

**UNDERSTAND ALZHEIMER'S
SUPPORT AUSTRALIA**



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

**UNDERSTAND ALZHEIMER'S
SUPPORT AUSTRALIA**

Alzheimer's Australia SA

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CONTENTS

CHAIRMAN'S REPORT	4
A YEAR IN REVIEW	5
SUPPORT SERVICES AND EDUCATION	7
POLICY ACTIVITY	12
MARKETING, MEDIA AND EVENTS	13
COMMUNITY FUNDRAISING	16
OUR VOLUNTEERS	17

CHAIRMAN'S REPORT



2016-2017 was a year of action and change in positioning our organisation to meet the challenges and changes outlined in my 2015-2016 report, whilst at the same time continuing to deliver high quality support and services to South Australians impacted by dementia.

I especially thank our staff and our volunteers for their commitment and dedication during this period of uncertainty. Their passion and professionalism is much admired.

In my 2015-2016 report I referred to the National Board review, which had resulted in a shared understanding to work towards the establishment of a unified national body.

The consensus of the board was this structure best positioned our organisation to meet the needs of all Australians impacted by dementia.

Your board undertook a member communication program, including mail-outs and member information sessions.

I thank you for your involvement in this program and especially for your questions and feedback as they enabled the national board to develop the best possible structure for the way forward.

The culmination was the September Special General Meeting at which our members voted unanimously to join the unified national body now known as Dementia Australia.

Again my thanks to the members of Alzheimer's Australia SA for your support.

I also thank my fellow Alzheimer's Australia SA directors who have, most correctly, been both challenging and supportive throughout this process.

I have no doubt the establishment of Dementia Australia will result in improved outcomes for South Australians impacted by dementia.

A handwritten signature in black ink, which appears to read 'Tony Newman'.

Tony Newman
Chairman

A YEAR IN REVIEW

The 2016-2017 year was a successful period of growth and development at Alzheimer's Australia SA.

Our compassionate and devoted staff provided support to meet the needs of our consumers and clients, as our services developed to accommodate the increasing demand.

Through community fundraising and the Memory Walk & Jog, funds raised contributed significantly to reducing stigma and the overall impact of dementia in South Australia.

With new initiatives including the Nightingale Nurse Service, the Cultura App and dedicated homelessness resources, Alzheimer's Australia SA continues to advocate and elevate the voice for people living with dementia, their families and carers.



Above Demonstration of smart phone and tablet app, Cultura



Above 1,300 registrants at the 2017 Memory Walk and Jog fundraiser

Below Consumers and their carers enjoying Connexus Annual Retreat



Below Younger onset dementia consumer day trip to Careship Coorong (photo of Coonalpyn silo mural)



SUPPORT SERVICES AND EDUCATION

Services and support

Nightingale Nurse

Alzheimer's Australia SA officially launched the re-brand of the palliative care program, Nightingale Nurses, at the 'International Action on Dementia' event 23 September 2016, in celebration of Dementia Awareness Month.

Nightingale Nurses are specialist nurses who use a person-centred approach to care by developing strategies which help improve and maintain a good quality of life for the person with dementia.

They provide practical one-on-one advice and emotional support to enable people living with dementia and their families to live well with knowledge, compassion and support.

Since the launch in September, the Nightingale Nurses have supported and provided care to 158 clients and their family members.



Above Rebrand of palliative care program – Nightingale Nurse

Cultura

Alzheimer's Australia SA's multi-cultural aged care smart phone application, Cultura, was officially launched nationally on 4 April 2017 offering guests a celebration of different cultures and cultural backgrounds.

The launch provided members of the public, consumers and local members of parliament the opportunity to trial the App and website.

The development of the Cultura App began two and a half years ago. It was developed by Alzheimer's Australia SA and supported by funding from the Australian Government.

The aim is to enhance the aged and health care workers and professionals' awareness of cultural differences when caring for a person living with dementia.



Above A celebration of cultures at the launch of Cultura Care App

Cultura provides culturally appropriate support and education to enable workers to better relate and communicate with individuals from different cultural backgrounds.

Since its launch, Cultura has seen excellent results with a total of 3,332 installations of the App and 5,260 visits to the web resource.

Homelessness/Substance Abuse Resource

Within the complexities of homeless health and social disadvantage, it has been imperative that we reach these communities through an outreach approach. Alzheimer's Australia SA collaborated a working arrangement with The Hutt Street Centre where we deliver a regular visiting service to assist people who are concerned about their memory changes, or who want to access a cognitive assessment or ask questions.

Our homelessness service provides an 'information hub' approach to deliver material on brain health and dementia risk reduction. This approach opens opportunity for individualised advice and support,

and one that circumvents the formal approach for an appointment to access a dementia professional. These 'hubs' have therefore been a successful way to connect and engage people who otherwise would not have access to Alzheimer's Australia SA resources and services. As well as The Hutt Street Centre, we work with and across many homelessness and housing services.

To support our presence within the homelessness community, we have developed two visually informative, user-friendly resources that people can utilise if concerned about their memory changes or when seeking a diagnosis of dementia. We also have delivered on a much-requested brochure titled "Think aHEAD" Harmful Substance use and the Brain that was developed with input and support from Drug and Alcohol Services SA and the Aboriginal Drug and Alcohol Council of SA. In 2015 we developed a DVD resource highlighting dementia within the context of homelessness which has been widely distributed across Australia.

Indigenous Sensory Garden Project

To celebrate National Aboriginal and Islanders Day Observance Committee (NAIDOC) Week, Alzheimer's Australia SA, Bunnings Mile End and The Park Terrace Community Gardens Committee partnered to develop an Indigenous Specific Sensory Garden located at Park Terrace, Bowden.

The garden was designed and developed to encourage people, especially the local indigenous community living with dementia and their carers, to work on and maintain the garden.

A combination of native plants including 'Bush Medicine', 'Bush Tucker' and sensory plants were placed in the garden to provide the ultimate memory aid and sensory experience to people in the community living with dementia.

Below ATSI Sensory Garden Project led by Dementia Link Worker Julie Karidis



Dementia Link Workers

Within the 2016-2017 financial year the Dementia Link Worker program received 2,084 referrals and provided support to people with dementia, their families and carers through a range of workshops, sessions and programs.

Our Creative Arts Program in particular has expanded and become an incredible therapeutic activity for people living with dementia. Through Creative Art Programs, Jill Bond, Dementia Link Worker, guides the individual through their emotions with the use of an art medium that they feel comfortable with. This process contributes in developing a more integrated sense of self with the goal to increase awareness, understanding and acceptance of diagnosis.

Since its premise the Creative Arts Program runs ongoing fortnightly groups at Woodcroft Neighbourhood Centre and Hallett Cove Civic Centre. Jill Bond presented and ran an Art Therapy workshop at the 9th International Arts, Health and Wellbeing conference in NSW for people living with dementia.



Above all Using art therapy to benefit people with dementia through the Creative Arts Program

Education and training

A range of Dementia Essentials and fee for service workshops were provided to professionals in the workforce wanting to learn more about understanding dementia and caring for a person with dementia.

Training provided 44 sessions over the course of the financial year. 720 persons interested attended a Dementia Essentials workshop with 611 passing the module.

During the 2016-2017 training provided 48 fee for service sessions with a total of 778 professionals, health and aged care workers attending. Due to the success of these workshops training raised a total of \$29,523.61 for Alzheimer's Australia SA.

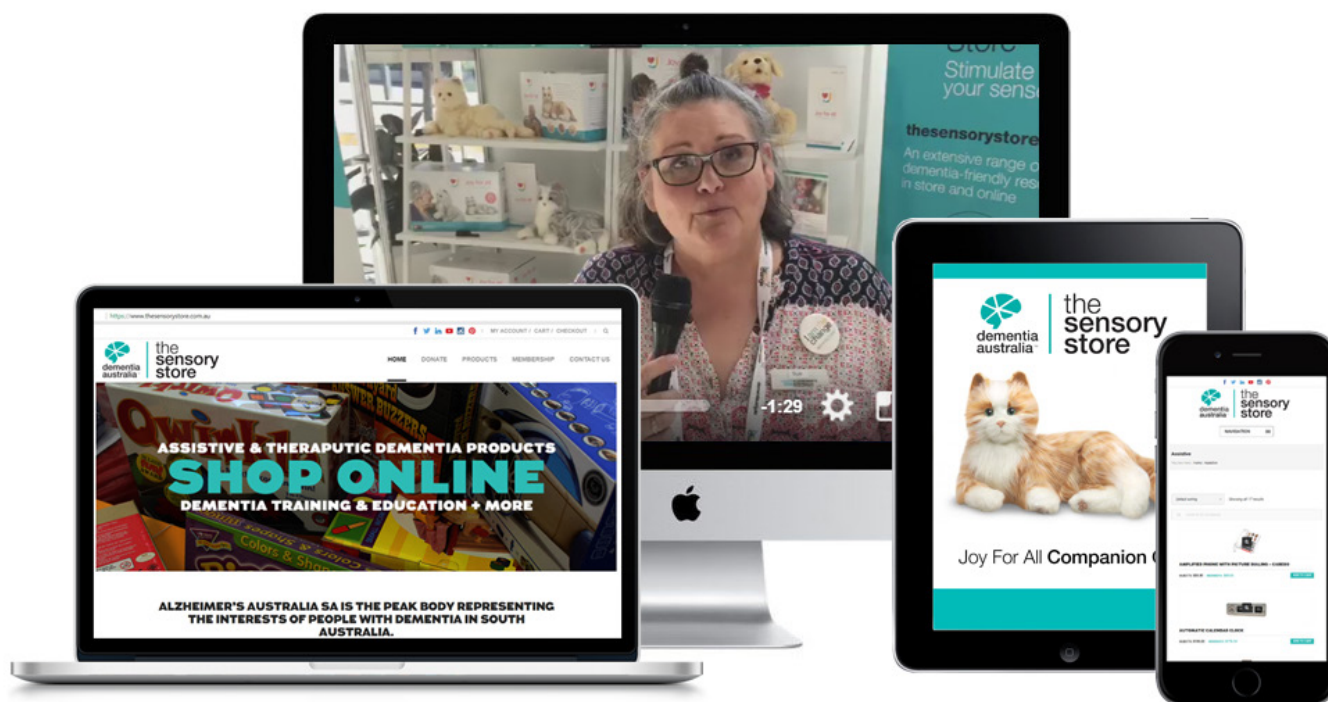
Stimulate your senses

thesensorystore.com.au

thesensorystore.com.au supports people living with dementia, their families, carers and health professionals by providing quality dementia-related resources which are both meaningful and affordable.

During the 2016-2017 financial year we have expanded the number of specialty products available to further enable people with dementia to live well with dementia.

Browse our extensive range of dementia-friendly resources in store or shop online.



South Australia Homelessness and Dementia Project

As an organisation we have an interest around diversity in dementia and in meeting the needs of communities that lie outside of the mainstream. This includes people experiencing homelessness, those at risk of homelessness and people living with significant financial and social disadvantage. Through our homelessness and dementia project we understand that there are increased risk factors for dementia within homelessness. These include multiple and chronic health impacts, physical inactivity, poor diet, head injuries, mental health illnesses, drug and alcohol use and social isolation. We also understand that significant barriers exist when accessing supports and services when people are disengaged from health providers and amongst those who have poor health advocacy. This prevents homeless people from seeking out the information, support and services that they need.

Within the complexities of homeless health and social disadvantage, it has been imperative that we reach these communities through an outreach approach and by establishing partnerships with homelessness services. For example, we have a collaborative working arrangement with The Hutt Street Centre where we deliver a regular visiting service to assist people who are concerned about their memory changes, or who want to access a cognitive assessment or ask questions. This role often acts as a conduit between people, case managers, health professionals and dementia services.

We work with homelessness services to provide a 'Brain Hub' approach to deliver information on brain health and dementia risk reduction. This approach opens up the opportunity for individualised advice and support, and one that circumvents the formal approach for an appointment to access a dementia professional. These 'Hubs' have therefore been a successful way to connect and engage people who otherwise would not have access to Dementia Australia resources and services.

As well as The Hutt Street Centre, we work with and across many homelessness and housing services such as:

- The Common Ground Project by Housing Choices
- Anglicare
- Marion Life
- Junction Housing
- Unity Housing
- Uniting Care Wesley Bowden
- Uniting Communities
- Salvation Army Towards Independence
- St Vincent's de Paul's Hostel

The project also maintains a presence within operational roundtable meetings and works to build dementia knowledge and capacity amongst homelessness workers and case managers through presentations and team meetings. Furthermore we have been making a contribution to the Flinders University research project on older women affected by domestic violence and homelessness.

To support our presence within this sector we have developed two brochures that people can use if concerned about memory changes or when seeking a diagnosis of dementia. See more on page 8 of this report.

In South Australia we are now developing a strong presence within homelessness services and this has attracted both positive feedback and increased referrals for our services. This illustrates the importance of having a flexible approach to collaborative partnering within the homelessness sector. Without the usual friends and family supports that most people enjoy, we are servicing dementia differently to meet the needs of people experiencing homelessness.

POLICY ACTIVITY

Parliamentary dementia champions

The financial year offered a number of opportunities for Alzheimer's Australia SA to continue advocating for people living with dementia at a Parliamentary level.

Uniting both sides of politics, MPs Nat Cook, Member for Fisher (Labor) and Sam Duluk, Member for Davenport (Liberal) co-hosted a morning tea at Parliament House for Parliamentarian Dementia Champions.

This event enabled Alzheimer's Australia SA CEO Kathryn Quintel to speak to more than a dozen MPs on the impact dementia has on their communities and the steps they can take to improve the quality of life for people within their communities living with dementia and their carers.



Above Sam Duluk Member for Davenport, Kathryn Quintel CEO of Alzheimer's Australia SA and Nat Cook Member for Fisher

Below South Australian Members of Parliament representing the interests of people impacted by dementia



Dementia-friendly community forums

A total of 32 parliamentarians have joined with Alzheimer's Australia SA becoming Parliamentary Dementia Champions; supporting and raising awareness in their communities about the social, economic and emotional impact dementia has on people living with dementia, families and carers.

Following on from the Parliamentary Dementia Champions morning tea, Alzheimer's Australia SA has begun rolling out community forums focused on Creating Dementia Friendly Communities with our Parliamentarian advocates.

We are in the process of organising these forums in electorates across the state, with more planned for the coming year. Thank you to the following MPs for hosting Dementia-Friendly Community forums in their electorates:

- Sam Duluk – Davenport, 7 November 2016
- David Speirs – Bright, 20 February 2017
- The Hon Paul Caica – Colton, 21 February 2017
- Steven Marshall & Vincent Tarzia – Dunstan / Hartley, 5 March 2017
- Michael Pengilly – Finniss, 7 March 2017
- The Hon Mark Butler – Port Adelaide, 16 March 2017
- Nat Cook – Fisher, 9 April 2017
- Peter Treloar & Rowan Ramsey – Pt Lincoln, 18 April 2017
- David Speirs & Corey Wingard – Bright / Mitchell, 22 May 2017
- Sam Duluk – Davenport, 26 June 2017

MARKETING, MEDIA AND EVENTS

Dementia Awareness Month – September 2016

'You Are Not Alone' was the theme for September's Dementia Awareness Month; a call to action for all Australians to learn more about dementia so that people living with the condition can feel less isolated and alone.

To celebrate Dementia Awareness Month, Alzheimer's Australia SA hosted an event on Friday 23 September to elevate awareness about dementia and the impact on people living with the disease.

'International Action On Dementia' was our biggest dementia awareness event yet with more than 700 people registered to attend. The event included the official re-brand of the palliative care program Nightingale Nurses, which provides practical one-on-one advice and emotional support to enable people living with dementia and their families and carers to live well with knowledge, compassion, and support.

A special thank you to legendary Alzheimer's Australia National Ambassador Ita Buttrose for hosting the event, and to world leader in the field of Alzheimer's disease and dementia Dr Ronald Petersen, Director of the Mayo Clinic in the U.S., for presenting on the latest in clinical dementia research and the global experience of dementia.

Thank you also to Timothy and Ann Pietsch, Kate Swaffer, Marjo Roshier-Taks, Carolyn Cranwell, and Associate Professor Mark Yates for guest speaking.

Below Alzheimer's Australia National Ambassador Ita Buttrose and Alzheimer's Australia SA CEO Kathryn Quintel at the Nightingale Nurses launch.



Memory Walk & Jog

With more than 1,300 people registered, the 2017 Adelaide Memory Walk & Jog became the largest dementia fundraising event ever hosted by Alzheimer's Australia SA.

Participants raised more than \$110,000 in funds. This level of generosity and enthusiasm towards our cause goes a long way in helping to ensure that our vital services continue.

Thank you to Angus O'Loughlin for his efforts as MC, to Jane Doyle for presenting our top fundraisers and race winners with prizes, and to fitness expert Nadia Boffa for warming-up our walkers and runners.

A big thank you to Channel 7, Hit107, FIVEaa, Kwik Kopy Norwood and the City of Holdfast Bay for sponsoring the event.

Special thanks go to Kylie Fleming and Stephanie Veloudis for taking photographs at the event and for covering the Memory Walk & Jog across news media.

We would like to acknowledge all volunteers and staff who worked hard to make this event such a success. Without your outstanding effort and dedication, the event simply would not have been possible.

Planning for the 2018 Memory Walk & Jog is already under way, with the fundraiser returning to Colley Reserve, Glenelg Sunday 18 March 2018.

Registrations via – memorywalk.com.au



Above And they're off! Memory Walk & Jog participants running the race against dementia

Below The Hon Mark Butler MP and Alzheimer's Australia SA CEO Kathryn Quintel,

Below Al the Elephant hitching a ride



Mindful of dementia day – Port Lincoln

On Wednesday 19 April 2017, Alzheimer’s Australia SA hosted ‘Mindful of Dementia Day’ in Port Lincoln – a day providing empowerment, appreciation and support for people living with dementia their families and carers.

The event opened with the launch of our new mobile Cultura App, followed by a Creating Dementia Friendly Communities Forum providing information, advice and an opportunity to ask questions about what makes a community dementia-friendly.

The day featured renowned guest speakers Associate Professor Mark Yates and Associate Professor Michael Woodward along with Alzheimer’s Australia SA CEO Kathryn Quintel, Deputy Mayor of Port Lincoln Neville Starke, Peter Trealor MP, Rowan Ramsey MP, and Alzheimer’s Australia SA consumer and dementia advocate Ian Gladstone. Thank you to all who attended.



Above Attendees browsing dementia-friendly expo displays

Below Consumer Ian Gladstone, Associate Professor Michael Woodward and Associate Professor Mark Yates



Above Associate Professor Mark Yates speaking to Southern Cross News in Port Lincoln

8th Annual National Dementia Conference

The 8th Annual National Dementia Conference brought together senior level experts to discuss the future challenges and opportunities which relate to the implementation of an ongoing national framework for dementia services.

Topics covered at the conference included improving care and recognition of dementia, insights into the hospital dementia experience, and the need to invest more funding into both research and support.

Thank you to Alzheimer’s Australia SA CEO, Kathryn Quintel for hosting this two-day event. Additional thanks go to Maree McCabe, CEO at Alzheimer’s Australia, for attending and representing the interest of all Australians impacted by dementia.

Below Senior level dementia experts discuss the ongoing national framework for dementia services at the conference



COMMUNITY FUNDRAISING

In the 2016-2017 financial year an estimated \$50,000 was raised by members of the community for support services for people living with dementia, their families and carers.

Some of our major community fundraisers included MGA Whittles which raised \$8,700 through their workplace giving foundation, SA Power Network Employee Foundation which raised \$10,100 for the Nightingale Nurse Palliative Care program and a committed donor, Gerhard Huebner, who donated \$12,000 as a final legacy to the organisation.

Thanks to the Lions Club of Glenside, an incredible \$15,000 was raised through their Annual Art Show with all proceeds going to Alzheimer's Australia SA.

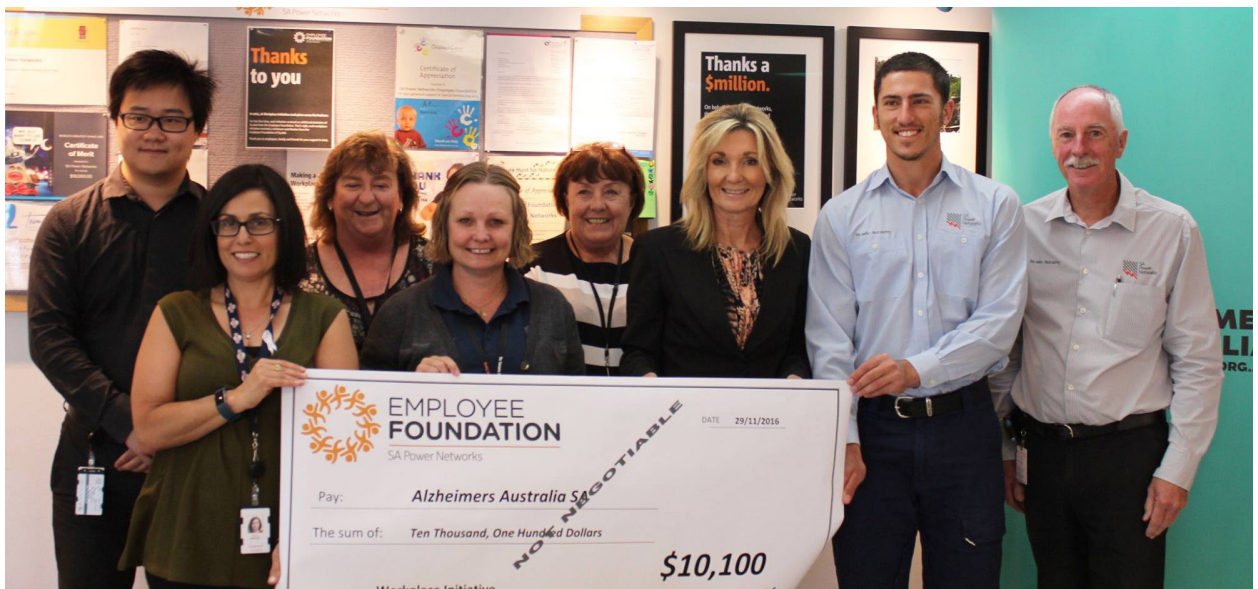


Left Manager of Community Services at Alzheimer's Australia SA Rajiv Chand accepting a generous donation from MGA Whittles

Below John Varcoe donating on behalf of the Lions Club of Glenside to support services



Below Alzheimer's Australia SA CEO Kathryn Quintel accepting an incredible donation from SA Power Network Employee Foundation to assist Nightingale Nurse Service



OUR VOLUNTEERS

Volunteers at Alzheimer's Australia SA are an integral part of the organisation and the contribution made over all areas is valued and appreciated.

During National Volunteer Week (8-14 May 2017), Alzheimer's Australia SA hosted a celebration to acknowledge the generous contribution of our wonderful volunteers.

These incredible individuals devote their time and efforts ongoing to aid delivery of valued services and support for people living with dementia, their families and carers in South Australia.

If you are interested in joining Alzheimer's Australia SA and donating your time, you can learn more about volunteering via our website – dementia.org.au/volunteering/sa

Below Sue Severino, her mum Pam and Ashley Williams enjoying morning tea



Above Alzheimer's Australia SA Vice Chairman Tim White having a laugh with consumer and carer Timothy Pietsch



Above Raelene and Malcolm Pfeiffer accepting their certificates of appreciation from Alzheimer's Australia SA Chairman Tony Newman

Below Kim Formosa and Alzheimer's Australia SA consumer Ann Pietsch



Above A small thank you recognising the valuable contribution our volunteers have made