

INSPIRATIONS

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TOWNSVILLE DEMENTIA SUPPORT CENTRE OFFICIALLY OPENED

(Desley O'Brien Alzheimer's Australia (Qld) Volunteer Leader, Coralee O'Rourke Minister for Disabilities and Seniors, Victoria Beedle Alzheimer's Australia (Qld) CEO)

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ALZHEIMER'S AND DEMENTIA AUSTRALIA AND HOPE
FIGHTDEMENTIA.ORG.AU

CEO'S MESSAGE



Afternoon tea with the former Prime Minister!



Picture L-R: Karen Andrews MP, Nicole Findlay, The Hon. Tony Abbott MP and Victoria Beedle

Greater awareness and understanding of dementia in the community is critical to fostering social change.

The right message to the right people at the right time will play a key role in helping to create a dementia friendly nation.

The opinions of people with dementia are crucial to the success of this initiative. So I was delighted to invite carer Nicole Findlay; who cares for her husband John with younger onset dementia, to join me at a community morning tea with Tony Abbott on the Gold Coast on July 10.

Getting our message to the top policy makers is equally as vital as are small actions by community members.

While Government support of start-up programs is required, and political leadership is important, change begins and ends with all of us.

Imagine a nation where bank tellers, taxi drivers, bowling and golf clubs, shopkeepers and people on the street respect and try to help people with dementia.

A dementia friendly community needs to be owned by locals and driven by people living with dementia, their carers and their families.

Thank you for all that you do to help in the fight against dementia.

Victoria Beedle
CEO, Alzheimer's Australia (Qld)

NEW CENTRE TO SUPPORT MORE THAN 2,600 TOWNSVILLE RESIDENTS WITH DEMENTIA



On 24 July, Alzheimer's Australia (Qld) celebrated the opening of its new Townsville office; helping to enrich the lives of those living with dementia.

Minister for Disability Services, Seniors and Minister Assisting the Premier on North Queensland Coralee O'Rourke said she was excited to officially open the centre in Pimlico to support those living with dementia in the area.

"The new Dementia Support Centre will give people living with dementia in Townsville access to

the support they need, right at their doorstep," she said.

"It is important that we are able to provide services and support not just to those living with dementia but also their carers and families.

"This new centre is a hub for the delivery of these services and will show people there are others ready to lend a helping hand.

"Alzheimer's Australia (Qld) does fantastic work in our community, along with local volunteers, and I'm pleased they can expand



Our state-wide Dementia Support Centres provide information, support, referrals and advice relating to memory concerns and dementia.

National Dementia Help Line 1800 100 500

“ This new centre is a hub for the delivery of these services and will show people there are others ready to lend a helping hand.

their services with this new office.” For the past 10 years Townsville residents have donated more than 1,500 hours of their time each year to providing services to those living with dementia and through this new centre more volunteers than ever before will be able to sign up and

significantly expand its reach.

With over 60,000 Queenslanders living with dementia, we need to ensure those in regional areas have access to services.

There are currently 2,677 people with dementia living in the Townsville area and life does not stop with a diagnosis of dementia, with the right support it is possible to live well with dementia.

The new office will service as a drop-in dementia support centre, provide support groups, a library and

information. Staff from Alzheimer's Australia state-wide service the Dementia Behaviour Management Services and the Younger Onset Dementia Key Worker Program will be based out of this office as part of a commitment to provide services by regionally based staff, a first for Northern & Central Queensland.

Townsville Dementia Support Centre
165 Kings Road, Pimlico
T: (07) 4755 1177
E: qld.townsville@alzheimers.org.au
- Call for opening hours



DEMENTIA FRIENDLY IN ACTION INTERNATIONALLY

Launching Dementia Awareness Month in Queensland we welcomed Gill Ayling – Wednesday 2 September

Head of Global Action Against Dementia and the Head of Older People and Dementia UK Department of Health, Gill Ayling, gave an inspiring and thought-provoking lecture to launch Dementia Awareness Month in Queensland.

Jill described the success of Dementia Friends in the UK in bring about the inclusion of free, easily accessible dementia awareness training.

The UK Dementia Friends initiative

was launched in 2013 with the aim of having one million Dementia Friends by April 2015.

The program was one of a series of national initiatives announced by Prime Minister David Cameron in 2012 as part of the countries 'Challenge on Dementia.'

This included a focus in improvements in health and care, and establishing communities that know how to help people with

dementia. It consists of a Dementia Friendly training program, a face-to-face training session or online video focused on simple messaging around memory and emotion, stigma key symptoms and impact of symptoms on someone with dementia. There are currently just over 875,000 Dementia Friends across the UK.

To download Alzheimer's Australia, Dementia Friends or to download Gill's presentation please go to **fightdementia.org.au**.

YEPPOON HITS DEMENTIA FOR 6

Backyard Cricket brings Yeppoon community together for dementia.



Captains Shane Yore (Australia) and Dave Ingram (The World) shake hands.

Shane Yore and Dave Ingram, the masterminds behind the concept, are hoping for a bigger and better tournament this summer.



Howzat for fundraising?

Australians love a game of backyard cricket and it's this love that inspired Yeppoon local Shane Yore to take the game to the next level and create the inaugural Yeppoon Backyard Cricket Series.

"Local businesses participated in the tournament with some distinctly Queensland modification including makeshift wickets, BBQs and some cold drinks between ends." Shane said.

"We raised money for dementia and had fun in the process."

Do you have your own Fun Raising ideas?

Visit: www.everydayhero.com.au/event/alzheimersfun-raising now!



HAND HEART POCKET GALA EVENING 2015

Supporting Alzheimer's Australia (Qld) and the Queensland Brain Institute

For the second year running, the Hand Heart Pocket Gala Evening, raised vital funds for and awareness of people living with dementia and the need for dementia research.

Major sponsor Hand Heart Pocket, the charity of Freemasons Queensland, music program sponsor Morgans, a variety of generous auction item sponsors and a team of volunteers from Datcom made it possible for 200 guests to enjoy an evening of first class music directed by the legendary Norma Marschke whilst soaking up the hospitality and beautiful surrounds of Customs House on the Brisbane river.

Ita Buttrose AO, OBE, Alzheimer's Australia National Ambassador delivered an inspiring key note address and MC Matthew Hickey



and Auctioneer Bruce Granger worked their magic to help raise an amazing \$13,262.00 by the end of the night.



Boosting the search FOR A CURE

ALZHEIMER'S AUSTRALIA (QLD) RESEARCH FUND

Launching soon – contact Kerry on (07) 3895 8200 to become a founding benefactor (see back page for more information)



ALZHEIMER'S AUSTRALIA (QLD) SUPPORTER COMMUNITY

Join the Alzheimer's Australia (Qld) Supporter Community today and help support the fight to champion people with dementia, their families and carers.

As an official supporter, you can choose to be active in many different ways, depending on your interests, skills and the time you have to give. There are many opportunities such as being part of a consumer focus group, participating in media, volunteering, awareness-raising or fundraising.

BENEFITS

- Supporter card, certificate and sticker
- Alzheimer's Australia wrist band and badge
- Four information-packed issues of our quarterly newsletter Inspirations which includes the latest state-wide information on activities, programs, research, events, publications, seminars and much more.
- Your copy of our Annual Report
- Unlimited use of our extensive resource centre - the Alzheimer's Australia (Qld) library, including

borrowing items. The Library provides a high quality service to people with dementia, their families and carers throughout QLD. There are many books available for loan to members covering all aspects of dementia, as well as journals, videos and DVDs.

- Early-bird invitations to dementia education and activities, seminars, forums and other events (discounted exclusively when there is a ticket price).

HOW MUCH DOES A SUPPORTER SUBSCRIPTION COST?

Individual fees (annual)

- Child (under 14) - \$ 10.00
- Person with dementia - \$ 15.00
- Carer of a person with dementia - \$ 15.00

- Individual - \$ 30.00
- Family - \$ 50.00
- Life Supporter - \$ 500.00

Professional fees (annual):

- Individual - \$ 50.00
- Not-for-profit (per facility/location) - \$ 80.00
- Private (per facility/location) - \$100.00
- Government (per department) - \$100.00

HOW DO I JOIN?

To join the Alzheimer's Australia (Qld) Supporter Community simply complete the application form at fightdementia.org.au and return it to qld.supporter@alzheimers.org.au or call 1800 100 500 today.



DETECT EARLY.

Dementia is not always obvious.

www.detectearly.org.au

Our detect early website is a dedicated resource providing information and support for professionals involved in diagnosing dementia and for anyone worried about their memory or the memory of a friend or loved one.

On average it takes over three years for Australians to receive a formal diagnosis of dementia.

WHY YOU SHOULD START2TALK

Planning ahead is thinking about your future and putting things in place so that your choices will be known and acted on if you cannot express these choices later in life.

This may happen if you have a sudden accident, become very ill, or develop a condition such as dementia that affects your memory and your planning ability.

Planning ahead can include issues related to your finances, lifestyle or health care. Start2Talk.org.au is a website that will help you to plan for your future.

It is a practical and comprehensive resource for people like you across Australia.



It gives you the information you need to make decisions and helps you put your decisions into action. **Start2Talk today!**



Jan Donaldson, Coordinator of the Bribie Island Support Group, Senior Sergeant Crawford-Raby of the Queensland Police, Elsje Chiapello, Community Engagement Officer, Jason de Bakker, General Manager Business Services at Alzheimer's Australia (Qld) and Tara Quirke, a leading dementia advisor and advocate.

DEMENTIA-FRIENDLY COMMUNITIES IN ACTION

DEMENTIA-FRIENDLY BRIBIE

Alzheimer's Australia (Qld) is working with the Bribie Island community, just north of Brisbane, on a pilot project to make Bribie Island the first dementia-friendly community in Queensland.

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

Each dementia-friendly community will look different, as it will be developed in collaboration with the community to address specific needs people with dementia have in each locality.

The project has been well supported by the Bribie Island community including the Queensland Police, Rotary Club, Local Service Providers as well the Bribie Island Dementia

Support Group and the Bribie Island and District Community Appeal.

So far a number of key priorities for the project have been identified including raising awareness of dementia, supporting local businesses to become more dementia-friendly as well as supporting social engagement opportunities for people with dementia and their carers.

'The project is helping us build on the great work already happening on Bribie Island to make the community a better place to live for people with

dementia. The project is bringing together so many passionate and committed members of the local community we are sure it will make a positive difference to the lives of those living with dementia on the island', said Jan Donaldson, coordinator of the Bribie Island Dementia Support Group.

For more information, or to get involved in dementia-friendly communities contact Elsje Chiapello on (07) 3895 8200 or email elsje.chiapello@alzheimers.org.au

REMEMBER ALZHEIMER'S IN YOUR WILL



Leaving a gift in your Will will help us better meet the future needs of people with dementia, their carers and their families. To make or update your Will, for a free copy of our Will guide, or to order in memoriam donation envelopes please call (07) 3895 8200 or email qld.bequests@alzheimers.org.au



VOLUNTEER FOR US.

Volunteering can lead to amazing things, Amanda Warman is living proof.

When Amanda Warman came to Alzheimer's Australia (Qld) in January, her intention was to finish her student volunteer placement and move on.

But eight months after starting as a volunteer Amanda is now working as a Younger Onset Dementia Key Worker.

"I was required to volunteer in a community organisation as part of my degree. I chose Alzheimer's Australia (Qld) because this is an area I already had experience in, and I was hoping I could help make a difference" Ms Warman said.

"After witnessing the amazing work the organisation does in the community and the positive impact it has on people lives, I knew I had to stay. So I started applying for positions here and was lucky enough to get one in an area I really wanted to work in."

If you too would like to give back to the community through volunteering with Alzheimer's Australia (Qld) email qld.volunteering@alzheimers.org.au or call (07) 3895 8200.



CAMINO TREK RAISES DEMENTIA AWARENESS.

825km. 2 Countries. 30 days. John Quinn completes the challenge of a lifetime.

John Quinn was diagnosed with dementia at 59, but this hasn't stopped him living well with dementia.

During September, John took up the challenge to walk and cycle the famous 'Camino de Santiago' (again!) to raise money for younger onset dementia (YOD). He battled cold winds and aching muscles on his amazing journey

through France and Spain. John was even able to practice his Spanish with the locals; a skill he learned to keep his brain healthy and active.

Show your support by donating at: give.everydayhero.com/au/john-quinn-s-charity-camino-challenge or buy a ticket in the YOD raffle, tickets just \$5 each, available on (07) 3895 8200.

AT A GLANCE

There are **46.8MILLION**

people worldwide living with dementia in 2015. This number will reach 74.7 million in 2030 and over 131.5 million by 2050.

There will be **9.9MILLION**

new cases of dementia in 2015, or one every 3 seconds.

Much of the increase will take place in low and middle income countries (LMICs): in 2015, 58% of all people with dementia live in what are currently classified as LMICs, rising to 63% in 2030 and 68% in 2050.

The total estimated worldwide cost of dementia in 2015 is US\$ 818 billion. In just 3 years' time, this will have increased to \$1 trillion. By 2030, this will have risen to \$2 trillion.



These statistics are taken from the World Alzheimer Report 2015, The Global Impact of Dementia: An analysis of prevalence, incidence, cost and trends.

DIARY DATES

**OCT
25**

GRANDPARENTS DAY

Celebrate today with your grandparents. Or if they have passed on visit www.everydayhero.com.au/event/grandparentsday and share a message about what they meant to you.

**NOV
15**

MAKE A WILL WEEK

15th Nov - 22nd Nov.
This week make sure that your Will is up to date (see page 6 for more information).

**NOV
25**

ALZHEIMER'S AUSTRALIA (QLD) RESEARCH FUND LAUNCH

Today we launch the Alzheimer's Australia (Qld) Research Fund – become a founding benefactor and fund leading edge dementia research in Queensland. (see page 4 for more information)

**DEC
05**

INTERNATIONAL VOLUNTEERS DAY

This is the day we celebrate the incredible work our team of dedicated state-wide volunteers undertake to make a difference for people with dementia their carers and their families (see page 7 for more information on how you can become a volunteer).

**APR
17**

MEMORY WALK & JOG

Save the date to take part in our annual Brisbane Memory Walk & Jog or for info and tips on how to organise a local memory walk/jog or to do your own personal memory walk/jog and get sponsored for each KM you walk visit www.memorywalk.com.au

Download your copy from fightdementia.org.au/qld or call (07) 3895 8200 to request your free copy of our latest activities and programs brochure featuring state-wide activities and programs for people with dementia, their carers and families.

TRAIN YOUR BRAIN

Place the 9 letters below the box into the 3x3 grid to make six valid five letter words.

	S	F	O	
S				Y
A				Y
S				R
	E	D	L	

P N E U M A T I C

YOUR BRAIN MATTERS

Your brain is your most valuable health asset. You need to protect it all your life.

5 Simple Steps to Maximise Your Brain Health is an important component of Alzheimer's Australia's dementia risk reduction program, Your Brain Matters, and emphasises how preventable health measures can benefit your brain health.

Step 1 Look after your heart

Step 2 Be physically active

Step 3 Mentally challenge your brain

Step 4 Follow a healthy diet

Step 5 Enjoy social activity



www.yourbrainmatters.org.au

CONTACT US

NATIONAL DEMENTIA HELPLINE

1800 100 500

qldfightdementia.org.au

**FIGHT ALZHEIMER
SAVE AUSTRALIA**
FIGHTDEMENTIA.ORG.AU