



Alzheimers *News*

The magazine for the New Zealand dementia community | Issue 100 | SUMMER 2015



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From the Chair

Susan Hitchiner

This time last year I commented on the unprecedented focus on dementia we had seen during the year and said that dementia is firmly on New Zealand's agenda. As we come to the end of another busy year, it is timely to reflect on the progress we have made during 2015 towards a world without dementia.

This year's World Alzheimer Report from Alzheimer Disease International *The Global Impact of Dementia: An analysis of prevalence, incidence, cost and trends* provides clear evidence that dementia is one of the world's most significant healthcare and social services challenges – indeed earlier this year, British Prime Minister, David Cameron, described it as “one of the greatest challenges of our lifetime”. If you would like to read more about the report, you can find it on our website at alzheimers.org.nz.

New Zealand is not protected from global trends, and dementia is also one of our most significant healthcare challenges.

Alzheimers NZ has long held the view that New Zealand needs a national dementia plan if we are to influence the course of dementia for people and to reduce the costs for New Zealand. We were encouraged by the positive response to our call for a plan at the NZ Dementia Summit that we co-hosted in Wellington in November. We think that our national plan needs to have a *dementia-friendly New Zealand* at its heart – where people with dementia are included and valued, can contribute and participate, and feel safe. The plan also needs to focus on providing high quality care and support now for people living with dementia today, and a focus on finding a cure for the future.

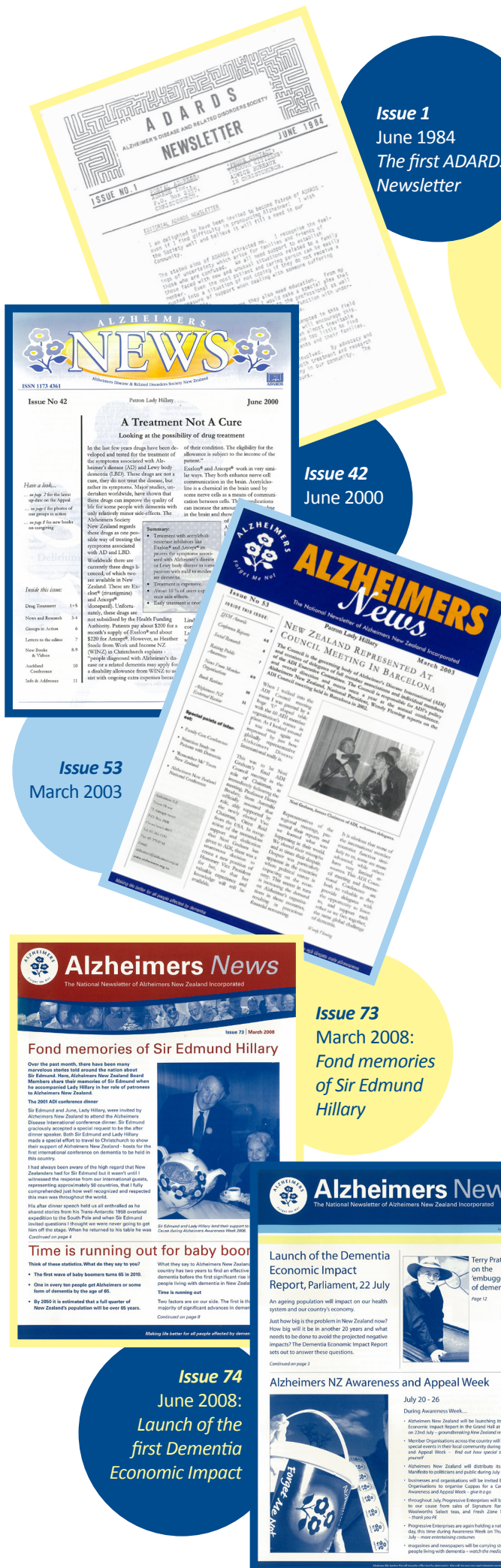
In the meantime, Alzheimers NZ has adopted a new strategy focused on achieving a dementia-friendly New Zealand, the first goal in *Dementia: A Strategic Framework*, which we launched in 2014. We are currently developing a programme to formally recognise organisations as being dementia-friendly, as the first part of a wider programme. We are hoping to launch our recognition programme in the first half of 2016. We then hope to begin work on a *dementia friends* programme next year as a way of recognising individuals who are committed to working with us as we strive for all of communities to be dementia-friendly.

Finally, many of you, like me, will be looking forward to connecting with friends and family over the holidays. Please have a particular look at the tips on page 7 for making festive occasions enjoyable for everybody, including people living with dementia, their care partners and their friends. I am sure that if you have friends or family with dementia joining you over this period you will find these tips useful.

I wish you all a safe and relaxing holiday period.



Susan Hitchiner
Alzheimers NZ Chair



Celebrating 100 issues of Alzheimers News

Happy anniversary, Alzheimers News! We are celebrating 100 issues of Alzheimers News, and what a journey this has been.

The first national newsletter was published by ADARDS (Alzheimer's Disease and Related Disorders Society) in Canterbury in 1984. This was two years before the first national conference on dementia was held, which led to the formation of our organisation.

In issue number 1, the editor was looking for a “Typist (with access to electric typewriter)” and a logo was also still needed. “People with bright ideas (and a sense of design) please send sketches to ADARDS.”

In 1994, the ADARDS Newsletter became Alzheimers News, at the same time as ADARDS changed its name to Alzheimers NZ.

Alzheimers News number 74 from June 2008 marked the release of the first Dementia Economic impact Report looking at the prevalence, incidence and cost of dementia in New Zealand.

Two standout issues are numbers 86 and 87 from 2011. Number 86 was published soon after the devastating Christchurch earthquakes and features a story

about how Alzheimers Canterbury and people affected by dementia in Christchurch are coping. Number 87 was a special edition in celebration of our 25th anniversary looking back at how Alzheimers NZ and our local Alzheimers organisations started.

We are incredibly proud to have made it to 100 issues, and we have plenty of ideas for another 100 issues.



National discussion started at NZ Dementia Summit

The NZ Dementia Summit kicked off a national discussion about the future of dementia care in New Zealand. The summit brought together a broad cross section of the New Zealand dementia sector for an energetic discussion. We received great feedback about the quality of speakers and the at times lively debate.

Alzheimers NZ jointly hosted the Summit with the NZ Dementia Cooperative and Carers NZ. Thank you to all those who were involved as participants, speakers, and those who were on the organising committee.

Call for a national dementia plan

Speakers and participants discussed how clinicians and families need to be supported, and looked at what policy, planning, funding and service models can deliver better outcomes for people affected by dementia in the future.

Catherine Hall, Alzheimers NZ's Executive Director, outlined the global context and called for a national dementia plan, which was well supported by participants.

"New Zealand needs to step up, and draw from the momentum being generated internationally. Our ability to influence the course of dementia for people and to reduce the costs for New Zealand depends largely on the success, or otherwise, of our efforts to:

- build a dementia-friendly New Zealand
- find treatments that can alter the condition, and
- identify strategies that reduce the impact of dementia on individuals and their families.

These three things rely on New Zealand having a national dementia plan."

Continuing the discussion

There was real interest in continuing the discussion started at the Summit, and we are pleased to be able to provide an opportunity for that to happen at our biennial conference in 2016.

Until then:

- Sign up for the discussion forums at healthforce.co.nz/a/nzdc-connect, the NZ Dementia Cooperative's new web portal.
- Contribute to the Ministry of Health's consultation process on the Health of Older People Strategy at health.govt.nz.
- Contact any of the three hosts of the Summit.

SAVE THE DATE for our 2016 conference

Diary the dates now for our 2016 biennial conference, which will also be the 19th Asia-Pacific Regional Conference of Alzheimer's Disease International.

Our conference will be held on 3-5 November 2016 at the TSB Bank Arena & Convention Centre in Wellington.

The theme is *Dementia today: Diverse Communities, Collective Action.*

Alzheimers NZ
Executive Director
Catherine Hall
convening a panel
discussion



Associate Minister of Health Hon Peseta Sam
Lotu-liga listening to Catherine Hall's presentation



Lively discussion at the Summit



Chris Perkins, NZ Dementia Cooperative Chair,
and Wayne Miles, member of the National Ethics
Advisory Committee



University of Auckland Associate Professor
Susan St John presenting her findings



Catherine Hall
and Laurie
Hilsgen, Carers
NZ Chief
Executive

Alzheimers NZ selected as Charity of Choice for travel companies

In November we announced that Executive Travel Group and Travel Managers Group have selected Alzheimers NZ as their Charity of Choice.

Together, Executive Travel Group and Travel Managers Group are the largest privately owned travel companies in New Zealand. They have a strong history in charitable activities, and Alzheimers NZ was selected after going through a thorough selection process involving staff and brokers across the country.

"I'm delighted that Alzheimers NZ has been selected as Executive Travel Group and Travel Managers Group's charity of choice. As well as providing support to Alzheimers NZ, Executive Travel Group and Travel Managers Group's local branches and staff will also be raising funds for local Alzheimers organisations", said Catherine Hall, Executive Director of Alzheimers NZ.



**Sign up for
Bulletin!**

Alzheimers NZ is starting a new quarterly e-newsletter featuring links and publications focusing on the social context of dementia. It will be full of articles, reports, research and other interesting things.

Sign up here: alzheimers.org.nz/newsletters

Public Trust proud to support Alzheimers NZ



Alzheimers NZ's Catherine Hall and Public Trust's Bob Smith after signing the sponsorship agreement

In October, I was pleased to sign a three-year sponsorship agreement with Alzheimers NZ. Professional trustee companies, like Public Trust, have an important role to play in supporting people living with dementia, and there have been similar successful partnerships of this kind in Australia and Scotland.

Working together with Alzheimers NZ helps us to better understand the particular issues faced by those with Alzheimer's disease and their families. It's an exciting opportunity for us to listen, learn and act so we can provide our services to these customers in a more tailored way. I am delighted about this opportunity.

As part of the partnership, Public Trust will provide people with dementia and their families with a free half

hour consultation where they'll be able to access independent third party advice to help them protect and manage their family interests and assets.

We will also be supporting Alzheimers NZ to produce six resource booklets. These will be distributed across the dementia sector including local Alzheimers organisations, and to Public Trust's 26 branches.

I'm especially looking forward to the relationships we are going to be building at a local level, and the joint initiatives we are planning with the local Alzheimers organisations.

Bob Smith

Chief Executive Public Trust

To book an appointment and to find out more visit publictrust.co.nz/alzheimers-offer, call 0800 156 015, or pop into any of their customer branches.

Enjoying the festive season

This time of the year is about family and friends and taking time for others. Like many of us, you are probably busy making plans for festive occasions and summer holidays.

The festive season and holiday time can be confusing and difficult. Usual routines can be disrupted, and there is a flurry of social activities, travel to arrange, or maybe family to visit.

Anne Schumacher, Alzheimers NZ's Clinical Advisor, has a few tips on how to enjoy festive occasions for people affected by dementia:

- Ask others to host so you can relax and enjoy yourselves. This is a wonderful opportunity for others to do something practical and get involved.
- Plan ahead. If the house is unfamiliar, consider asking your host to put labels or pictures on doors, for example the toilet and the kitchen, which may be helpful.
- Factor in rest and quiet times during the festivities. If the house becomes too busy, ask your host for a quiet room without TV or other noise.
- If travelling, plan for enough time, so you don't need to rush.
- Get involved with preparations for the occasion, if possible. Offer to peel the spuds or help in other ways if you can. Many hands make light work.

You may find that you need more time than others to respond or to participate in an activity. Try to remind your friends and family to slow down if necessary. Sharing in traditions, like singing carols, is a great way to include everyone.

Also, be prepared to break with traditions that may no longer work for you and your friends and family. For example, think about the best time for a celebratory meal, and try to fit meals and celebrations around your usual routines.

Festive times are often a time to share memories, and many families and friends immensely enjoy this. Bring out the old photo albums, and have a laugh together!

Remember you're not alone. You can contact your local Alzheimers organisation for support or information on 0800 004 001.



THANKS TO OUR SPONSOR



AND OUR FUNDERS



Dementia-friendly communities a focus in Manila



Susan Hitchiner, Donna Rainbird and Anne Schumacher with other international delegates in Manila

In November, a small New Zealand delegation travelled to Manila, Philippines, to take part in the Alzheimer's Disease International (ADI) Asia-Pacific Conference, which included the annual regional business meeting.

"I was particularly impressed by what a galvanising focus 'dementia-friendly communities' are for our colleagues in the Asia Pacific," said Susan Hitchiner, Chair of Alzheimers NZ, who attended the conference together with Donna Rainbird, Manager Alzheimers Marlborough, and Anne Schumacher, Clinical Advisor at Alzheimers NZ.

"A two-hour session of the conference was dedicated to hearing about and discussing work on dementia-friendly communities, and we were inspired to hear about dementia-friendly initiatives in Singapore, Japan, Taiwan, India and Indonesia. Kate Swaffer, the founder of Dementia Alliance International, who is living with young

onset dementia herself, reminded us how important it is that people with dementia have a say in all our initiatives."

"The conference was a great opportunity to meet our colleagues from other countries, and learn about their issues and initiatives," said Anne. "Many of the ideas and concepts we heard about in Manila will inform our thinking while we are working towards our own dementia-friendly communities here in New Zealand."

Anne, Donna and Susan delivered a presentation highlighting our work in New Zealand, and promoting our upcoming conference, which will be held in November 2016 in Wellington.

Alzheimers New Zealand

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For local dementia support call 0800 004 001.

Alzheimers NZ is a member of Alzheimer's Disease International, the umbrella group for 84 Alzheimer's disease organisations worldwide.

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