

**UNDERSTAND ALZHEIMER'S
SUPPORT AUSTRALIA**



**ALZHEIMER'S
AUSTRALIA ACT
ANNUAL REPORT
2016-2017**

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SUPPORT AUSTRALIA**

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PRESIDENT'S REPORT



The 2016-2017 year has been a productive one for Alzheimer's Australia ACT. We have continued to provide services and programs that are growing in popularity amongst our participants, their families, carers and friends.

Major areas of focus for the board in 2016-2017 were:

- Participating in the national unification process and preparing the organisation for the establishment of Dementia Australia;
- Establishing a business development and fundraising capability in the organisation to diversify our revenue base;
- Establishing fee-for-service activities;
- Supporting the CEO to expand our relationships with key government, commercial and community sector stakeholders.

These initiatives were aimed at continuing to be able to make a difference to those impacted by dementia and were warmly embraced and supported by our two CEOs, Jan Chorley and after Jan left the organisation, Rebecca Vassarotti and the Alzheimer's Australia ACT management team and staff. In addition to these initiatives, our professional, committed and talented staff and selfless volunteers continued to provide high-quality services and support to those impacted by dementia.

On behalf of the board I want to thank our staff, volunteers, partners and sponsors for their outstanding work and support in 2016-2017. The board is confident that the establishment of Dementia Australia will provide better services and support to those impacted by dementia and provide enhanced opportunities for our staff.

I also want to thank my fellow directors for their effort and commitment to making a difference and for the considerable support they provided to me during a very busy and challenging year.

Greg Fraser

THE YEAR IN REVIEW

In the ACT, 2016-2017 was a year full of innovation, increased community participation, and ambitious plans for the future.

Highlights include:

- Successfully securing more than \$400,000 through ACT Healthy Grants to deliver an exciting, new and fresh risk reduction program 'Keep Your Life In Mind'. In partnership with ACT Health over the next three years we will deliver a healthy living program that will support Canberrans in their midlife to stay fit and healthy and the program aims to reduce aged-related chronic diseases such as dementia in later life.
- Forming and officially launching our Dementia and the Arts program. Exciting, fresh and unique to the people of Canberra, the program is connected across our vibrant arts community including partnerships with the National Museum, the ANU, National Gallery of Australia and the National Portrait Gallery. As part of the program Canberra's first dementia-friendly performing choir The Alchemy Chorus was launched and a partnership with the Belconnen Arts Centre was developed to create a dementia-friendly dance group called VIVACITY.
- Establishing several new flagship events such as the Business Breakfast, the Research Forum, and Honour, Celebrate, Reflect.
- Delivering the Accredited Dementia Essentials course, making this is the first time we have been able to offer accredited training here in the ACT.
- Continued and expanded delivery of our social groups for people living with dementia.
- Introducing the Key Worker model for the Client and Family Engagement Team. The Key Worker model is client-centred and engages and supports everyone involved with the person with dementia from pre-diagnosis throughout their entire journey, as well as bereavement support to the family.
- The Younger Onset Dementia Key Worker program established a partnership with Absolute Home Care providing a specific social program for younger people with dementia. They also built their social enterprise capacity, partnering with Quilts for Linda and the Mens Shed to produce quality craft and woodworking items that are sold to the public.

EVENTS AND MARKETING

Numerous events were held throughout the 2016-2017 financial year, engaging and educating the Canberra community about dementia as well as raising much-needed funds for Alzheimer's Australia ACT. The highlight during this time, and the launch event for Dementia Awareness Month in the ACT, was the inaugural Alzheimer's Australia ACT Business Breakfast. The breakfast attracted an enthusiastic crowd of 465 business and community leaders as well as people living with dementia, their carers and members of the general public. The keynote speaker, The Hon Dr Brendan Nelson AO, used the occasion to raise awareness of dementia across our local community and honoured six veteran families that have been supported by Alzheimer's Australia ACT and Alzheimer's Australia through their diagnosis of dementia. This event raised \$25,000 for Alzheimer's Australia ACT and received corporate sponsorship from RSM, Questcare, Department of Veteran's Affairs, Goodwin, Hesta, Mobility Matters, Tobin Brothers Funerals and National Nursing Agency.

Other awareness-raising and fundraising events that Alzheimer's Australia ACT held during 2016-2017 include:

- **Memory Walk & Jog**

Raising more than \$25,000 to support local people living with dementia and their families in the ACT, 650 participants ran, walked and jogged along the shores of Lake Burley Griffin on Sunday 18 September.



Above Lorraine Wadley, Alzheimer's Australia Younger Onset Dementia Key Worker Program Manager

- **World Alzheimer's Day event**

This collaborative event between Alzheimer's Australia ACT and the National Museum of Australia saw more than 100 Canberrans living with dementia and their carers participating in a Neural Knitworks creative art and science event to mark World Alzheimer's Day on 21 September.

Below Gwen Salmon, Knit for Neurons, World Alzheimer's Day



- **Honour, Celebrate, Reflect**

This special ceremony, attended by more than 100 guests, acknowledged and paid respect to those who have died of dementia, those living with dementia, their family, friends, supporters, volunteers, health and community care professionals, researchers and advocates.

- **Consumer Engagement Forum**

People that are living with or supporting someone with dementia were invited to attend this forum to hear about Alzheimer's Australia ACT's direction and to work with us to shape the future.

- **Great Expectations: Inspiring Hope Through Research**

This research forum brought together 13 established and emerging research leaders to share their knowledge and expertise. Opened by the ACT Minister for Health, the event was fully booked out with 380 people attending.

- **Music in the Gardens**

A harpist and a string quartet played to a packed audience of people living with dementia and their carers in the gardens of The Oaks Brasserie at Weston Park. This event was also the first public performance of The Alchemy Chorus and showcased the ACT's new Dementia and the Arts program.

- **Then, Now, and Beyond**

The evening, held especially for our consumers, supporters, dementia champions, strategic partners, sponsors and stakeholders, provided an insight into the extensive work undertaken to rejuvenate and re-orientate services and activities delivered by Alzheimer's Australia ACT.

- **Thank you day with the Governor General**

Volunteers and sponsors of Alzheimer's Australia ACT were treated to morning tea with the Governor General and Lady Cosgrove at Government House to thank them for all their support.



Above Volunteers and businesses who support Alzheimer's Australia ACT acknowledged at Government House

- **Launch of the Dementia & the Arts Program**

Gordon Ramsay MLA, ACT Minister for the Arts, officially launched our Dementia & the Arts program at the National Portrait Gallery. The evening also showcased the Alchemy Chorus, VIVACITY dance group, and artworks created by people living with dementia.

Below Art work created for Dementia and the Arts program



- **The Stiletto's Dinner Dance**

The Stiletto's, a Canberra based vocal harmony trio, volunteered their time and talent to put on a benefit show for Alzheimer's Australia ACT. 100 people attended this evening of music, dance and reminiscence which was also supported by the Hellenic Club and Capital Sound and Lighting.

EDUCATION AND TRAINING

Education Services provide education and training on dementia and associated topics for family carers, people living with dementia, staff in aged care facilities, health professionals and the broader community.

In addition to the many and varied education courses on offer, we commenced the delivery of the Accredited Dementia Essentials course. This course has been very popular and provides participants the opportunity to attain the unit: Provide Support to People Living with Dementia, which is part of the Certificate IV in Aged Care. This is the first time here in the ACT we have been able to offer accredited training.

There has been much demand this year from both the general community and workplaces for education on dementia risk reduction and brain health.

As well as delivering quality education we have also partnered with many organisations to deliver training and consultancy services to ensure they are delivering dementia-friendly services.

Some of these partners include:

- Beyond Bank
- Access Canberra
- Goodwin Aged Care
- The Canberra University
- Carers ACT
- BUPA
- Calvary Hospital
- The Pines
- RSL LifeCare

In 2016-2017 Education services delivered:

- Outreach activities to 4,000 participants
- Workforce Education to 2,500 professionals in the areas of aged care, acute care, universities, allied health, community care and disabilities
- The Dementia Essentials Accredited training to more than 100 participants
- 15 courses to 175 Family Carers
- Community education to 5,700 participants
- Living with Memory Loss education programs for more than 70 people delivered to both the person with dementia and their carer/support person

Courses and workshops for 2016-2017

- The Dementia Essentials accredited training course
- Let's Talk about Dementia
- Effective Communication in Dementia
- Disabilities and Dementia
- Behaviours in Dementia
- Dementia Research
- The Next Steps
- Meaningful Activities
- Dementia Design
- Healthy Ageing and Dementia Risk Reduction
- Care for the Carer
- Experiencing Dementia
- Younger Onset Dementia
- Worried About Your Memory
- Montessori Method for Dementia

And more...



Above Dementia Essentials training

VOLUNTEERS

Alzheimer's Australia ACT would like to acknowledge the hard work and dedication our volunteers provide to our organisation and those impacted by dementia.

We have 30 volunteers using their wide array of professional and life skills supporting with:

- Social support such as woodworking, art and walking groups
- Various administrative tasks, including our large mail outs
- Emotional support and companionship for our clients

We recently recruited a regular volunteer driver of our new client service bus which was kindly donated by Canberra Toyota.

35 more volunteers have joined our team this year to provide support to carers and people with dementia in Vivacity – Dance and Dementia partnership with Belconnen Arts Centre, and the Alchemy Chorus, a partnership with Brian Triglone, local choir master at the Hughes Community Centre.

We now have a recruitment process through our website where those interested in volunteering in the ACT, to support people with a diagnosis of dementia, can make contact. All volunteers are given full orientation and regular support by our staff.

Our group of volunteers are always very enthusiastic and responsive to our needs and make such a difference to our work as well as the numbers of people we can reach and support.



SERVICES

Client Services

This financial year has seen Alzheimer's Australia ACT particularly targeting referral pathways. This has resulted in 841 new referrals and 255 new referrals from Geriatricians.

Alzheimer's Australia ACT developed a new initiative, the Key Worker model, which commenced in January 2017. The Key Worker model enables people with dementia, their carer and families to be supported from initial contact through the entire journey. The Key Worker will help with access to My Aged Care (MAC) services provided by Alzheimer's Australia ACT. These services include, but are not limited to, carer support groups, counselling, social support, Living with Dementia program and Dementia and the Arts. The key worker will also provide support to access home care packages and many of the community services.

Younger Onset Dementia Program

The Younger Onset Dementia Key Worker Program has had another productive year supporting our consumers to access the National Disability Insurance Scheme through preplanning, advocacy at planning conversations and reviews. The program has received a steady increase in referrals and highlights of the year include:

- Expansion of the Business Enterprise - the woodworking teams have developed new products to include cheeseboards, birdhouses and possum nesting boxes. Sale of "Quilts for Linda" bags have also increased and all products have been sold in various retail outlets in Canberra;
- Monthly Memory Lane Cafés;
- Greening Australia program;
- Development of new partnership program with Primrose Services offering a social day club for people living with younger onset dementia;
- Development of new Younger Onset Dementia Women's creative group to provide peer opportunities. The women sew products i.e. children's pyjamas and will soon commence sewing dog blankets to be sold through the business enterprise; and
- Living With Younger Onset Dementia course.