

Needed now: New models of care for dementia in NZ

Our new report on the economic impact of dementia shows new models of care are needed urgently if the government wants to reduce the significant human and financial cost of the condition.

Alzheimers NZ's latest Dementia Economic Impact Report 2016 suggests there will be around 170,000 Kiwis living with dementia by 2050, up nearly 300 percent on current figures.

The new models of care include support that enables people to stay well and live independently for longer in their own homes, rather than entering residential care sooner than they otherwise might.

"The blueprint for these models of care already exists in the government's NZ Framework for Dementia Care that was written four years ago," says Alzheimers NZ Chief Executive, Catherine Hall.

RIGHT: Our Chair, Ngaire Dixon and Chief Executive, Catherine Hall with Minister for Seniors the Hon. Maggie Barry at Parliament for the report launch.

"Steps must be taken now to address this issue, to plan for the challenges that are coming and to put in place the structures and processes that will be necessary. We urge the government to implement the Framework as soon as possible," Ms Hall said.

For key findings of the report, turn to page 6.



IN THIS ISSUE

Needed now: New models of care for dementia in NZ | Message from our Chief Executive | New awards recognise dementia-friendly businesses | Singing speaks to hearts in dementia unit | Alzheimers News from your community

Message from our Chief Executive – Catherine Hall

It's been a busy few months for us at Alzheimers NZ. In early April we launched two initiatives - the latest Dementia Economic Impact Report and the new Dementia-friendly Recognition Programme.

The Dementia Economic Impact Report 2016 is a part of our work to draw to the attention to the financial and human costs of dementia in NZ. It provides strong evidence to support our call for changes are needed to be made now so people living with dementia can have a better quality of life and so the long term costs can be reduced. We were overwhelmed with the positive response to the report and with the significant media coverage the report received including TV, radio and newspaper articles.

Our new Dementia-friendly Recognition Programme recognises organisations who have made the practical changes needed to meet the seven standards required to achieve dementia-friendly status. In early April, we awarded dementia-friendly status to the first two organisations – congratulations to Bupa Fergusson Retirement Village and Westpac NZ on their Dementia-friendly Awards.

We're also developing a new set of services and standards that our Members will use as part of their service-delivery to people living with dementia, and that will set standards for the sector as a whole.

You can read more about the report and the programme, plus other stories about the work of local Alzheimers organisations around New Zealand, in this edition.



Catherine Hall, Alzheimers NZ Chief Executive

Submission to the government to make changes now

A significant increase in numbers of people with dementia is looming as the number of Kiwi's living with the condition will reach 170,000 by 2050.

In a recent submission from Alzheimers NZ, Chair, Ngaire Dixon and Chief Executive Catherine Hall told the Finance and Expenditure Select Committee that the Government needs to prepare now.

We told them immediately implementing proposals in the 2013 New Zealand Framework for Dementia Care, which the government developed, will lead to more cost-effective care.

“In order for the Government to alleviate the upcoming strain on the health system, provide better public services and a productive and competitive economy, it needs to fully fund and implement the Dementia Framework that it developed.” said Ms Hall.

Visit the 'Our Advocacy' page of www.alzheimers.org.nz to read the full submission.

Singing speaks to hearts in dementia unit

The power of music to connect a person with dementia and their loved one, has been experienced first-hand by Robin Spillane.

Robin's husband of nearly 60 years, Bill, developed dementia a few years ago and after struggling to look after him, Robin had to make the decision to move Bill into a local care facility.

Robin was supported by her local Alzheimers organisation, Alzheimers Otago, at this difficult and stressful time - what she calls "my lowest ebb".

Robin now visits Bill often and while his speech has declined with the progression of his condition, Robin has discovered the power of music to communicate with him.

"I started out just by singing to Bill every now and then, but now I sing to him most of the time" she says. I see his eyes light up when he hears the familiar tunes and lyrics and he starts to sing along." A 92-year-old man who is always sitting nearby with his chin on his chest immediately wakes up and starts singing along too."

Other wonderful volunteers also give up their time to visit the Unit to play music and sing for the residents. What really took Robin by surprise was how the residents all started to join in. "They might have quite advanced dementia, but they all knew the songs and were singing them" says Robin. "The dementia unit soon sounded like a choir"!

So, what does Robin sing? "I sing all the old songs from the 40's and 50's that we used to listen to on the radio, like 'Mockingbird Hill'.

Robin is convinced that the power of music helps her connect with Bill and believes that while people with dementia forget words, singing speaks to hearts.

To help us provide services to support families like Robin and Bill, please donate using the form on the back of this newsletter, or by going online to www.alzheimers.org.nz. We really appreciate whatever gift you can make.



Robin and her husband Bill feel connected through music.

New awards recognise dementia-friendly businesses

We've launched our Dementia-friendly Recognition Programme which awards businesses who have achieved dementia-friendly status.

Congratulations to Bupa Fergusson Retirement Village and Westpac NZ who both received Dementia-friendly Awards in early April.

Westpac CEO David McLean says creating a truly dementia-friendly environment goes beyond providing products and services that make it easier for people with dementia to manage their affairs.

"Even something like simplifying a branch's layout or décor can make a real difference to someone with dementia."

Alzheimers NZ Chief Executive, Catherine Hall, says the achievement of both organisations shows the programme can work in any business environment.

"With Bupa Fergusson Retirement Village and Westpac NZ achieving the Dementia-Friendly Award, we are showing others that programme standards can be implemented across diverse business contexts.

"Our recent economic impact report shows figures of dementia are increasing, we cannot ignore this growing population in our communities. We praise organisations who are part of our journey towards a dementia-friendly New Zealand." says Ms Hall.

Being accredited as dementia-friendly means organisations are contributing to a future where people living with dementia can live more independently.

Join the programme: We encourage all businesses and organisations to become dementia-friendly, visit www.alzheimers.org.nz for more information.



ABOVE: Chris Hipkins MP, Catherine Hall, Judy Bain – Village Manager, and Anne Schumacher – Chief Executive of Alzheimers Wellington at the Bupa Fergusson Retirement Village Dementia-friendly Award Ceremony.



ABOVE: Our Champion for Dementia Colin Mathura-Jeffree, our Chair Ngaire Dixon with Lorraine Hunter, the Westpac NZ Team and Barbara Fox from Dementia Auckland at the Westpac NZ Dementia-friendly Award ceremony.



Bangers to Bluff team and their supporters at their starting point in Auckland.

Bangers to Bluff Rally raises funds for Alzheimers NZ

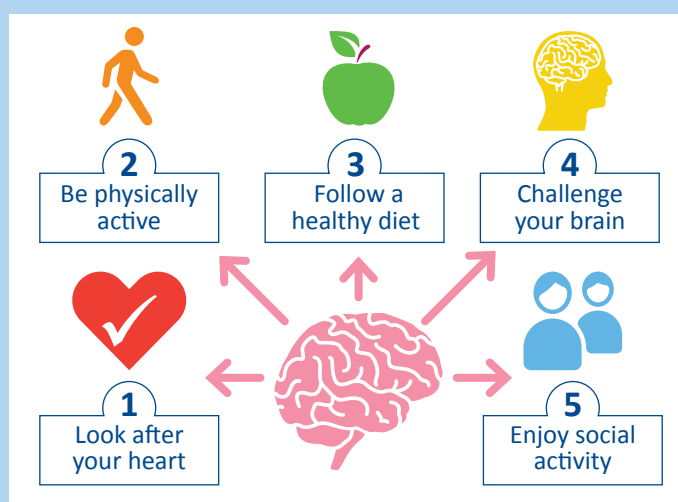
Organised by the Rotary Club of Half Moon Bay, Bangers to Bluff is an annual rally where entrants navigate their way from Auckland to Bluff. To be considered a 'banger' all vehicles had to be four-door and cost less than \$1000 - but reliable enough to make the trip. This year entrants raised funds for charities including Alzheimers NZ. Alzheimers NZ is thankful for all support and donations from the community.

Are you interested to fundraise for your local Alzheimers organisation? Visit www.alzheimers.org.nz to get their contact details.

Reducing the risk

The findings of the World Alzheimers Report 2014 indicate that if we enter old age with better developed, healthier brains we are likely to live longer, happier and more independent lives, with a much reduced chance of developing dementia.

We can all work to achieve that by making a number of simple lifestyle changes:



Find out more about reducing your risk of dementia at www.alzheimers.org.nz

Key findings from Dementia Economic Impact Report 2016

The Alzheimers NZ economic impact reports are the primary information source on the size and scale of the dementia challenge in New Zealand.

By providing such reports Alzheimers NZ is able to draw attention to the size and scale of the challenge and create a platform for discussion about the options to respond to that challenge.

Visit www.alzheimers.org.nz to download your copy of the report.

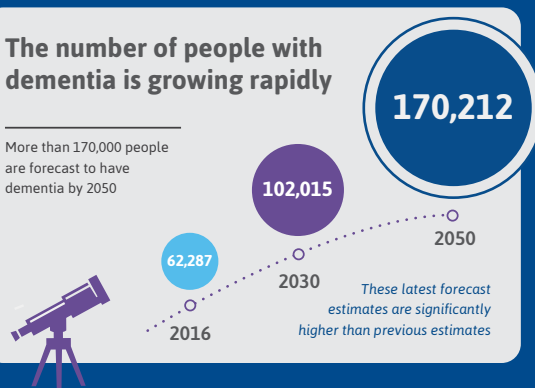
Dementia: a significant and growing health challenge

March 2017

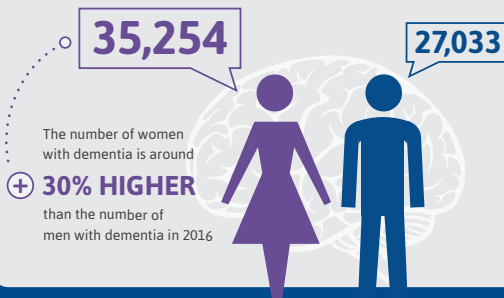


The number of people with dementia is growing rapidly

More than 170,000 people are forecast to have dementia by 2050

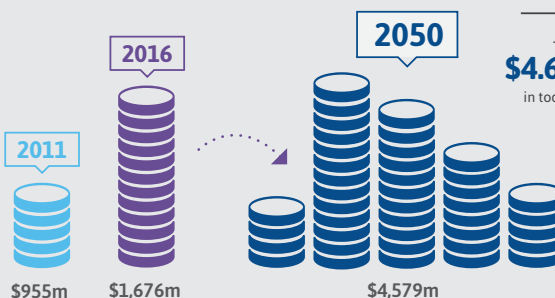


Dementia impacts more women than men



Economic costs have increased

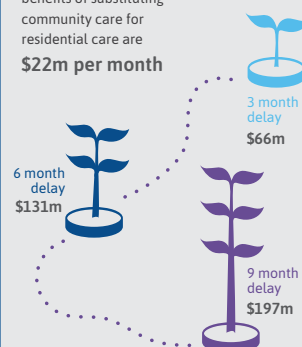
75%
since 2011



Potential benefits of change



The potential net benefits of substituting community care for residential care are **\$22m per month**



A dementia friendly New Zealand | Aotearoa, he aro nui ki te hunga mate wareware



Alzheimers news from your community

Alzheimers Gisborne

Fundraiser in memory of Murray Ball

Following the death of well-loved Kiwi cartoonist Murray Ball who had lived with dementia, Gisborne's local cinema held a special screening of 'Footrot Flats: The Dog's Tale' with all proceeds donated to Alzheimers Gisborne. "It was great to have the community involved to remember an important person to many New Zealander's", Manager of Alzheimers Gisborne, Janet Willson said.

Alzheimers Wellington

Making musical connections

Alzheimers Wellington have recently trialled 'Music For Life' - a music therapy programme for clients. The programme included singing, playing instruments, and sharing stories about each song. The musical activities aim to improve memory recall, increase feelings of positivity, and help with freedom of movement for people with dementia. Alzheimers Wellington is planning more musical activities in the coming months and is looking for musically-inclined volunteers.

For contact details of Alzheimers Wellington, please visit www.alzheimers.org.nz.

“Along with a lot of others, I feel that Alzheimers is a special cause”

This was the view of one of the donors and supporters who responded to our donor survey last year. Unsurprisingly, more than half had been touched by dementia in some way, with 65% knowing and supporting a friend or family member with the condition. This is consistent with two thirds of New Zealanders knowing someone with dementia.



A large number of our supporters had attended one of our many events or support groups around the country including Memory Walks, speakers on dementia, carers seminars, lunch groups, workshops, support groups and more.

Many found attending a support group helped them to see how others were coping and connected them to people in a similar situation. "The Support Group was what got me through looking after my Dad" wrote one respondent.

Most people wanted to hear more about up-to-date facts on dementia (67%) and also possible prevention and management of the condition (70%).

An overwhelming number of respondents (94%) had supported our cause by making a donation to one of our appeals.

We would like to thank everyone who completed the survey and also acknowledge our donors and supporters for their truly wonderful generosity.

*To find out if there is a local Alzheimers support group in your area, go to www.alzheimers.org.nz or call us on **04 387 8264***

*To become a donor or supporter email us at donations@alzheimers.org.nz, or make a donation at www.alzheimers.org.nz or call us on **04 387 8264**.*

Thanks to our sponsor



our corporate partners



And our funders



Alzheimers NZ

Level 4, West Block, Education House
PO Box 11288, Manners Street Post Shop
Wellington 6142

Phone: 04 387 8264

Email: admin@alzheimers.org.nz

www.alzheimers.org.nz

Charity registration number CC 21026

For dementia support call 0800 004 001

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

ISSN 1173 4361

Permission should be sought from the editor before reproducing articles and the source must be acknowledged. Alzheimers NZ does not endorse any products or services.



Yes! I want to support those living with Dementia

Registered Charity # CC 21026

First name: Last name

Email address:

Street Address:

Suburb: City Post code

I'd like to donate (please tick) ☐ \$35 ☐ \$60 ☐ \$90 ☐ \$120 ☐ My choice \$

Donation method: (please tick preferred option)

☐ **Credit Card:** Please debit my credit ☐ VISA ☐ MASTERCARD

Number: Expiry / /

Name on Card

Signature

☐ **Cheque:** Payable to Alzheimers New Zealand ☐ **Online:** www.alzheimers.org.nz

☐ **Internet banking:** Bank account 02 1269 0015920 00

Thank you for your kindness. We care about your privacy. Personal information is collected to process your donation, issue receipts and send updates. Occasionally we may share our supporter's information with like-minded organisations, who sometimes allow us to do the same. If you would prefer not to share your information in this manner, please tick here [☐]. Our privacy policy is available at www.alzheimers.org.nz

DNMAY17