



Alzheimers *News*

The magazine for the New Zealand dementia community | Issue 103 | Spring 2016



World Alzheimer Report: *pg2*
NZ must do better

Lighting up Auckland pg6

Memory Walks in the rain *pg4*

From the Chief Executive Catherine Hall

As we wrap up another September, World Alzheimers Month is becoming a regular fixture in the New Zealand calendar, and this is our usual World Alzheimers Month Special Edition of Alzheimers News.

This year's World Alzheimers Month saw a number of challenges, but Alzheimers NZ and local Alzheimers organisations managed to put together an impressive calendar of events across New Zealand, including our popular Memory Walks and the spectacular light sculpture you can see on the front page of this Alzheimers News.

On Memory Walk weekend it rained across most of the country, and still, 21 Memory Walks were held from Kaitia to Invercargill. Around 2,500 people came wearing their best purple, many to remember family members or friends with dementia, and to show their support – for people with dementia and for a dementia-friendly New Zealand.

I hope you had a chance to take part in a Memory Walk or be part of our activities over September in another way.

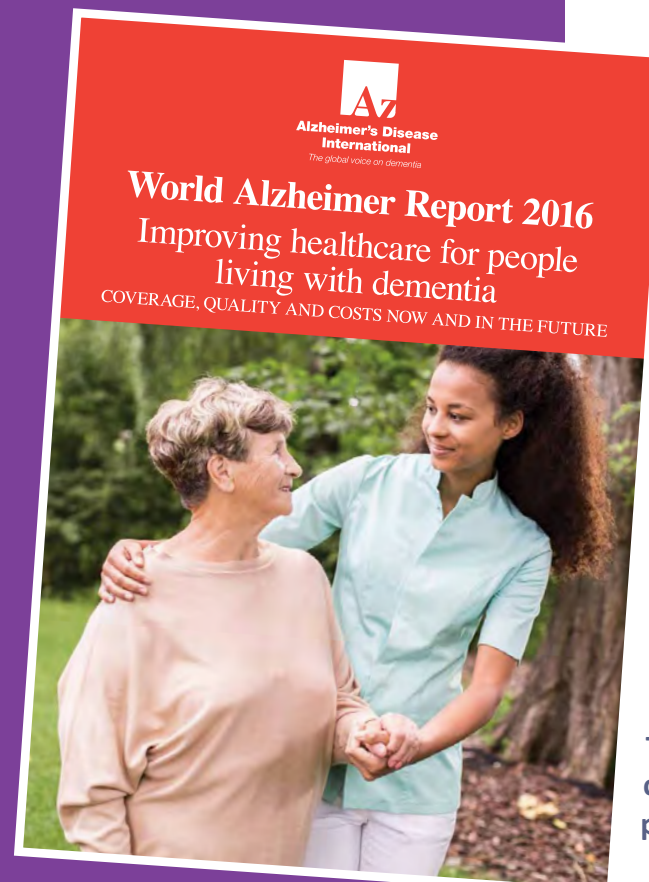
In only a few weeks' time we will be hosting some of the world's and New Zealand's most respected experts for dementia in Wellington for our conference.

We are proud that, for the first time ever, we have been able to provide free registrations for people living with dementia and their care partners. About 20% of registrations so far are from people with dementia and care partners, so there will be a strong voice from people with dementia.

Alzheimers NZ's conferences have a tradition of stretching the boundaries and making things happen for the first time. Last time Alzheimers NZ hosted the Asia Pacific Regional Conference of ADI, in 2001, we were the first to have a person with dementia as a key note speaker. We have come a long way since then!

I hope to see many of you at the conference, and thank you for making World Alzheimer's Month such a success.

Catherine Hall
Alzheimers NZ Chief Executive



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New Zealand's approach to this looming health care challenge is patchy at best.

World Alzheimer Report: NZ must do better

The 2016 World Alzheimer Report warns that countries like New Zealand are unprepared for a surge in dementia cases and need to take urgent action to deal with the issue.

The Report says that, with 50% of dementia cases undiagnosed and not enough focus on services and support, countries like New Zealand will struggle to cope.

The report was researched and authored by a team led by Prof Martin Prince of the Global Observatory for Ageing and Dementia Care in collaboration with the Personal Social Services Research Unit at the London School of Economics and Political Science.

The Report's key findings recommend a radical change to the way healthcare is delivered to people living with dementia by:

- **rebalancing towards primary and community care, with specialists providing guidance and support, in order to increase capacity in the healthcare system**
- **placing more emphasis on explicit clinical or care pathways to establish and monitor standards of care**
- **having a greater focus on case management to co-ordinate and integrate services and support for people affected by dementia.**

The overall physical health of people with dementia also needs more attention, especially their nutrition and risk of falls and infections according to the Report.

Health care for people with dementia in New Zealand is currently fragmented and inconsistent according to Alzheimers NZ Chief Executive, Catherine Hall.

“While New Zealand has a Dementia Framework that is trying to scale up the primary care response to dementia, it is applied inconsistently across District Health Boards and has yet to focus on implementing a consistent case management system”, she said.

Responding to the Report's findings she said “New Zealand's approach to this looming health care challenge is patchy at best.

Five years on from the 2011 Report, New Zealand still hasn't adequately resourced primary care to lift the rates of diagnosis. Three years on from the 2013 Report we still do not have sufficiently funded dementia services in the community or education and support for carers.

As this Report says, we urgently need health care and support for people affected by dementia that is continuous, integrated and holistic and we are running out of time” she said.

Late diagnosis and delayed access to continuous and holistic care and treatment also places an additional burden on families.

Unlike Australia, the United States and the UK, New Zealand does not have a National Plan for Dementia.

“A National Dementia Plan is the mechanism for turning frameworks into action because it has specific accountabilities, actions and timeframes”, says Catherine Hall.

“Without one, New Zealand is being left behind and will continue to struggle to meet the needs of people with dementia, their families and their carers”, she said.



Weather was no deterrence

Rainy and cold weather across the country didn't stop thousands of New Zealanders from hitting the streets for Memory Walks.

This year over 2,500 people, wearing their best purple, came to 21 walks from Kaitaia to Invercargill. Many came to remember family members and friends with dementia, and to show their support for a more dementia-friendly New Zealand.

Champion for Dementia Reuben Thorne was at the Timaru Memory Walk, while Champion for

Dementia Kerry Prendergast, and New Zealand's former Sale of the Century television presenter Steve Parr, joined the Memory Walk in Wellington. It was Steve's first walk for dementia and he flew in from Brisbane specially to take part.

"My mother Jeannie is in the advanced stages of dementia and it has been heart-breaking to watch the effects on the gentle,

but strong and independent mother I know," he said.

"Having now seen the shocking statistics on dementia – about 60,000 Kiwis have the condition and two in three people are affected by this in some way – I wanted to show my support and help raise awareness and reduce the stigma."

MEMORY WALK

Alzheimers Southland



Steve Parr opening the Alzheimers Wellington Memory Walk



Alzheimers Taranaki

Alzheimers Tauranga Patron Sir Gordon Tietjens



Alzheimers Wairarapa
Alzheimers Whanganui



All Black Nehe Milner-Skudder signing Memory Walk t-shirts in Palmerston North



Champion for Dementia Kerry Prendergast, Alzheimers NZ Chief Executive Catherine Hall, Richard Braae, Vice Chair Alzheimers Wellington



At the Alzheimers South Canterbury Memory Walk with Champion for Dementia Reuben Thorne, Alzheimers South Canterbury Chair Diane Nutsford (next to Reuben) and Alzheimers NZ Chair Ngaire Dixon on the far right.



Alzheimers Northland, Whangarei



Alzheimers Rotorua

Alzheimers Manawatu



Alzheimers Northland, Kaitaia



Blenheim ukelele band



Alzheimers Nelson

Lighting up Auckland

Affinity, a dazzling light sculpture representing the effects of dementia, was on display at Aotea Square for World Alzheimers Month.

Champion for Dementia Colin Mathura-Jeffree officially opened Affinity in remembrance of his grandmother Eileen who lived with Alzheimers disease.

The sculpture symbolises neurons in the human brain through a web of interconnected light globes. Affinity creatively lets viewers visualise the significant effects dementia has on thoughts and memories. Passers-by enjoyed playing with the sculpture and listening to personal stories of people with dementia from the play The Keys are in the Margarine.



Catherine Hall, Alzheimers NZ Chief Executive, said "Affinity will educate, inform and delight on all levels, while reminding people how lives are changed forever by dementia."

Affinity was created by Australian design team, Amigo and Amigo, who aim to raise awareness of Alzheimers disease in an engaging way.



HEAD SPACE WITH ALZHEIMERS OTAGO

The Otago Neuro Interest Group, of which Alzheimers Otago is a member, hosts a regular radio programme on Otago Access Radio, and in September it was all from and about Alzheimers Otago.

The show is now available as a podcast. Listen to Alzheimers Otago Manager Julie Butler and her team at oar.org.nz/brain-health-focus-of-radio-show/

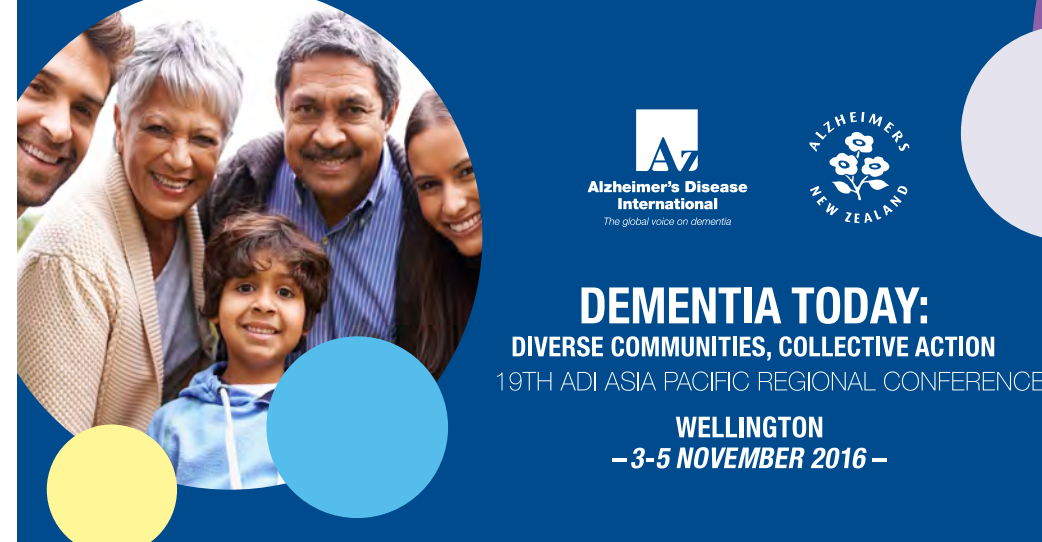


Alzheimers NZ Chief Executive Catherine Hall and Carers NZ CEO Laurie Hilsen

REPORT: CHANGES URGENTLY NEEDED

In 2015, Alzheimers NZ, the NZ Dementia Cooperative and Carers NZ held the NZ Dementia Summit to start a national discussion about the way forward for dementia care in New Zealand. Summit participants were clear that changes are urgently needed in the health and social care system

to better meet people's needs now, and to ensure the system is robust enough to weather the projected increase in the number of people with dementia. The report from the Summit is now available on the Alzheimers NZ website.



New Zealand and international experts in Wellington

It's not too late to register for our upcoming conference *Dementia Today: Diverse Communities, Collective Action*.

This conference will be the 19th Asia Pacific Regional Conference of Alzheimer's Disease International and we will be hosting many international guests and speakers.

One of the authors of the 2016 World Alzheimer Report, Adelina Comas-Herrera from the London School of Economics, will be speaking at the conference, as

well as many experts from New Zealand and overseas.

This is the premier international conference about dementia in New Zealand this year. Don't miss it!

See the programme and register at www.alzheimersconference.nz

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SCIENTISTS IN THE COMMUNITY

Many local Alzheimers organisations hosted community events with scientists from Brain Research New Zealand.

Speakers included some of New Zealand's foremost experts in neurodegenerative diseases of the ageing brain, for example Ngaire Kerse, Maurice Curtis and Lynette Tippet who will also speak at the Alzheimers NZ Conference in November.



At Alzheimers Manawatu open evening with Professor Louise Nicholson



Professor Ngaire Kerse speaking in Nelson about falls and dementia



Alzheimers NZ Chief Executive Catherine Hall with representatives of Elite Food Group and Countdown

Lamingtons for dementia

Elite Food Group and Countdown supermarkets presented Alzheimers NZ Chief Executive with a cheque over \$16,064 from the sale of Lamingtons at Countdown supermarkets all over New Zealand.

Countdown has been a longstanding supporter for Alzheimers NZ through their Countdown appeal in July each year. Part of this annual appeal is the sale of Lamingtons, provided with the equally longstanding support from Elite Food Group.

Rachel Walker painting auctioned

Alzheimers NZ was the chosen charity for Napier artist Rachel Walker. Her painting "Desert Road", an original water colour painting of Mt Ngauruhoe, was auctioned by Kiwibank on Trademe.



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Alzheimers NZ is a member of Alzheimer's Disease International, the umbrella group for 85 Alzheimer's disease organisations worldwide.

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