

# WHAT YOU ACHIEVED THIS YEAR



Nº1 WINTER 2017

DEMENTIA IN AUSTRALIA

ALZHEIMER'S AUSTRALIA NSW

# THANKS TO YOU

## WE'VE ACHIEVED SO MANY IMPORTANT THINGS

The National Dementia Helpline has taken over **33,000 CALLS**

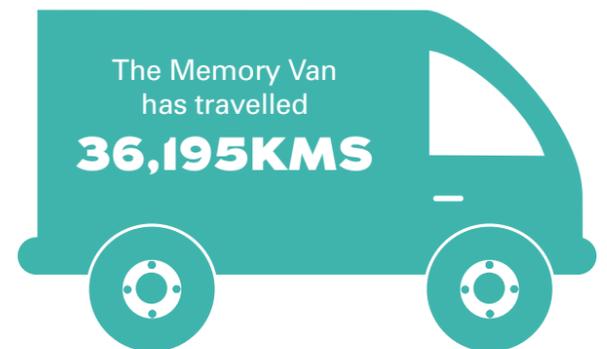
We've introduced the Younger Onset Dementia and **ME BLOG**



The library has provided over



**PROVIDED OVER 950 ONE-TO-ONE** counselling sessions and 106 counselling groups



Visiting **89 TOWNS** and engaged over 6,178 people helping raise awareness of the National Dementia Helpline, support services and the national dementia risk reduction program, Your Brain Matters.

We have provided education sessions such as **FAMILY CARER SESSIONS**, the Living with Dementia Program, Social and Therapeutic activities to name a few!



**THANK YOU FOR HELPING US REACH THE 1 IN 10 PEOPLE OVER 65 WHO HAVE DEMENTIA**

## OUR COMMUNITY FUNDRAISERS



A community fundraising initiative that came from three people who had a personal connection to dementia, quickly escalated to an annual event backed by supporters such as Natarsha Belling, Tony Abbott, Andrew Reid and Ita Buttrose. **Bondi2Berry raised \$56,000!**



An excellent example of a strong community coming together to raise funds and awareness, the Dementia Run, a motorcycle ride and show in the Hunter region **raised \$30,000.**



The Fusion Foundation, put together by local business owners in the Ryde area wanted to give something back to the community. They hosted a gala dinner, **raising \$10,000.**

## YOUR VOICE



Advocate Q&A with Alice Summons

**Why did you become a Dementia Advocate?** I became a Dementia Advocate primarily because I was a young carer for my Dad before he moved into an aged care facility. My Dad was diagnosed with Younger Onset Alzheimer's 5 years ago when he was 54 years old. As a young carer Alzheimer's Australia NSW has become an organisation that I am extremely passionate about advocating for. I want to share my experience to help raise community awareness of the disease, reduce the stigma associated with dementia in our society and reach out to young carers to help them better understand the dementia journey.

# WHAT WE'VE ACHIEVED TOGETHER



## WHY WE'RE ENABLING PEOPLE WITH DEMENTIA THROUGH VIRTUAL REALITY WORKSHOPS



## WHY WE TOOK PART IN MEMORY WALK & JOG

"I am walking for my mum Val, she is about to turn 61 and at the later stages of early on-set dementia. She is now in a home and has been told she has less than a year left to live. I have a sister who is 30, and is severely disabled and has been in a wheelchair her whole life and never spoken a word. My mum (and stepfather) looked after her as full-time carers until she was 26. We all hoped my parents would get a break and get to travel around Australia but the universe had different plans. My stepfather, who is a great man was also diagnosed with leukemia. Such a sad end to a love story. Many parents just go through the motions but with these

two it was true love. He still goes to the home every day to see his "girl" and kisses her. Absolutely heartbreaking." – **TRENT**

"My Grandma Joyce is one of 8 children. She is one of the last remaining 2, the other 6 all passed away from Alzheimer's. My family and I will be walking for her at MW&J to support her and other people going through this journey." – **LEAH**

"I'm doing Memory Walk & Jog because I needed to do something. This disease makes you feel helpless most of the time and I felt this was something tangible that I could do." – **CELESTE**



## WHY I ORGANISED MY OWN MEMORY WALK & JOG

**Pam's** inspiration to organise the fundraiser came from her much loved husband Paul (aka Freebie), who about 7 years ago, at the age of 60, was diagnosed with Younger Onset Dementia. Pam continues to care for Paul but wanted to make an even bigger impact by raising funds and awareness for others in similar situations. Pam certainly did succeed in doing this by sharing her story with all her supporters and raising a huge amount of money for a cause so close to her heart.

We thank Pam and all those who took part and donated as we simply couldn't have the impact we do without our supporters.

**A**lzheimer's Australia NSW has launched a new three-hour workshop for professionals who work with people impacted by dementia, incorporating a **virtual reality smartphone app**.

The technology offers an immersive, high quality virtual reality experience that enables participants to see the world through the eyes of EDIE (Educational Dementia Immersive Experience), a person living with dementia.

The aim is to enhance dementia knowledge, while exploring how a supportive approach can help enable people with dementia live more confidently.

## WHY WE'RE BUILDING TWO DEMENTIA-FRIENDLY GARDENS

The gardens will be developed as part of our commitment to a dementia-friendly Australia and to ensuring the best possible quality of life for people with a diagnosis. Evidence suggests an effectively designed garden can result in therapeutic benefits that reduce stress, anxiety and depression, while increasing self-esteem and relaxation. Even more impressive is that gardens can improve attention, synchronise circadian rhythms and stimulate memories. Development of the first garden is nearly complete.

