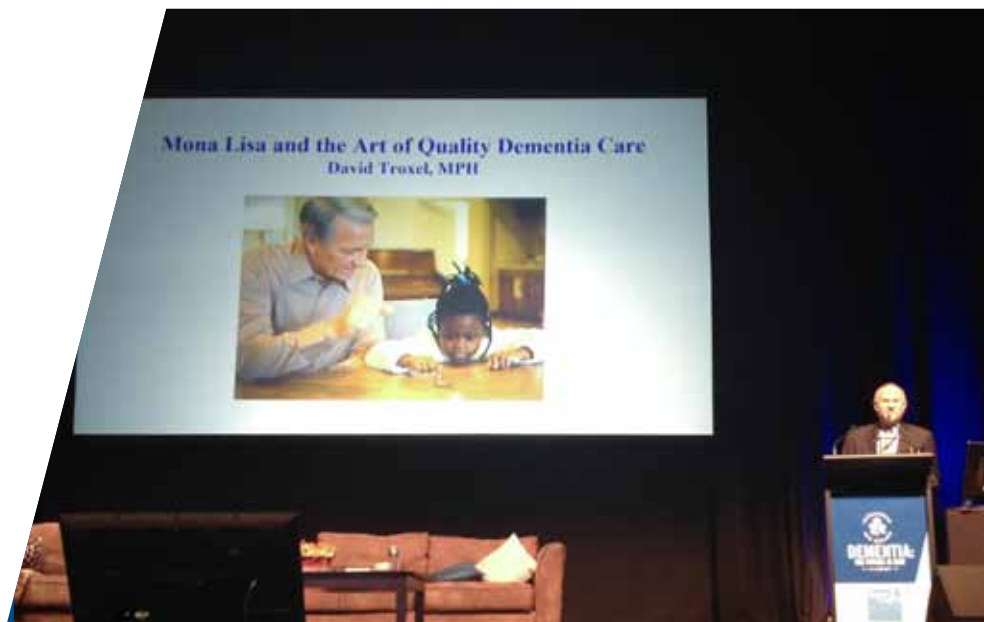


DEMENTIA: THE FUTURE IS NOW

*Read about our biennial
Conference 2014
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An International Update

*Global progress since
the first G8 Dementia
Summit
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FROM THE CHAIR SUSAN HITCHINER

This year has been an unprecedented year for dementia internationally and locally, and for the Alzheimers NZ federation.

At a global level, the G8 Dementia Summit at the end of 2013 has fuelled a dedication to dementia which has resulted in a number of exciting developments and announcements this year.

Here in New Zealand we saw and felt the effects of that global enthusiasm alongside our own developments. The launch of *Dementia: A Strategic Framework*, the rollout of Dementia Care Pathways, and the launch of the *About Dementia* campaign have all been significant, alongside many other announcements and achievements. Dementia is firmly on New Zealand's agenda.

For Alzheimers NZ, this landmark year culminated in our biennial Conference 2014, *Dementia: The Future Is Now*. The Conference brought together members of the New Zealand dementia community including the local organisations that are members of Alzheimers NZ, international and local dementia experts and people affected by dementia. The Conference enabled us to come together for two days of informative, engaging and inspiring presentations, discussions and networking opportunities.

Based on the comments we received - at the event and since - from the many people that participated in the Conference, I am confident that everybody left the Conference with the same feeling of optimism that I felt, and a renewed commitment to working together towards a world without dementia.

To all of our delegates, speakers, sponsors and exhibitors, and our hardworking Conference committees – thank you.

I wish you all a happy and safe holiday period.

Susan Hitchiner
Alzheimers NZ Chair

THE FUTURE IS NOW



"Dementia is firmly on New Zealand's agenda"

After more than a year of planning and hard work, we were proud to host our biennial Conference 2014 *Dementia: The Future Is Now*, in Rotorua in November. More than 300 delegates from around the country came together over two days to share information, network, and learn about the exciting developments in dementia research, diagnosis, prevention, support services and treatment options happening both in New Zealand and internationally.

We were honoured to have some of the most foremost experts in dementia from around the world and from here in New Zealand, involved with the conference programme. You can read more about all of our keynote speakers on page 4 and their presentations are available at alzheimers.org.nz

An important feature of the conference was the strong focus on people affected by dementia. Keynote speaker Kate Swaffer who herself is affected by early onset dementia, spoke about the importance of a stronger voice for people diagnosed with dementia in her opening address; and keynote speaker David Troxel spoke passionately about the importance of understanding the person, when developing care plans for people with dementia.

The program also featured a number of concurrent sessions led by people affected by dementia and we were pleased to have a number of people affected by dementia attending.

We were also very pleased to have involvement from a wide cross-section of the New Zealand dementia community. From Alzheimers NZ Member organisations and residential care providers, to policy makers, educators and researchers, *Dementia:*

“ An important feature of the conference was the strong focus on people affected by dementia. ”

The Future Is Now provided a valuable opportunity to network, share ideas, and learn about how we, and our international counterparts, can work together towards a world without dementia.

Research was a subject that was widely debated, particularly the tension between research into a cure for dementia, and research into care and support of people affected by dementia, and how to achieve a balance between the two. We look forward to seeing this debate continue to unfold in the years to come.

Overall we, and we hope all of the attendees, left the Conference with a sense of excitement and hope, and with new ideas and inspiration for our various areas of work. We thank all of the attendees for their enthusiastic participation, our concurrent and

keynote speakers, and our sponsors and exhibitors for making *Dementia: The Future Is Now*, a success.

Feedback from delegates has been excellent, and with that in mind we're now beginning to plan for our 2016 Conference which will be held in November 2016 in Wellington. The Conference will be also be the 2016 Asia-Pacific Regional Conference of Alzheimer's Disease International.

Look out for updates on the 2016 Conference in future editions of Alzhiemers News.

SPEAKING OF

Here you will find short descriptions of our keynotes.

You can head to our website to listen to their full presentation, accompanied by their slides: alzheimers.org.nz



KATE SWAFFER

"Nothing about us without us"

Following her diagnosis of dementia at age 49, Kate became an activist and advocate for improving dementia services. In her presentation *A stronger consumer voice*, Kate shared her thoughts on why it is important for people diagnosed with dementia to be fully included in discussions dementia.



DR HENRY BRODATY

"We still have more to do"

Professor Brodaty holds a number of academic and clinical positions and has been published extensively. His presentation *Dementia – Where are we now?* outlined the advances and retreats in dementia care and treatment over the last 30 years.



GLENN REES & SUSAN HITCHINER

"The time is now"

Glenn Rees (CEO Alzheimers Australia and Chair-Elect of Alzheimers Disease International) jointly presented with Susan Hitchiner, Chair of Alzheimers NZ, discussing the unprecedented international focus on dementia along with recent developments in New Zealand.



RICHARD FAULL

"Now we have to make our dream come true"

Dist Professor Richard Faull is the Director of the Centre for Brain Research at the University of Auckland. He has established an international reputation for his research and talked about recent research developments in his presentation, and the formation of the Brain Research NZ Centres of Research Excellence.



PROF STEVE ILIFFE

"We need longer term supportive care"

Prof Steve Iliffe was the first Professor for Primary Care for Older People in the UK, having worked in a large socially diverse inner city practice for 30 years. His research interests are in health promotion in later life, which he discussed in his presentation *Prevention, health promotion and early intervention in dementia*.



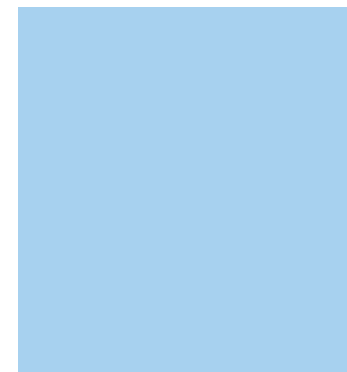
DAVID TROXEL

"Be a best friend"

David is internationally known for his writing and teaching in the field of care for people with Alzheimer's disease. He has written several books including *The Best Friends Approach to Alzheimers Care*. In his presentation he discussed how activities and engagements support the quality of life for people diagnosed with dementia.

THE KEYS ARE IN THE MARGARINE

An excerpt of the verbatim play *The Keys Are In The Margarine* was an exciting addition to the conference programme. The brainchild of GP Dr Susie Lawless and theatre-maker Cindy Diver *The Keys Are In the Margarine* uses a unique form of verbatim theatre which calls on the actors to learn as accurately as possible every verbal inflexion, and intonation, every physical gesture and every facial expression from a series of filmed interviews with people affected by dementia.



HOLIDAY celebrations

Holiday celebrations are traditionally a time for family to come together, exchange gifts, share good food and enjoy time as a family. For people diagnosed with dementia, this break from their usual routine combined with large groups of people, unfamiliar places and increased noise can cause confusion and anxiety.

However with some forward planning, holiday celebrations can be a positive experience for people diagnosed with dementia and their family/whanāu.

Some helpful tips and tricks:

- Keeping them involved**
 Involving the person with dementia in some of the activities of the day or trip – this could include helping with meal preparation, setting the table, gift preparation and giving or other tasks that they have enjoyed in the past.
- Considering the environment**
 Blinking lights and artificial table decorations that look edible can all add to the confusion. Remember to orientate the person to the bathroom if they are not in their normal environment. Signage and good lighting may help.
- Sharing the responsibilities of the day**
 Look to friends and family members to do this. It may mean everyone contributing to the meal or providing care for the person diagnosed with dementia.
- Providing a quiet space**
 Sometimes the noise of the holiday season can be overwhelming. A quiet room away from the hustle and bustle of the day may help.
- Being flexible with schedules**
 Keep this in mind when considering the best time to share a meal. Changes in a person with dementias routine may increase their level of confusion.
- Hello my name is ...**
 Assist the person with dementia to remember your name by stating this as you say hello. A lot of faces and names at any one time can be challenging.

Remember, the holiday season can be a wonderful time for people diagnosed with dementia. It is an opportunity for family to come together, share and reminisce over past memories which can be a validating and reassuring experience for people living with dementia

Based on information from Alzheimers Australia website: fightdementia.org.nz



INTERNATIONAL UPDATE

In our August issue we updated you on the progress since the first ever G8 Dementia Summit, held in London in December 2013.

Since that update, two G7 Legacy Events have taken place:

- France and Canada co-hosted a meeting on 11-12 September 2014 in Ottawa, which focused on more closely linking academia and industry, using big data and engaging the biotechnology and IT industries.
- On 5-7 November 2014, Japan hosted the second Legacy Event in Tokyo, which focused on new care and prevention models. Prime Minister Shinzō Abe from Japan highlighted the importance of dementia care provision and the commitment of the Japanese government to take global action against dementia.

The third G7 Dementia Legacy Event will be held on 9-10 February at the National Institutes of Health in Bethesda in Maryland. The event will focus on discussing ways to best to translate targets from basic science to clinical trials, new strategies to prevent disease, and new ways to assess and monitor it.

Also, the World Health Organization (WHO) has announced it will hold the first WHO Ministerial Conference on Global Action Against Dementia, in Geneva from 3-4 March 2015. All 193 WHO member states will be invited alongside other international organisations in official relations with WHO, including Alzheimers Disease International (ADI). Crucially, this meeting will expand the dementia efforts of the G7 countries to the whole world.

IN MEMORY OF

Alzheimers NZ would like to give special mention to those who have left us this year. Throughout New Zealand we have lost members of our organisations who contributed a great deal to our causes. The following people will be missed.

Margaret Walker

Margaret was a Field Officer for Alzheimers Taupo for 7 1/2 years. She was a key player at Alzheimers Taupo and would always go that extra mile for her clients, taking them to do their shopping or to the hairdressers. She was a lively contributor to the Alzheimers NZ regional teleconferences. Her passing is a great loss.

Karen McDowell

Karen was a Community Liaison Officer for Eastern BOP for nearly 4 years. Her straight forward personality and dry sense of humour was much appreciated. Of particular note is Karen's hard work in setting up the Blokes Shed in Opotiki. Her passing was a sudden shock to all who knew her.

Arthur Sandston

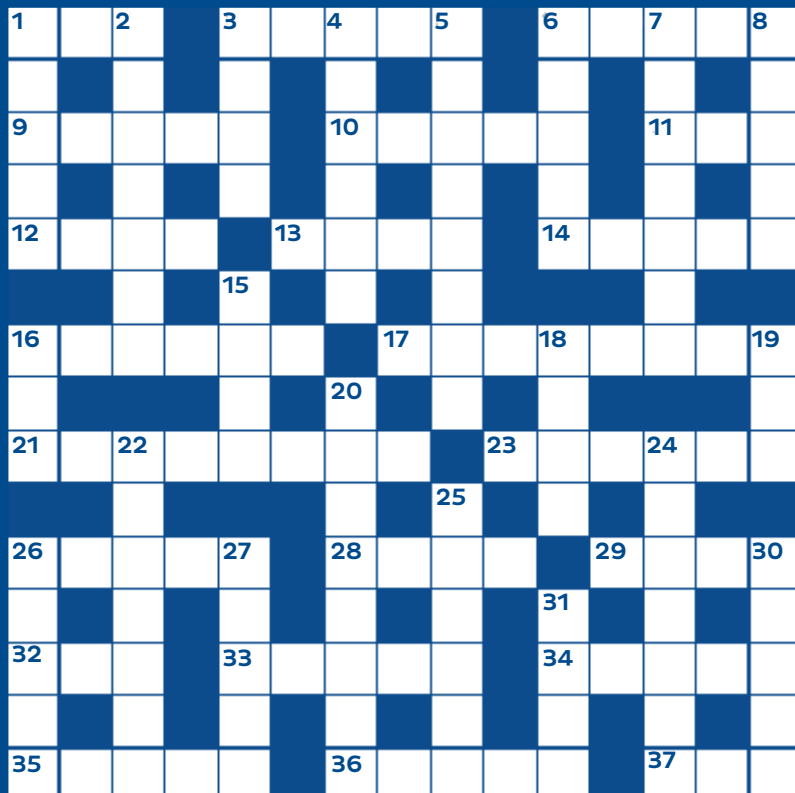
Arthur was a Life Member and a founding chair of Alzheimers NZ. He had a long association with Alzheimers NZ and made a significant contribution to the organisation during its formative years. He retired some time ago and passed away in August this year after a long illness.

REDUCE THE RISK: CHALLENGE YOUR BRAIN



Taking some time out to do a crossword, or any of your favourite puzzles or activities, is a great way to relax and challenge your brain these holidays.

See our website for more information on reducing your risk of developing dementia: alzheimers.org.nz/awareness



ACROSS

1. Sugar spirit (3)
3. Deserve (5)
6. Pier (5)
9. Nobleman (5)
10. Pass out (5)
11. Flow (3)
12. Racecourse urger (4)
13. Fine fur (4)
14. Slum dwelling (5)
16. Servant (6)
17. Dealer in gems and precious metals
21. Clothing cupboard (8)
23. Harmony (6)
26. Make cool (5)
28. Muscle (4)
29. In addition (4)
32. High card (3)
33. Stringed instrument (5)
34. Sharp resentment (5)
35. Muffled (5)
36. Indian currency (5)

37. Sprite (3)

DOWN

1. Prove to be false (5)
2. Nobleman (7)
3. Friar (4)
4. Basket making fibre (6)
5. Runs slowly (8)
6. Crone (5)
7. Advent (7)
8. Last (5)
15. Blonde (4)
16. Promise (3)
18. Engrave (4)
19. Free (3)
20. Meatworks (8)
22. Clothing (7)
24. Indirect (7)
25. Depart quickly (6)
26. Entrance (5)
27. Enraged (5)
30. Ledge (5)
31. Fencing blade (4)

The solution can be found in the **information** section on our website alzheimers.org.nz

THANKS TO OUR SUPPORTERS AND FUNDERS



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

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