

**ALZHEIMER'S
AUSTRALIA**

DEMENTIA RESEARCH

FOUNDATION

ANNUAL REPORT 2012-13



CONTENTS

Introduction	4
Board of Directors	6
Scientific and Medical Panel	7
Chairman's Report	8
Company Secretary's Report	9
Grants Program Outcomes	11
A Year in Review: Fundraising	12
A Year in Review: Consumer Dementia Research Network	14
Hazel Hawke: A Legacy	15
Summary of 2012 Dementia Grants Program	17
Hazel Hawke Research Grant in Dementia Care 2012 Recipient	18
Alzheimer's Australia Dementia Research Foundation 2012 Grant Recipients	18
Alzheimer's Australia Dementia Research Foundation – Victoria Awards 2012 Recipients	22
Postdoctoral Fellowship Awards 2012 Recipients	24
Postgraduate Scholarships 2012 Recipients	26
Resthaven Inc. Research Grant 2012 Recipient	31
Rosemary Foundation Travel Grant 2012 Recipient	32
Where Are They Now?	34
2013 Dementia Grants Program	37
Thank You For Your Support	38
2012- 2013 Financial Report	42

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www.fightdementia.org.au

INTRODUCTION

Alzheimer's Australia has been promoting dementia research, working with researchers and providing dementia research funding since its earliest days as a network of consumer support organisations in the 1980s.

In 1995, a formal research funding body was established to supersede the less formal arrangement which had been in place since 1985. Its five founding members: Professor Henry Brodaty, Professor Phil Waite, Maureen Keating, Patricia Collette and Lynette Chester. This body was officially incorporated as Alzheimer's Australia Research Limited (AAR) in 1998, and was launched in March 2001 by the then Minister for Aged Care, Bronwyn Bishop.

In its early days, AAR provided small grants of \$10,000 to support new researchers, with three grants awarded in 2000.

A lot has changed since then. In 2011, AAR became the Alzheimer's Australia Dementia Research Foundation (AADRF) to better reflect its charitable status and broader focus on all aspects of dementia. Our research funding has increased almost 100 fold with over \$2.5 million advertised in 2013 across 30 different scholarships, fellowships and research awards.

The 2012–13 Annual Report not only provides an overview of the past financial year's achievements, it also reflects how our grant program has supported research since 2000. We also pay tribute to the legacy of Hazel Hawke AO and some of our amazing fundraisers. You will also find summaries of our 2012 grants program recipients starting on page 17.

WHO WE ARE

AADRF is the research arm of Alzheimer's Australia. We support and fund research that helps people living with dementia and their families, as well as research that develops new treatments for the future.

We support the brightest new researchers in their fight against this devastating condition. From improvements in diagnosis, management and care, to prevention and delay of dementia, we believe science holds the key to defeating dementia, so we channel our energy into supporting new researchers who will lead these efforts in the future.

Our objectives:

- To encourage research into dementia, including its impact on affected families
- To promote the dissemination of research findings about dementia

WHAT WE DO

- We invest in Australia's best and brightest new and early-career dementia researchers
- We support innovative Australian research that offers the best hope of defeating dementia
- We work with people with dementia to ensure that research reflects their concerns
- We help people understand dementia and the progress research is making

The Foundation also manages the Hazel Hawke Alzheimer's Research and Care Fund, which allocates funding through the Dementia Grants Program to projects focused on dementia care. It also administers a number of grants on behalf of the Alzheimer's Australia Victoria Dementia Research Foundation.

HOW WE DO IT

Funding for the Dementia Grants Program is donated by members of the public and by private and philanthropic organisations. Eighty five per cent of all donations go to the Dementia Grants Program. The remaining 15 % of funding is used for the management of the Dementia Grants Program and to promote and communicate research.

The annual Dementia Grants Program provides competitive research funding, which was worth more than \$1.7 million in 2012. It includes research project grants, travel grants, postgraduate scholarships and postdoctoral fellowships.

The researchers we support are some of the best dementia researchers in the world and we are dedicated to supporting them.

WHY IS DEMENTIA RESEARCH IMPORTANT?

Dementia is currently the third leading cause of death in Australia. Between 2012 and 2050, it is estimated that over 3 million Australians will develop dementia. By 2050 there will be almost 900,000 people living with dementia.

There are currently no treatments or interventions that can prevent, delay or reverse dementia. The major barriers to the development of new interventions and treatments in Australia are the lack of research capacity, funding and infrastructure.

The National Health and Medical Research Council (NHMRC) spent \$26 million on dementia research during 2012. In comparison, \$184 million was provided for cancer research, \$108 million for cardiovascular disease, \$70 million for diabetes and \$62 million for mental health research.

Equally concerning is the lack of support for early-career dementia researchers. Between 2002 and 2011, there were only 56 awards for new and early-career dementia researchers through the NHMRC. In comparison, new researcher awards over the same period numbered 706 in cancer research, 488 in cardiovascular disease research, 271 in mental health research and 223 in diabetes research.

If Australia is to adequately address the challenges of dementia then it is essential that we have a workforce with the capacity to produce and translate dementia research into health benefits. This is why the AADRF is focused primarily on capacity building through support for new and early-career dementia researchers.

The total AADRF Dementia Grants Program funding for 2013 was more than 10 % of what the Federal Government invested in dementia research through the National Health and Medical Research Council in 2012, and has been vital in building capacity for the dementia research effort we will need in the future.

Increased investment in dementia research from the Federal government and the public will enable Australia to move towards a world without dementia over the next decade because:

1. Multiple strategies are currently being pursued to delay, or reduce the risk of dementia, including therapies to neutralise the toxic effects of proteins in the brain, stem cell therapies, gene therapy and vaccination
2. New medications designed to delay the progress of dementia in the brain are currently undergoing clinical trials
3. New medical technologies are being developed to detect dementia years before symptoms emerge so that it will be possible to treat those most at risk
4. The environmental, behavioural and genetic risk factors that may help people reduce their risk of developing dementia are beginning to be understood.

This will only be achieved with a substantial and focused research effort.

BOARD OF DIRECTORS

SCIENTIA PROFESSOR HENRY BRODATY CHAIRMAN

Professor Henry Brodaty AO is Scientia Professor of Ageing and Mental Health, Director of the Dementia Collaborative Research Centre, and Co-Director of the Centre for Healthy Brain Ageing at the University of New South Wales. He is Head of the Memory Disorders Clinic and a psychogeriatrician at the Prince of Wales Hospital where he also leads a centre conducting drug trials for Alzheimer's disease and mild cognitive impairment. Professor Brodaty has been Chairman of Alzheimer's Disease International and President of Alzheimer's Australia and Alzheimer's Australia NSW. He is President of the International Psychogeriatric Association.

Professor Brodaty has published extensively, is on the editorial board of several journals, and is a member of several key state and national committees in Australia concerned with dementia and mental health in older people. Professor Brodaty has received many awards, including an Officer of the Order of Australia in 2000. He is currently on the Aged Care Reform Implementation Council and leads the NSW Dementia Policy team.

PROFESSOR JOHN MCKELLAR VICE CHAIRMAN

Professor John McKellar AM ED is currently a Director of the National Board of the Order of Australia Association and Chairman of the SA Branch of the Association. He is also a Director and Deputy Chair of the Rosemary Foundation. Professor McKellar was named South Australian Senior Australian of the Year in 2001 and made a Member of the Order of Australia in the Queen's Birthday Honours list in 2008 for 'service to people with dementia, particularly Alzheimer's, and their carers, through organisations that provide education, support services and funding for research'.

GLENN REES COMPANY SECRETARY

Glenn Rees AM has worked at senior levels in the British and Australian public services. In Britain he worked as Private Secretary to senior Ministers in the Cabinet Office and in economic departments. In Australia since 1976, he has worked in program and policy areas

including: Prime Minister and Cabinet; Employment and Training, Aged Care, Disabilities, Housing and the Aboriginal and Torres Strait Islander Commission. He was Chair of the Nursing Homes and Hostels Review in 1986 and was involved in implementing the first wave of aged care reforms. Glenn has been Chief Executive Officer of Alzheimer's Australia since 2000, during which time dementia was made a National Health Priority.

DAVID NATHAN TREASURER

David Nathan has a personal connection to Alzheimer's with his father succumbing in early 2012 after a 10-year battle with the disease. From 2006 to 2013, David was CEO of Australia's largest indemnity insurer, Avant, which has over 57,000 members and insures over 55 % of Australia's medical practitioners. David has had considerable governance experience including board membership in non-governmental organisations. David has enjoyed an extensive career spanning law, commerce and economics.

KAYE PRITCHARD

Kaye Pritchard has been an active member of the Alzheimer's Australia National Board, and various committees, representing people living with dementia. Kaye's passion since her husband was diagnosed with Frontotemporal Dementia in 1998 has been to help others understand the issues of living with dementia.

DR ROBERT YEOH

Dr Robert Yeoh is a general practitioner with a special interest in dementia. He was a member of the Board of Directors of Alzheimer's Australia NSW from 1994 to 2013, holding positions of Vice President (1996 to 1998) and President (1998 to 2000). Robert also held the position of National President of Alzheimer's Australia from 2000 to 2005. Dr Yeoh is a professional member of the NSW Guardianship Tribunal.

ANDREW WATT

Andrew Watt's father was diagnosed with Younger Onset Alzheimer's disease in 2002. Since then he has worked closely with both Alzheimer's Australia WA and Vic to raise awareness in both states. In 2007, Andrew was the opening speaker at the Alzheimer's Australia National Conference in Perth, where he shared his personal journey with Alzheimer's disease. In 2009, Andrew was a steering committee member for the National

Consumer Summit on Younger Onset Dementia. Andrew is currently undertaking a PhD at the University of Melbourne in the Bio21 Molecular Science and Biotechnology Institute where he is investigating blood-borne biomarkers of Alzheimer's disease.

JOHN MORRISON

John Morrison is the Vice Chairman of Alzheimer's Australia NSW. He has served on the Board of Directors for several years, and was Honorary Treasurer from June 2003 to July 2006. John is experienced as a consultant and practitioner in finance, secretarial practice, corporate governance and risk management.

DR SEAN MAHER

Dr Sean Maher is a Geriatrician and Head of the Department of Rehabilitation and Aged Care at Sir Charles Gairdner Hospital. He graduated from the University of Western Australia and is a Fellow of the Royal Australasian College of Physicians. He was the Federal Secretary for the Australian and New Zealand Society for Geriatric Medicine (ANZSGM) from 2008 to 2012 and has been a Federal Councillor of the Society since 2005. Dr Maher has interests in delirium and dementia, and has coordinated the ANZSGM's Position Paper on delirium, as well as assisting to develop the WA Department of Health's Model of Care for Delirium and the Older Person. He is a senior lecturer in Geriatric Medicine at Edith Cowan University, an Honorary Research Fellow at Curtin University and a Medical Director on the Board of Alzheimer's Australia WA.

DR RON SINCLAIR (from June 2013)

Dr Ron Sinclair was a carer for his wife who passed away in 2006 from familial Younger Onset Alzheimer's disease. Dr Sinclair's father succumbed to dementia in 2004, and he now cares for his step-mother who has recently entered residential care with dementia. Dr Sinclair was a member of the Carers Advisory and Advocacy Committee and a Board member of Alzheimer's Australia South Australia for 10 years. He is now a consumer representative on Alzheimer's Australia's National Carers Advisory Committee, the National Cross Cultural Dementia Network, the Minister's Dementia Advisory Group and Chair of the Consumer Dementia Research Network. Dr Sinclair is a research biologist with the South Australian Government and conducts epidemiological studies on myxomatosis and rabbit haemorrhagic disease in wild rabbits.

SCIENTIFIC AND MEDICAL PANEL

Australia has some of the world's leading dementia researchers and AADRf is extremely privileged to be able to draw on their expertise and support. These research leaders advise the AADRf through membership of the Scientific and Medical Panel, support research advocacy and policy activities, and assist with rigorous external assessments of each funding application.

Current members of the Scientific and Medical Panel are listed below. The many experts who have assisted the program with reviews, advice and external assessments are listed on page 38.

PROFESSOR KAARIN ANSTEY

Chair, Scientific and Medical Panel
Director, Centre for Research on Ageing, Health and Wellbeing
Director, Dementia Collaborative Research Centre - Early Diagnosis and Prevention, Australian National University

PROFESSOR JAMES VICKERS

Chair of Pathology
Head, School of Medicine
University of Tasmania

PROFESSOR RALPH MARTINS

Director, Centre of Excellence for Alzheimer's disease - Research and Care
Foundation Chair of Ageing and Alzheimer's disease
Edith Cowan University

ASSOCIATE PROFESSOR VELANDAI K SRIKANTH

Associate Professor in the Department of Medicine at Monash University
Southern Clinical School, Monash Medical Centre.
Head of the Stroke and Ageing Research Group

PROFESSOR WENDY MOYLE

Director of the Centre for Health Practice Innovation (HPI)
Griffith University

PROFESSOR ELIZABETH BEATTIE

Professor Aged and Dementia Care
School of Nursing
Queensland University of Technology

ASSOCIATE PROFESSOR ELIZABETH J COULSON

Associate Professor in the Queensland Brain Institute and Centre for Ageing Dementia Research
Head of the Neuronal Cell Survival Laboratory
The University of Queensland

PROFESSOR LINDY CLEMON

Professor in Occupational Therapy and Ageing
Co-Director, Ageing, Work and Health Research Unit
National Health and Medical Research Centre (NHMRC) Career Development Fellow
The University of Sydney

CHAIRMAN'S REPORT



I believe in the vision of better health through research, and as Chair of the Alzheimer's Australia Dementia Research Foundation (AADRF) I have always believed that capacity building in research is the key to maintaining research excellence in the future.

Put simply, we need more research and more researchers if we are to successfully deal with the social and economic challenges of dementia in the future.

During 2012, I spent considerable time working with 2011 Australian of the Year Simon McKeon and a small panel of experts on the Strategic Review of Health and Medical Research in Australia. After 12 months, 348 written submissions and over 100 public consultations, the McKeon Review was finalised in early 2013 and released by the government in April.

The McKeon review outlines a 10-year plan with 21 key recommendations to build Australia's health and medical research sector in a way that will ensure better performance from the health system, and better health outcomes for Australia. The report recommends growing the total investment in research including priority driven research, building the capacity of the research workforce, improving the efficiency of research funding processes, and embedding health and medical research much more deeply within the healthcare system.

The report outlines an exciting policy direction that could, with a relatively small increase in funding to just 3–4 % of health system expenditure, help transform Australia's already good health and aged care systems into world leading providers of high-quality, evidence-based care.

Alzheimer's Australia and the members of its Consumer Dementia Research Network made valuable contributions to the review process, and were important in ensuring a clear focus in the recommendations on consumer involvement in research and on targeted funding for priority areas such as dementia. Researchers and other stakeholders across the sector are now eagerly awaiting the government's response to the review.

2012–13 delivered mixed outcomes from dementia research. Several major clinical trials for Alzheimer's disease medications ended in disappointment, forcing us to continue questioning our hypotheses and searching for answers. However, there have also been some positive developments: we have more evidence that early intervention and modifiable lifestyle factors could help to prevent or slow down disease progress, we are improving our understanding of the biology and the genetics of Alzheimer's disease, and there have been exciting advances in early detection. We live in rapidly changing times, and I am positive that we will continue to see advances in dementia research over the coming years.

AADRF supports dementia research through capacity building by providing early career dementia researchers with scholarships, salary support and seeding grants for research. We have supported 135 dementia researchers since 2000, and I am proud to see the size of the grants program growing each year. In 2013, we are offering over \$2.5 million in funding. I would like to express the thanks of AADRF to every person who has donated to the program this year for helping us to achieve this milestone.

I thank Ita Buttrose, President of Alzheimer's Australia for her passionate and compelling advocacy for dementia research and acknowledge the efforts of the researchers themselves. Academic research is not for the faint-hearted. As well as ideas, intelligence and inspiration, success with research requires hard work, long hours, good supervision, infrastructure support and persistence.

I would also like to thank my fellow Directors and the Scientific and Medical Panel, particularly its Chair, Professor Kaarin Anstey, for ensuring that AADRF continues to maintain its rigour in funding only the most outstanding new dementia researchers.

A warm welcome to new Board Member Dr Ron Sinclair, and new members of the Scientific and Medical Panel: Professor Elizabeth Beattie, Associate Professor Elizabeth Coulson and Professor Lindy Clemson, and a sincere thanks to outgoing members Gordon Robinson, Professor Lynn Chenoweth, Associate Professor Peter Dodd and Professor David Ames.

Finally I would like to congratulate Glenn Rees, CEO of Alzheimer's Australia and Company Secretary of AADRF on his well-deserved recognition in June as a Member of the Order of Australia.

A handwritten signature in dark ink, appearing to read 'H Brodaty', written over a light blue grid background.

Professor Henry Brodaty AO,
Chairman

COMPANY SECRETARY'S REPORT



Advocacy for increased investment in research by the Federal government is a high priority for Alzheimer's Australia, and has been for many years.

The AADRF 2013 Dementia Grants Program—at \$2.5 million—is about 10% of what the National Health and Medical Research Centre (NHMRC) contributed to dementia research in 2012.

For the 2013 calendar year we believe that the NHMRC may have increased funding above that of 2012, which was only \$300,000 greater than their 2011 funding. Our request to the Federal government is to invest an additional \$200 million over five years in dementia research. This would bring the total NHMRC funding for dementia to around \$70 million per annum, less than 1.5 % of the \$4.9 billion spent each year on dementia in health and aged care systems.

Our grants program has increased in size and we are hopeful that we will soon be in a position to increase our grants program to \$5 million. We are encouraged by the increasing support we are receiving from Australians—they are clearly interested in active investment in research.

Our priority remains to attract the best brains into dementia research to build capacity for the future.

We have been evaluating our grants program and obtaining feedback from the researchers we have funded. To do this we surveyed grant recipients who were awarded funding between 2000 and 2011; the full details begin on page 11 of this report. Over two-thirds of AADRF-funded researchers are still in dementia research. Our grant recipients have collectively produced over 1,100 peer-reviewed dementia research articles. The \$4.3 million originally invested in grants has resulted in the grantees securing a further \$72 million in funding from a variety of sources. That is nearly a 17-fold return in a relatively short timeframe. These numbers are going to grow as we support more researchers every year. The early-career researchers we invest in now are going to need mid-career research support from the NHMRC to continue as dementia researchers in Australia.

We have had more applications for our 2013 grants program than ever before. Over 71 applications were submitted for our project grants this year, up from 47 in 2012, and 29 people applied for our Postdoctoral Fellowships, up from 14 in 2012. This represents another success. More people are aware of the Research Foundation as a funding source, and even more importantly, more people are likely to be starting out their career in dementia research. We must do all that we can to foster this growth, and provide a bigger grants program to support more applicants.

This year we celebrated the life of Hazel Hawke. It is evident that many Australians admire the way she lived her life and her courage in publicising her fight with dementia. The courage Hazel displayed has undoubtedly helped to promote a much greater awareness of dementia, and in the process has helped many Australians living with dementia to come to terms with their diagnosis.

Hazel Hawke generously gave her name to the Hazel Hawke Alzheimer's Research and Care Fund in 2004. The Fund has supported 14 projects to date, which are described on page 16. I see Hazel's Fund as an important part of the growth of AADRF to support a diverse range of Australian researchers. We are discussing plans with her family to promote the Hazel Hawke Alzheimer's Research and Care Fund to further increase the funding available for research in this important area.

On behalf of AADRF I would like to acknowledge and thank our Board of Directors and our Scientific and Medical Panel for their time and energy during the year. As a consequence of an expanded grants program there was a greatly increased workload for the panel and the many researchers to whom we refer grant applications for assessment. I am especially grateful to them, both in Australia and internationally.

The successful outcomes being achieved would not have been possible without the good work of Dr Chris Hatherly and Dr Mary Gray.

I would also like to take the opportunity to thank Australian of the Year 2013 and National President of Alzheimer's Australia Ita Buttrose AO OBE for her dedication to the research cause.

My final thanks go to all of our fundraisers and donors for their vital contribution to Australian research. You are part of the global effort to create a dementia-free world, and I hope one day soon we will be able to look back and say we made it happen.

A handwritten signature in black ink that reads "Glenn Rees". The signature is fluid and cursive.

Glenn Rees AM,
Company Secretary



GRANTS PROGRAM OUTCOMES

There were 108 grant, scholarship and fellowship recipients between 2000 and 2011. Between them, they received a total of \$4,378,307 in funding from AADRf.

HOW MANY PEOPLE ARE STILL IN DEMENTIA RESEARCH?

Two-thirds of grant recipients are still in dementia research, and 85% of our grant recipients are still researchers.

RESEARCH OUTPUTS

We asked grant recipients to tell us how many peer-reviewed journal articles they had published as a result of their AADRf-funded projects, and how many papers they had published thereafter.

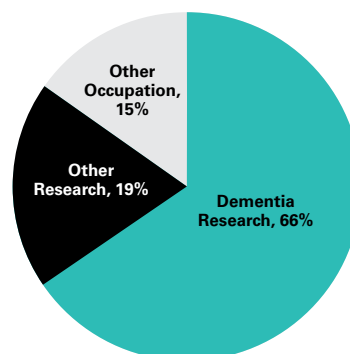
The 87 people who responded to the first question had published 185 articles between them on their AADRf-funded research. This is an average of 2.2 articles per person.

The 84 people who responded to the second question published 1,329 articles subsequent to their AADRf-funded project. This is an average of 15.8 articles per person.

These results give an indication of the calibre of researchers funded by AADRf, and of their ongoing contribution to the dementia research field.

Category	Papers produced	Mean
Dementia researchers	1116	19.93
Other researchers	186	11.63
Other occupations	27	2.25
All Papers	1329	15.82

To better understand the impact of our funding for early-career dementia researchers, and the effect our success in building dementia research capacity, Research AADRf conducted an evaluation in early 2013 of all of the people who had been awarded grants, fellowships or scholarships between 2000 and 2011.



FURTHER FUNDING

The main objective of AADRf is to build research capacity by supporting new and early-career researchers and helping them establish themselves as independent researchers. To measure our success, we asked previous grant recipients to tell us how much research funding they had attracted subsequent to their AADRf award.

The answer was \$71.98 million, almost all for further dementia research. This is a fantastic outcome and indicates a return on investment of over 1,600 % from the \$4.38 million provided to these researchers by AADRf between 2000 and 2011, thanks to the generosity of our many donors and supporters.

Category	Grant Program input	Further Funding
Dementia researchers	\$2,571,954	\$66,810,082
Other researchers	\$671,000	\$4,972,000
Other occupations	\$477,260	\$197,000
Non-respondents	\$658,093	?
Total	\$4,378,307	\$71,979,082

WHAT PREVIOUS GRANT RECIPIENTS HAD TO SAY

"The award enabled me to complete my research program and also to support three student researchers in their projects. Each of these students has continued to postgraduate degrees in psychology, and one has a career in dementia research. I see the award as playing a role in expanding research capacity far beyond the original project that was funded."

"The award arrived at a crucial time of my post-doctoral years, namely the first couple of years. The award has not only enabled the study, and direct publications resulting from it, but also indicated to other funding bodies that I was on the right path in my academic career. I am now expanding that project to a multi-centre international level."

"Without this postgraduate scholarship I would have been unable to commence my PhD in 2008 due to lack of alternative financial support. Because of the preliminary studies I completed during my PhD, my supervisor was awarded a competitive grant from the NHMRC to fund continued efforts on the project."

"Dementia is a primary focus of my research and this fellowship enabled me to continue with a body of work that I was leading, rather than move to a different field based on a requirement to maintain employment."

A YEAR IN REVIEW: FUNDRAISING

Alzheimer's Australia Dementia Research Foundation (AADRF) is expanding its contribution to research funding year by year. We fund early-career dementia researchers in Australia to help them become world leaders in the global fight against dementia.

AADRF is only able to provide this support thanks to the generosity of thousands of people from Australia and throughout the world who donate and fundraise for the Foundation. Every single dollar makes a difference to dementia research.

We would like to thank everyone who has donated or fundraised for us during 2012–13. Highlights of some of our fundraisers are presented here.



QUIZOPIA.COM

Peter Appla and his team at Quizopia have generously decided to donate 1 % of their revenue to the AADRF (increasing to 2.5 % as the company grows). Quizopia provides a range of puzzle games for children through to adults to help keep minds active. Maintaining an active mind and a healthy body is currently the best way to prevent dementia, according to research.

"Our aim is to help delay the onset of mental diseases such as dementia, so we offer a selection of games that are not only fun to play but also challenge and stimulate the brain at the same time. Because playing puzzles helps fight dementia we decided to partner up with Alzheimer's Australia by donating a percentage of all our revenue to the Alzheimer's Australia Dementia Research Foundation."

– Peter Appla

www.quizopia.com.au

COLEMAN GREIG LAWYERS WOMEN IN BUSINESS FORUM

In November 2012, the Coleman Greig Lawyers Women in Business Forum hosted a breakfast in Parramatta NSW to support AADRF.

"We were thrilled to work with our guest speaker, renowned former journalist and politician, Maxine McKew at our last Women in Business event for 2012. Maxine is a proud supporter of Alzheimer's Australia Dementia Research Foundation and we were delighted to align our Forum with the cause. The event was a great success. Maxine gave an inspirational and motivational speech about her eventful time in politics. Close to 200 senior female executives and professionals from across Western Sydney came to the breakfast and thanks to everyone's kind donations and participation in the morning we were able to raise over \$4500."

– Susan Warda, Coleman Greig Principal and Women in Business Ambassador

www.colemangreig.com.au



STRIKE A LIGHT WITH ALZHEIMER'S

Wendy Russ hosted a fundraising event in Victoria in February 2013 in honour of her mother Dorothy Jean Barnes.

"Strike a Light with Alzheimer's was held on behalf of my mother who endured a long journey with Alzheimer's and dementia. It was a sad journey to see my mum go from a dignified lady, to one who couldn't communicate in any form and lost control of all bodily functions. Over that time I matured in a new way and it opened my eyes to life."

My wish was to give something back and to help in some small way towards this cruel disease. So the night was planned and help was sought by local businesses and people who wanted to be a part of this fundraiser."

It was a successful night and the local community were generous, and all who attended enjoyed the experience with live music and an auction. My heartfelt thanks to all those who helped make the night a success. And my thoughts are with all families that are on this journey now."

This one was for you Mum." – Wendy Russ

FADE TO WHITE

Four Brisbane women, each with a parent living with or lost to Alzheimer's or another form of dementia, wanted to make a difference. They decided to host a fundraiser for the Hazel Hawke Research and Care Fund in their Bulimba community.

The inaugural 'Fade To White' morning tea was held in 2012, and the response was incredible. Guests wore white, symbolising the purity and tranquillity of the mind and spirit—a sign of respect to those lost to the disease. Many in attendance came forward and shared their heartrending stories and showed photos of loved ones who were also suffering or had lost their battle to the disease.

University of Queensland Postdoctoral Research Fellow, and Hazel Hawke grant recipient, Dr Erin Conway presented her

current research into facilitating word retrieval in conversation with Alzheimer's clients. Dr Conway's presentation generated great interest and many questions were raised.



"Driven by the success of this first event, and with increased awareness and support of this important cause, the 2013 'Fade to White' fundraiser was a huge success. The generosity of the local community in terms of donations, but also various contributions to the hosting, and ultimate success of the event was inspiring. Plans for 2014 are already under way! We are hoping for a bigger and better event!"

– Mary Collins, organiser of the event in 2013.

BETTEN ON BIKE

"In January 2013 a very dear friend of ours, Evert Sarels Van Rijn, passed away as a result of Alzheimer's disease and we were devastated. Walter had been in the midst of planning to cycle around Australia and on hearing the news of Evert's death we decided to dedicate our trip to Evert. He had chosen to donate his body to research and we wanted to give our trip meaning and purpose so we decided to contact Alzheimer's Australia to set up a fundraising campaign specifically to raise funds for research. We also wanted to raise awareness of Alzheimer's disease and we set a target to raise \$2 for every kilometre that Walter cycled during our four month trip around Australia.

On 10th April 2013 we began our journey from a tiny little place called Dululu, west of Rockhampton, having completed Stage 1 Brisbane to Rockhampton last September as a test run.

One of the highlights for us was the Kimberley region and experiencing the heart of the Australian outback—the colours of the landscape were harsh but breathtaking. We were constantly amazed at how Alzheimer's disease has affected so many lives. Many of the people we met thanked us for what we were doing, which was truly humbling.

The people we came across on our journey were generous of time and spirit. Marion at Kimberey Cafe in Kununurra in WA sold cupcakes in her cafe for us for a week, Michelle collected donations from staff at Mt Isa Shire Council, we had motel owners in the Snowy Mountains washing and drying Walter's cycling gear when there were no laundries on site, a roadhouse operator in WA gave us free dinners and breakfasts, and numerous caravan park operators didn't want to take payment for our overnight stays. These were just a few of so many acts of kindness along the way.

Walter cycled 13,330 km over four months with an average speed of around 29 km per hour and 170 km average distance per cycling day. To date we have raised around \$24,900 but Leanne Bond is planning a function to be held upon our return which will no doubt raise enough to put us above our target of \$26,660 (\$2 for every km cycled)."

– Deanne and Walter Betten



THE CAMINO DE SANTIAGO



"The Camino de Santiago pilgrimage trail through the French and Spanish Pyrenees is one of the great walking journeys of the world. The French route takes walkers some 800 km from St Jean Pied de Port in the French Pyrenees to Santiago de Compostela in North Western Spain.

I set off with two aims, which were to use this walk to mark the change in my life from one of full-time work to retirement and to raise some money for a charity. In my case, it was Alzheimer's Australia Dementia Research Foundation. I chose this because of the long-standing vascular dementia process that my mother has suffered now for the past decade.

For the first week, I walked with my son until he returned to his journalist's job in Cairo. Over the next weeks, especially when I had the opportunity to walk alone (never lonely though), I felt at great peace with myself. Increasingly when the occasion arose, and this seemed fairly often with the slow rhythm of walking beside others or as a group sitting in the sun or sharing a meal, we would often talk about our reasons for being on the Camino.

I have been delighted, if not surprised, at the support and encouragement that has been expressed in emails, on Facebook and with my ramblings on my blog (warwickgiles.wordpress.com) and I am truly grateful for it. Also I am very grateful for the donations that people have made to the Alzheimer's Australia Dementia Research Foundation. These weeks were a time of meeting fascinating people from all walks of life with a myriad of reasons for being on the Camino."

–Dr Warwick Giles

We would also like to thank the following people for their events:

- Oli Haynes – Adidas Auckland Marathon 2012
- Leonie Davidson – Nick loses it for Alzheimer's
- Libby Day – Molly's Song
- Joel Kahn – Joel's 50/50 Shave

A YEAR IN REVIEW:

CONSUMER DEMENTIA RESEARCH NETWORK

The Alzheimer's Australia Consumer Dementia Research Network (CDRN) consists of 27 people from around Australia who either have dementia or who currently or previously cared for a person with dementia. CDRN members are involved in a broad range of activities related to dementia research and research translation.

This includes:

- involvement in steering and advisory committees for 30+ research projects
- priority setting and funding decision making for Alzheimer's Australia National Quality Dementia Care Initiative projects and steering committee membership of funded activities
- active participation in research projects
- speaking at a range of conferences and events regarding consumer involvement in research
- contribution to a range of government inquiries and hearings on dementia research related matters.

2012–13 saw two important developments in the relationship between the CDRN and AADRF.

First, AADRF supported the establishment of a 'Consumer Investigator' position to work with the \$25 million NHMRC Partnership Centre on Cognitive and Related Functional Decline in Older People, with Alzheimer's Australia being one of five funding partners for this new initiative. The 'Consumer Investigator' position employs CDRN member Joan Jackman 2.5 days per week to work as part of the new Centre's Executive Management Team, and to co-ordinate engagement of CDRN members in all of the activities of the Centre. This is an exciting development that ensures consumer involvement will be



integral to one of the most exciting and largest dementia research and implementation centres in Australia.

Second, as of 2011, CDRN members worked with AADRF to set a research priority area in which AADRF has offered a special 'CDRN grant'. The priority area for 2012–13 was Younger Onset Dementia. Unfortunately none of the applicants for project grants addressing this issue were deemed eligible, so a PhD scholarship focusing on Younger Onset Dementia was offered instead. More information about CDRN Scholarship recipient Claire O'Callaghan is on page 27.

AADRF thanks the CDRN for its assistance throughout 2012–13.

HAZEL HAWKE: A LEGACY



Hazel was born in July 1929 in Perth, the second child of James and Edith Masterson. Her childhood was filled with family, community and music. She met her future husband, Bob Hawke, a law student, through church activities and over time a mutual romance blossomed between them. Bob proposed to Hazel in 1950. Throughout the difficulties and triumphs Hazel faced during the next 40 years, she supported Bob unwaveringly. While Bob Hawke moved up through the ranks of the Australian Council of Trade Unions and became involved in politics, Hazel was the dedicated housewife and mother to their three children, Susan, Stephen and Roslyn. Her experiences as a young woman, wife and mother resonated with the Australian people.

Hazel began forging her own career in the late 1970s as her children began to leave home. She started by volunteering at the Family Centre for Low Income People, eventually becoming the secretary to the head of the Social Issues and Research Department. In 1980 Hazel, at the age of 51, finally began to fulfil her longing for further education. She studied a Diploma of Welfare Studies at the Caulfield Institute of Technology. Bob Hawke was elected to Federal Parliament in 1980 and became the 23rd Australian Prime Minister in 1983. Hazel became involved with community issues and public awareness campaigns, becoming the patron of over 60 organisations.

For her commitment to the community, in June 2001, Hazel was appointed Officer of the Order of Australia.

Later that year, Hazel was diagnosed with Alzheimer's disease. Two years later, in 2003, she became the first well-known Australian to talk publicly about her fight with dementia in an exclusive interview on ABC's Australian Story in a program titled 'The Big A. As her dementia progressed, Hazel gradually retired from public life.

At Hazel's request, Alzheimer's Australia established the Hazel Hawke Alzheimer's Research and Care Fund in 2004 to support dementia care research across Australia. That same year, Hazel's daughter Sue Pieters-Hawke co-authored a book with Hazel Flynn called *Hazel's Journey: A personal experience of Alzheimer's*. Money from each copy sold continues to go towards the Hazel Hawke Alzheimer's Research and Care Fund. Hazel was later awarded an Honorary Doctorate of Letters in 2006 from John Curtin University. She spent the last years of her life close to friends and family in a residential aged care facility in Sydney.

Hazel's commitment to her family, friends and the community of Australia, and her strength in facing personal hardships, will be remembered through her achievements. A growing part of her legacy is her Research and Care Fund. Since it was established, the Hazel Hawke Alzheimer's Research and Care Fund has supported 14 Australian research projects aiming to improve the lives of people with dementia and their carers.

BACKGROUND

Sadly Hazel Hawke AO passed away on 23 May, 2013 at 83 years of age. She will be remembered for a legacy of achievements in community and advocacy work. Most Australians will know Hazel as both the first wife of former Australian Prime Minister Bob Hawke, and as a passionate advocate for many causes including women's rights, heritage and environment, social and community services and media issues.

"Hazel embodied a sense of fairness and concern for other Australians, being the first and only well-known Australian to speak publicly about her life with Alzheimer's disease. Many Australians would have experienced a sense of personal loss with her passing." – Ita Buttrose, President of Alzheimer's Australia.

PAST RECIPIENTS

HAZEL HAWKE RESEARCH GRANT IN DEMENTIA CARE

The projects funded by the Hazel Hawke Alzheimer's Research and Care Fund since 2004 have covered many aspects of care, from music therapy and attitudes to dental care and nutrition. To date, the Fund has provided over \$333,000 to 14 research projects.

Recipient	Award Year	Project title	Grant Amount	
Professor	Cherry Russell	2005	Dying with dementia: An exploratory study of family caregiver perspectives on best quality care and support practices at the end of life	\$20,000
Dr	Astrid Rogoz	2006	Cognitive impairment in the elderly homeless	\$10,000
Dr	Jennifer Torr	2006	Alzheimer's disease and Down syndrome	\$20,000
Associate Professor	Kate Webster	2006	Falls risk assessment in people with Alzheimer's disease	\$10,000
Associate Professor	Mathew Hopcraft	2007	Evaluation of oral healthcare training for carers of nursing home residents with dementia	\$20,000
Professor	Megan-Jane Johnstone	2007	The use and misuse of Alzheimer's disease in the euthanasia/ physician assisted suicide debate	\$20,000
Professor	Elizabeth Beattie	2008	Nutritional challenges for family caregivers and persons with dementia	\$20,000
Associate Professor	Melissa Lindeman	2009	Evaluation of a dementia education resource for indigenous communities	\$20,000
Associate Professor	Karen Sullivan	2009	Good idea! The dementia carers' healthy thinking project	\$21,000
Dr	Karen Croot	2010	The right word at the right time: keeping communication going in progressive aphasia	\$22,728
Dr	Maria Kangas	2010	Treatment of anxiety and depression in distressed carers for persons with dementia-related disorders	\$24,980
Dr	Amee Baird	2011	Music as a memory aid in Alzheimer's disease	\$25,000
Dr	Jean Tinney	2011	Interpreter mediated cognitive assessments – stakeholder experiences informing guidelines and training DVD	\$50,000
Dr	Erin Conway	2012	Facilitating word-retrieval in conversation: Direct intervention for people with progressive aphasia	\$50,000
Total				\$333,708

“The Hazel Hawke award was my first research grant and inspired me to continue clinical research. I am in the process of analysing data and preparing manuscripts during my maternity leave and hope to continue in dementia research depending on funding opportunities.”

– Dr Ameen Baird, Clinical Neuropsychologist

“Our team could not have begun to do this work without [the grant]! We have been able to provide professional development for speech pathologists, neurologists and geriatricians working with people with primary progressive aphasia. This project has opened doors to new collaborations with German partners who have received grants to visit and contribute to the project, and has generated spin-off research projects for graduate students. We are currently applying for funding to continue this work to extend the evidence base for speech pathology services to improve communication and quality of life for people with primary progressive aphasia.”

– Dr Karen Croot, Lecturer in Applied Cognitive Psychology

“It was one of the first projects to investigate the effectiveness of dementia education for remote Indigenous people, and several recommendations have been adopted in subsequent training and research. Findings from the study were incorporated into a short course (and postgraduate topic) offered regularly by the Centre for Remote Health for practitioners working with remote and Indigenous communities.”

– Associate Professor Melissa Lindeman

SUMMARY OF 2012 DEMENTIA GRANTS PROGRAM

Award Type	Award Amount
Alzheimer's Australia Dementia Research Foundation	\$30,000 (x2)
Project Grants (X5)	\$50,000 (x3)
The Rhonda Trengove Dementia Awareness Research Grant	\$50,000
The Hazel Hawke Research Grant In Dementia Care	\$50,000
The Hiley-Allars 2012 Award	\$50,000
The Commonwealth Bank Community Seeds Grant	\$30,000
Alzheimer's Australia Dementia Research Foundation – Victoria Award (X2)*	\$50,000
Resthaven Inc Award	\$150,000
Alzheimer's Australia Dementia Research Foundation Full Fellowship	\$90,000 p.a. (2 years)
Alzheimer's Australia Dementia Research Foundation Part Fellowships	\$50,000 p.a. (2 years)
Viertel Part Fellowship	\$45,000 p.a. (2 years)
Sachdev (NSW) Fellowship	\$50,000 p.a. (2 years)
Epsilon Research Fund Postdoctoral Fellowship	\$60,000 p.a. (2 years)
Rosemary Foundation Travel Grant	\$15,000
Alzheimer's Australia Dementia Research Foundation PhD Scholarships (X3)	\$30,000 p.a. (3 years)
The Consumer Dementia Research Network PhD Scholarship In Younger Onset Dementia	\$30,000 p.a. (3 years)
The Viertel PhD Scholarship	\$30,000 p.a. (3 years)
Alzheimer's Australia Dementia Research Foundation PhD 'Top Up' Scholarships (X4)	\$7,500 p.a. (2 years)
TOTAL	\$1,705,000.00

*The Alzheimer's Australia Victoria Research Foundation Awards share a common application process with the Dementia Grants Program, but are subject to eligibility criteria and assessment processes determined by the Alzheimer's Australia Victoria Board.

HAZEL HAWKE RESEARCH GRANT IN DEMENTIA CARE 2012 RECIPIENT

In 2012 funds raised by the Hazel Hawke Alzheimer's Research and Care Fund were put towards funding a project worth \$43,820. The Alzheimer's Australia Dementia Research Foundation (AADRF) is very grateful for the ongoing support of Hazel's daughter Sue Pieters-Hawke and her granddaughter Sophie Pieters-Hawke, who has been involved in fundraising activities through the Forget-Me-Not Girls.

DR ERIN CONWAY



Dr Erin Conway
is the 2012
Hazel Hawke
Research and Care
Fund Grant recipient.

Dr Erin Conway is a Speech Pathologist and researcher from the University of Queensland's Centre for Clinical Research. She is based in Brisbane where she lives with her husband and two boisterous puppies. Family and clinical experiences with dementia have led to Erin's enthusiasm for working towards improving the quality of life of people living with dementia, and promoting the importance of communication to quality care and quality of life.

ABOUT HER PROJECT

Difficulty with naming or retrieving the appropriate word from memory is a prominent feature of the progressive language difficulties in dementia. This can be frustrating for a person with dementia, and can impact on their social interactions and quality of life. There is positive evidence that people with dementia can re-learn lost words, however previous research has had little success in encouraging the use of the re-learned words in everyday conversation.

The current study is therefore focused on investigating the efficacy of treating word-finding difficulties for personally important words in the context of everyday communication by directly targeting not only the traditional 'single-word picture naming' but also interactional tasks designed to transfer word use to conversation.

This study aims to maximise everyday communication for people with dementia, and ultimately improve the quality of life for individuals with dementia and their families. This study also aims to provide evidence to promote speech pathology intervention for individuals with language difficulties associated with dementia.

ALZHEIMER'S AUSTRALIA DEMENTIA RESEARCH FOUNDATION 2012 GRANT RECIPIENTS

DR MIRIAM MATAMALES



Dr Miriam Matamales recently joined the Clem Jones Centre for Ageing Dementia Research within the Queensland Brain Institute at the University of Queensland. Established in 2011, the centre is Australia's first and only facility focused entirely on research into the prevention and treatment of dementia.

"I am deeply grateful to Alzheimer's Australia Dementia Research Foundation for its commitment to making dementia research a national priority and for supporting this research project." – Dr Miriam Matamales

ABOUT HER PROJECT

In the brain, neurons are connected to each other through long extensions called axons that function as a railroad system and transport essential materials along the nerve cells. Tau is a protein that plays an important role in this transport system since it allows the stabilisation of microtubules, which are the sleepers of the rail tracks. In Alzheimer's disease, the tau protein loses their ability to attach to the microtubules and stick together in fibrillary tangles, perturbing the normal traffic of vital proteins and leading to neuronal death.

Due to the complexity of real-time analysis of neuronal functions in intact behaving animals, there is still a significant lack of understanding of the pathogenic mechanisms that cause tau to progressively impair normal axonal transport. Here, Dr Matamales proposes to use the roundworm *Caenorhabditis elegans* for the study of tau-induced axonal transport perturbation. Owing to its transparency, short life cycle, concise neuroanatomy and well-characterised genetics, this model organism is ideally suited for this purpose.

Along with providing invaluable insight into the mechanisms that lead tau to impair axonal transport in Alzheimer's disease, the present work will provide a framework for the development of novel therapeutic strategies that might help to delay or reverse tau-dependent neurodegeneration.

In the 2012 grant round Dr Miriam Matamales, Dr Maithili Sashindranath, Dr Tim Henwood, Dr Kreshnik Hoti and Dr Matthew Leach were awarded Alzheimer's Australia Dementia Research Foundation Grants, Dr Janet van Eersel was awarded the Hiley-Allars Award and Dr Morgan Newman was awarded the Rhonda Trengove Award

AADRf Dementia Research Grants are intended to help new dementia researchers on the beginning of their journey towards independent research careers. The awards support researchers working in all areas of dementia research from the lab to the community.

DR MAITHILI SASHINDRANATH



Dr Maithili Sashindranath is a Postdoctoral researcher at the Australian Centre for Blood Diseases, Monash University. She grew up in India, secured a Bachelor of Science (Honours) degree from the University of Cape Town, and subsequently graduated with a PhD from the University of Melbourne. She has spent the last five years researching how brain cells respond to injury.

"Individuals who sustain brain injury often develop dementia, and I am keen to understand how this occurs. While my scientific credentials span several research publications and international conference presentations, my single most memorable and recent achievement thus far was becoming a mother to my beautiful baby girl!" –Dr Maithili Sashindranath

ABOUT HER PROJECT

The primary objective of this project is to investigate whether increasing the activity of an enzyme called plasmin may help prevent the onset of dementia in individuals who sustain traumatic brain injuries. Affecting approximately 23,000 Australians annually, traumatic brain injuries are usually caused by mechanical impact to the head as a result of motor vehicle accidents, falls and/or sports-related accidents.

Despite a majority of individuals affected being under 40 years, and with traumatic brain injuries being regarded as a leading risk factor for Alzheimer's disease, Frontotemporal dementia and dementia with Lewy bodies, limited research exists on how traumatic brain injury triggers these diseases. What is known however is each of these dementias is caused by the accumulation of abnormal proteins within the brain, which is toxic for brain cells.

Given this context, Dr Sashindranath has shown that abnormal proteins accumulate rapidly in the brain after injury, and that in the absence of the enzyme plasmin, they cannot be removed efficiently. She will now study whether the inadequate removal of the abnormal proteins, due to low plasmin activity, is the cause for post-traumatic brain injury dementia.

DR TIM HENWOOD



Dr Tim Henwood has a significant background in exercise prescription for the old and very old adult, having first studied the impact of resistance training on wellbeing in commitment to his research honours degree in 2001. Dr Henwood's work emphasises the importance of physical activity and exercise in later life no matter how old or disabled the individual is. When Dr Tim Henwood isn't busy with his research, he is busy renovating his home.

ABOUT HIS PROJECT

The objective of the Watermemories Swimming Club (WSC) for People with Dementia is to offer a fun, social and sustainable way for cognitively-challenged older adults to exercise in a safe and beneficial manner. In pilot work, residential aged care (RAC) adults with advanced dementia attended the aquatic exercise program twice weekly for twelve weeks. Participants showed improvements in the behavioural and psychological symptoms of dementia, and in physical wellbeing and functional capacity. In addition, RAC staff experience a decrease in care-related distress.

The Alzheimer's Australia Dementia Research Foundation is presently supporting a more rigorous investigation of the WSC. Using the assessment and training protocol established in the pilot study, 60 adults residing in RAC facility within a 15 km radius of the identified training facility will be randomised to a WSC exercise or usual care control group for 12 weeks.

To date, a training facility and instructors have been recruited, RAC facilities have been identified and approached, and ethics applications lodged with their respective organisations. In addition, informed by the present and previous work, a training manual and DVD have been produced, and a number of national and international symposia and presentations given.

ALZHEIMER'S AUSTRALIA DEMENTIA RESEARCH FOUNDATION

2012 GRANT RECIPIENTS **CONTINUED**

DR KRESHNIK HOTI



Dr Kreshnik Hoti is an academic from the School of Pharmacy at Curtin University. In 2011, he completed his PhD in the area of pharmacy practice. His research interest in improving the care of Alzheimer's patients was motivated by his work as a community and consultant pharmacist during which he had an opportunity to closely see difficulties that dementia patients and their carers faced. He is a father of three beautiful kids and enjoys playing his guitar.

ABOUT HIS PROJECT

A high proportion of the elderly have dementia. People with dementia may also experience pain. Due to the presence of cognitive and communicative impairment, detecting and therefore treating pain is challenging in this group of patients. This issue can have a major impact on patients themselves as well as their carers and the health professionals involved with their management.

In this project, researchers from Curtin University are aiming to develop a pain assessment tool which could improve pain detection, minimise subjectivity and shorten the assessment time for health professionals and carers. This could provide carers and health professionals with an easier and more standardised method of assessing the pain status of patients with dementia.

In addition to benefits for the carers and health professionals working with dementia patients, this tool could directly result in significant improvement of the care of patients suffering from dementia in terms of timing and accuracy of pain detection. In future, this pain assessment tool could also be applied to other patient categories with difficulties in communicating pain.

DR MATTHEW LEACH



Dr Matthew Leach is a senior lecturer, researcher and higher degree research coordinator within the School of Nursing and Midwifery at the University of South Australia. He is also a Registered Nurse and naturopath. An area of research he is particularly passionate about is the impact of complementary and alternative medicine on both individual health and wellbeing and the broader health system. His other true joy is his family.

ABOUT HIS PROJECT

The impact of dementia on family caregivers is substantial. In financial terms carers may experience loss of income, either from reduced working hours or relinquished employment. Carers of people with dementia also report high levels of stress, social isolation, sleep disturbance, depression, anxiety, comorbid illness, impaired cognitive performance, as well as reduced quality of life.

Some complementary therapies, specifically relaxation therapies, have demonstrated promising effects in the management of a variety of stress-related conditions, including anxiety. The relaxation technique selected for this study, Transcendental Meditation® (TM), has been selected by the research team as having potential to reduce stress levels and improve the quality of life of dementia caregivers. Carers enrolled in the clinical trial will be randomly assigned to 12 weeks of TM training or healthy lifestyle education. Participants will, in addition, be required to complete a series of short tests at the beginning and end of the trial, and 12 weeks after trial completion (follow-up). This will enable the researchers to better understand whether trained meditation practices can improve important outcomes relevant to dementia caregivers, including quality of life, mood, and the ability to process, understand and remember information.

DR JANET VAN EERSEL



Dr Janet van Eersel is a scientist at The Brain and Mind Research Institute in Sydney.

"I became interested in neuroscience very early on in my university studies. However, it wasn't until I started my PhD studies that I became specifically interested in Alzheimer's disease and related dementias. I have now been working in this field for approximately six years. I believe that working towards finding a cure for dementia is an extremely worthy goal. In my free time, I enjoy reading, socialising with friends and family and going to the movies." –Dr Janet van Eersel

ABOUT HER PROJECT

Alzheimer's disease and Frontotemporal Lobar Degeneration are both common causes of dementia. In both of these disorders, deregulation of a protein called tau plays a major role in the disease process. In general, Dr van Eersel's research focuses on trying to understand how the tau becomes deregulated and possible methods through which this can be prevented. To investigate this, she uses mice that have been genetically manipulated so that they produce human tau protein. With time, the tau protein that is generated in these mice becomes deregulated and undergoes changes that are virtually identical to those observed in human patients with Alzheimer's and Frontotemporal Lobar Degeneration.

Currently, Dr van Eersel is using these unique mice to investigate how the tau might be involved in causing the cells of the brain to become overexcited and thereby dysfunctional or even die. She is investigating this in the mice by recording tiny electrical impulses produced by their brain's activity with electroencephalogram testing. She also examines the brains of these mice to determine if specific protein markers or anatomical changes associated with (excessive) excitation are present and/or increased in these tau-generating mice.

DR MORGAN NEWMAN



Dr Morgan Newman spent her childhood years in Port Augusta in South Australia. She moved to Adelaide as a teenager and studied an undergraduate science degree at The University of Adelaide. It was during that time she became interested in genetics and human disease; her interest in researching these topics compelled her to complete a PhD.

"Throughout my PhD and post-doctoral research I have mainly focused on investigating genes involved in Alzheimer's disease using the unique zebrafish model system. In my free time, I like to get outdoors for hiking, camping or playing beach volleyball, while my favourite indoor activities are the pub or cooking at home usually enjoyed with the odd glass of beer or wine." – Dr Morgan Newman

ABOUT HER PROJECT

To reduce the social and financial impacts of Alzheimer's disease, preventative treatments are needed. An increased understanding of Alzheimer's disease is essential to the development of such treatments. Despite over 60,000 publications on Alzheimer's disease, there is still intense disagreement about what actually causes the disease.

We do know that the majority of inherited cases of Alzheimer's disease are caused by changes in the Presenilin gene. We know that this gene is centrally important to the functioning of cells, but we are only now beginning to understand how it works. Dr Newman's laboratory is unique since she uses an increasingly popular system: the zebrafish. Like humans, zebrafish possess a version of the Presenilin gene. Dr Newman's laboratory is currently the world's leading laboratory using zebrafish to investigate genes involved in Alzheimer's disease.

Dr Newman's current aim is to generate zebrafish that have changes in their Presenilin gene that is similar to what is seen in Alzheimer's disease. These fish will be a very valuable resource for further research on Presenilin function and will help increase understanding of the mechanisms behind Alzheimer's disease.

ALZHEIMER'S AUSTRALIA DEMENTIA RESEARCH FOUNDATION - VICTORIA AWARDS 2012 RECIPIENTS

Alzheimer's Australia Dementia Research Foundation – Victoria Awards were established to distribute funds generously donated to Alzheimer's Australia Victoria for research.

The funds are managed and administered by Alzheimer's Australia Dementia Research Foundation on behalf of Alzheimer's Australia Victoria, and form part of the annual Dementia Grants Program. Grants are awarded annually by the Victorian Foundation Board, chaired by Associate Professor Michael Woodward, Director of Aged Care Services at Austin Health.

The grant applications are subject to a rigorous external assessment process and are further considered by the Alzheimer's Australia Dementia Research Foundation's Scientific and Medical Panel.

The funds are used to provide research grants to Australia-based dementia researchers, with priority given to projects based in Victoria or with potential benefits especially relevant to Victorians living with dementia.

The Alzheimer's Australia Dementia Research Foundation – Victoria gratefully acknowledges the Alzheimer's Australia Victoria Consumer Advisory Committee for helping to set research priorities for funding.

The 2012 Alzheimer's Australia Dementia Research Foundation – Victoria Award recipients were Dr Bridget Regan and Dr Celia Harris.

DR BRIDGET REGAN



Dr Bridget Regan became interested in dementia and the impact it has on people's lives over the 11-year period she spent working as a Clinical Neuropsychologist in Melbourne. She is keen to find ways to help people 'beyond the diagnosis' and assist them to stay well-functioning and active in the community as long as possible. Outside of work she loves to spend time with her family and participating in activities such as 'music and movement' and 'messy play' with her young daughters.

ABOUT HER PROJECT

Maximising Cognitive Abilities (MAXCOG) is a new support program which aims to maximise a person's cognitive health with a focus on practical strategies to manage memory problems. MAXCOG is aimed at older adults with mild cognitive impairment, or very mild or early stage dementia, who are living in the community. These are individuals who are experiencing cognitive decline that is greater than expected for age but who remain largely independent in daily life albeit with some difficulties undertaking more complex tasks.

The MAXCOG program will be tailored to the specific needs of each person with cognitive difficulties and focus on special goals chosen by them. A series of four sessions will be conducted between a counsellor, the person with cognitive difficulties and their close family supporter or friend. A rigorous evaluation of the program will be conducted via a comparison between the outcomes for people who undergo the program with those of a comparison group who receive service as usual.

The program is a joint initiative between the Monash Ageing Research Centre, Alzheimer's Australia Victoria, the Lincoln Centre for Research on Ageing at La Trobe University and four Victorian Cognitive Dementia and Memory Services (Kingston Centre, Mt Eliza Centre, Caulfield Hospital and Austin Hospital). Trained counsellors from Alzheimer's Australia Victoria and from the Cognitive Dementia and Memory Services clinics will plan and conduct the support program.

DR CELIA HARRIS



Dr Celia Harris is a Research Fellow in the department of Cognitive Science at Macquarie University.

“Across my career so far, my research has focused on autobiographical memory– the way that people remember life events. I’m particularly interested in memory in everyday contexts – the way that we remember in our social groups and the functions that memory serves in our lives. Coming from a large family, with seven siblings, two grandmothers in their nineties, and a newborn baby daughter, I’m fascinated by the way that sharing memories enriches our lives and relationships, and connects generations. When I’m not working, I’m interested in sustainable living and home food production, and spend time caring for three chooks and a veggie patch.” –Dr Celia Harris

ABOUT HER PROJECT

Dr Harris’ project investigates the systems of memory support that older adults use in their day to day lives – systems that include both social (other people) and material (objects like diaries, calendars, and iPhones) resources. Specifically, she is interested in the interaction between these different kinds of memory support, and how people might effectively compensate for declines in memory. In her prior research with healthy older couples, Dr Harris found some early hints that everyday memory support involves coordination between these different kinds of resources.

In this project, Dr Harris tests the memory performance of older adults who are healthy or who are at risk of dementia when they are alone and when they are remembering together with their spouse. She also uses more open-ended interview methods to ask couples about their coordinated memory support systems, how they share remembering with each other, and the role of memory in their lives.

Dr Harris aims to: determine the characteristics of support systems that predict, compensate for, or reduce the risk of cognitive impairment and its effects on memory; and identify beneficial strategies and techniques that spouses and family members can use to help each other remember, especially as their memories start to fail.

POSTDOCTORAL FELLOWSHIP AWARDS 2012 RECIPIENTS

The 2012 Alzheimer's Australia Dementia Research Foundation Postdoctoral Fellowship Award recipient was Dr Timothy Ryan. Dr Peng Lei received the Buxton-Epsilon Fellowship, Dr Karen Mather received the Sachdev (NSW) Fellowship and Dr Alex Bahar-Fuchs received the Viertel Fellowship.

Each year, the AADRf awards a number of two-year Postdoctoral fellowships to some of the best and brightest dementia researchers in Australia. These fellowships support the researchers' salaries—in full, or in partnership with their university or research institute—and are a vital stepping stone in the path to an independent dementia research career.

DR TIM RYAN



Dr Tim Ryan is a senior researcher at the Florey Institutes of Neuroscience and Mental Health in Melbourne. Tim is from Healesville, Victoria where he lived in the middle of 50 acres of bushland. He graduated with a Bachelor of Science (Honours) in biochemistry from the University of Melbourne in 2005 and continued into a PhD in the Biochemistry Department, studying protein aggregation.

"Just after completing my PhD in 2009, my grandmother was diagnosed with dementia, which motivated me to study neurodegenerative diseases. Outside of my job, I have a strong interest in sailing competitively, although not enough time to do it regularly and I play basketball in a social competition."

—Dr Timothy Ryan

ABOUT HIS PROJECT

Dr Ryan's project studies the blood of Alzheimer's disease patients to find markers of the disease that can be used to develop a blood test for early detection of the illness. Currently, Alzheimer's disease diagnosis is a long process of cognitive testing, and is not definitive until a physical examination of brain tissue is conducted after the patient's death.

Dr Ryan's previous studies show that blood components can provide evidence of the disease and, to enhance the accuracy of current blood based indicators for Alzheimer's disease, he is investigating changes in protein levels in the red blood cell fraction of blood. These cells have not been thoroughly investigated for general protein changes, but the one study that has been conducted suggests that they will provide some strong indicators of the disease.

Ultimately, this research could result in a blood test for Alzheimer's disease.

DR PENG LEI



Dr Peng Lei is a researcher at the Florey Institute of Neuroscience and Mental Health in Melbourne. He came to Australia five years ago from China to undertake his PhD candidature.

"My interest in biology began in high school, but when my grandfather passed away 10 years ago because of Parkinson's disease, my interest became focused on neurodegeneration. When I got a chance to work in a research laboratory in college, I chose to work in neurodegeneration. When I am not in the laboratory I also like reading, travelling and table tennis."

— Dr Peng Lei

ABOUT HIS PROJECT

A protein, tau, was identified in the 1980's because it characteristically accumulates as microscopic tangles within brain cells (called neurons) in Alzheimer's disease, but its function has remained uncertain. Determining its function could help with understanding the cause of this incurable and common disease of advanced age, and eventually lead to treatments.

Dr Lei's project investigates the interactions between tau and iron, an important bio-metal. Too much iron is neurotoxic and our previous study demonstrated that tau protein regulates iron in the brain. Dr Lei will be studying mice that have had the tau gene removed, so that they do not produce tau protein in their brains (called "tau knockout mice"). Through this he will learn if the mice have different responses to drugs that cause symptoms of the disease.

Dr Lei previously found that 12-month old tau knockout mice develop conspicuous features that resemble Alzheimer's disease which were mediated by iron accumulation. In this project, Dr Lei is testing drugs that remove iron from the brain to determine their ability to rescue the brain pathology. This may lead to potential treatment for Alzheimer's disease.

Dr Lei has been subsequently awarded an NHMRC Early Career Fellowship. We congratulate him on this award and wish him every success in his research.

DR KAREN MATHER



Dr Karen Mather is a Research Fellow at the Centre for Healthy Brain Ageing in New South Wales. Karen has a keen interest in photography, bushwalking and playing the piano. She also takes great pleasure in teaching and sharing her work with others, including postgraduate students, and participates in the CSIRO Scientists-in-Schools Program.

"I have experienced dementia in my own family. The heavy burden that dementia places not only on the individual, but their carer, family and society is immeasurable. As dementia may develop over many years before the onset of clinical symptoms, it is imperative that we discover all we can regarding its causes, strive to identify those at risk and develop effective strategies to reduce the risk, delay its onset and successfully treat the disease." – Dr Karen Mather

ABOUT HER PROJECT

How do our genes influence the development and onset of Alzheimer's disease? To answer this question Dr Mather's research investigates the roles of genetic and epigenetic factors on early markers of dementia, such as memory decline. 'Epigenetics' refers to changes in gene function that do not involve a change in the genetic code.

Dr Mather's research focuses on the epigenetic modification that adds chemical tags to our DNA, known as DNA methylation. By examining the ageing brain in older Australians, this project seeks to identify links between genetic and epigenetic factors and early markers of dementia.

The results of the project will assist in the identification of people at risk of dementia and help to unravel its causes. Since DNA methylation patterns are potentially reversible by diet and lifestyle changes, the findings from this project may suggest interventions and preventative treatments to slow or prevent dementia.

DR ALEX BAHAR-FUCHS



Dr Alex Bahar-Fuchs is an early-career researcher and a clinical neuropsychologist with ACT Health and in private practice. Born in Argentina and raised in Israel, Alex relocated to Australia in 2002 to pursue postgraduate training in neuropsychology and has since made Australia his new home. In 2011, Alex moved with his wife Sarah and his young boys Noam and Eli from Melbourne to Canberra to take up a research position at the Australian National University.

When not working, Alex enjoys reading, listening to music, travelling, and spending time with friends and family. His longstanding secret fantasy remains to be discovered for his talent as an amateur drummer—in case he ever needs a career change!

ABOUT HIS PROJECT

Older adults who suffer from memory difficulties are at risk of developing dementia, particularly the type caused by Alzheimer's disease. Research over the past 10 years has led to a widespread agreement that both drug and non-drug treatments are more likely to be successful if they commence before dementia sets in. Computer-based cognitive training, sometimes called brain or memory training, is one particular approach that aims to improve aspects of thinking and memory and has shown some positive results over the past few years.

Cognitive training seems to be more effective for people who do not yet have dementia but are at high risk of it. The present research aims to establish whether benefits from cognitive training are limited to performance on tests of thinking and memory, or whether there are benefits that generalise to people's everyday life and activities. In addition, the study will seek to determine whether symptoms of depression and anxiety, which are very common in older adults at risk of dementia, have an impact on people's ability to engage in and benefit from cognitive training.

The study will help with understanding who is more likely to benefit from cognitive training, and guide the development of treatments that have positive benefits to older people at risk of dementia with and without symptoms of anxiety and depression.

POSTGRADUATE SCHOLARSHIPS 2012 RECIPIENTS

Each year, the AADRF calls for applications from newly graduated students who are interested in undertaking postgraduate training in dementia research. Applications are competitive, and those who are awarded a three-year postgraduate scholarship to undertake a PhD in dementia research by the AADRF are among the top research students in Australia.

BEN FOX



Ben Fox is a PhD candidate at the University of Queensland.

"I am a born-and-raised Brisbane boy with keen interests in sport (football, golf, cycling and triathlons specifically), music (learning to play the guitar) and being outdoors (currently planning an Everest Base Camp Hike). Initially, I had strong research interests in Sport Science, with an internship at the Queensland Academy of Sport and a potential scholarship with the Australian Institute of Sport in Canberra. However, I had a greater desire to be involved in health research and, with my grandmother being diagnosed with dementia recently, the step into dementia research seemed quite natural." – Ben Fox

ABOUT HIS PROJECT

The benefits of exercise for later life wellbeing are widely acknowledged. While most of this research has involved relatively healthy community-dwelling older adults, it has recently been shown that these benefits can even extend to the very old and those with dementia. However, while those cognitively-able very old can follow directions and answer questions, some concerns have been raised as to the appropriateness of common physical assessment measures for use among those with dementia. Importantly, if the measures used are not accurately assessing the intended parameter among a cohort with dementia, then the positive or negative outcomes of the research undertaken also comes into question.

The intention of the present study will be to review measures of function and physical activity being used by researchers to demonstrate exercise program outcomes, with the intention to then assess their appropriateness. For those measures found lacking, a modification process will be undertaken that will include the consolidation of present research examining the subjective physical activity and functional performance capacity of older adults with dementia, analysis for appropriateness among the target population, and reporting of the modified reliable measures for use by clinicians and researchers.

BEN SEYER



Ben Seyer is a PhD candidate at Monash University in Melbourne.

"I was born in Australia and developed a curiosity for physiology, and particularly neuroscience, early in my education. This curiosity carried through my Bachelor's degree and I became involved with Siew Chai's research group investigating the effects of targeting Insulin-Regulated Amino-peptidase (IRAP) on memory and learning for my honours project. In turn this led to my interest in Alzheimer's and now forms the basis of my PhD. Outside of research I have a strong interest in science communication but as hobbies my two main interests lie in movies and more recently, dance, particularly Modern Jive and Blues." – Ben Seyer

ABOUT HIS PROJECT

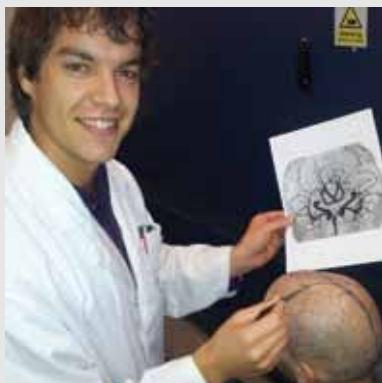
Recently Alzheimer's has been described as the 'diabetes of the brain'. This is because in Alzheimer's the brain is unable to take and use glucose effectively, glucose being a simple sugar and the energy source that our brain runs upon. Without this energy source many of the protective mechanisms within the brain that exist to prevent damage can become defective and this can explain how the disease develops.

Scans of the brains of those suffering from Alzheimer's have shown that their ability to take up glucose is compromised in a number of regions in the brain and this likely explains the symptoms, such as memory loss, that are associated with Alzheimer's. Further we know that many cellular processes involved in glucose uptake and use are defective in Alzheimer's patients.

Ben's project focuses on investigating a recently discovered protein known as IRAP (Insulin-Regulated Amino-peptidase). Initial work has shown that targeting IRAP can improve memory and also increase glucose uptake in the brains of rats. This presents the possibility of treating both symptoms and the root cause of the disease. Ben's project firstly examines how this effect is achieved, and also whether this represents an effective treatment option for Alzheimer's.

The Alzheimer's Australia Dementia Research Foundation PhD Scholarship recipients were Ben Fox, Ben Seyer and Phillip Ward. Claire O'Callaghan was awarded the Consumer Dementia Research Network PhD Scholarship in Younger Onset Dementia. Mustafa Atee was awarded the Viertel PhD Scholarship. The Alzheimer's Australia Dementia Research Foundation Top Up PhD Scholarship recipients were Sidong Liu, Marita Chisholm, Louisa Giblin, Carolina Restrepo and Sicong Tu.

PHILLIP WARD



Phillip Ward is a PhD candidate at Monash University in Melbourne.

"After studying physics, mathematics, and computer science at La Trobe University, I spent two years modeling river networks and forecasting stream flow at CSIRO. I began research into Alzheimer's disease soon after my wife's grandmother passed away with vascular complications, and I hope to make a contribution towards understanding vascular damage and micro-bleeds. I play and watch any sport possible, particularly ultimate frisbee." – Phillip Ward

ABOUT HIS PROJECT

The goal of Phillip's research is to develop techniques to better detect and analyse micro-bleeds and vasculature within the brain, particularly in the venous system. It has been shown that cerebro-vascular disease often occurs alongside Alzheimer's disease, both of which contribute to dementia and neuro-degeneration. Vascular integrity and micro-bleeds are important factors in both these diseases and are difficult to examine in patients.

Using advanced MRI techniques called susceptibility weighted imaging and quantitative susceptibility mapping, it is possible to detect and map pathologies such as micro-bleeds and venous vasculature, which are otherwise difficult to detect with traditional MRI methods.

With these images, Phillip hopes to develop processing techniques to build models of the venous network. These models can then be used to understand and quantify the differences between the vasculature in Alzheimer's patients and the general population, and to better detect micro-bleeds by differentiating between veins and micro-bleeds. It is hoped that these techniques will help with understanding Alzheimer's disease and cerebro-vascular disease and their interaction.

CLAIRE O'CALLAGHAN



Claire O'Callaghan is a PhD candidate at Neuroscience Research Australia.

"My interest in dementia research comes through working as a Clinical Neuropsychologist, where my job is focussed on diagnosing dementia. I realised that we still have a lot to learn about diagnosing and managing these conditions, particularly in the case of Younger Onset Dementia. I feel very lucky to work in the area of dementia research, which not only allows me to explore interesting questions about how our brains function, but also to work with patients and families in the hope of improving things for people suffering from dementia." – Claire O'Callaghan

ABOUT HER PROJECT

Making decisions is something we do many times each day. To make the right decision in a situation, we must take in all the available information and weigh up the pros and cons of different possible choices before we decide. In patients who have dementia this process can be disrupted. Some of the behaviours associated with impaired decision-making in dementia include being socially inappropriate, not taking care of personal hygiene, impulsive spending or gambling, risk-taking and over-eating. These behaviours can cause harm to the patient and are very distressing for their families and carers.

At present, it is not fully understood exactly how and why these decision-making abilities break down in dementia. Claire's research is designed to explore how decision-making is affected in dementia and what impact this has on the patient and their carer. To date Claire's research has focused on developing novel ways to assess decision-making behaviour in Younger Onset Dementia and defining the brain areas that are associated with these abilities.

Claire's goal is to continue to develop a better understanding of how these processes break down in dementia and apply this knowledge to improving diagnosis and patient care.

POSTGRADUATE SCHOLARSHIPS

2012 RECIPIENTS CONTINUED

MUSTAFA ATEE



Mustafa Atee is a PhD candidate at Curtin University.

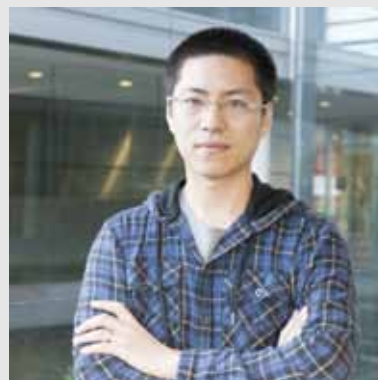
"I am a clinical and community pharmacist and am interested in geriatric drug therapy and health technologies. I was born in Iraq and I migrated to Perth 15 years ago. I like to play soccer, basketball and I love travelling and reading. My passion to dementia research is endless as I believe that we need to do more than just medicating dementia patients with antipsychotics to stop their unexplained and challenging pain-induced behaviours. People with dementia, like any others, deserve to live a pain-free life in order to perform their daily activities."

– Mustafa Atee

ABOUT HIS PROJECT

Mustafa Atee is performing research under the supervision of Professor Jeff Hughes and Dr Kreshnik Hoti at Curtin University. Dr Hoti was awarded an AADRF 2012 Project Grant, which Mustafa Atee is contributing to. Please see page 20 for a description of their research.

SIDONG LIU



Sidong Liu is a PhD candidate at the University of Sydney.

"I am currently a PhD student in computer science at the University of Sydney. In my spare time I enjoy sports, reading, fishing and learning new things. I am particularly interested in challenging myself to solve problems in a better way. I believe this has a positive impact on my research and always inspires me to enrich my knowledge and skills. I find my research area (medical image computing) both challenging and fascinating. There are many problems yet to be solved, so I devote myself to work on them. Furthermore, it has an interdisciplinary nature, which provides me a great opportunity to extend my knowledge." – Sidong Liu

ABOUT HIS PROJECT

Early detection of Alzheimer's disease is important because clinical interventions would be more effective before overt dementia symptoms appear. Neuroimaging technologies open a new window for us to non-invasively identify the early functional and structural changes in the human brain when monitoring the development of dementia. Neuroimaging analysis has great potential in the early detection of Alzheimer's disease.

Many studies have indicated that Alzheimer's disease shows characteristic brain atrophy or hypo-metabolism patterns in neurological images. Understanding these patterns could provide insights into the mechanism of Alzheimer's disease and other neurodegenerative diseases. The purpose of Sidong's project is to investigate the valuable information in neurological images through the population-based neuroimaging analyses using advanced medical image computing techniques.

Furthermore, this project also expects to translate such information to the needs of individual patients and eventually establish standardised image-based methods for early detection of Alzheimer's disease.

MARITA CHISHOLM



Marita Chisholm is a PhD candidate at Monash University.

"I moved to Bendigo in 1993 to study Nursing, and in 2003 graduated with a Master of Health Science – Gerontology. My experiences as a nurse working in a variety of clinical settings led to my interest in dementia. I also have a personal interest in dementia as my father was diagnosed with Alzheimer's disease in 2012 and is cared for by my mum. I am married with two young boys. My hobbies include swimming, in particular open water and distance swimming, and being actively involved in my boys' school and sporting activities." – Marita Chisholm

ABOUT HER PROJECT

As the number of Australians with dementia increases, the demand for care and support services in the community will also increase. As dementia is progressive, it is important that people with dementia and their carers are able to access care and support services to meet their needs in ways that are timely and appropriate. In rural communities, access to such services poses many more challenges than in metropolitan areas.

Marita's research aims to explore the experiences of people in rural Victorian communities with dementia and their carers when seeking to access care and support services, describing the pathways taken, barriers and facilitators to access, as well as the information needs of carers. Insight into the experiences of people with dementia and their carers when accessing services in rural communities will help to inform policymakers and service providers so policies and programs can be developed or modified to address barriers to access.

Most importantly, Marita's research aims to improve access to timely and appropriate services to meet both the needs of the person with dementia and their carer.

LOUISA GIBLIN



Louisa Giblin is a PhD candidate at the University of Technology in Sydney.

"My grandmother on my mother's side developed mild cognitive impairment. We brought her from France to Australia to live with us so we could take care of her. Seeing her progress into Alzheimer's disease was heart breaking for our whole family, which is why researching cognition is very significant to me. I was very interested in exploring neuroscience and cognitive health research. I commenced my honours year with Associate Professor Sara Lal as my supervisor. This project was expanded into my current PhD research. In life outside my PhD I enjoy fashion, illustrating, reading, and seeing my friends and family." – Louisa Giblin

ABOUT HER PROJECT

The autonomic nervous system consists of two subsystems: flight and fight activity (sympathetic drive) and rest and digest activity (parasympathetic drive). Heart rate variability is a non-invasive analysis of the interplay between these autonomic branches. Louisa's research investigates the relationship between the autonomic nervous system measured by heart rate variability and cognitive function.

Specifically this project explores the potential use of heart rate variability as an early biomarker for determining who is at risk for mild cognitive impairment. Mild cognitive impairment is an earlier stage that precedes dementia. Early identification of mild cognitive impairment would facilitate the application of timely and preventative intervention measures to delay or prevent cognitive decline and ultimately dementia. The most common form of dementia, Alzheimer's disease, is a progressive disease with no known cure, so a focus on early detection and prevention is crucial.

This research is conducted within the Neuroscience Research Unit, School of Medical and Molecular Biosciences, Faculty of Science, at the University of Technology, Sydney under the principal supervision of Associate Professor Sara Lal and co-supervision of Associate Professor Christopher Zaslowski and Associate Professor Roderick Clifton-Bligh.

POSTGRADUATE SCHOLARSHIPS

2012 RECIPIENTS CONTINUED

CAROLINA RESTREPO



Carolina Restrepo is a PhD Candidate at the University of Melbourne.

"I grew up in Bogotá, Colombia. I am one of 27 grandchildren and 23 great-grandchildren. My family is originally from the coffee region, an area where elderly women are the family leaders and those whom the family is built around. My family instilled in me a deep respect and admiration for the elderly. These values were critical in sparking my motivation to focus my academic goals on working with the elderly, particularly those suffering from dementia, since this disease significantly impacts their ability to share their wisdom and experience. Based on this, I am currently pursuing a PhD in Clinical Neuropsychology at the University of Melbourne." – Carolina Restrepo

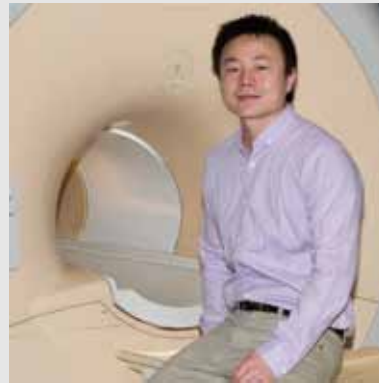
ABOUT HER PROJECT

Carolina's research project focuses on understanding the relationship between the presence of risk factors for vascular disease and brain functioning. The motivation for this study comes from the significant growth in the incidence of both dementia and vascular disease around the world. Vascular risk factors have been linked to cognitive decline in the elderly in a number of studies. Importantly, some of these studies have reported that the higher the number of vascular risk factors presented in an individual, the higher the risk of cognitive decline.

Within this context, this study aims to investigate if individuals with vascular risk factors perform more poorly in cognitive tests relative to those without these risk factors. In addition, Carolina wants to understand if cognitive decline over time is faster in those individuals with vascular risk factors and if the number of vascular risk factors increases cognitive deterioration.

An important aspect about this work is that some of the vascular risk factors that affect cognition can be reduced through lifestyle changes, such as physical exercise, controlling body weight or reducing smoking. This means, if there is a relationship between the presence of vascular risk factors and cognition, living a healthier lifestyle can protect brain health.

SICONG TU



Sicong Tu is a PhD candidate at Neuroscience Research Australia.

"I grew up in Sydney, and from an early age I was fascinated by how memory develops and then declines later in life. My initial interest in dementia was spurred by curiosity for how normal and abnormal changes in brain structure can result in such marked changes to memory, as well as everyday behaviour. I have since developed a genuine desire to improve the quality of life for people with dementia and their families after observing their good-nature and eagerness in aiding research, so that people with a similar condition can be better off in elderly life." – Sicong Tu

ABOUT HIS PROJECT

Impairment to long-term memory is one of the earliest detectable symptoms of Alzheimer's disease and has been shown through magnetic resonance imaging (MRI) to be associated with changes in a structure called the hippocampus. Advances in MRI analysis tools have allowed imaging of functional activity in specific structures and their connectivity with other structures in the brain, as well as white-matter nerve fibres. The application of these techniques in dementia research is still under development but offers great potential in early diagnosis and monitoring disease progression.

The aim of the current project is to carry out a comprehensive investigation of structural and functional imaging techniques for application in early diagnosis and monitoring disease progression in dementia. Focus will be placed on examining changes in task-related memory performance and underlying structures responsible for memory acquisition and retrieval. Sicong will be longitudinally assessing patients with mild cognitive impairment, Alzheimer's disease, frontotemporal dementia and healthy individuals.

The immediate significance of this project includes the development of better MRI diagnostic and disease monitoring protocols.

RESTHAVEN INC. RESEARCH GRANT 2012 RECIPIENT

Established in 1935, Resthaven Inc is a not-for-profit aged care community service of the Uniting Church, respected for the delivery of high quality, fully accredited, responsive care services for older South Australians and their carers. A range of in-home community care and support options are offered throughout metropolitan Adelaide, the Adelaide Hills, Murraylands, Riverland and across the Limestone Coast, with around 8,000 clients benefiting from these services. Residential aged care is offered to more than 1,000 older people at 10 locations. Resthaven employs approximately 1,700 staff who are supported by 450 volunteers.

Many of the people to whom Resthaven provides services live with dementia, or are carers of people living with dementia. Resthaven not only provides high quality aged care services and support, but also invests significantly in research and projects related to dementia. This research includes diagnosis, early intervention, raising community awareness, supporting carers, and palliative care.

In 2012, Resthaven Inc worked with AADRF to offer a major research award valued at \$150,000 for a project looking at pain in dementia. The successful recipient of this award was Associate Professor Simon Bell.



ASSOCIATE PROFESSOR SIMON BELL

Dr Simon Bell is Associate Professor, Centre for Medicine Use and Safety, Faculty of Pharmacy and Pharmaceutical Sciences at Monash University. He is also Adjunct Professor of Geriatric Pharmacotherapy, Faculty of Health Sciences at the University of Eastern Finland. Dr Bell graduated with a Bachelor of Pharmacy in 2001. He was awarded his PhD at the University of Sydney in 2007. Since then he has primarily conducted research into medicine use among older people.

Dr Bell has been Associate Professor, Sansom Institute, School of Pharmacy and Medical Sciences at the University of South Australia, and has also held appointments as: Research Director, Kuopio Research Centre of Geriatric Care at University of Eastern Finland from 2009–2011; Senior Lecturer, Faculty of Pharmacy at the University of Helsinki, Finland, from 2006–2009; and has been an Associate of the Faculty of Pharmacy at the University of Sydney since 2007.

In 2012, Dr Bell was part of a team of investigators selected to form the National Health and Medical Research Council (NHMRC) Partnership Centre on Dealing with Cognitive and Related Functional Decline. The Partnership Centre will receive up to \$25 million over five years.

ABOUT HIS RESEARCH

Alleviating suffering and maintaining quality of life are key objectives of providing care to people with dementia. However, people with dementia may experience and express pain in different ways to people without dementia. For this reason people with dementia are typically prescribed less pain-relieving medicines than people without dementia. Pain expressed as behavioural symptoms is distressing for patients and carers.

Behavioural symptoms may prompt clinicians to inappropriately prescribe psychotropic medicines (e.g. antipsychotics, hypnotic medicines). These medicines may be associated with adverse effects including excess sedation, falls and fractures, and an increased risk of death. Further research is needed to better understand the relationship between use of pain-relieving medicines, pain and daytime sedation.

The results of this research will be used to produce geometric frameworks to provide patients, carers and clinicians with a visual representation of the association between use of pain-relieving medicines, pain and daytime sedation. This will provide valuable guidance and support to clinicians (e.g. general practitioners, nurses, pharmacists) who provide care to people with dementia.

ROSEMARY FOUNDATION TRAVEL GRANT 2012 RECIPIENT

The Rosemary Foundation is a charity capital fund that works to help those people with Alzheimer's disease, other dementias and memory loss as well as giving much needed support to their families, friends and carers. The Rosemary Foundation supports research, and each year funds a Travel Award for a researcher to meet and work with leading experts in other countries. These researchers learn new skills and expertise and bring this knowledge to Australia.

"The award was fantastic, as it enabled me to go overseas and present my research. I think it's a great opportunity to support PhD and other graduate students to present their research at an international conference and be able to network with other researchers."

– Dr Amee George, 2006 grant recipient

"The knowledge and experience I gained during my Rosemary Travel Fellowship encouraged me to continue in dementia research. It led to my enrolment in a research higher degree at University of Sydney, where I am investigating conversation impairment in primary progressive aphasia, and to my joining Professor Lyndsay Nickels and Dr Karen Croot in our Hazel Hawke Research and Care Fund word relearning project, and to numerous advances in clinical services that my department and I provide to people with primary progressive aphasia and progressive language impairments." – Cathleen Taylor, 2009 grant recipient

"It opened up new doors because it enabled me to share my project with dementia experts across the world."

– Dr Dustin Proctor, 2008 grant recipient

"The award to present pilot work on olfaction in dementia at a major international conference provided impetus to continue with the work with a new student (who, now a postdoctoral researcher, has recently been a recipient of a similar award himself), and this general spreading of activity led to my appointment as a senior researcher with the Australian Imaging, Biomarker & Lifestyle Flagship Study of Ageing (AIBL)."

– Associate Professor Greg Savage, 2005 grant recipient

The 2012 Rosemary Foundation Travel Award recipient was Dr Alex Bahar-Fuchs (see page 25 for biography).

DR ALEX BAHAR-FUCHS

Dementia is generally preceded by a long period during which the person affected shows problems with memory and other thinking skills, but they continue to function relatively independently. There is increasing evidence that this period represents a window during which novel non-drug treatments, such as memory training, may have the greatest potential to benefit the person.

Although unprecedented progress has been made in the past 10 years in our understanding of dementia, a cure is not yet available. The development of effective non-pharmacological interventions will be of tremendous benefit for the person at risk of dementia as such treatments aim to minimise excess disability and increase quality of life. Effective cognitive interventions are also likely to address the incredible emotional and financial burden dementia places on families. Finally, such interventions will benefit the broader Australian community because of their potential to delay admissions to residential care, and the associated savings to the health system. Professor Linda Clare, of Bangor University in Wales, is widely recognised as one of the world's experts on such cognition-based treatments in early dementia.

The Rosemary Foundation Travel Fellowship will be used to seek advanced training from Professor Clare in the various forms of non-drug treatments and their application to people who are at high risk of developing dementia. This collaboration will also seek to develop a manual to assist researchers to develop more consistent treatment protocols, which is a critical issue in advancing the science of cognition-based treatments for people at risk of dementia.

In addition, Professor Clare and Dr Bahar-Fuchs will seek the input of other experts in order to translate the work on the development of guidelines for the design and implementation of cognition-based studies in people with mild cognitive impairment into a high-impact publication.

Finally, Dr Bahar-Fuchs plans to conduct a workshop for professionals working in managing those at risk of dementia to help translate the results of this project into clinical practice. Knowledge-translation activities will also include the delivery of community lectures, and media interviews where appropriate.



WHERE ARE THEY NOW?

Our grant recipients perform some amazing research during their time as grant holders and most grant recipients continue to achieve wonderful milestones in their research careers and produce high-quality research.

We would like to congratulate all our researchers on their achievements.

This section highlights several recent achievements and completed research projects from our outstanding pool of researchers, including from a selection of our 135 Alzheimer's Australia Dementia Research Foundation (AADRF) grant recipients since 2000.

COMPLETED PROJECTS



PROFESSOR GILLES GUILLEMIN

Professor Guillemain, of the Macquarie University and St Vincent's Applied Medical Research Centre, was awarded an AADR Research Grant in 2004. Over the past decade Professor Guillemain and his team

have studied the involvement of the essential amino acid tryptophan in the disease process during Alzheimer's disease. His work involves a significant collaborative network including Professor Bruce Brew (St Vincent's Hospital), Associate Professor Joseph Nicolazzo (Monash University), Dr Karen Cullen (Sydney University), Dr Nady Braidy (UNSW) and some international collaborators. They have published nine scientific manuscripts. The latest publication was in the journal PLoS ONE. Professor Guillemain has been invited to present his work as keynote speaker at the next First International Workshop on Food and Brain Health (Alzheimer's disease and other neurocognitive diseases) in September 2013. Over the past three years, he has received two NHMRC project grants and a prestigious ARC Future Fellowship.

In terms of current research, Professor Guillemain and his team are aiming to initiate studies using animal models of Alzheimer's disease to test some specific drugs that interfere with the formation and the effects of toxic molecules that are derived from tryptophan breakdown in the brain. Unfortunately, while this project has high potential benefit, this project has not received funding yet.



DR ANNA KING

Dr King, from the University of Tasmania was awarded a two-year AADR Postdoctoral Fellowship in 2010 for her project 'the role of myelin in Alzheimer's disease'. Her project focused on understanding what occurs to cells in the

brain in Alzheimer's disease. Brain cells have long bodies and tendrils that connect to other brain cells for communication. To protect brain cells and to help the cells communicate, the outside of these tendrils are coated by a sheath made out of a protein called myelin. In Alzheimer's disease this protective 'myelin sheath' is missing, which could contribute to the dying off of brain cells that occurs in Alzheimer's disease.

Dr King and her team investigated what was causing the myelin sheath to be destroyed, as a way of identifying new therapeutic

targets. She found that amyloid, one of the proteins found at high levels in people with Alzheimer's disease, inhibits the development of the support cells that make the myelin sheath for brain cells. Without these support cells making new myelin for the brain cells, the protective coating eventually breaks down as it is not being replaced. Other chemicals in the brain then damage the vulnerable brain cells. Dr King and her team have found that protecting these brain cells could provide a target for new drugs. If we can protect brain cells we can maintain communication between them, which is vital to maintaining normal brain function.

Dr King's work has been presented at several conferences, has been published in peer-review journals and provides a strong basis for NHMRC grant applications.



PROFESSOR RAJIV KHOSLA

Australia's first longitudinal companion robot-enabled home-based dementia care pilot trials have been completed in Victoria. The mobile companion robots like Betty,

Lucy, Charlie and Sophie provide sensory enrichment and emotional engagement to their human partners using voice, emotive expressions, dance, gestures, and face and emotion recognition. The trials involved people with dementia and their partners or caregivers. Out of the 15 couples (person with dementia and their partner) who volunteered in the February 2013 to July 2013 trial period,

9 couples (four females and five males) were considered eligible for the pilot trial. The robots were deployed in the homes between two weeks and six months. The trials that initially started with people with mild dementia were extended to people with advanced dementia because of community needs.

A range of lifestyle and person-centred services were delivered by the companion robot for each participant. These included singing and dancing to favourite songs, news and weather forecasts, reading books and short stories, making phone calls, providing personalised reminders, playing quizzes and telling jokes – just to name a few. The following outcomes have been demonstrated through the pilot trials:

- breakdown of technology barriers between people with dementia and companion robots (universal acceptance by the couples and their extended families)
- co-existence of companion robots with pets
- emotional engagement and sensory enrichment through singing with the robots as well as their sustained and prolonged use by the couple
- increased social connectivity with their extended family
- respite for caregivers and partners
- increased resilience and ability to cope with daily life through reminders
- increased degree of usefulness and novelty via use of robots (voice, gestures and expressions) and their emotionally engaging services like reading books, news, etc.

The researchers would like to thank AADR for funding the pilot trial, and the City of Whittlesea, Brotherhood St. Laurence and numerous well-meaning people for supporting the trials. The Research Centre for Computers, Communication and Social Innovation now is receiving a consistent flow of potential participants for trials and use of the companion robots.

CURRENT PROJECTS



CHARLES MALPAS

Charles Malpas, a PhD scholar from the University of Melbourne, was awarded the Viertel Foundation Postgraduate Scholarship in Dementia in 2011. Charles is researching a new therapeutic agent for Alzheimer's disease that clears abnormally formed phospho-tau protein from the brain. Phospho-tau is found at an abnormally high level in people with Alzheimer's disease, and its presence correlates with the degree and nature of the cognitive impairment associated with the disease. As such, it is considered a major and important target for drug development. The drug had previously been shown to work well in mice genetically altered to have Alzheimer's disease.

The next stage in Charles' project is to determine if this drug works in humans. To determine what the drug does in humans, the research team at the Melbourne Brain Centre has been running a clinical trial, where they give people the drug or a placebo and then perform brain scans and test brain fluid to see if there is any difference in the two groups. So far the team has enough data to produce several new papers on the methods they have used for this trial, which will inform the scientific community of new methods and issues when performing these kinds of trials. The team has just finished data collection and the results of the trial should be known by late 2013.



CLAUDIA MEYER

Claudia Meyer from the La Trobe University, was awarded the 2010 AADR/DCRC-CC Joint Postgraduate Research Scholarship for Research Focused on Quality in Dementia Care. Her PhD project centers on the translation of falls prevention knowledge for people living with dementia.

There are growing numbers of older people living with dementia across the globe, with a higher rate of falls in this population than among cognitively intact older people. Strong research evidence for preventing falls in people with dementia living in the community does not yet exist, but best practice guidelines suggest using similar strategies used for cognitively intact older adults. A systematic review has been completed and submitted for publication. Twenty six people with dementia and their caregivers have been recruited to the study, baseline assessments have been completed and the 12-month intervention is currently underway. Two of four community care agencies have completed their four action research sessions, with dissemination presentations occurring for community care agency staff. Findings of the studies have been presented at various national and international conferences.



MYLES MINTER

Myles Minter was awarded a Postgraduate Scholarship in Dementia Research in 2011. He is now a third-year PhD candidate at Melbourne University in the department of Pharmacology and Therapeutics.

"My current research in the neuropharmacology laboratory utilises cell and animal models of Alzheimer's disease to investigate how inflammation of the brain contributes to the disorder. We have identified a novel inflammatory mediator, type-1 interferon, which contributes to neuronal cell death in Alzheimer's disease, and modulation of this mediator can lead to neuroprotection. I have presented these findings at the Australian Neuroscience Society, and at the Dementia, Ageing

and Neurodegenerative Diseases group conference in 2013. This work is currently under peer-review at Neurobiology of aging." – Myles Minter



JOANNE MIHELICIC

Joanne, from the School of Organisational and Social Informatics at Monash University, was awarded the Alzheimer's Australia Research Postgraduate Scholarship in Dementia in 2011 for her project 'The

Storyline Project: Determining a therapeutic use for the personal archive in aged care and dementia'.

"Using innovative methods and a series of in-depth interviews, I have explored the process of creating a personal archive containing memories, stories, and images with three people diagnosed with early stage Alzheimer's disease. The findings of this research will increase our understanding of how this type of activity serves in supporting memory and identity, and highlights the implications of creating and managing autobiographical records in practice.

I have been privileged to meet and work with three amazing people who participated in the research interviews. They allowed me into their lives and have inspired and brought to life this contribution to knowledge. Writing my thesis in this final phase of my PhD and putting words to the page makes me appreciate even more the life changing experience of this research journey."

– Joanne Mihelcic



LINDA MCAULIFFE

Linda, from the Australian Centre for Evidence Based Aged Care at La Trobe University, was awarded the AAR/DCRC-CC Joint Postgraduate Research Scholarship for Research Focused on Quality in Dementia

Care and the 2011 Alzheimer's Australia Research Grant for her project 'Stress and health in family caregivers of people with early-stage Alzheimer's disease:

The effects of a memory training intervention'. She is a registered psychologist and has published on the topic of dementia in peer-reviewed journal articles and book chapters, and has presented research findings at conferences both in Australia and abroad.

"Caring for a family member with dementia can be a highly rewarding experience; however it can also have deleterious effects on a caregiver's psychological and physical health. Alarming, caregivers of people with dementia are reported to have higher rates of morbidity—and even mortality—relative to non-caregivers, with caregivers at increased risk of depression, cardiovascular illness, and impaired immune response.

My study will investigate the relationship between perceived stress and psychological and physical health of caregivers of people with early-stage dementia. The study will also investigate the effect of a memory strategy training intervention delivered to both caregiver and care recipient on caregiver health outcomes. Phase one of the research is complete, with phase two (a randomised, controlled trial) currently underway and due for completion in 2014."

– Linda McAuliffe

CONGRATULATIONS

Our grant recipients have gone on to achieve many excellent career and personal milestones. Postgraduate Scholars have completed their PhDs, books and papers have been published and prestigious Fellowships and grants have been obtained.

We would like to congratulate all of our grant recipients on their achievements, and would like to highlight the following individuals.



DR HOLLY YATEMAN

Dr Yateman was awarded the Viertel Postgraduate Scholarship in 2007 and began her studies in 2008. She graduated from the University of Melbourne in December 2012. She is pictured with the Chancellor of University of Melbourne, Elizabeth Alexander. Holly is now a Postdoctoral Fellow at the Monash Institute of Pharmaceutical Sciences.

DR NADY BRAIDY

Dr Brady was awarded the Viertel Foundation Postdoctoral Fellowship in 2011. After producing some outstanding research in 2012, he was awarded an NHMRC Early Career Fellowship that began in 2013.



DR MEGAN STEELE

Dr Steele was awarded the Hunter Postgraduate Research Scholarship in 2006 and an AARDF Research Grant in 2010. She graduated from the University of Western Sydney in December 2011. Megan is now a Postdoctoral Fellow at the Forschungsinstitut Havelhöhe (Havelhöhe Research Institute) in Berlin, Germany.



DR LOLITA QUINN (NEE WARDEN)

Dr Quinn was awarded the 2005 Hunter Doctoral Research Scholarship into the Causes of Alzheimer's disease and the Rosemary Foundation Travel Award in 2007. She graduated in 2009 and is pictured with her supervisor Dr Claire Shepherd—whom she would like to thank saying "I could not have done it without her help and friendship." Dr Quinn is now based in Ireland with her young family.

DR JEFFREY LIDDELL

Dr Liddell was awarded the AARDF Postdoctoral Fellowship in 2011. Dr Liddell was also awarded the NHMRC Peter Doherty Early Career Fellowship, which commenced in 2013. The Foundation wishes him well in his application to NHMRC for project funding in 2014.

DR BIANCA BRIJNATH

Dr Brijnath was awarded a CRC-Entirely Postgraduate Research Scholarship in 2007. She is now a NHMRC Early Career Public Health Fellow, and has recently had the work from her PhD accepted for publication by Berghahn Publishers, to be printed in 2014. The manuscript is titled 'Unforgotten: Love and the culture of dementia care in India'.



DR PENG LEI

Dr Lei was awarded an AARDF Postdoctoral Fellowship in 2012. He has now been awarded an NHMRC Early Career Fellowship, which he began in July 2013.



2013 DEMENTIA GRANTS PROGRAM

Award Type	Award Amount
Alzheimer's Australia Dementia Research Foundation Project Grants (X3)	\$50,000
Hazel Hawke Foundation Research Grant in Dementia Care	\$50,000
Alzheimer's Australia Dementia Research Foundation – Victoria Award* (X3)	\$50,000
Rosemary Foundation Travel Award	\$15,000
Alzheimer's Australia Dementia Research Foundation Postdoctoral Fellowship (X5)	\$110,000 p.a. for 2 years
Alzheimer's Australia Dementia Research Foundation Postdoctoral Part Fellowship (X4)	\$55,000 p.a. for 2 years
Alzheimer's Australia Dementia Research Foundation Postgraduate Scholarship (X5)	\$30,000 p.a. for 3 years
Consumer Dementia Research Network Postgraduate Scholarship in Dementia Respite Research	\$30,000 p.a. for 3 years
Alzheimer's Australia Dementia Research Foundation Top Up Scholarship (X6)	\$7,500 p.a. for 2 years
Total	\$2,535,000

*The Alzheimer's Australia Victoria Research Foundation Awards share a common application process with the Dementia Grants Program, but are subject to eligibility criteria and assessment processes determined by the Alzheimer's Australia Victoria Board. These awards are not formally a part of the Alzheimer's Australia Dementia Research Foundation Dementia Grants Program, and are not listed on the Australian Competitive Grants Register.



THANK YOU FOR YOUR SUPPORT

The Alzheimer's Australia Dementia Research Foundation extends its gratitude to following people and organisations for their invaluable support this financial year.

SPECIAL THANKS TO:

Professor Kaarin Anstey,
and members of the AADRF
Scientific and Medical Panel
The Dementia Collaborative
Research Centres
Resthaven Inc
The Sylvia and Charles Viertel
Charitable Foundation
The Rosemary Foundation
The Sinclair Family
The Trengrove Family
The Hiley-Allars Family
Members of the Consumer
Dementia Research Network
Alzheimer's Australia
National Office
Alzheimer's Australia State and
Territory Organisations

Thank you to our workplace giving partners and their contributing staff

Veda Advantage
Alcatel Lucent
ANZ Banking Group
Dunn & Bradstreet
Suzanne Grae Corporation
BHP Billiton

ORGANISATIONS

ACI Operations Pty Ltd
ANZ Executors & Trustee
Company Ltd
Bank of Queensland Finance
(Aust) Limited
Birchall Family Foundation Trust
Bruce and Joy Reid Foundation
Coleman Greig Lawyers
Commonwealth Bank
of Australia
Curwood Lawyers
Focal Attractions Pty Ltd
Good Samaritan Catholic
College
Inglewood Amcal Chemist
Lifestyle Financial Services
McElroy Bryan Geological
Services Pty Ltd
Nelumbo Pty LTF ATF
Nelumbo Trust Fund
Overgrove Pty Ltd
QBE Australia
Quizopia Pty Ltd
Rotary Club of Brookvale
Shipman King Pty Ltd
Sigma Company Ltd
Simson Cards

Sunnyfield Tamworth
The Golden Crest Manors
Dinner Club
The Sydney Morning Herald
TV Shopping Network
Twin Waters Retirement
Village Craft Group
Wesfarmers
WillowGlen Retirement Village
Friday Craft Group
Zio Paperone Pty Ltd

INDIVIDUALS

A C Jeffs
Adrian J Allen
Adriana Baldari
Adrianus Meijer
Alicia Jarrett
Anne McGechan
Anthea Derrington
Ashleigh Mansfield
Betty J Miles
Bob and Barbara Wyder
Campagna Family
Catherine Ferreira
Christine Hannah
Christine Roberts
Christopher Schiavello
Clare Nicholson
Cathie Boag
Colleen F Delaney
Craig Bradley
Christian Paech
Damien Atkins
David Piccirillo
David W Reckenberg
Deanne and Walter Betten
Diana Briggs
Donna Little
Douglas Samuel
Eileen Turner
Elizabeth Newton
Francesco Conti
Giovanni P Palumbo
Glenn R Nijenhuis
Gregory W Hanson
Holly Munro
J Catherine McNab
J.S Hough
Jean Hoy
Jeffrey Minear
Jennifer Cloher
Jenny Martin
Joel Kahn
John M Austin
Josie T Panapa
Julie Burton
Julie Callaghan
June Cheyne

K J Ditchfield
Karen Thompson
Kenneth J Hazell
Kerry N O'Sullivan
Kieran A Church
Kim Hoover-Sadler
Kitty Muntz]
Lesley Golledge
Lisa C Broadhead
Lisa M Herrod
Lynnette M Lawson
Michele Falls
Malcolm S Elliott
Margaret Mary Kitching
Maria O'Sullivan
Maria Pocock
Mary Spencer
Matthew Fong
Maxine Di Santo
Maxwell G Titley
Michael L Mills
Michael Mills
Michelle Roberts
Morris Lichter
Nadia McMaster
Neil Scriven
Nick Byrne
Nigel Howlett
Penelope A Young
Peter Herborn
Rachel Caralis
Raeina L Gardner
Raymond E Holland
Richard Knox
Rob Gattuso
Robyn Christie
Ron Sinclair
Rosemary Evans
Rowan Hamman
Ruth F Bell
Sandra Cameron
Scott Taylor
Sharon Marie Reid
Shelley C Cooper
Steven Wignall
Susan E. Olliek
Tom Carruthers
Terry and Helen Feeney
Tuan Anh Nguyen
Valda Williams
Vera Urich
Vicki Crabb
Wendy McMillan
Wendy Russ
Zeeta Lancaster

BEQUESTS

The Late Ruby Frances Hayek
The Late Roger Ernest Fairfax
The Duchesa Estate

IN MEMORY OF:

Chirk Ting Lau
Kitty Varvaressos
Sadie O'Connor
Victor Albert George
Derbridge

WE OWE A BIG THANK YOU TO THE FOLLOWING INDIVIDUALS:

Sue Pieters-Hawke
Angela McKeegan
Amy Dobos

WE THANK THE FOLLOWING ORGANISATIONS AND INDIVIDUALS FOR THEIR SUPPORT OF THE HAZEL HAWKE RESEARCH AND CARE FUND;

Greening Australia Ltd
John Swire and Sons Pty Ltd
Richardson Foundation
Sydney Mechanics School
of Art
The Trust Company
7PM Project
Antony Green
Alexander Ground
B Whitehouse
Beryl Nicol
Bicky Rixon Winkler
Carole Thomas
Diana Gibson
Erica Pumpa
Elizabeth Armitage
Fiona Winning
Geoffrey Emerson
Grant Family
Gregg Creevey
Hilda Strathdee
Jennifer McGregor
Joanne Moore
Joanna Baevski
Jon Stanfield
Joyce Tshe

Julie Flynn
 Kathleen Townsend
 Laurie Cowled
 Mary Achison
 Mary Collins
 Mary McKenzie
 Mary Jo and Lloyd Capps
 Neil Rogan
 Ninette Muscatello
 Peter Hewett
 Peter William Weiss AO
 Philippa Todd
 RB Livingstone
 Rhonda Spinks
 Robyn Preece
 Rosemary Kelly
 Richard Super
 Sally Potts
 Steven Gerovich
 Susan Gibson

GIFTS IN MEMORY

Elaine Ann Boyd

BEQUESTS

The Late Alma Lucy
 Katie Bottero

WE THANK EVERYONE BELOW FOR THEIR TIME IN ASSISTING OUR SCIENTIFIC AND MEDICAL PANEL

2012

Prof Andrew McLachlan
 Prof Andrew Robinson
 Prof Brian Draper
 Prof Colette Browning
 Prof Colin Masters
 Prof Daniel O'Connor
 Prof Elizabeth Beattie
 Prof Fran McNerney
 Prof Fran McNerney
 Prof Gerald Muench
 Prof Gerard Byrne
 Prof Glynda Kinsella
 Prof John Wade
 Prof Keith Hill
 Prof Leon Flicker
 Prof Marie Cooke
 Prof Mary Luszcz
 Prof Nancy Pachana
 Prof Perminder Sachdev
 Prof Peter Schofield

Prof Stephen Gibson
 A/Prof Anthony Hannan
 A/Prof Christine Tovey
 A/Prof Deborah Graham
 A/Prof Deborah Parker
 A/Prof Kay Cox
 A/Prof Olivier Piguet
 A/Prof Tracey Dickson
 A/Prof Vijaya Sundarajan
 Dr Ameer Baird
 Dr Christine Neville
 Dr Claire Goldsbury
 Dr Dina LoGiudice
 Dr Emma Thornton
 Dr Frances Corrigan
 Dr Giuseppe Verdile
 Dr Jean Tinney
 Dr Lisa Keay
 Dr Louise Waite
 Dr Miranda Rose
 Dr Ron Sinclair
 Dr Toby Cumming
 Dr Veer Bala Gupta
 Mr Greg Mundy

2013

Prof Chris Rowe
 Prof Colleen Cartwright
 Prof Daniel O'Connor
 Prof David Bruce
 Prof David Small
 Prof Gary Egan
 Prof Geoff Hammond
 Prof Gerald Muench
 Prof Glenda Halliday
 Prof Ian Brereton
 Prof Ian Cameron
 Prof John O'Brien
 Prof John Starr
 Prof Jürgen Götze
 Prof Keith Hill
 Prof Leon Flicker
 Prof Luis Salvador-Carulla
 Prof Lynn Chenoweth
 Prof Manohar Garg
 Prof Margie Wright
 Prof Marie Cooke
 Prof Matthew Yau
 Prof Ngaire Kerse
 Prof Paul Myles
 Prof Perminder Sachdev
 Prof Peter Schofield
 Prof Rhonda Nay
 Prof Richard Head
 Prof Susan Nancarrow
 Prof Yogi Kanagasalingam
 Prof Yvonne Wells
 A/Prof Christine Neville
 A/Prof Christine Tovey
 A/Prof Christopher Roberts

A/Prof David Finkelstein
 A/Prof Dina LoGiudice
 A/Prof Jacqueline Close
 A/Prof Kay Double
 A/Prof Lars Ittner
 A/Prof Lori Letts
 A/Prof Lynn Woods
 A/Prof Michael Valenzuela
 A/Prof Mike Newton
 A/Prof Oliver Piguet
 A/Prof Peter Crack
 A/Prof Peter Dodd
 A/Prof Roger Chung
 A/Prof Sharon Naismith
 A/Prof Thanh Phan
 A/Prof Tracey Dickson
 A/Prof Yun Hee Jeon
 Dr Adrienne Withall
 Dr Alex Bahar-Fuchs
 Dr Alison Argo
 Dr Barbara Horner
 Dr Catherine Travers
 Dr Claire Goldsbury
 Dr David Scott
 Dr Deidre Featherstonhaugh
 Dr Edward Giniger
 Dr Ethan Scott
 Dr Genevieve Evin
 Dr Geoffrey Waghorn
 Dr George Li
 Dr Guy Barry
 Dr Hannah Keage
 Dr Jenny Gunnersen
 Dr Jessica Baker
 Dr Joe Ciccotosto
 Dr Justin Scanlon
 Dr Kate Laver
 Dr Kay Cox
 Dr Kim Delbaere
 Dr Lauren Ball
 Dr Lee Fay Low
 Dr Lisbeth Evered
 Dr Loretta Lau
 Dr Lorraine Venturato
 Dr Maria O'Reilly
 Dr Marie Mangelsdorf
 Dr Melinda Martin-Khan
 Dr Michael Bauer
 Dr Michael Hornberger
 Dr Nicolas Cherbuin
 Dr Patrik Wennberg
 Dr Paul Roach
 Dr Russell Shuttleworth
 Dr Ruth Vreys
 Dr Sally Bennett
 Dr Scott Kim
 Dr Simon Smith
 Dr Simone Reppermund
 Dr Siobhan O'Dwyer
 Dr Suzanne Goopy

Dr Tim Henwood
 Dr Toby Cumming
 Dr Trent Woodruff
 Dr Ursula Kellett
 Dr Victor Anggono
 Dr Yael Reijmer
 Dr Ya Hui Hung
 Mr Damion Stimson
 Mr Norman Radican
 Mr Pino Migliorino
 Ms Morag Taylor

Photographs were supplied by the researchers and fundraisers

2012-2013 FINANCIAL REPORT

Alzheimer's Australia Dementia Research Foundation Ltd.

ABN 79 081 407 534

Financial Report

For the year ending 30 June 2013

Financial information was extracted from the audited financial statements of Alzheimer's Australia Dementia Research Foundation Ltd., for the year ending 30 June 2013 and is included for information purposes only.

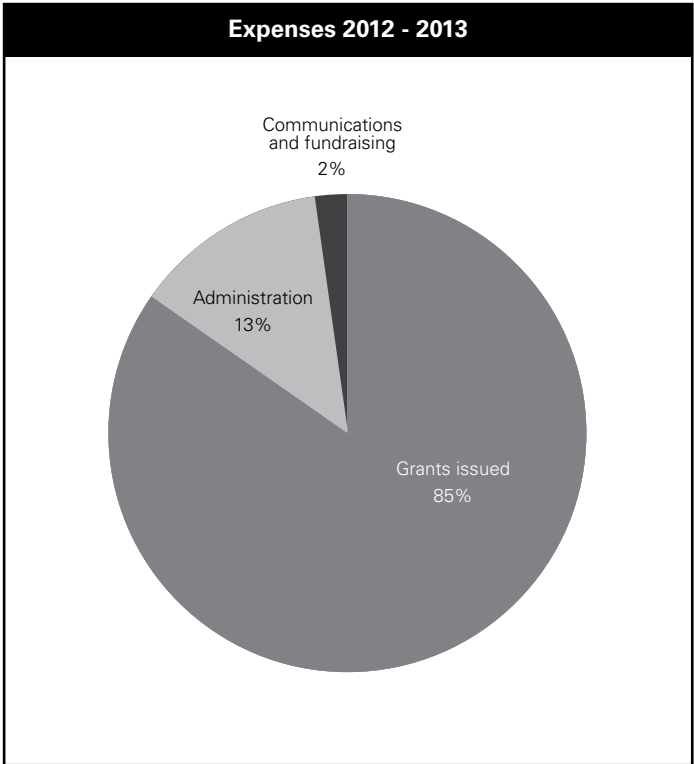
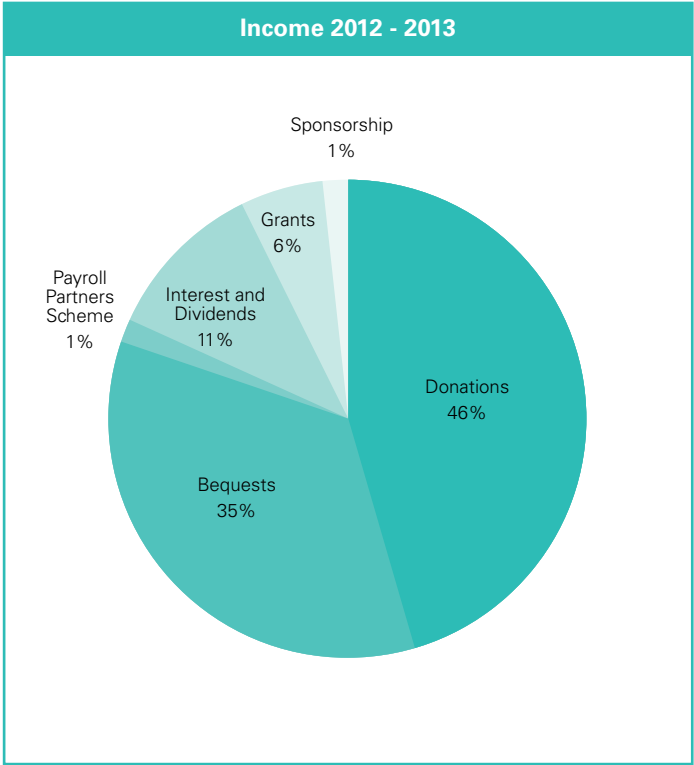
A full copy of Financial Statements, including Notes to the Financial Statements and the Audit Opinions, can be obtained free of charge on request from:

Alzheimer's Australia Dementia Research Foundation Ltd.

1 Frewin Place
Scullin ACT 2614

For the 2012-2013 financial year the Alzheimer’s Australia Dementia Research Foundation (AADRF) received a total revenue of \$2.81 million, largely from bequests and donations. This is an increase of 172% on the previous financial year revenue of \$1.18 million.

For the 2012-2013 financial year 85 cents of every dollar went into our grants program i.e. directly into research. Our administration costs cover management of the grants program and expenses associated with running the grants program, including bank fees, legal fees and meetings to assess grant applications and governance. Our communications and fundraising activities are only a small portion of our expenses. We will be expanding on this aspect in the 2013-2014 financial year to generate more revenue for our grants program. Increasing our grants program expenditure will allow us to have proportionately lower administration costs, as we expect these costs to remain largely static next year.





Independent auditor's report to the members of Alzheimer's Australia Dementia Research Foundation Ltd

Report on the financial report

We have audited the accompanying financial report of Alzheimer's Australia Dementia Research Foundation Ltd (the entity), which comprises the balance sheet as at 30 June 2013, the statement of comprehensive income, statement of changes in equity and statement of cash flows for the year ended on that date, a summary of significant accounting policies, other explanatory notes and the directors' declaration.

Directors' responsibility for the financial report

The directors of the entity are responsible for the preparation of the financial report that gives a true and fair view in accordance with Australian Accounting Standards - Reduced Disclosure Requirements and the *Corporations Act 2001* and for such internal control as the directors determine is necessary to enable the preparation of the financial report that is free from material misstatement, whether due to fraud or error.

Auditor's responsibility

Our responsibility is to express an opinion on the financial report based on our audit. We conducted our audit in accordance with Australian Auditing Standards. These Auditing Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgement, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the directors, as well as evaluating the overall presentation of the financial report.

Our procedures include reading the other information in the Annual Report to determine whether it contains any material inconsistencies with the financial report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

PricewaterhouseCoopers, ABN 52 780 433 757
Ground Floor, 28 Sydney Avenue, FORREST ACT 2603, GPO Box 447, CANBERRA CITY ACT 2601
T: + 61 2 6271 3000, F: + 61 2 6271 3999, www.pwc.com.au

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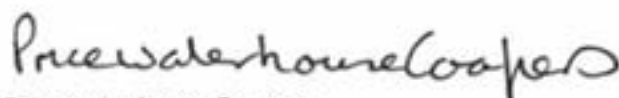
Independence

In conducting our audit, we have complied with the independence requirements of the *Corporations Act 2001*.

Auditor's opinion

In our opinion the financial report of Alzheimer's Australia Dementia Research Foundation Ltd is in accordance with the *Corporations Act 2001*, including:

- (a) giving a true and fair view of the entity's financial position as at 30 June 2013 and of its performance for the year ended on that date; and
- (b) complying with Australian Accounting Standards – Reduced Disclosure Requirements and the *Corporations Regulations 2001*.



PricewaterhouseCoopers

by



Shane Bellchambers
Partner
Registered Company Auditor
Chartered Accountant

Canberra
23 October 2013

PricewaterhouseCoopers, ABN 52 780 433 757
Ground Floor, 28 Sydney Avenue, FORREST ACT 2603, GPO Box 447, CANBERRA CITY ACT 2601
T: + 61 2 6271 3000, F: + 61 2 6271 3999, www.pwc.com.au

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ALZHEIMER'S AUSTRALIA DEMENTIA RESEARCH FOUNDATION LTD
ABN 79 081 407 534

STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2013

	Note	2013 \$	2012 \$
Revenue	2	2,813,100	1,179,562
Employee benefits expense	3	(133,759)	(64,864)
Grants issued	3	(1,115,259)	(423,578)
Other expenses	3	(70,467)	(85,263)
		<hr/>	<hr/>
Surplus for the year		1,493,615	605,857
Other comprehensive income		<hr/> -	<hr/> -
Total comprehensive income for the year		<hr/> 1,493,615	<hr/> 605,857

The accompanying notes form part of this financial report.

ALZHEIMER'S AUSTRALIA DEMENTIA RESEARCH FOUNDATION LTD
ABN 79 081 407 534

STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2013

	Note	2013 \$	2012 \$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents	4	3,482,129	3,763,134
Trade and other receivables	5	141,555	111,889
Financial assets	6	1,500,000	-
Other assets	7	2,583	-
TOTAL CURRENT ASSETS		<u>5,126,267</u>	<u>3,875,023</u>
NON-CURRENT ASSETS			
Financial assets	6	909,612	610,720
TOTAL NON-CURRENT ASSETS		<u>909,612</u>	<u>610,720</u>
TOTAL ASSETS		<u>6,035,879</u>	<u>4,485,743</u>
LIABILITIES			
CURRENT LIABILITIES			
Trade and other payables	8	33,951	4,536
Other current liabilities	9	87,676	60,570
TOTAL CURRENT LIABILITIES		<u>121,627</u>	<u>65,106</u>
TOTAL LIABILITIES		<u>121,627</u>	<u>65,106</u>
NET ASSETS		<u>5,914,252</u>	<u>4,420,637</u>
EQUITY			
Retained Earnings		<u>5,914,252</u>	<u>4,420,637</u>
TOTAL EQUITY		<u>5,914,252</u>	<u>4,420,637</u>

The accompanying notes form part of this financial report.


ALZHEIMER'S AUSTRALIA RESEARCH LIMITED
ABN 79 081 407 534

DIRECTORS' DECLARATION

In accordance with a resolution of the Board of Directors of Alzheimer's Australia Dementia Research Foundation, the directors of the entity declare that:

1. The financial statements and notes, as set out on pages 6 to 20 are in accordance with the *Corporations Act 2001*, and:
 - a. comply with Australian Accounting Standards – Reduced Disclosure Requirements; and
 - b. give a true and fair view of the financial position as at 30 June 2013 and of the performance for the year ended on that date of the entity;
2. In the directors' opinion there are reasonable grounds to believe that the entity will be able to pay its debts as and when they become due and payable.

Sign 
Name DAPHNE KAYE PATCHARD
Date 21/10/13

Sign 
Name GLENN REES
Date 21/10/13

The accompanying notes form part of this financial report.

**ALZHEIMER'S
AUSTRALIA
DEMENTIA
RESEARCH
FOUNDATION**