Support programs for a person with dementia
- Identifying effective leadership & teamwork elements
- Implementation & evaluation of a support program
- Identifying education needs of family and co-workers

Darwin:

- 24th - 26th November 2014

Katherine:

- 11th - 13th November 2014

Alice Springs:

- 2nd - 4th December 2014

For more information or to register for the Dementia Care Essentials Certificate IV please call Alzheimer's Australia NT on 08 8948 5228 or email nt.admin.d@alzheimers.org.au



CREATING A DEMENTIA-FRIENDLY NATION

SEPTEMBER DEMENTIA AWARENESS MONTH 2014

What is dementia-friendly?

A dementia-friendly community is a place where people are aware of and understand dementia, and people with dementia feel included, involved and have a choice and control over their day-to-day lives.

In a dementia-friendly community:

- People with dementia continue to be active participants in their own lives
- People with dementia can maintain a good quality of life following a diagnosis of dementia and have new opportunities available to them
- People are aware of and understand dementia
- People living with dementia are encouraged to live as independently as possible in their own communities while exercising their capacity to make choices for themselves.

A dementia-friendly community is a place where people living with dementia are supported to live a high quality of life with meaning, purpose and value.

We want communities across Australia to join us in creating a dementia-friendly nation.

To find out more about how you, your community or organisation can help create a dementia-friendly nation, visit fightdementia.org.au/nt

DEMENTIA AWARENESS MONTH

UPCOMING ALZHEIMER'S AUSTRALIA NT DEMENTIA AWARENESS MONTH EVENTS:

Alzheimer's Australia NT staff and volunteers will be out and about at a variety of community events this September, raising awareness about dementia. Please join us in creating dementia friendly communities.

Alice Springs:

Information stand at Yeperenye Shopping Centre

When: Friday 19th and 26th September 2014

Time: 10.30 am – 2.30pm.

Family, friends and carer group

When: Tuesday 16th September

Time: 10am-12pm.

Morning tea provided.

Darwin:

Pop Up info Booths



Hibiscus Shopping Centre

When: Wednesday 17th September 2014

Time: 10:30am - 1:30pm

Nightcliff Shopping Centre

When: Thursday 18th September 2014

Time: 10:30am - 1:30pm

Coolalinga Shopping Centre

When: Thursday 25th September 2014

Time: 10:30am - 1:30pm

Carer & Education Sessions

Valuing the Person

An Organisational Resource Enabling A Person-Centred Approach

Community Aged Care Providers are invited to attend a free information session to learn how Alzheimer's Australia's exciting new online resource, Valuing People, can help your organisation to achieve excellence in Person-Centred care.

This two hour session will introduce you to the Valuing People Person-Centred Framework that supports the organisation self-assessment tool. You will learn how to register your organisation, conduct the self-assessment and plan for change in your organisation.

When: Tuesday 16th September 2014

Where: Alzheimer's Australia NT Training Room

3/18 Bauhinia Street,
Nightcliff NT 0810

Time: 9am - 11am

To RSVP or for more information call 8948 5228 by Friday 12th September 2014

Aged Care Revolution (Professor Leon Flicker)

Aged Care Revolution presented by Professor Leon Flicker

Professor Flicker will discuss the demography of the ageing, changing clinical care models, the move from residential care to community care and the dominance of chronic neurodegenerative conditions with resultant changes required.

When: Monday 22nd September 2014

Where: Rydges Darwin Airport Resort

1 Sir Norman Brearley Dr,
Marrara NT 0819

Time: 2 - 4pm

Cost: AAG members: \$10.00

Non members: \$25.00

For more information or to register follow the link below.

<http://www.aag.asn.au/events/event/the-aged-care-revolution...>

Other Activities

Heart Foundation Walk

When: Monday 15th September 2014

Where: Meeting at Casuarina Shopping Centre, Opposite K Mart Tyre and Auto

Time: 7:25 am

Heart Foundation Walk

When: Friday 26th September 2014

Where: Meeting at the Information Booth at the Mitchell Centre

Time: 7:25 am

DEMENTIA AWARENESS MONTH

'Memories by the Sea' A Seaside Stroll and Morning Tea

Join us for a morning of memories and laughter.

Date: Tuesday 30th September

Time: 9am

Where: Starting at the Nightcliff Jetty

RSVP: Friday 26th September 2014

Call 8948 5228 or email

nt.admin.d@alzheimers.org.au



Bring It To The *Sunset* Table

Creating Dementia Friendly Communities

Alzheimer's Australia NT invites you to join us for a relaxing evening of pizza and pasta

Date: Wednesday 24th September 2014

Time: 5pm

Venue: Cucina Sotto Le Stelle - Pop up restaurant

Seabreeze Car Park,
Chapman Road, Nightcliff

Cost: \$30 per person (nibbles, pizza, pasta and dessert provided)

\$10 (6 - 15 years old)

Free (5 years and under)

BYO: Chair/rug and drinks

RSVP: 4pm Friday 19th September
Payment can be made via phone (8948 5228) or at the Alzheimer's Australia NT Nightcliff office



Dementia Awareness Month Event

Alzheimer's Australia NT - 8th Annual Tea Dance

Music, Dancing and Refreshments



When- Tuesday 23rd September 2014, 12noon to 2.30pm

Where- Greek Orthodox School Hall
Chapman Road, Nightcliff (opposite The Essington School)

Dress for our Carnivale theme
(prizes for the most flamboyant)



RSVP- Friday 19th September, call Alzheimers Australia NT on 8948 5228 or nt.admin.d@alzheimers.org.au

RESEARCH AND DEVELOPMENT

UPDATE: SPEAKING MULTIPLE LANGUAGES AND THE BENEFITS ON BRAIN HEALTH

A new longitudinal study in Scotland has shown that speaking two or more languages can have protective effect against cognitive decline. This study was recently published in the Journal, Annals of Neurology.

This study began in 1947 following 1,091 children aged around 11, who completed a bilingualism questionnaire that asked how many languages they knew, how often they spoke them and whether they spent more time reading another language or speaking it. Sixty years later, 853 of these participants, now aged between 70-75 years, underwent tests of cognition that focused on memory performance, mental processing speed, reading skills and verbal fluency.

So, what did they find?

Two hundred and sixty-two of the 853 participants who were tested in their 70s had reported being able to communicate in at least one language other than English when they were children. Compared to those who spoke only English, these participants had better performance on measures of reading, verbal fluency and general intelligence.

A couple of interesting points to note are that the researchers found that those who learnt another language during childhood

have higher scores on general intelligence tests compared to those who learnt another language during adulthood. Moreover, knowing three or more languages produced better results again compared to knowing only two.

Lead author, Dr Thomas Bak from the Centre for Cognitive Ageing and Cognitive Epidemiology at the University of Edinburgh said:

“Our study is the first to examine whether learning a second language impacts cognitive performance later in life while controlling for childhood intelligence.”

“These findings are of considerable practical relevance. Millions of people around the world acquire their second language later in life. Our study shows that bilingualism, even when acquired in adulthood, may benefit the ageing brain.”

Does speaking multiple languages reduce the risk of dementia?

This study has not yet been able to demonstrate differences in dementia risk between those monolingual and multilingual individuals. However, higher performance on the cognitive measures that were included in the study have been associated with lower risk of dementia in other studies, and there are a growing number of studies that suggest bilingualism may have a positive impact on cognition (see, for example, the dementia news article published on November 18, 2013 ‘Speaking multiple languages may delay onset of dementia’).

This article also discusses some of the reasons where this might be the case.

For more information on dementia risk reduction techniques please visit www.yourbrainmatters.org.au **Sources:**

Annals of Neurology - <http://onlinelibrary.wiley.com/doi/10.1002/ana.24158/abstract.jsessionid=8D80AC103F209D5BCDE1236D7B53B1.F01T02?systemMessage=Wiley+Online+Library+will+be+disrupted+Saturday%2C+7+June+from+10%3A00-15%3A00+BST+%2805%A-10%3A00+EDT%29+for+essential+maintenance>

Wiley Science News Room Press Release - http://www.eurekalert.org/pub_release/2014-06/w-st1052914.php

Articles from Edition 11 Dementia News 04 June 2014 by Alzheimer's Australia. To view in full go to <http://www.fightdementia.org.au/research-publication/dementia-news>



DEMENTIA NEWS
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DEMENTIARESEARCHFOUNDATION.ORG.AU



UNDERSTAND. DISCUSS. PARTICIPATE.

START2TALK

TAKE CONTROL NOW OF YOUR FUTURE CARE AND FINANCES

WHAT IS PLANNING AHEAD?

Planning ahead involves thinking about your future, and putting things in place so that your choices will be known and acted on if you cannot express these choices yourself at some time in the future. This may happen if you have a sudden accident, become very ill or develop a condition such as dementia that affects your memory and your planning ability. Planning ahead can include issues related to your health care, lifestyle or finances.

WHAT DOES PLANNING AHEAD INVOLVE?

STEP 1: START TO THINK ABOUT YOUR FUTURE

Get an understanding of your health conditions and how these might affect you in the future.

STEP 2: SORT OUT YOUR FINANCIAL ISSUES

Sort out your financial issues and organise someone else who can manage your affairs if you can't do this at some time in the future.

STEP 3: CHOOSE WHO WILL SPEAK FOR YOU

Make sure you have someone of your choice who will make decisions about your lifestyle and healthcare if you can't do this at some time in the future.

STEP 4: EXPRESS YOUR HEALTH AND CARE WISHES

Consider writing down your values and wishes in an advanced care plan and making sure you give copies to

your GP and to anyone who may be called on to make decisions on your behalf in the future.

STEP 5: DISCUSS YOUR WISHES AND PLANS

Talk to the person(s) who may end up making decisions for you about your values and wishes regarding the type of care and interventions you would want for yourself towards the end-of-life.

STEP 6: REVIEW YOUR WISHES AND PLANS

Continue these discussions over time as your wishes may change as your health and lifestyle changes.

HOW DO I START PLANNING AHEAD?

- Go to start2talk.org.au and take a look at the worksheet and resources available there.
- Talk to your loved ones about your wishes and show them information from the website.
- Talk to your GP. It may help to take the start2talk brochure along and tell them there is information for GPs on the start2talk website.

What's special about start2talk.org.au?

- The start2talk website is focused on meeting your needs - it is designed to address issues and concerns expressed by people in the Australian community.
- It not only provides information, it helps you to take action by walking you through the six steps to planning ahead:

- You can choose to complete the six steps online or print out our worksheets and complete them by

- If you register with the website you can save your worksheets online and go back and change them at any time. Registration is completely free.

- The website helps people who want to plan for themselves, and people who want to plan with or for someone else. It also provides information for health and community professionals.
- The website has comprehensive links to information about planning ahead for all States and Territories.

START2TALK ABOUT YOUR FUTURE

What would you do if a loved one lost their ability to make decisions for themselves, leaving you to work out what to do about their finances, their healthcare, their Will and other major issues affecting their future? How much easier would it be if they had discussed these issues with you beforehand?

If you lose the capacity to make your own decisions at some time in the future, would you want to leave your loved ones uncertain about how to make decisions for you? It would be better for you and for them to talk about your future now, while you still can.

But where do you begin when it comes to planning ahead? For many, it's a daunting and confusing task. That's why we have created the start2talk website. This practical resource offers a wealth of information about planning ahead, as well as practical worksheets and links to national and local resources around Australia. You can plan ahead for yourself, or help another person plan for themselves.

For more information or to download worksheets go to www.start2talk.org.au

CHANGES IN THE ORGANISATION



JESSICA LAM

Although Jessica was only with Alzheimer's Australia NT for a year, everyone in the office would say it feels like she has been with us for many more. In June this year Jessica said her farewell, as she returned home to native England. All the best for your future endeavours.



ROD SCARR

The time has come for me to bid farewell to what has been an extremely gratifying experience. The failing health of aging parents and imminent birth of our fourth grandson have combined to influence a decision to return 'home' to Port Macquarie in NSW. It has been a 'bitter sweet' decision as I thoroughly enjoy the work and interaction with clients and carers, and the team at Alzheimer's Australia NT (AlzANT) are one of the most committed, capable and congenial teams I have had the pleasure to work with. I have had the opportunity to be involved in a number of exciting achievements, the highlight being the development of the national Your Brain Matters (YBM) Aboriginal and Torres Strait Island (ATSI) community service campaign to raise awareness of dementia and related issues in the ATSI community. I rest comfortably in the knowledge that educational commitments will be more than adequately serviced by my colleagues, Norma Sutcliffe and Rufaro Nyamusara.

NEW STAFF



DOROTHY CHITEME

Hi my name is Dorothy Chiteme and I have recently joined the Client Services Team here at Alzheimer's Australia NT as a Dementia Advisor. So far it's been a great and valuable experience working in this role and I look forward to more exciting times with the team.



ALICIA TROY

Hi My name is Alicia Troy and I am a student at Palmerston Senior College. I have been with Alzheimer's Australia NT for the past couple of months, while completing my Certificate III in Business Administration. So far my time here has been enjoyable and I look forward to the times ahead.



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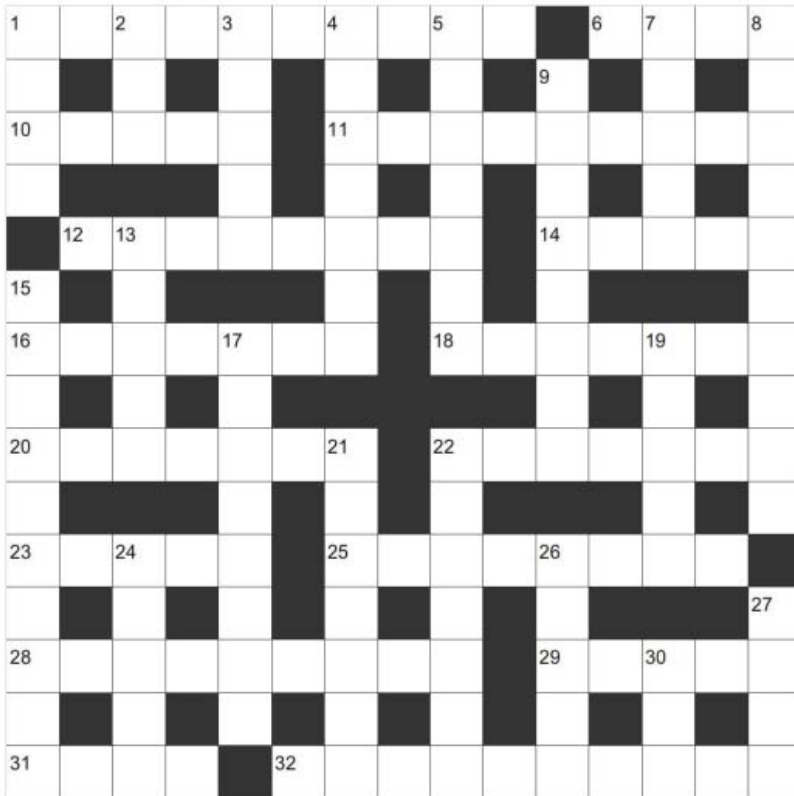
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PUZZLES

Cross Word



Across

1. Mental disease study
6. First man in space, ... Gagarin
10. Adult girl
11. Short weightlifting bars
12. Bear in mind
14. Paris cathedral, ... Dame
16. Pray
18. Spring onion
20. Showcase
22. Amid
23. Chrip
25. Devil-worshipper
28. military exercise
29. Emotional undercurrents
31. Conceal
32. Wall builder

Down

1. Cat's feet
2. Starchy tuber
3. Puts up (painting)
4. Totalled, ... to (5,2)
5. Comments
7. Dark
8. Examining officially
9. Copious
13. Chat-show hostess, ... Winfrey
15. Liking for sugar (5,5)
17. Routine
19. Gazes lustfully
21. More irritable
22. Of plants
24. Rectify (text)
26. Of shipping
27. Callous opportunist
30. Lad

R F R O S T O O B F Y
 E E T A N R E B I H M
 V S N S G H O R P R R
 I R E N I N E O N G O
 H E I V I W I A D S T
 S P A J O D R C R N S
 K P O O A L T U A T I
 I I D N D C G S T R H
 I L H E T E K N A L B
 N S C J U M P E R O O
 G R N E R H E A T E R

Word Search

Can you find the words below hidden in the puzzle.

- | | |
|-----------|--------------|
| BLANKET | INDOORS |
| BOOTS | JACKET |
| BRACING | JUMPER |
| FIREWOOD | ROAST DINNER |
| FROST | SHIVER |
| GLOVES | SKIING |
| HEARTH | SLIPPERS |
| HEATER | STORMY |
| HIBERNATE | |

OUR SERVICES

DEMENTIA & MEMORY COMMUNITY CENTRE

Social Group

This group is for people with memory loss & their family carers. This group meets every 4th Friday of the month 10am to 12 midday. Minimal costs may be involved with the Social Group.

Brain Gym Palmerston

Sessions are held on the 3rd Friday of each month 10am to 12 midday. Participants engage in brain gym, puzzles & cognitive exercises. Members of the public are welcome to join us for these free sessions.

Brain Gym Darwin Sessions are held on the 2nd Friday of each month 10am to 12 midday. Participants engage in brain gym, puzzles & cognitive exercises. Members of the public are welcome to join us for these free sessions.

Nightcliff Health & Well Being

Sessions are held on the 1st Friday of each month 10am to 12 midday, incorporating whole body health & guest speakers covering a range of topics relevant to Senior Territorians. Members of the public are welcome to join us for these free sessions.

Internet Café

Feel free to arrange a time with our friendly staff to use our free internet café where we have dedicated computers to browse memory & dementia resources on the internet. We even have some brain teaser games to exercise your brain! Members of the public are welcome to join us at the café.

EDUCATION & TRAINING

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

Community Education

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

Your Brain Matters Program

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

Dementia Care Essentials

Nationally accredited Certificate III and IV units, designed for health professionals working in the area of dementia care.

Carer Education

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

CLIENT SERVICES

Living With Memory Loss

An information & support program for people living with early stage dementia, their carers and family. If you are interested in participating please contact Susan Williams, Dementia Advisor for further details.

Younger Onset Dementia Carer Support Group

Held fortnightly on Tuesday evenings. Please contact Dianne Maley, Client Services Coordinator for details.

Nightcliff Carer Support Group

Held on the 2nd Thursday of the month at 10am. Groups alternate between guest speakers and social functions. If you are interested in participating please contact Dorothy Chiteme, Dementia Advisor for details.

Exercise Group

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

Stepping Out — Day Respite

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

Social Activity & Support

A new fee-for-service program. A qualified staff member will visit a person with dementia who is in hospital or a residential care facility. The focus of these visits is to encourage socialisation, physical and cognitive activities and can include excursions to community venues.

Life Memories Albums

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

Territory FM (104.1)

Listen to Territory FM (104.1) on the first Wednesday of each month at 10.20 am to hear Alzheimer's Australia NT staff and guest speakers discuss issues faced by those with dementia or those caring for someone with dementia.

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

TALKING ABOUT ALZHEIMER'S ACROSS AUSTRALIA

**POSTAGE
PAID**

TO:

THANK YOU

Alzheimer's Australia NT gratefully acknowledges the donations made by the following people and organisations since April 2014:

- Alzheimer's Australia Payroll Partners
- Government Payroll Giving
- Helen Gabel
- Dr A.G & S.A Mahajani
- Val Cowan
- Colliers International NT Pty Ltd
- Anna Tsounias
- Kathleen Short
- Women's Network (NT) Inc
- Margaret Wie
- Helen Crafter
- Doreen Adams
- Patricia Rasmussen
- Rosemary Valle
- Sarah Fielke
- Dr Vicki Krause in memory of Anita H Krause
- Daran Rumbal in honour of your mother Mrs Mere Rumbal
- Neil and Leonie Bowey

A big thank you to all of those who have made anonymous donations and supported Alzheimer's Australia NT.

SUPPORT OUR FUNDRAISING BY PURCHASING THE ENTERTAINMENT MEMBERSHIP THAT SUITS YOU!

The Entertainment book is a local restaurant and activity guide which provides hundreds of up to 50% off and 2-for-1 offers for the finest restaurants, cafes, attractions, activities, retailers and hotel accommodation. The book gives you exclusive offers that are virtually restriction free, literally pages and pages of offers to enjoy all year long.

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To pay securely online or order your Digital Membership visit:

<https://www.entertainmentbook.com.au/orderbooks/91197Z3>

Thank you for supporting Alzheimer's Australia NT. \$11 from each Membership sold contributes to our fund-raising.

