BUILDING DEMENTIA FRIENDLY COMMUNITIES ACROSS SOUTH AUSTRALIA

Ensuring that activities include people with dementia

Shaping communities around the views of people with dementia and their carers

Maintaining independence by delivering community based solutions

Businesses and services that respond to customers with dementia

Appropriate transport

BECOMING DEMENTIA FRIENDLY INCLUDES

COOBER PEDY

ROXBY DOWNS

WOOMERA

FLINDERS RANGES

RENMARK

HOLDFAST BAY

MT GAMBIER

KANGAROO ISLAND

PORT LINCOLN

PORT AUGUSTA

CEDUNA

COOK

CLIFTON HILLS
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The goal is to encourage Australians to become dementia-aware, have a better understanding of what it is like for a person to live with dementia, and ultimately be encouraged to create communities where people with dementia are supported to live a high quality of life with meaning, purpose and value.

Here at Alzheimer’s Australia SA we are actively working with the whole community to do this. A large part of Dementia Friendly is about working with organisations, government, private industry, schools, the general public and providing information so we can all better understand the disease and help meet the needs of people with dementia.

Education is the key. We have a team of highly skilled professionals who work with organisations to deliver training to frontline staff, assist in reviewing internal policies and procedures and help ensure that environments give strong consideration to people with dementia.

This Spring issue highlights some of the work we have been doing towards this goal, including (but by no means limited to) the following:

- A dedicated Dementia Friendly Communities project at Holdfast bay which is focussed around the Jetty Road precinct at Glenelg, but includes the entire council region;
- Summaries of our metropolitan and regional community forums which help us gather information from people living with dementia, their families and their carers which enables us to continually improve the services we provide and to lobby on their behalf;
- Extending Dementia Friendly Communities north of South Australia;
- Our Volunteering Project designed to match people with Younger Onset Dementia, or people in the early stages of dementia, with host organisations to help keep living a meaningful life by contributing to society; and
- An article from our fundraising group, teamtlc tender loving carers, summarising all the wonderful work they do as they raise money and awareness around dementia, especially Younger Onset dementia.

We have also included a special invitation to a dementia awareness event we’ll be hosting later this month. As we become more Dementia Friendly we need more people who have had some experiences; almost everybody has a story about dementia and we have included several stories in this issue. We would also like to hear and share yours. Some of you may wish to become a champion for people with dementia within your community. If you would like to become one of our champions feel free to call us on 08 8372 2100 and we can talk to you about how you can help.

Dementia is a disease that affects the whole community. It’s our challenge to ensure that we reduce the impact that dementia has not just on individuals but all of society. To do this we are more than happy to arrange a speaker or provide materials, just give us a call and talk to us about what you would like.

Lastly, thank you for your continued support of Alzheimer’s Australia SA; every gesture helps us continue our vital work in and for our community so that people living with the disease and their families may enjoy the highest quality of life possible.

Kathryn Quintel
Chief Executive Officer

THE THEME FOR THE MONTH IS CREATING A DEMENTIA FRIENDLY NATION.
Dementia Friendly communities will recognise the experience of individuals living with dementia and best provide assistance for individuals to remain engaged in everyday life in a meaningful way. Barrie Anderson, carer.

There is a wide range of activity across South Australia caring and supporting people with dementia, their families and carers. Alzheimer’s Australia SA sees as central to this having a range of activities to build Dementia Friendly communities across South Australia.

To build a Dementia Friendly state, Alzheimer’s Australia SA encourages people to think about starting with people in their homes, working outwards to their streets, neighbourhoods, suburbs, councils, regions and South Australia as a whole.

Over the last couple of years, Alzheimer’s Australia SA has undertaken a number of projects to engage consumers and others to create a Dementia Friendly South Australia. Activities have included forums, presentations, a State election booklet and Parliamentary Dementia Champions dinner.

DEMENTIA FRIENDLY SA WORKING GROUP

The Dementia Friendly SA Working Group is an exciting initiative established by Alzheimer’s Australia SA in mid-2014. Consumers, organisations, businesses and local, state and national government agencies are collaborating in the development of active approaches to create a Dementia Friendly South Australia.

The Working Group was asked what it wanted to see happen to create Dementia Friendly organisations and a Dementia Friendly state.

OVER THE LAST COUPLE OF YEARS, ALZHEIMER’S AUSTRALIA SA HAS UNDERTAKEN A NUMBER OF PROJECTS TO ENGAGE CONSUMERS AND OTHERS TO CREATE A DEMENTIA FRIENDLY SOUTH AUSTRALIA

IDEAS INCLUDED:

- Connecting old and young generations;
- Put “Are we Dementia Friendly?” on every meeting agenda;
- Involving people with dementia in all discussions about them and their environments;
- Training staff to develop a Dementia Friendly customer service culture;
- Training and education from school level;
- Establishing a Dementia Ombudsman;
- Using technology to assist people with dementia and their carers;
- More consistency and standardisation of Dementia Friendly signage; and
- Improving support for carers of people living with dementia.

Momentum is continuing to grow in this space, with support increasing throughout the broader South Australian community.

This is an evolving concept which Alzheimer’s Australia SA is proud to be leading the way forward as peak body representing the interests of people affected by dementia in South Australia.
COMMUNITY FORUMS

NEARLY TWO HUNDRED PEOPLE PARTICIPATED IN THE PROJECT:
34 PEOPLE WITH DEMENTIA, 107 CARERS, 14 SERVICE PROVIDERS AND 29 COMMUNITY MEMBERS

The feedback we gather at forums such as this helps us with our social research into ensuring our services continue to meet the needs of people living with dementia, as well as to their families and carers.

MEETING THE NEEDS OF PEOPLE WITH DEMENTIA: WHYALLA AND CLARE CONVERSATIONS

Further to the above, Alzheimer’s Australia SA held two country community forums to meet with people with dementia, their families, service providers and interested members of the community. The forums were held in Whyalla on 9th July and Clare on 30th July.

The aim of the forums was to highlight the availability of services for people with dementia and their families and how people across the community could make the most of regional resources to help each other.

Of particular importance to participants was the lack of information about dementia and the services that were available and the role of GPs and the local council in letting the community know about services. There was interest in becoming Dementia Friendly communities.

Support groups for the person with dementia and their carers, social engagement and day activities for the person with dementia, respite and future planning were also considered important.

A key role in the community, according to participants, was that of a Dementia Champion. The Dementia Champion would support and direct people to the available services and would assist the community to understand what it meant to be a Dementia Friendly community.

The forums were attended by 34 community members, including four people with dementia, 19 carers and 11 service providers.

COMMUNITY FORUMS

GETTING SERVICES THAT MEET YOUR NEEDS

The Getting Services That Meet Your Needs project was undertaken in March 2015 to look at service gaps across metropolitan Adelaide.

Project consultations included four consumer forums across Adelaide, a consumer questionnaire and discussions at three Alzheimer’s Australia SA consumer reference group meetings.

Nearly two hundred people participated in the project: 34 people with dementia, 107 carers, 14 service providers and 29 community members.

Participants were asked about their needs, any services they were receiving and what they wanted to see happen.

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To celebrate Dementia Awareness Month, Alzheimer’s Australia SA will host an event on 23rd September to raise dementia awareness which will showcase local and nationally renowned guest speakers on various topics related to dementia.

Mark this day in your diary – it will be a full day commencing at 9.00am, concluding at 4pm, with morning tea, a light lunch and refreshments provided.

To support the work we are doing in our Dementia Friendly Communities project in the City of Holdfast Bay, this event will be held at The Glenelg Club (formerly Glenelg Football Club), with plenty of free on-site parking available.

EVENT DETAILS
Date: Wednesday 23rd September 2015
Venue: The Glenelg Club (formerly Glenelg Football Club), Brighton Road, Glenelg (plenty of on-site parking available)
Time: 9am – 4pm
RSVP: Bookings are essential www.bit.ly/DADEvent
P: (08) 8372 2100
E: mason.krollig@alzheimers.org.au
Cost: Free—donations gratefully accepted

BREAKDOWN OF THE DAY
9am Welcome
9.15am Personal story from the Glover Family from Port Lincoln
10am Presentation by Dr Cathy Short, Consultant Neurologist, The Queen Elizabeth Hospital, Memory Disorders Unit / Neurology Clinical Trials: “Update on Alzheimer’s Research and Clinical Trials”
11am Morning Tea
11.15am Presentation by Associate Professor Mark Yates, Deakin University, Ballarat Health Services: “So...What do you want to know about dementia?”
12.15pm Presentation by Professor Richard Fleming, Director— NSW/ACT Dementia Training Study Centre: “Dementia Friendly Communities need Dementia Friendly Buildings...but how do we recognize them?”
1.15pm Lunch
2pm Panel Discussion – facilitated by ABC Radio Host, Peter Goers, and featuring Alzheimer’s Australia SA CEO, Kathryn Quintel, author of Fraying, Michele Gierck, and Ann Pietsch, a person living with dementia.
Commencing in July, Alzheimer’s Australia SA was excited to introduce under a pilot trial, three people living with younger onset dementia to the assistive technology App Anna Cares.

Anna Cares is an assistive technology application developed by Clevertar, which uses breakthrough technology developed as a result of research at Flinders University which focussed on understanding how people interact with computers and how to make them more friendly and personable, therefore more enjoyable to work with.

Clevertar is a spinout company of Flinders University in South Australia. Founded in 2012 it has developed innovative software from the Centre for Knowledge and Interaction Technologies focusing on care and assistive technology solutions. In June 2015, Clevertar took out two iAwards for South Australia and the Northern Territory. The iAwards honours companies at the cutting edge of technology innovation and recognises the achievements of home-grown Australian innovators. Clevertar won awards for ‘Best New Product’ and ‘Best Health Product’ respectively and now advance to the National iAwards in Melbourne in August.

Through the trial, Alzheimer’s Australia SA Dementia Key Workers will work with the trial participants to evaluate how Anna can assist people living with dementia with daily activities which may make life that little bit easier.

Anna is a friendly ‘virtual personal assistant’ who is here to make life easier by reminding users of different things that are happening throughout your day. She will even tell users what the weather is like outside. Anna has been designed to be as ‘user friendly’ as possible so even if people haven’t used an iPad before or don’t have experience using computers, this is not a barrier to using the Anna Cares application.

Users of the application can receive messages and updates from a select group of family, friends or their Dementia Key Worker. Through a secure Portal the Dementia Key Worker can review and update the activity recorded by Anna Cares, which is valuable information to supporting the person with dementia aim to achieve their goals. Anna helps remind users of different tasks and events throughout the day that are placed into the calendar by either the Dementia Key Worker, family member or yourself. Examples of this could include medication reminders; care worker appointment confirmation or a reminder about a lunch with friends!

Anna is a link between the person with dementia and their support team, allowing easy two way communication via the messaging function which goes some way to encouraging living independence.

Whilst the trial still has some time to run, Alzheimer’s Australia SA staff have identified the Anna Cares product to be an assistive technology which may be of broad interest and benefit to people with dementia and their families, and anything which helps improve the life of the person living with dementia or their family has to be Dementia Friendly and worth pursuing.

For more information about the trial contact Andrew Ramsey, General Manager Business Operations on 08 8372 2100 or email: sa.admin@alzheimers.org.au
In the last decade or more of his life, he became increasingly aware that many people were committed to keeping their bodies healthy through improved diet, exercise and monitoring their physical health, but the population as a whole seemed to pay scant attention to the health of the brain. As the life expectancy of Australians continued to rise, his concern grew that brain function was not keeping pace with longer living bodies. This, he saw, would inevitably result in an enormous cost to the community if something was not immediately done about it. So, in typical ‘Rex fashion’, he read up on the subject, consulted extensively with world experts on brain health and regeneration (including Dr Michael Merzenich, Barbara Arrowsmith-Young and others) and prepared himself for a public education mission through writing books and public speaking. First he wrote The Human Operator’s Manual and subsequently his “best seller” Don’t Miss the Bus.

In regard to brain health, Rex stressed the importance of physical exercise, diet and brain training which included continuing to learn new things as well as actual brain training exercises. He wrote Don’t Miss the Bus specifically to raise awareness of dementia and to alert the community that dementia was a condition that could be prevented or at least slowed down.

Rex supported the concept of building Dementia Friendly communities. He continued to lecture on research and the importance of maintaining brain health, up until his recent passing on 4th July 2015, aged 93. A remarkable individual on so many levels and across too many areas to mention in this article, Dr Rex Lipman AO ED will be greatly missed but his legacy will remain strong.

RESEARCH INTO THE BENEFITS OF EXERCISE

EXERCISE LEADS TO BENEFIT IN PEOPLE WITH EXISTING MEMORY AND THINKING PROBLEMS

A number of studies presented at the recent 2015 Alzheimer’s Association International Conference, showed that regular supervised exercise sessions could help to improve symptoms in people with memory problems and dementia.

POSSIBLE BENEFITS OF REGULAR EXERCISE TO PEOPLE WITH ALZHEIMER’S DISEASE

Researchers at the Danish Dementia Research Centre in Denmark worked with 200 people with Alzheimer’s disease, half of whom they asked to undertake a 16 week supervised exercise program, while the remaining participants did no extra exercise. The exercise group completed 60 minute exercise sessions three times a week. They found that while the exercise program didn’t seem to have an effect on memory and thinking skills, the group of people who undertook the exercise program had fewer symptoms such as depression, irritability and anxiety.

EXERCISE MAY HELP REDUCE LEVELS OF CULPRIT ALZHEIMER’S PROTEIN

Tau is a hallmark protein which builds up in the brains of people with Alzheimer’s disease. Researchers at Wake Forest University Health Sciences in the US looked at levels of tau in spinal fluid in 65 sedentary people between 55 and 89 years of age who had mild memory and thinking problems and pre-diabetes. The participants were invited to take part in supervised exercise over a six month period, which took the form of either aerobic activity or stretching exercises. The researchers found that people who took part in aerobic exercise showed a reduction in levels of tau protein measured in spinal fluid, and an improvement in certain aspects of thinking ability.

EXERCISE HELPS TREAT PEOPLE WITH CERTAIN MEMORY AND THINKING PROBLEMS

Problems with memory and thinking caused by damage to the brain’s blood vessels is known as vascular cognitive impairment (VCI). Researchers at the University of British Columbia completed a six month study involving 71 adults between 56 and 96 years with VCI. They investigated the effect of either supervised aerobic exercise for 60mins three times a week or normal care plus a monthly educational seminar on nutrition. Those participants enrolled onto the regular exercise programme showed an improvement in memory and thinking ability compared to those receiving normal care. Dr Laura Phipps of Alzheimer’s Research UK said: “We have known for some time that exercise is one factor that could reduce the risk of developing dementia, but these studies indicate that there may also be a benefit of exercise for people who already have memory and thinking problems. Where appropriate, exercise can not only provide aerobic benefits but be an enjoyable and social experience for people with early memory problems and dementia. It will be important to look in more detail at these findings to try to unpick the mechanisms through which exercise could be acting.”

“While some of these studies were quite small, trials like these where participants are randomly placed into groups which can then be directly compared, offer the best method for investigating the possible benefit of a medication, lifestyle change or other intervention. As current treatments for dementia are limited, it is important to carry out more research like this to find new ways to provide benefit to people living with the condition. Rigorous trials like these can be very expensive to run and we desperately need to see more investment in research to allow more of this work to take place.”

Just over seven years ago, Alzheimer’s Australia SA consumer Hugh Grundy began to find he could no longer perform the day to day tasks he usually did. Known for his active lifestyle, Hugh was enthusiastically engaged in work, sailing dinghies, Go-Kart racing and working out at the gym; a people person he was never one to spend too much time at home. After a diagnosis of Younger Onset dementia and determined to live as much of a ‘normal’ life as possible, Hugh continued with activities he enjoyed prior to his diagnosis, yet they left him confused and sore from the level of concentration. He could no longer sail dinghies or race go-karts.

Wife and carer Wendy, was a little apprehensive given the struggles Hugh faced when he attempted sailing, however her determined husband convinced her that it was worth a try. Back on familiar territory, Wendy and Hugh visited the gym in the regional town of Murray Bridge that Hugh had attended prior to his diagnosis to see if exercising would be a benefit to him.

The familiar surroundings and the consistency of a regular routine of Monday, Wednesday and Friday mornings for one hour have proved to be very valuable to Hugh with the sessions helping him to relieve some of the stress and confusion he experiences.

There were however barriers to overcome for Hugh and Wendy when they decided to return to the gym. Initially Hugh had a different trainer each session which didn’t provide the routine and structure he needs to be at his best. With the changing of trainers he was occasionally left to his own devices resulting in a near accident with the equipment. Working with the owner and manager of the gym Donna, Hugh and Wendy were matched with one specific Personal Trainer named Steph, who both Hugh and Wendy site as the motivating factor to persist. The support and understanding shown by Donna and Steph towards Hugh and his condition has enabled Hugh to maintain his interest and motivation to continue his gym sessions.

The personal training sessions at the gym have helped Hugh to regain the confidence and dignity he was known for before his diagnosis of dementia. Returning to the gym has Hugh engaged and enjoying a fun activity that he did prior to his dementia diagnosis. Since being back at the gym, it has prompted him to remember how to use the gym equipment, “I now know I can still do some things that I could do before dementia” he says. “The body is benefiting along with my mental health...the exercise stimulates my mind, and I’m happier in myself because I’ve done something rather than just sit around”.

Taking time to understand the needs of people living with dementia is such an important factor for people like Hugh being able to live the best life they can. Thankfully, Donna and Steph took the time to be “Dementia Friendly” which involved truly understanding and respecting Hugh’s needs, assigning a dedicated trainer, writing a flexible exercise plan that catered to Hugh’s needs and capabilities, which worked different muscle groups and kept the routine interesting. Importantly, on the days Steph finds Hugh is more confused she gives him more personal attention reminding him how to use the equipment correctly so he does not injure himself. Hugh praises; “Steph is very patient with me...she does not make me feel inadequate or as if I shouldn’t be there”, it was important for Hugh that the gym is a public facility and is not just for people with dementia.

Hugh credits the success of the program to his support network. From his support worker who transports Hugh, to the friendly staff at the gym but mostly the program wouldn’t have been such a success if it wasn’t for people like Steph. Alzheimer’s Australia SA are advocating for Dementia Friendly communities and businesses inclusive of people with dementia like Hugh’s gym which provides accessible personal training services to people with dementia, including having staff like Steph who understand and are open minded to people like Hugh Grundy who have dementia and how to communicate with them.
As part of Alzheimer’s Australia SA’s (AASA) commitment to build Dementia Friendly communities, a Project Officer was appointed to establish a pilot program with the City of Holdfast Bay to gather enough momentum and support to ultimately replicate across all council areas within South Australia.

The aim of this position is to coordinate the development of a Dementia Friendly alliance with involvement of key partners including local businesses, schools, the aged care sector, service clubs, local council, people with dementia and members of the community. And to date, this project is achieving much of this goal already.

A working alliance group has been formed and meets monthly to discuss and explore issues affecting people with dementia within Holdfast Bay. The group works on strategies and identifies opportunities and barriers from consumers, including how we can improve services, social engagement and activities together, to improve overall wellbeing within this community.

The Holdfast Bay Council is very supportive of this project and they’re currently working with our Project Officer, Julie Clifford, on a ‘House of Memories’ which is an interactive and tactile exhibit scheduled for October in the Bay Information Centre. All South Australian and local residents, school groups and visitors to the area will all be encouraged to attend and enjoy this exhibit.

As part of the project’s scope, Julie delivers information sessions to organisations, schools, community groups covering ‘What is a Dementia Friendly Community?’. Promoting awareness, engagement and community connection is so important to a person living with dementia and their family – and by doing so, it contributes to changing the landscape in how we all approach our day-to-day activities and our environments for a Dementia Friendly society.

A Memory Café group is also being explored with venues and times currently being considered. A place that is Dementia Friendly, surrounded by people who care and understand the journey of dementia, can communicate effectively and provide a safe and comfortable area for the person with dementia and their family support is critical to continuing social engagement and feeling part of a local community.

Further to this, businesses and organisations within Holdfast Bay district are being asked to make a signed commitment to becoming endorsed as a Dementia Friendly organisation. Following this, a tailored action plan will be created which will commit to educating staff, reviewing the respective organisations’ internal policies and procedures, and ensuring that signage and environments give strong considerations to a person with dementia.

After the endorsement process, organisations will be entitled to use the Dementia Friendly symbol on their window, which will also be supplied in digital format to use in business communications. This will help consumers recognise and acknowledge with their patronage, knowing they are in a safe and dementia aware and educated environment.

As part of this pilot program, monthly Community Forums with guest speakers have been scheduled for the remainder of the year. Forum dates and times are included in this issue, so be sure to save the dates in your diaries.

If you are interested in more information on the Holdfast Bay Dementia Friendly Communities’ Project, please contact Julie on 8372 2100 or julie.clifford@alzheimers.org.au
DEMENTIA FRIENDLY COMMUNITIES FORUMS
ST ANDREW’S BY THE SEA (UNITING CHURCH)
92 JETTY ROAD, GLENELG.

ENVIRONMENT AND ENGAGEMENT
• Environmental factors when living with dementia: home setup, signage and surfaces, and colours
• Driving and other transport
• The power of music
• Knowing life history
Date: Monday 14th September, 2015
Time: 6.30pm — 8pm

PAPER WORK... WHAT DO WE NEED, WHERE DO WE START, AND WHERE DO WE GO?
• Advanced care directives
• Enduring power of attorney
• Other legal implications explored
Date: Wednesday 14th October, 2015
Time: 2pm — 3.30pm

CHOICES... MOVING TO CARE FACILITIES
• What is ACAT?
• Respite
• Services and support when the need comes to move into residential care
Date: Monday 16th November, 2015
Time: 11am — 12.30pm

SPECIAL EVENTS WITH FAMILY AND FRIENDS
• Considerations when taking a person with dementia to special events
• What are their needs
Date: Wednesday 14th October, 2015
Time: 2pm — 3.30pm

REGISTRATION IS ESSENTIAL AS NUMBERS ARE LIMITED.
REGISTER VIA ALZHEIMER’S AUSTRALIA SA ON 08 8372 2100 OR EMAIL JULIE.CLIFFORD@ALZHEIMERS.ORG.AU

SPRING NEWSLETTER 2015 11
Jenny March, along with her husband Kerrin (better known as Jingo) and their daughter, Pip, are active members on the Dementia Friendly Community Holdfast Bay Project’s Working Alliance Group, which meets monthly.

Jenny’s family raised concerns about her welfare and visited their GP together. Some informal testing was done and she was formally diagnosed by a specialist in 2007 with Alzheimer’s disease at age 58 years, known as Younger Onset Dementia, as she was under 65 years of age.

Initially, Jenny was angry and unaccepting of the diagnosis. She also had reservations about the road forward, which is not uncommon. Jenny was frustrated and in denial saying she “put her head in the sand”.

With time and support from her family, her acceptance of the diagnosis took on a positive attitude and Jenny was encouraged to seek out knowledge of the disease, support and services available, to help her cope with everyday life.

With this came confidence to tell people she had Alzheimer’s and to talk about what was contributing to her memory loss, some disorientation and confusion at times. She claims, “I wanted to take the bull by the horns and take positive steps to help myself - and this process also helped me alleviate stress that I was feeling”.

Jenny and her family gained support from services and resources offered by Alzheimer’s Australia SA to make daily life less challenging. She uses the Anna Cares App on an iPad, takes notes and uses a diary. Using an ‘events board’ at home with their weekly schedule and appointments listed, further aids Jenny tremendously.

Through this process, Jenny says she has met wonderful people and says she doesn’t feel alone and as nervous about the future. This has also reduced the frustration she was experiencing with herself, which was quite high before - mainly because she now knows the cause.

Jenny says, “I have good days and days when I feel tired, so I rest… but then I bounce back and get on with living”.

Getting involved with Alzheimer’s Australia SA’s Connexus activities, events and the annual retreat have been wonderful for Jenny, although she adds with a laugh, “I am too old now” (she has turned 66). Jenny continues, “I would like to be a part of something else, and continue to form meaningful relationships with other people outside of the family unit, which would also give Jingo a break”.

Encouraged by their daughter, Pip, the family got involved in the Dementia Friendly Community Holdfast Bay Project. Attending the monthly working group meetings has given Jenny extra confidence and a voice to speak up for people with dementia and contribute to suggestions for positive change, and help raise awareness of people’s needs with dementia, in her immediate community.

Transport is an issue for Jenny who is now reliant on family or friends to take her places. However like others, Jenny feels that public transport is hard to navigate alone and taxi drivers often don’t understand. Sadly, this does reduce her confidence and she often doesn’t feel safe as a result.

Handling money has also become difficult, so going shopping or even just out for a coffee with friends has its challenges. “Signage to help and support directional loss and reduce stress would be helpful” and continues that “public places and toilet facilities could be vastly improved across the board”.

General noise and music and people talking at once can cause frustration, even with her hearing aid. Situations are now more intensified and tiring at times but are faced with a positive outlook.

“To feel respected, safe and supported in your own community is very important” Jenny continues, “tackling the challenges and issues of everyday life with the support of family and friends, having their understanding and assistance, to live well and enjoy my life in the community… I feel truly blessed”.

TO FEEL RESPECTED, SAFE AND SUPPORTED IN YOUR OWN COMMUNITY IS VERY IMPORTANT
Alzheimer’s Australia SA believes in focusing on the person with the diagnosis rather than just the disease. We believe people with dementia are still able to contribute to society in meaningful ways and one way of doing this is by participating in our new volunteering program.

USING SKILLS AND TALENTS
To complement our focus on building Dementia Friendly communities, our volunteer program gives a person with early dementia the opportunity to use their talents and abilities to continue to contribute to society. By participating in the volunteering program, people with dementia will also help to break stigmas and raise awareness within the wider community about dementia and the abilities a person can still retain.

WHERE DO I START?
An initial information session was held on the 25th July and written expressions of interest were completed by clients, who are interested in a volunteering role.

Following this, Julie, our Project Officer, will meet with individuals and their support person to further explore their interests, previous work history, strengths and experiences, likes and dislikes and current wellbeing. Together, discussions and enquiries take place with regard to what type of organisation they would like to volunteer for.

Potential volunteer opportunities with appropriate Dementia Friendly organisations will be explored and a meeting between both parties will be coordinated. The nominated organisation will be briefed and educated about early stage dementia and a support system will be arranged during the mutually agreed volunteering time to help ensure that both parties are fully supported, well orientated and risk is managed effectively.

INTERESTED?
If you are a person with early dementia and would like to find out more or take part in this volunteer program, please contact:

Julie Clifford, Project Officer - Alzheimer’s Australia SA
Phone: 08 8372 2100 Mobile: 0412 755 855
Email: Julie.Clifford@alzheimers.org.au

Receiving a diagnosis of dementia in itself is a daunting experience, but so often what is even more challenging for the person concerned, is that very soon after the diagnosis other decisions change and impact their lives in the most significant of ways.

These decisions include, ceasing to drive, and stopping work just to name two. Imagine the impact of having your freedom of driving taken away, let alone thinking about how you might feel if you are no longer able to work in a trade you love.

Some months ago Alan Dunstan began volunteering at Trak Furniture in the suburb of Lonsdale in South Australia. Prior to his diagnosis of dementia, Alan had worked for many years in the engineering and fabrication field which involved running his own business. With trade qualifications as a fitter and turner, Alan had been involved in the design and fabrication of a vast array of components for many industries over the years. Whilst his dementia has made it impossible for Alan to run his own business today, his vast years of experience in machine operation and product inspection are able to be put to good use at Trak Furniture where he is volunteering three days a week.

For Alan, the volunteering role at Trak Furniture gives him a sense of purpose and a place where he is not just able to share his trade skills, he also has the opportunity to engage with other members of the community, form relationships in an environment where his dementia is understood and accepted. Most importantly Alan is recognised for the skills and abilities he brings to the organisation, not his dementia.

In addition to the benefits the volunteering opportunity provides Alan, it is also enormously valuable to his wife and carer that Alan has a place where he can safely volunteer. This time also gives the carer respite from the caring role.

What could be more Dementia Friendly than an organisation that provides volunteering opportunities for a person living with dementia enabling to live life to its full?
For those of you who may not have heard of teamtlc tender loving carers, we are a volunteer fundraising group working with Alzheimer’s Australia SA. The group was formed in 2012 by four volunteer carers, in recognition of a need to raise funds to support carers of people living with Younger Onset dementia. The funds raised contribute to wellbeing programs for carers, such as retreats.

As part of our fundraising efforts we are always out in the community organising events, where we are providing awareness and supplying information about dementia. At our fundraisers, we always have a carer or a person with Younger Onset dementia speak of their experience living with this disease. Another part of our fundraising is being invited to speak at community meetings with church groups, Rotary and Lions Clubs, just to name a few. It is so very important to create community awareness and understanding around dementia, especially Younger Onset dementia as there is a misconception that dementia only affects older people.

In April this year, we supported another group of Younger Onset carers to attend a very well deserved two night retreat at the McCracken Country Club. This was organised with the support of the Connexus Program through Alzheimer’s Australia SA, which enables the person with dementia, whom the carers care for, to also attend. This was our fourth retreat since teamtlc commenced, and every time we receive such positive feedback. teamtlc gets so much pleasure from seeing these younger people with dementia and their carers in the community having such a wonderful time.

Another event that we support for Younger Onset carers is a ‘Wellbeing Day’ at The Monastery, Glen Osmond, where the carers come together for a day of relaxation, a workshop, support, counselling and massage. teamtlc has now held two ‘Wellbeing Days’ with a third being planned for later this year. The most significant feedback we receive from these events is about “the carers getting together to share, and to not feel so alone”.

In May we held a very successful fundraising movie event, “A Royal Night Out” at Wallis Theatres Mitcham. We had such a success with selling tickets that we used two theatres, and also had some wonderful donations towards our raffle. We sincerely thank everyone who supported this fundraising effort by either attending or donating. Again, teamtlc was out in the community creating awareness around dementia and Younger Onset dementia.

On Friday the 27th November 2015, we are planning to hold a Morning Tea with one of Australia’s favourite authors, Fiona McIntosh. Please “Save this Date” in your diary, with information about the event to be released shortly.

teamtlc meets regularly on the last Tuesday of every month, and we are always looking for support on our committee. For any information please contact Jenny Potter (Chair) by email jennypotter45@outlook.com. We look forward to seeing you at our next fundraising event, and thank you to everyone who continually supports teamtlc tender loving carers.
DEMENTIA FRIENDLY COMMUNITIES

DEMENTIA FRIENDLY COMMUNITY EXPANDS UP NORTH WITH COOBER Pedy and Oodnadatta now closer to being DEMENTIA FRIENDLY COMMUNITIES

Aboriginal Liaison Officers, Jenny Hayes and Tania Taylor, along with Dementia Care Educator, Rob Crouch, travelled to Coober Pedy in May to facilitate training and hold groups and carer information sessions in a bid to raise dementia awareness in the community.

Jenny also held a dementia awareness session in Oodnadatta for staff at the Home and Community Care facility which works closely with the community, particularly the aged and disability sectors.

The training and the dementia awareness was adapted to meet the unique needs of these communities. These remote communities were identified as requiring training for Aboriginal health workers to assist them when working with clients where dementia is a concern. The dementia awareness was well received and as a result, the community and the Aboriginal service providers involved feel more equipped to better meet the needs of the clients and families who are dealing with dementia.

DEMENTIA TRAINING STUDY CENTRE (DTSC) ON DEMENTIA FRIENDLY COMMUNITIES

Dementia Training Study Centre (DTSC), which is funded by the Australian Government and auspiced by Alzheimer’s Australia SA, has been very busy promoting Dementia Friendly communities by increasing more than 180 health professionals’ knowledge in dementia care.

Its annual Mindful of Dementia Days were held on Wednesday 29th July in Port Lincoln and Friday 31st July at The Queen Elizabeth Hospital respectively. These events are designed to provide a day of empowerment, appreciation and support for families and friends caring for a person with dementia, and people living with dementia.

Both days featured renowned guest speakers who provided information and practical strategies to try and discuss the more challenging aspects of dementia. A range of providers also exhibited their services and supports.

We were especially grateful to the Glover family from Pt Lincoln and Ian Gladstone from Adelaide for sharing their personal experiences of living with dementia with us.

Further to these two events, DTSC presented a Seminar on Homelessness and Dementia on 5th August, which featured renowned national expert in Homelessness and Dementia Dr Alice Rota Bartelink from Wintringham Specialist Aged Care, Melbourne, Alzheimer’s Australia SA’s Homelessness and Dementia Project Leader, Clare Beard and Jenny Kent. The purpose of the seminar was to launch the recently developed Alzheimer’s Australia SA Homelessness & Dementia DVD which has now been uploaded to www.dtsc.com.au as an online eLearning lecture.

The feedback we have received from these events and this resource absolutely confirm that we are providing the necessary information and tools to the professional group of people we need to work with to help us all achieve Dementia Friendly communities throughout South Australia.
LEAVE A LASTING LEGACY

FOR SOME PEOPLE GIVING THROUGH THEIR ESTATE WILL BE THE ONLY TIME THEY ARE ABLE TO GIVE A SIGNIFICANT GIFT TO AN ORGANISATION THEY RESPECT AND WISH TO SUPPORT.

Making a bequest gift to Alzheimer’s Australia SA is a meaningful way to give back to the community. Every bequest, no matter how large or small, makes a real difference to the support and services that Alzheimer’s Australia SA provides to people with dementia, their carers and families.

TRANSFORMING LIVES

BECOME A MEMBER TODAY

FIGHT ALZHEIMER’S SAVE AUSTRALIA
FIGHTDEMENTIA.ORG.AU

10 WAYS WE CAN HELP

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

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

To find out more, contact Alzheimer’s Australia SA on 8372 2100

Yes! I want to help, please accept my gift of:

☐ $30 which will help provide Counselling for carers.
☐ $60 which will help support our Living With Memory Loss Workshop; a national program for people newly diagnosed with dementia and their family or carer.
☐ $100 which will help fund a support group meeting, giving strength and encouragement to carers.
☐ My choice $ __________________________

Please find enclosed: Cheque/Money order (payable to ‘Alzheimer’s Australia SA’)

Please debit this card: ☐ Visa ☐ Master Card

Credit Card number: __________________________ Expiry date: / CVC: __________________________

Name of cardholder: __________________________ Signature: __________________________

Do we have your correct details? Please check, and amend if they are incomplete in the box below.

☐ Please send me information on how to leave a bequest to Alzheimer’s Australia SA
☐ Please send me information on how to become a regular supporter of Alzheimer’s Australia SA

All gifts of $2 and over to Alzheimer’s Australia SA are tax deductible.