

MILESTONES

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STATISTICS

- More than 332,000 Australians are living with dementia with 30,700 in Western Australia.
- There are approximately 24,700 Australians with younger onset Dementia (a diagnosis under the age of 65; as young as 30).
- Dementia is the single greatest cause of disability in older Australians (aged 65 years or older) and the third leading cause of disability burden overall.
- An estimated 1.2 million people are involved in the care of a person with dementia.
- Each week, there are more than 1,700 new cases of dementia in Australia; approximately 1 person every 6 minutes. This is expected to grow to 7,400 new cases each week by 2050.
- There are more than 100 causes of dementia - Alzheimer's Disease is the most common in Australia.
- Worldwide, there are more than 44 million people with dementia today and 135 million predicted by 2050.

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CEO'S MESSAGE



This Milestones magazine is dedicated to you, the reader and our members. We at Alzheimer's Australia WA (AAWA) produce the magazine for you because you are important to us.

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We may be the largest of the Alzheimer's Australia organisations, we may now have grown and are working everywhere from regional areas like the goldfields to places such as hospitals. We may now have a solid media profile and some of our work may now be of global interest, but our members remain important because they are fundamental to who we are, and why we do what we do. AAWA commenced as a member and consumer focussed organisation more than 30 years ago and remains so today.

We have grown into a medium-sized employer with more than 250 staff across 6 locations around the state. Our income last year was in excess of \$10 million (and there was none left over). Yet I believe that the strength of AAWA is that we do not exist to grow our business, but to grow to support and recognise those living with dementia.

I am proud of the passion, professionalism and tireless dedication of my staff in working toward that goal. But I am also mindful that we have a wonderful group of people who share our vision and stand behind us in all we do – our members. Your membership and support is important to us, and one of the ways we say 'thank you' is by producing this Milestones magazine. I hope this edition of Milestones helps you feel informed about the exciting and important work we are doing. Just as importantly, I hope it helps you feel a valued part of the AAWA family – because you are.

Thank you on behalf of all at AAWA for your ongoing support. With your support, we are achieving new things – and reaching new milestones.

Happy reading,

A handwritten signature in blue ink, which appears to read 'Rhonda Parker'. The signature is fluid and cursive.

Rhonda Parker
Chief Executive Officer



Photo: A Night to Remember committee.

ADORED NONNA INSPIRES COMMUNITY FUNDRAISING GALA DINNER

A Night to Remember raises \$45,752 for Alzheimer's Australia WA in honour of loved grandmother, Luisa Gumina.

As a child, Andrea Gumina would wake every Saturday morning and rush next door to her beloved Nonna's to help her make the traditional family Saturday lunch.

Nonna – Luisa Gumina – would love letting the primary school-aged Andrea help. Whether it was making her famous Italian biscotti, pasta or just a mess, the strong bond between the two was formed over the kitchen bench of Luisa's Munster home.

"There was always something that needed cooking at Nonna's house and she was only too happy to let me help," 24-year-old Andrea recalls with fondness.

However, when Andrea was just 11-years-old her precious Nonna was diagnosed with dementia.

"I remember she always used to misplace things, but she would eventually find them," Andrea said. "I think I was too young to really see the signs of her failing health."

Three years after her diagnosis, Luisa's family made the decision to move her to the Villa Dalmacia Aged Care Facility where she could receive the expert care she needed.

"Although Nonna doesn't talk very much, or even

at all these days, there was a particular occasion when I visited her at dinner time," Andrea said. "Uncle Claude was there helping to feed her and I was going on and on to him about something that had happened at university that day.

"Mid-way through her dinner Nonna stopped eating and turned her head, looked at me and said 'Ma sta zitta'. If you don't speak Italian, this translates to 'be quiet'. Needless to say that shut me up pretty quickly leaving myself and Uncle Claude in shock."

Her Nonna's outburst also made Andrea think there could be more she could be doing to help not only her Nonna, but other Western Australian's diagnosed with dementia. Even Andrea could not have predicted what happened next.

With the help of her immediate and extended family, Andrea decided to organise a fundraising gala dinner aimed at raising money for Alzheimer's Australia WA. The response to her requests for donations to make the night – dubbed a Night to Remember – a success, was overwhelming.

Held at the South Fremantle Football Club in March this year, nearly 300 people were treated to a gala evening which raised a staggering \$45,752 to help Western Australians with dementia.



Photo: AAWA CEO Rhonda Parker with Andrea, Maria and Ian Gumina.

All of the food for the four-course dinner was donated, including crayfish, fruit and vegetables, oil and bread. Guido and Linda Micalizzi from catering company Numero Uno donated their time and expertise to help put together a tantalising meal.

Generous community members donated raffle and auction prizes including a Vespa scooter donated by Andrea's father Ian Gumina, a five night holiday at Club Med Phuket from Harvey World Travel, Club Med and Naval Base Concrete, a signed Fremantle Dockers' 2014 guernsey, an oyster shucking experience by Catalono Seafood and \$1000, \$500 and \$250 seafood vouchers donated by Ricciardi Seafood and the Geraldton Fisherman's Co-operative for the raffle.

"We were overwhelmed by the response and it was a fantastic night after 11 months of planning," Andrea said.

There was barely a dry eye in the house when Andrea gave her speech dedicating the event to her Nonna – "a kind-hearted and gentle woman who was always willing to lend a helping hand".

Thanks to the generosity of many members of the community, Andrea and her family have repaid her Nonna's kindness in spades.



FUNDRAISING ACTIVITIES

There are a number of upcoming events which present fantastic opportunities to raise funds for Alzheimer's Australia WA to help support people living with dementia.

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SAVE THE DATE!

AAWA will be holding two Memory Walk & Jogs this 2014 in Perth and Albany.

Perth Memory Walk & Jog
Sunday 12 October 2014 at
Perry Lakes Reserve in Floreat.

Albany Memory Walk & Jog
Saturday 6 September 2014 at
Middleton Beach in Albany.

CITY TO SURF

The Perth City to Surf is celebrating its 40th year with WA's largest fancy dress party on Sunday 31 August. To register and start fundraising for AAWA, go to: www.perthcitytosurf.com. The Chevron City to Surf regional series is also back for 2014! Below are locations and dates for the regions:

- Karratha - 27 July
- Geraldton - 3 August
- Albany - 10 August
- Busselton - 17 August

Businesses across WA are being asked to Dress Down for Dementia any Friday this September to raise funds for Alzheimer's Australia WA. AAWA is calling on companies to hold a casual dress day during the month and encourage participating staff to donate a gold coin to this worthy cause. Dress Down participation packs are available for free for all participating businesses and include collection boxes, posters, 1 Dress Down for Dementia stickers and a 'We are supporting AAWA' reception sign. The packs can be obtained from the AAWA's fundraising team on (08) 6271 1029 or by emailing: wa.event@alzheimers.org.au.

WALK THE TALK RATHER THAN CHEW THE CHOCOLATES

It seemed that a few of us from the education team had been buying too many fundraising chocolates, so we formed the 'Walk the Talk Team' and set about requesting sponsorship for losing weight. As one of the participants, and as well as family and friends sponsorship, I cheekily requested my new home builders - First Home Buyers Direct (FHBD) - to sponsor me. Ashley Tomlinson, one of two directors of FHBD, was happy to meet me, hear all about dementia and offered to sponsor me in my quest to lose 10kg. Many thanks to FHBD for not only building me a super new home, but for their practical encouragement through generous sponsorship of "Walk the Talk". I am now two sizes smaller!

- Sharon Gronrow, AAWA Education Officer

CALL FOR SPONSORSHIP - AAWA requires sponsorship for our major community events to grow and reach a greater audience in the community. A partnership with AAWA can provide a tailored and purposeful connection with a substantial, well-respected and high-profile charitable organisation, actively engaged in 'making a difference' in an area of increasing public concern and attracting substantial media attention. If your organisation is interested, please contact our fundraising team for a sponsorship pack on (08) 9388 2800 or email: wa.event@alzheimers.org.au.

BRINGING MEANING TO THE TABLE



Top Left: Haley Thompson, Vince Garreffa, Daniela Pirone, Kyba Cahill and Stefania Muscara. Bottom Left: AAWA staff. Above: Rayne Embley, Russell Bramston, Matt O'Donoghue, Josh Catalano, Carol Bramston, AAWA CEO Rhonda Parker, Stefania Muscara, Kymba Cahill, Rick Hart, Ben O'Shea, Daniela Pirone and Haley Thompson.

Three different mouth-watering dishes featuring Goldband snapper cooked by three high-profile Perth chefs helped launch Alzheimer's Australia WA's signature fundraising event – Bring it to the Table – in June.

AAWA ambassadors Josh Catalano, a former Masterchef contestant, and former My Kitchen Rules contestants Daniela and Stefania went head to head in a celebrity cook off in a race against the clock at Kitchen Headquarters at Osborne Park on Wednesday 28 May.

Daniela teamed with The West Australian's Inside Cover scribe Ben O'Shea to produce the winning dish – snapper ceviche. Josh and Destinations WA presenter Haley Thompson produced steamed snapper with clams while Stefania and Mix 94.5's Kymba Cahill served their snapper with chickpeas and quinoa.

Bring it to the Table invites participants to host a high tea, sit-down dinner, picnic or games night in the month of June to increase awareness about dementia, while at the same time raising vital funds for AAWA's programs and support services.

AAWA chief executive officer Rhonda Parker said Bring it to the Table was a fun and engaging way to show support for those living with dementia and to break down the stigma and myths surrounding the disease.

"Many associate dementia as an old person's disease, however there are now more than 24,000 people in Australia, some as young as 30, who have been diagnosed with Younger Onset Dementia."

The highest fundraising host wins a fully catered dinner for eight people in their home, cooked by Josh Catalano.

Ms Parker said the celebrity cook off was a great success, which she hoped would encourage people around the state to participate in Bring it to the Table.

"As a leading cause of death in Western Australia, it is critical that people gain a greater understanding of dementia," Ms Parker said. "It's also important to learn what actions people can take to better care for those living with this disease."

"Hosting a meal and using the opportunity for guests to talk amongst themselves about dementia, how it has affected their lives or the lives of people they know, helps to raise awareness within the community of the importance of services and assistance provided to people living with dementia."

YOUNGER ONSET DEMENTIA KEYWORKER PROGRAM



Photos: YOD Keyworker Program event in Albany.

A program to help people with younger onset dementia is being rolled out across Western Australia.

The Younger Onset Dementia Key Worker Program is designed to give people living with younger onset dementia, their families and carers a primary point of contact.

Alzheimer's Australia WA CEO Rhonda Parker said the program would make it easier for people living with the illness to navigate their way through the health system by using a single person, the keyworker, as the contact point to link them to the services and support they need.

"Younger people with dementia have been asking for services like these for such a long time. The launch of this program is certainly a milestone event for AAWA and a significant moment for those living with younger onset dementia, their families and carers," Ms Parker said.

The younger onset dementia key worker provides information, support, counselling, advice and helps consumers effectively engage with services appropriate to their individual needs.

The key workers would identify and address gaps in services and build support through consultation, networking and collaboration with service providers and consumers.

The program has received \$16.8 million in Federal Government funding over three years. It expands on the National Dementia Support Program and is being funded by the Australian Department of Social Services.

HELP AT HAND FOR DBMAS

The Dementia Behaviour Management Advisory Service (DBMAS) aims to help families and carers who support people with dementia where their behaviour may be impacting their care.

The DBMAS service initially worked with families and in aged care facilities. It has now been expanded into the acute hospital sector and to general practitioners. Recent DBMAS initiatives which aim to raise awareness among health professionals and to facilitate support for people with dementia include:

Acute Care Expansion - The DBMAS has expanded services to the acute care sector. After undertaking a consultation process with hospitals in the metropolitan area to identify opportunities for providing support, we are now taking referrals for people with dementia who have entered the hospital system or who are attending out-patients clinics.

Navigating the Tides of Change: Developing Excellence in Dementia Care in Hospitals - A two day symposium was hosted by DBMAS in June for health and social care professionals working in the acute hospital setting and associated services, including Outpatient Services. The symposium brought together international, national and local speakers who presented on a range of topics relevant to best practice and innovative dementia care in hospitals.

Work to reduce emergency admissions - DBMAS is also contributing to a cross-sector approach to reduce the number of inappropriate transfers of residents from aged care facilities to emergency departments. Often, changed behaviours are implicated in the decision to transfer to hospital. DBMAS has been providing education to facilities on early identification of behaviour change and timely access of services

For further information on the DBMAS service, please ring 1800 699 799.

ART THERAPY REIGNITES PASSION FOR MARGARET

When dementia began robbing Margaret Hodgson of her memory six years ago her husband Gordon tried desperately to find services and programs to keep her mind and body active.

It wasn't until AAWA art therapy consultant Jackie Lewis suggested the former accomplished artist enrol in Artistic Adventures that Mrs Hodgson began to flourish once again.

"Margaret was a highly accomplished artist and she loved to study art," Ms Lewis said. "However, she stopped after her diagnosis.

"Margaret had studied at Claremont School of the Arts and worked with oils, watercolours, pencil and charcoal. She loved to paint still life and nature scapes

"When she first came to Artistic Adventures, we set up a still life with flowers and she just started painting again. It was wonderful. Gordon said she even started painting at home again."

Artist Adventures is based at the Art Gallery of Western Australia and offers places for up to 10 people with dementia or memory loss and their partners to spend a session painting in one of the gallery's art studios. Another session is offered where participants are given guided tours of the gallery.

"It is a really special program because it is really hard for couples where one

person has dementia to find something they can do together," Ms Lewis said. "It is a really intellectual and social activity which is just fantastic for the participants and their partners or carers.

Mr Hodgson said his wife was a strong-willed and independent woman who embraced life as they travelled the world for his work as an engineer.

"Margaret was very hands on with her work and wherever we lived she would always paint and pursue her creative talents," Mr Hodgson said. "Reintroducing her to art through Artistic Adventures was one of the best things we ever did."

The couple recently returned to the UK to be closer to family and Ms Lewis said they would be greatly missed by their AA friends.

However, Mrs Hodgson will always be close to Ms Lewis. The art therapy consultant was fortunate to be given many of Mrs Hodgson's artworks and they now have pride of place on the walls of Ms Lewis' office and in the hallways of AAWA in Shenton Park.

For more information about Artistic Adventures contact Jackie Lewis on (08) 9388 2800.



Left: Gordon and Margaret Hodgson in the Artistic Adventures group. Middle: Gordon Hodgson and Jackie Lewis holding Margaret's painting. Right: Gordon Hodgson sharing Margaret's story with us.

NEW PARTNERSHIP TO ADVANCE AND SUPPORT SERVICE DELIVERY

The Dementia Partnership Project is a new program that will train care organisations to better assist people with dementia who live at home.

The Dementia Partnership Project (DPP) aims to equip staff in the community care sector to improve service delivery to people living with dementia in the community. The project will work closely with service providers, assessment agencies and health professionals.

The overall objective is to enhance the experience and improve the wellbeing of people living with dementia in the community who access support services.

The focus will be on the journey from referral to service delivery, looking at a variety of activities and strategies to enable the community care sector to enhance the way in which they work with clients, each other and the sector.

Key activities will include consultations with consumers, service providers and specialists to establish community need and enablers for change, capacity building with individual partner organisations, a Dementia Champions Program – up-skilling committed individuals to promote best practice dementia support in their workplace, a website – ‘one-stop-shop’ providing information, resources and sharing of good practice to enhance the delivery of a person-centred approach and a yearly Symposium, which will provide an opportunity for people to learn from world renowned dementia experts, networking and showcasing local initiatives.

Evidence-based models which enhance wellbeing, independence, enablement and empowerment of those living with dementia in the community, will be promoted internally and externally.



Photo: The DPP Launch at the Wollaston Conference Centre in Mt Claremont with DPP Project Leader Caroline Horlock, Paula Gevers, AAWA CEO Rhonda Parker, Luke Garswood and Jason Burton (top photo) .



The DPP team is thrilled to be involved in such an exciting project and look forward to sharing its stories over the next 12 months.



This project is funded by the Home & Community Care Program by the WA Department of Health.

SAVE YOUR MONEY AND SUPPORT ALZHEIMER'S AUSTRALIA WA WITH A COMMUNITY REWARD ACCOUNT WITH BEYOND BANK

With a Community Reward Account with Beyond Bank, you can help raise money for Alzheimer's Australia WA just by saving! Here's how it work - open an account and start saving. The more you save, the more Beyond Bank will donate to Alzheimer's Australia WA.



For more information drop into a branch, visit beyondbank.com.au/community or phone 13 25 85.

NEW PROJECT AIMS TO MAKE COMMUNITIES DEMENTIA-FRIENDLY



Photos: The DFC Launch with special speakers dementia expert Rachael Litherland and AAWA consumers Bronte & Glenda Parkin.

The lives of more than 30,700 Western Australians living with dementia could be improved thanks to a new initiative based on the community helping those diagnosed with dementia.

The Dementia-Friendly Communities Project has received State Government funding to improve the community's understanding about dementia and to show people how they can better help people living with dementia.

A national population survey conducted in 2011 found 44 per cent of Australians believed people with dementia were discriminated against or treated unfairly. More than one in five people said they would feel uncomfortable spending time with someone who had dementia.

A dementia-friendly community is defined as a "cohesive system of support that recognises experiences of a person with dementia and provides assistance for a person with dementia to remain engaged in everyday life in a meaningful way."

The Dementia-Friendly Communities Project will include activities such as piloting a dementia-friendly community framework in partnership with local governments, providing information to services like retail, community, service organisations and local government, include public spaces and buildings and conducting awareness workshops and training staff about dementia and how to converse with someone with dementia.

Alzheimer's Australia WA CEO Rhonda Parker said it was only through the recognition of the need for dementia-friendly communities and involvement from the people of WA that people with dementia and their families will find greater acceptance and feel comfortable in everyday life.

PEOPLE WANTED FOR THE FRIENDS IN HARMONY CHOIR!

People living with dementia and their carers are encouraged to join the Friends in Harmony Choir, held every Thursday afternoon at AAWA's Shenton Park conference room.

Organiser Dorothy Ebel said the choir had more than 70 songs from which to choose and being able to read music was not a prerequisite.

"The choir is absolutely tremendous because it's something couples or carers can do together - it is just so uplifting," Ms Ebel said.

"If you have clients, family or friends you think would benefit from this group, or if you just want to come and enjoy the afternoon and see what we are all about, we look forward to your company."

If you are interested in joining, please contact Ms Ebel on (08) 9388 2800.





Photos: The new sensory garden at Juniper St Andrews in Balcatta.

GARDEN THERAPY BLOOMS AT JUNIPER ST ANDREWS

A specially designed garden at the Juniper St Andrew’s residential facility in Balcatta is providing great joy and health benefits for elderly residents with dementia.

Alzheimer’s Australia WA’s enabling environment consultant Sheila Lapping, who helped design the new sensory garden, said it provided a wonderful interactive area for residents and their families to enjoy.

“The newly renovated area enables residents to walk freely and safely around the garden to enjoy the outdoors,” Ms Lapping said. “It provides opportunities for exercise and to sit along the pathway and look at interesting things along the way.

“Raised garden beds provide sensory stimulation, enabling people to weed and water, smell the herbs and plant the veggies while brooms are within easy reach if people wish to sweep the pathways.”

Ms Lapping said in 2011 Juniper St Andrews wanted to give the garden a makeover and consulted AAWA specialists in dementia care and garden design, requesting that Alzheimer’s Australia’s Consultancy Services prepare designs and suggestions.

“Our consultancy services offer a complete interior and garden design service for Day Centres and Dementia Specialist Support Environments,” Ms Lapping said.

“We prepare a full report giving recommendations supporting best practice building and interior and landscape design for people living with dementia.” She said the aims were to provide a safe and interesting place for residents to walk around and explore, develop

an interesting space that would encourage friends and families to visit, and spend more time with their loved ones, provide interactive areas so residents, staff, families and children could do activities such as ten pin bowling, mini golf, lawn bowls and bocce, and engage in meaningful activities such as planting seedlings, watering, sweeping and raking.

A \$47,000 grant from Lotteries West and donations from suppliers enabled the transformation with the Serenity Garden officially opening in December last year.

The outcomes included positive feedback from residents, staff and families; residents engaging more often and participating in meaningful activities and games; residents and families enjoying sitting in the sunshine; the occupational therapy program being adapted for more outdoor activities; visiting children enjoying the playground area; increased intergenerational and social interaction and families visiting more and staying longer.

“Research studies support long held beliefs that natural surroundings can have a profound effect on people’s health, well-being and quality of life,” Ms Lapping said. “Visual and physical access to nature can help people recover from illness quicker; it can reduce stress levels, lower blood pressure and help a person maintain circadian rhythms.

For further information contact consultancy services at Alzheimer’s Australia WA on (08) 9388 2800.

DEMENTIA ENABLING ENVIRONMENTS PROJECT

An Australian-first project is working to make life easier for people living with dementia by identifying practical ways to adapt their homes and environments to make day to day tasks less challenging.

The Dementia Enabling Environments Project (DEEP) is translating research and putting into practice environmental changes to help people with dementia live as full and independent lives as possible.

The project will assist architects, designers, landscapers and aged care staff to refurbish or build future aged care environments and support families to adapt their homes to better accommodate people with dementia.

“This is a fantastic project because it will offer very practical advice, based on sound research, for carers and aged care providers on how best to build or change their homes or care facilities to make day to day living as easy as possible for people with dementia,” Alzheimer’s Australia WA CEO Rhonda Parker said.

“It will also arm architects, builders and landscapers with valuable information on how they can design and construct environments which will enable people with dementia to live more independently,” Ms Parker said.

AAWA, in partnership with the NSW Dementia Training Study Centre at the University of Wollongong, has been funded by the National Quality Dementia Care Initiative to develop the national project.

Go to: www.enablingenvironments.com.au for more information or contact us by email at: deep@alzheimers.org.au.



NEW EDUCATION PROGRAM TO HELP CARERS

AAWA is offering a new education support program to people caring for a loved one living in the community with dementia.

Caring for someone with dementia can be very rewarding. However, it can also be difficult, exhausting, lonely, and at times, overwhelming. When caring for someone with dementia the carer has to deal with many different experiences and feelings as the needs of the person with dementia changes over time. This caring role often falls on the shoulders of family and family friends.

It is said that dementia is not a journey you should do on your own. The new Education Support Program is a weekly, structured, educational program, held over a period of 11 weeks. Each session runs for two hours and includes an educational and social component, aimed at providing both practical and emotional support.

The new program will complement the existing Carer Support Groups that meet once a month, for two hours at various locations. The groups provide the opportunity for carers to connect with other people who are also living with the unique experience and discuss the emotions of the caring role and share information.

Both programs are limited to 15 carers and you are welcome to attend either or both, dependant on your needs. These programs provide both practical and emotional support and are free of charge.

If you require more information or would like to register for one of our groups, please contact the Carer Support Team on the Dementia Helpline 1800 100 500.



Photos: AAWA Carer Support Group team.

BOOK REVIEW: DEMENTIA POSITIVE BY JOHN KILLICK

It is not often that you can say that you read a text over a weekend but this one is “un-put-downable” (not an actual word, I know).

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Anyone already familiar with Killick’s work will know that he has a writer’s knack for putting the thoughts and words of those with dementia and their supporters to paper. This text is easy to read, having a short chapter structure with Part One (John’s observations), Part Two (Other Voices) and an End Note to each chapter. Killick reminds us that our “recall of events” is, in any event, “an active construction affected by gaps, misinterpretations and inventions”. It is a delight to hear the voices in its pages - from personal encounters John has had and many quotes from people about the experience and the all too human aspects of living with, and supporting those who are living with dementia. Killick picks up on themes such as Michael Verde’s (Memory Bridge) ‘ego-less communication’ and the complexity of non-verbal elements of communication. Some of the quotes almost break your heart and at the same time uplift the spirit (I think all the best art does this actually). One of my favourite quotes from the book urges us to “listen with the ears of the heart” and there is a lovely quote echoing this sentiment from a woman with dementia who feels herself retreating more and more away from the life she has loved: “Oh, dear. It isn’t fair when your heart wants to remember”.

By Caroline Iannello, Education Officer

VALE - MR ANDREW LAVERS, OAM

It was with sadness we heard that founding member and the founding Chairman of AAWA, Mr Andrew Lavers OAM passed away in May 2014. Mr Lavers served as the founding Chairman of AAWA from 1982-1988. He was made a life member of AAWA in 1990 and was awarded the OAM in 1994. AAWA CEO Rhonda Parker attended the funeral and expressed her condolences to Mrs Lavers, his widow. She thanked her on behalf of AAWA for the vision, energy and dedication of her husband in being one of the driving forces behind the formation of the organisation.

THE EARLY INTERVENTION TEAM

The Living with Memory Loss program is a free information and support program for people living with early stage dementia and their support people. Participants obtain good quality, up-to-date information about dementia, meet and talk confidentially with others in a similar situation, discuss experiences in a safe environment, explore ways of managing now and into the future and have their questions answered. Contact the National Dementia Helpline on 1800 100 500 for more information about one of AAWA’s most popular and valued programs or to register for a group session.

START2TALK AND TAKE CONTROL OF YOUR FUTURE

A new online campaign has been launched to get people to Start2Talk about their future wishes. The campaign asks people to ‘choose it or lose it’ and encourages people to talk to their loved ones about their future health and financial wishes should they ever be in a position not to make those decisions themselves. Developed through Alzheimer’s Australia’s National Quality Dementia Care Initiative, Start2Talk.org.au is an online resource to help people throughout Australia plan ahead for their future healthcare, lifestyle and financial decisions.

“Users have the ability to register with the website so their worksheets can be stored securely online and can continue completing them at appropriate intervals,” Start2Talk Project Manager Dr Chris Shanley said. Everyone is encouraged to use the website to plan ahead because you will never know when you may be in a position where other people will need to make decisions on your behalf.”

THE CARE AND THE CURE PUBLIC LECTURE SERIES

Alzheimers Australia WA has attracted a number of experts to deliver this year's popular 'The Care and the Cure' public lecture series.

Steve Milton, one of three directors of Innovations in Dementia - a not-for-profit organisation in the UK which tests innovative ways of engaging with people with dementia, will give his address on Thursday 25 September during Dementia Awareness Month.

Mr Milton will use his expertise to discuss how carers can provide a better living environment for people with dementia. Innovations in Dementia's work in this area has been so influential in the UK that the creation of dementia-friendly communities has been made a priority by the British Prime Minister David Cameron.

On Thursday 9 October, Professor Dawn Brooker will share her expertise in practice development for person-centred care. Professor Brooker is the Director of the University of Worcester Association for Dementia Studies and its Institute of Health & Society. Her work is internationally recognised and current research includes developing person-centred approaches to care for people living with dementia.

Since the lecture series began in March 2013 the events have been very popular with events often booked out well in advance. Previous speakers have included Dr Allan Power who discussed how to live positively with dementia; Dr Brian Draper talked about improving the care of people with dementia in acute hospitals, and most recently Sube Banerjee spoke on the topic 'to tell or not to tell – diagnosing dementia'.

Most of the public lectures are free although sometimes a fee of \$15 is charged. Supper is provided after the lecture. If you wish to attend any of our upcoming public lectures book early to avoid disappointment.

If you do not already receive an emailed flyer about public lectures and would like to, please contact Lyn Jude on (08) 9388 2800 or check out the program on our website. For anyone unable to make it to any of the lecture series, all lectures are filmed and available for our members to borrow or rent from our resource library in Shenton Park.



Photos: 2014 Public Lecture speakers. Above left - AAWA CEO Rhonda Parker, Dr Aleen Power and Jason Burton. Bottom left - Pam Nichols, Jason Burton and Dr Brian Draper. Middle - Rachael Litherland. Right - Sube Banerjee.

HELP & INFORMATION AT HAND AT AAWA'S LIBRARY AND RESOURCE CENTRE

Did you know about our Library and Information Resource Centre?

The centre has a large collection of books and DVDs focusing on dementia and other topics relating to ageing, cognitive impairment and general caring. We also have games and activities for people with dementia including puzzles, word games and prompts for reminiscence.

Membership is free for individuals (\$50 for corporate/organisations). New items become available each week and the library maintains an up-to-date catalogue which is available online at: <http://liberty4.alznsn.asn.au:8080/liberty/libraryHome.do>.

The library also issues a monthly emailed newsletter entitled Dementia Aware, which provides information on the latest research, upcoming events, programs and news relating to the field of dementia. To subscribe to the newsletter, please email: librarywa@alzheimers.org.au or tick the box on your membership form.

The library is located at our Shenton Park site – 9 Bedbrook Place, Shenton Park, and is open weekdays 8:30am – 4:30pm. Telephone (08) 9388-2800.

AAWA NEWS & EVENTS

If you are interested in receiving information on the latest AAWA news and events, please email: wa.event@alzheimers.org.au to sign up.

DEMENTIA RESEARCH NEWSLETTER

If you are interested in receiving the latest information on dementia research, please email: librarywa@alzheimers.org.au to sign up.

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