

Connections

Alzheimer's Australia Tas Newsletter

EVENTS

Monday December 14th 11am Interdenominational Carol Service

Followed by a Christmas BBQ at St John's Bowls Club at 12:00 noon.
St John's Anglican Church, St Johns Avenue, New Town
Please call 6279 1100

Opals Support Group 2016

January	5th & 19th
February	2nd & 16th
March	1st & 15th
April	5th & 19th
May	3rd & 17th
June	7th & 21st
July	5th & 19th
August	2nd & 16th
September	6th & 20th
October	4th & 18th
November	1st & 15th
December	6th

Singing From The Heart Choir Group

The last Choir group for the year will be Friday 11th December 2015. Choir will re-commence on Friday 8th January 2016.

MERRY CHRISTMAS AND A HAPPY NEW YEAR TO ALL

Closing Hours

Please note that our offices will be closed after the 18th December, and reopen on 4th January.

The Vicarage Respite House will be closed after the 23rd and reopen on the 4th January.

Our 24 hour support number (03) 6279 1100 will continue throughout this time.

For information, support, and emergency counselling you can call the National Dementia Helpline on 1800 100 500.



Interdenominational Carol Service Monday, 14th December 2015, 11:00 am

*St. John's Anglican Church,
St John's Avenue*

Followed by a **Christmas BBQ**

at St. John's Bowls Club at 12:00 noon

If attending the BBQ, could those with Surnames A-M please bring a salad and N-Z a dessert to share. Meat, bread, soft drinks etc. will be provided, other drinks can be purchased from the bar if required

Parking available at the Bowls Club or at The Old Vicarage
A shuttle service is available from car parks to church

You may attend both or either of these events

SOUTHERN NEWS

DEMENTIA TRAINING STUDY CENTRE FELLOWSHIP

In April of this year our registered nurse at the Vicarage, Lauren Clark, was awarded a fellowship from the Dementia Training Study Centre. The funds received will be used to provide education and training to staff on palliative care specific to the needs of people with dementia. Lauren's fellowship requires her to research and use evidence based practice to develop an education program that can be delivered to fellow workers. Education workshops will commence in the next few weeks for staff and information packs will be available for carers in the new year. Lauren will be travelling to Sydney in April next year to present her paper.

VICARAGE NEWS

As the weather has been improving we have been able to venture away from the Vicarage for the day. One day was spent in Sorell where a group visited the Sorell Park and indulged in some fish and chips for lunch. It was a beautiful day with the sun shining and a slight breeze to keep us cool.



Peter Curtain has been working hard in the garden over the last few months. The effort he has put in has paid off with the harvest of some cauliflowers and cabbages. He definitely has a green thumb.



Care4Dementia ELECTRONIC APP

The app provides concise information and advice in an easily accessible format to assist those looking after people with dementia who present changed behaviours. It is available for free download to iPad, iPhone, and Android devices.



Access the Care4Dementia app for carers by searching 'Care4Dementia' on Google Play or the App Store.

For further information on these and other resources to assist in the management of changed behaviours in dementia, please contact DCRC via

<http://www.dementiaresearch.org.au/BPSDGuide>

TIPS FOR HOLIDAY CHEER

Holiday celebrations and religious festivities are traditionally a time for family gatherings, the exchange of gifts, sharing food and drink, and general holiday cheer. However, it can also be stressful time, especially for carers, because it represents a break from normal routine. This Sheet gives you some useful tips on how to make life easier at these times.

Tips for families, friends and carers

Try and make holiday times easy upon yourself and others so that you can relax and enjoy the time together. Here are some tips you may find useful. While they often refer specifically to Christmas time, they are also a useful guide for other gatherings and religious celebrations.

1. Modify the environment

Look for triggers that may cause confusion for the person with dementia and change the environment if necessary. For example, at Christmas, these triggers may be in the form of edible looking artificial table decorations such as fruits, sweets or blinking Christmas lights. Consider a Christmas tree without lights, and place a tray underneath if the person with dementia is likely to water it.

2. Share the caring

Create opportunities for family members and friends to share the caring role. They may assist by hosting an event in their home. Or, go out as a group for a specific activity, like a small local carols by candlelight or a church service.

3. Aim for flexibility

Consider the best time to share a celebratory meal, bearing in mind that a change in routine may be confusing for a person with dementia. Try to stick to the routine of the person with dementia to minimise possible feelings of insecurity and stress that may occur.

4. Rest and quiet times are important

Taking on too many tasks or trying to maintain past traditions may increase the feeling of being overwhelmed by the demands of the occasion. Pace yourself and allow time and space in your day for rest and quiet times. Where possible maintain your normal routines and ensure that there are occasions that are not filled with activity and noise. People with dementia may also need quiet times and to be around smaller groups of people.

5. Gift giving and receiving

Encourage the person with dementia to be involved in

gift preparation and giving, according to their interest and their ability. Bake biscuits and pack them in boxes, wrap gifts or write cards together. It's also helpful to suggest gift ideas to family and friends.

6. Involve the person with dementia

Assisting with simple event or meal preparation activities is important in maintaining a sense of well-being for the person with dementia. If attempts to provide assistance cause anxiety or confusion, modify the task or provide an alternative activity such as folding serviettes.

7. Reminiscence supports shared memories

The festive season may trigger memories of past family events spent with loved ones. Listening, sharing recollections with each other and encouraging reminiscence can be a reassuring and validating experience for everyone involved. Singing Christmas carols and traditional songs and watching old movies can be enjoyable for young and old.

8. Seek emotional support

Christmas is a time when both the person with dementia and family members may feel a sense of loss. This may impact more strongly upon those people without family members or those who may be living away from their family. Recognising emotional needs and seeking support during this period may reduce feelings of loneliness and social isolation.



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

FURTHER INFORMATION

Alzheimer's Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500**, or visit our website at fightdementia.org.au



For language assistance phone the Translating and Interpreting Service on **131 450**

CONTACT DETAILS

Hobart Office

85 Creek Road, New Town 7008
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Phone: (03) 6279 1100
Fax: (03) 6228 3031



The Old Vicarage Respite House

St John's Avenue, New Town 7008
Phone: (03) 6279 1133
Fax: (03) 6278 9878



Launceston Office

63 - 65 Paringa Ave,
Newnham 7248
PO Box 2005, Newnham 7248
Phone: (03) 6326 3488
Fax: (03) 6326 6315



Ulverstone Office

11 King Edward Street,
Ulverstone 7315
PO Box 505, Ulverstone 7315
Phone: (03) 6425 9104
Fax: (03) 6425 1948



24 hour support
62 79 1100

Feedback?

Tas.admin@alzheimers.org.au

**UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA**
FIGHTDEMENTIA.ORG.AU

Cygnets art workshop Printmaking & painting

For people living with memory loss & their families

Monday 18 January 2016 1.30pm-3.30pm

Church Hall next to Lotus Eaters Café Mary Street Cygnets

Materials are supplied

Artworks created will be exhibited at Adelaide Fringe Festival

Info: Michele 0438 800 275 Artist in Residence



**CONQUERING ALZHEIMER'S
CONNECTING AUSTRALIA**
FIGHTDEMENTIA.ORG.AU

If undelivered return to
Alzheimer's Australia Tas
GPO Box 1606
HOBART TAS 7001

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