

# Connections

## Alzheimer's Australia Tas Newsletter

### EASTER OPENING HOURS

The Respite House will be opening normal hours over the Easter break.

The Hobart office will be closed Good Friday and Easter Monday, returning Tuesday, 29th.

**24 Hour Support (03) 6279 1100**

**HAVE A HAPPY AND SAFE EASTER!**



### FIRST-EVER DEMENTIA CLINICAL GUIDELINES

#### Potential to transform dementia care in Australia

The first Australian Guidelines on dementia will be launched today by the Minister for health, The Hon Sussan Ley, MP at the Alzheimer's Australia National Consumer Summit at Parliament House.

The Health Minister said with dementia a National Health Priority and the second leading cause of death in Australia, these guidelines will help inform a nationally co-ordinated response to the condition set to affect almost one million Australians by 2050.

"The evidence-based guidelines have been developed specifically for Australia and are designed for use by health care professionals and those caring for, or working with, people living with dementia," The Hon Sussan Ley, MP said.

"Clinical guidelines have been shown to improve health outcomes and care, and that is what we are expecting these guidelines to deliver for people living with dementia and their carers."

There are 109 recommendations in the guidelines which have the potential to transform dementia care in Australia.

## SOUTHERN NEWS

### NEW THERAPY DOLLS

We welcome to our Sensory Catalogue this beautiful real life lookalike Reborn Baby Therapy Doll, which has been handmade locally, painted and weighted to specification.



We can arrange to order these dolls specifically, eg boy, girl, blue eyes, brown eyes, skin colour and hair can be attached rather than painted at an extra cost as requested.

The cost of the doll pictured, complete with clothing and a blanket is \$350.00.

By purchasing locally we hope we are able to fill the void of low numbers of Therapy Dolls available for purchase.

Placing an order is an easy process, visit our website [www.fightdemetia.com](http://www.fightdemetia.com) – Tasmania – Sensory Catalogue and complete the order form provided. For further information phone 03 6279 1100.

### BRAINYAPP MAKEOVER

#### BrainyApp makeover to improve your brain health

BrainyApp, the free app that can help people improve their brain health, has been upgraded to reflect the latest scientific research, engage more with users and still includes games and trivia for an element of fun.

After more than 370 000 downloads globally since its launch in 2011, this fresh, new version of BrainyApp, the dementia risk-reduction innovation from Alzheimer's Australia and the Bupa Health Foundation, is being released to coincide with Brain Awareness Week 2016, held annually from 14-21 March.

BrainyApp is based on scientific research that links brain health and a reduced risk of dementia to a healthy heart and cardiovascular system. When it was released in 2011, BrainyApp exceeded all expectations and was the most downloaded app in the Australian App store.

BrainyApp fans will be delighted to know the risk-reduction app has undergone a complete makeover featuring:

- The addition of a community board so users can share photos and status updates with friends as they work towards their brain health goals
- A completely fresh, new design and “badges” to track your progress
- A ‘web version’ of the app which is now available and can be synchronized with smartphones and tablets.

[BrainyApp](#) is available as a free download via the App Store and Google Play.

## LEGAL RIGHTS — A MINEFIELD FOR PEOPLE LIVING WITH DEMENTIA

People living with dementia and their carers will now have access to the much sought after new resource, *Dementia and Your Legal Rights*, to help them better understand their legal rights when it comes to dementia.

This week Alzheimer's Australia National CEO, Carol Bennett, together with The Assistant Minister for Health, the Hon Ken Wyatt AM, MP will launch the new document at the National Consumer Summit at Parliament House at 11.00am.

*Dementia and Your Legal Rights* is a consumer driven initiative, developed by Adjunct Fellow in Elder Law, Ms Sue Field and Profession Colleen Cartwright with guidance from the Alzheimer's Australia's consumer advisory groups, comprising people living with dementia and carers.

*Dementia and Your Legal Rights* provides practical information for people with dementia and their families and carers on:

- What mental capacity means, and how it applies to decision-making;
- Legal rights and decision-making with regard to finances;
- Legal rights and decision-making with regard to health care and personal matters; and
- Legal rights and responsibilities around employment and superannuation, criminal responsibility, voting, driving, travel, and Wills.

You can access *Dementia and Your Legal Rights* at

<https://fightdementia.org.au/Dementia-and-your-legal-rights.pdf>

### Zen Wisdom

Found by Kim Curley

On recent travels to Japan I enjoyed visiting the Mitsuo Aida Museum, Tokyo. Mitsuo Aida (1924 – 1991) was a calligrapher and poet, known as the Poet of Zen.

On viewing Mitsuo Aida's eloquently presented work, a particular piece of beautifully framed and presented calligraphy stood out in its simplicity of wording, yet vastness within the content of message.

**JURAKU** was written in Japanese lettering and translated to English. **Juraku** translates to 'Age with enjoyment'. The message is simple, however profound in wisdom that encourages embracing our greater happiness. Seeking what brings joy and feeling gratitude comes to mind when I think of 'Juraku'. It is worth pondering what this means to each of us.

## CONTACT DETAILS

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## UNDERSTAND ALZHEIMER'S EDUCATE AUSTRALIA

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## BOOK REVIEW

### Take Care, Son

This is a thoroughly readable, refreshing narrative about a son and his father's reminiscences of his life and the effects of living with Dementia.

On the surface it seems childlike, however, it has much deeper themes of joy, delight, sadness and pathos. Its simple prose and clean lines, cut to the meaning for family members about the effects of this disease on those they care for and love.

It's funny when Dad forgets to close the car door and goes for a walk in his pyjama bottoms, you feel Dads anger when they take his car from him. Scary moments of dad seeing aliens using Morse code to talk to him, then the special times when dad sings "silent night".

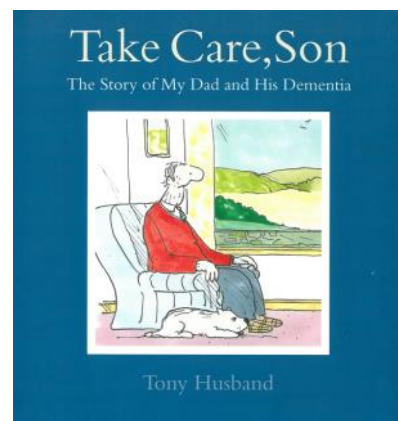
A quote from the book about memory "I mean we all forget and that's the problem - when do you realise it's a different form of forgetting?"

Each centre has a copy of the book, do yourself a favour, make a hot drink, sit back, relax and read this little book. The memory of it will stay with you long after the short time to read it, has passed.

Reviewed by *Kathy Mason*

Husband, T. (2014) *Take Care, Son*

Constable & Robinson UK



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

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