



Alzheimers *News*

The magazine for the New Zealand dementia community | Issue 102 | WINTER 2016

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From the Chair

Susan Hitchiner

The Alzheimers NZ federation took another significant step forward recently with adopting a new constitution at our Annual General Meeting in June. The new constitution was a substantial undertaking for us all. It will provide a strong platform for the way we work together in the future, and strengthen our ability to properly focus our attention on people living with and affected by dementia.

On the global stage we hope that the UK's commitment to dementia does not wane with David Cameron's resignation as Prime Minister, given his strong personal commitment to the cause. On a more positive note, the WHO has in May committed to developing an a global action plan for dementia. This will

put pressure on governments to develop national dementia plans for their countries, as we have been encouraging for New Zealand for some time.

We are now looking forward to World Alzheimer's Month in September, as we are also turning our minds to our other major event this year, the upcoming Alzheimers NZ Biennial Conference in early November.

For our conference, we are looking forward to a high calibre programme and to welcoming many guests, from New Zealand and overseas, to Wellington. You may read more about the conference on pages 4 and 5.

We are committed to having many people with dementia at

the conference, so they can be part of the discussions and so that their voices can be heard directly; a number of people with dementia will be among the presenters. As part of our commitment to supporting a strong voice for people with dementia, Alzheimers NZ has decided to offer free registrations to people with dementia and a support person.

Expect to see and hear a lot from Alzheimers NZ in the months to come, and I hope I will meet many readers at the conference in November.



Susan Hitchiner
Alzheimers NZ Chair

New suite of information resources launched

We have added five more booklets to our popular guide *About Dementia* covering many questions people living with, and affected by, dementia may have.

These booklets are a comprehensive resource specifically tailored for a New Zealand audience. They are based on the latest insights and research and available on our website www.alzheimers.org.nz. These are the titles:



- *About dementia: a guide for people with dementia and their family/whānau*
- *Living well with dementia: a guide for people diagnosed with dementia*
- *Supporting a person with dementia: a guide for family/whānau and friends*
- *Understanding changed behaviour*
- *Transitioning into residential care*
- *The later stages of dementia and end of life care.*

A new constitution – report from the AGM

The Alzheimers Annual General Meeting took place over the weekend of 25 and 26 June 2016 in Wellington.

The standout achievement of the weekend was the adoption by Members of a new constitution for Alzheimers NZ. The new constitution draws heavily on the Incorporated Societies Bill exposure draft, which has recently been in the public domain for consultation and which itself draws heavily on the report *A New Act for Incorporated Societies* by the Law Commission. Members adopted the new constitution after extensive consultation with Members both before the AGM, and as part of the discussions at the AGM.

Alzheimers NZ Chair Susan Hitchiner said: "This was a significant achievement and provides the Alzheimers NZ federation with a strong platform

for us to focus on our work to support people with dementia."

Members elected to the Board Mary Slater from Wellington, and re-elected Susan Hitchiner for a second term.

As always at our AGM, we reviewed our results from last year, and presented our plan for 2016.

The two-day meeting was well attended by Members and we were honoured to host three Alzheimers NZ Life Members Verna Schofield, Wendy Fleming and Nigel Wynn. Verna and Wendy, together with Board Member Di Stokes, provided a brief presentation about 30 years of Alzheimers NZ before the meeting celebrated Alzheimers NZ's anniversary year with a cake.



Cutting our birthday cake, from left: Nigel Wynn, Alzheimers NZ Life Member; Di Stokes, Alzheimers NZ Board Member; Verna Schofield, Alzheimers NZ Life Member; Wendy Fleming, Alzheimer's Disease International Honorary Vice President and Alzheimers NZ Life Member; Dave Paddon, Alzheimers NZ Board Member

Mary Slater was elected to the Alzheimers NZ Board



Highlights of 2015

World Alzheimer's Month in September was our biggest yet. In 2015 we were delighted to welcome Kerry Prendergast as our newest Champion for Dementia, alongside Colin Mathura-Jeffree and Reuben Thorne. The Memory Walks, in their second year, were a big success with more than 3,200 Kiwis of all ages taking part in 20 Memory Walks around the country, despite the terrible weather in many places. And we launched the 2015 World Alzheimer Report, which provided up-to-date information about prevalence, incidence, cost and trends.

Raising awareness was the major focus of 2015 for Alzheimers NZ, and our About Dementia campaign continued with advertising online, on TV and on radio.

New information resources, like our *About Dementia* booklet as well as our refreshed website, were well received. They will contribute directly to support people with and affected by dementia to live well.

We were delighted to gain new supporters, like Track Cycling World Champion and Commonwealth Games medallist Eddie Dawkins, who led a motorcycle rally for Alzheimers NZ. Our first sponsorship agreement was signed in October with Public Trust, and we became

the charity of choice for Roche NZ and Executive Travel Group and Travel Managers Group.

We collaborated with Age Concern, the Office for Seniors and local Alzheimers organisations to host a number of forums in September. Later, in November, we co-hosted the New Zealand Dementia Summit with Carers NZ and the NZ Dementia Cooperative. These events were great opportunities for discussion and debate about our collective response to the challenge that dementia presents.



**Alzheimer's Disease
International**
The global voice on dementia



DEMENTIA TODAY:
DIVERSE COMMUNITIES, COLLECTIVE ACTION
19TH ADI ASIA PACIFIC REGIONAL CONFERENCE
WELLINGTON
– 3-5 NOVEMBER 2016 –

The leading international conference on dementia in New Zealand

Wellington will be the place to be for the upcoming Alzheimers NZ's Biennial Conference

With the conference also being the 19th Asia Pacific Regional Conference of Alzheimer's Disease International, this conference will be the leading international conference in New Zealand on dementia this year.

And we have a line-up to match. Confirmed key note speakers include some of the best names in dementia research in New Zealand and the world. We're looking forward to them sharing their latest research and insights, and great discussions about the challenge dementia presents for New Zealand.

Plenty of case studies, workshops and presentations from care practitioners and people affected by dementia will give us new perspectives and ideas. Join us to hear about what works, and what is being done in New Zealand and overseas.

This conference will have a practical relevance to the real world of people affected by dementia, policy makers, service providers, health and care professionals, researchers and NGOs. We're expecting a strong presence from Alzheimers organisation from all over New

Zealand, and from our colleagues in the Asia Pacific.

We are also keen to support people with dementia to have a strong presence and voice, so there will be no registration fees for people with dementia and their carer.

The theme of the conference is *Dementia Today: Diverse Communities, Collective Action*. We want to draw on New Zealand's unique position in the Asia Pacific region and discover how people with dementia can be supported in their local communities.

Dates and registration

3-5 November 2016
Wellington, New Zealand
TSB Arena & Convention Centre

*Buy your tickets before 15 September 2016 to receive the
discounted earlybird rate.*



To register visit www.alzheimersconference.nz

Some of the planned sessions

Thursday, 3 November 2016

- A conversation with people with dementia
- Advances towards treatment, prevention and cure
- The global context

Friday, 4 November 2016

- A human rights approach
- A new approach



For the detailed programme visit www.alzheimersconference.nz/programme

Saturday, 5 November 2016

- A new model and care and support



Sign up for conference updates
eepurl.com/bZwPHL

Keynote speakers

We have confirmed great high-calibre keynote speakers. Here's who is on board:

- **Allen Power**, internist and geriatrician, clinical associate professor of medicine at the University of Rochester, New York, author of *Dementia Beyond Drugs: Changing the Culture of Care*
- **Lee-Fay Low**, Associate Professor in Ageing and Health, University of Sydney, author of *Live and Laugh with Dementia*
- **Mary Mittelman**, Research Professor, New York University, developed the NYU Caregiver Intervention
- **Matthew Croucher**, Psychiatrist of Old Age, Canterbury District Health Board and University of Otago
- **Maurice Curtis**, Neuroscientist and Associate Professor, Auckland University, Centre for Brain research
- **Mick Carmody**, has Fronto Temporal Dementia, advocate, Dementia Alliance International
- **Steve Iliffe**, Emeritus Professor of Primary Care for Older People at University College London, former GP

Workshops

Workshops are a fantastic way to sharpen professional skills or work on issues as a group.

DIAGNOSED WITH DEMENTIA: WHAT NEXT?

Main Facilitators: Kate Swaffer and Mick Carmody

The Dementia Alliance International Workshop Diagnosed with dementia: What next? will be part of the conference programme. In an interactive session, participants review what are the best next steps for people with dementia and their families following the diagnosis of dementia. This workshop is aimed at health care professionals including medical practitioners, and health care and service providers, including people working for dementia advocacy or carer organisations. It is also suitable for people living with a diagnosis of a dementia and their family and care partners.

COGNITIVE STIMULATION THERAPY (CST) ONE-DAY TRAINING WORKSHOP

Facilitators: Dr Gary Cheung and Dr Kathy Peri

Stay for the Sunday and take part in this workshop for health professionals working with people with dementia. CST is an evidence-based structured group treatment for people with mild to moderate dementia. It improves participants' cognition and quality of life (separate registration, extra charges).



To find out more visit:

www.alzheimersconference.nz/home/workshops

Szia Budapest



Training helps people living with dementia

By James.Lord@careerforce.org.nz

A small Alzheimers NZ delegation, consisting of Susan Hitchiner, Alzheimers NZ Chair, and Catherine Hall, Chief Executive, travelled to Budapest for the 31st International Conference of Alzheimer's Disease International (ADI).

"The conference was notable for the strong presence of people with dementia, something that is also our goal for our conference in November", said Susan. "Two of the topics that featured heavily in the conference programme were dementia-friendly communities and human rights for people with dementia. We have found it hugely valuable to be engaging at an international level on these topics."

Catherine adds, "Budapest was also very useful, engaging with our Asia Pacific and international colleagues, and for preparing our conference in November."

"We were delighted with the response to our conference and the level of interest in attending and contributing to it!"

Susan and Catherine also attended the ADI Council Meeting, met with ADI about our conference, and had the privilege to attend a Dementia Alliance International (DAI) meeting. Catherine also attended ADI's Annual Chief Executive's meeting.

With dementia being one of New Zealand most significant and growing health care challenges, a specific training programmes with a strong focus on person-centred care for those with early stage dementia, is proving its worth.

Since the launch last year of the workplace training module, *Open Minds Open Doors: Supporting people with dementia*, over 1000 home and community support workers have undertaken the training.

Supported by Careerforce, the industry training organisation for the health and wellbeing sectors, in partnership with Alzheimers NZ and Walking in Another's Shoes, the highly relevant and dementia specific model is impacting positively in the community.

With funding available from the Ministry of Health, *Open Minds Open Doors* provides workers with a set of skills to help them recognise, understand and support people living with dementia.

As part of the ongoing evaluation of the training undertaken by Careerforce, the workers are reporting back that they are using the training all the time without even noticing. "It becomes second nature," one of them reported.

Increased patience, empathy and understanding of the condition has

impacted largely on the trainees, with one commenting that through a more informed viewpoint they are "having some fun while we work together choosing clothes or groceries. Being understanding of their situation makes it much more interesting and easy on both of us."

A common theme in the feedback is that workers are much more sensitive and considerate of their clients and their families. "With a greater understanding of dementia, I am a much better support worker."

Helping people to make sense of the world they once knew, is the ultimate aim of the training. With the *Open Mind Open Doors* funding having recently been extended, another thousand odd places are available in the training programme.

Visit the Careerforce website: www.careerforce.org.nz/employers/fees-funding/open-minds for more information.

From the regions

TRAINING SESSIONS FOR NELSON CITY COUNCIL

Alzheimers Nelson has been hosting training sessions for a more dementia-friendly Nelson.

“Older residents make up a larger proportion of the population, and more people are living with dementia in the community”, said Heather Lackner, Alzheimers Nelson Manager.

The sessions help city council staff and volunteers learn about dementia, how to recognise the warning signs and how to work with people with dementia.

Participants also learn about how to create a dementia-friendly environment.

So far, the Alzheimers Nelson team has held sessions for staff and volunteers at the Nelson Heritage Houses, library staff and frontline city council staff. All of these sessions were very well attended and made possible with a grant from the Nelson City Council.

ALZHEIMERS MANAWATU AT PALMERSTON NORTH WOMEN’S EXPO



Rachel Ellison, Principle Trustee of Public Trust and Donna Hedley, Alzheimers Manawatu Manager

At the recent Women’s Expo in Palmerston North Public Trust kindly shared their stand with Alzheimers Manawatu. This allowed the organisation to provide information of Alzheimer’s disease to more than 100 people who came to the stand, at no cost.

Donna Hedley, Alzheimers Manawatu Manager, is very appreciative of the Public Trust’s

support and says, “Without this relationship being at the Women’s Expo would not have been possible for us due to the price”.

The alliance was also valuable for attendees who were able to access information on dementia and the Public Trust’s services in one go. Alzheimers Manawatu gained many new contacts/families as a result.

DEMENTIA FRIENDLY FORUM IN ROTORUA



At the Rotorua dementia-friendly forum, from left:

Beth McDougall, BUPA; Blair McCarthy, Office for Seniors; Lorraine Hunter, Westpac; and Catherine Hall, Alzheimers NZ Chief Executive

In May the Rotorua Lakes Council hosted a public discussion about what changes are needed for Rotorua to become dementia- and age friendly.

Among the speakers were Alzheimers Rotorua community liaison Shirley Hatch and Alzheimers NZ Chief Executive Catherine Hall. They were joined by the Rotorua Lakes Council, Westpac NZ, Office for Seniors and Bupa. About 100 people came to what may have been the first meeting of this kind in New Zealand.



Memory Walks

Save the date!

Memory Walks will be back in September. Local Alzheimers organisations are planning walks throughout the country, and one of them will be near you.

The Memory Walks are for people of all ages and abilities to raise awareness of dementia and honour family and community members that have been or are affected by dementia.

Most Memory Walks will be held on the weekend of 17/18 September 2016. Bring your family/whānau, the dog and a smile, don some purple and join us for our 2016 Memory Walk.

➔ Keep an eye out for your more info about your local walk, and register on www.alzheimers.org.nz/memory-walks.



Follow us on Facebook!

Like our Alzheimers NZ page at www.facebook.com/alzheimersnewzealand for the latest news and links.



Join our closed group *NZers Affected by Dementia* for sharing and talking to others in the same situation.



Sign up online!

Visit our website at www.alzheimers.org.nz/newsletters if you would like to receive Alzheimers News by email, and to subscribe to Thinking Dementia, our new email newsletter featuring publications focusing on the social context of dementia.

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AND OUR FUNDERS



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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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