

**UNDERSTAND ALZHEIMER'S
SUPPORT AUSTRALIA**



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

**UNDERSTAND ALZHEIMER'S
SUPPORT AUSTRALIA**

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CHAIR'S REPORT



This past year has been one of great change for the organisation as a whole. As always the Tasmanian team has continued its unwavering commitment to people with dementia and their families living across the state. Tasmania has to contend with not only economic and government influences in our contracts and funding requirements, but the issue of rurality. We have maintained a presence across even the most remote areas.

Throughout the year we had auditors onsite for the registered training organisation and I am pleased to advise that the feedback was very positive. We also had some re-organisation of the management team. A special thank you to Tony Reidy for his leadership over the year.

During the year we welcomed The Hon Michael Ferguson, Minister for Health, for a visit and to review the respite services provided.

Thank you to my fellow board members, who give their time voluntarily. You have been a great support to me personally and always have the best interests of the organisation in everything you do.

Amanda Quealy

Chair
Alzheimer's Australia Tas

OUR PEOPLE

Throughout 2016 – 2017 Alzheimer’s Australia Tas employed nearly 50 staff around the state in a diverse range of roles. This includes a respite support worker, counsellor, dementia adviser, creative artist, administrative support worker, educator, psychologist, receptionist, utility officer, group facilitator, team leader and hospice support worker. All played a vital role in our continued success in delivering services and providing support to people living with dementia and their carers and families.

Working alongside our dedicated staff are equally dedicated volunteers. Throughout 2016 – 2017 Alzheimer’s Australia Tas has been very fortunate to have the care and support of three dedicated volunteers to assist with various duties within our organisation. Each volunteer has been with Alzheimer’s Australia Tas in excess of seven years.

Gary Hay assists by scanning and registering all invoices and other documents required for auditing purposes. He is also solely responsible for managing the library stock and assists our

members when books are borrowed. In addition, Gary also helps with laminating in the Sensory Merchandise area. He has provided wonderful administrative support for many years and both his loyalty and skills are greatly appreciated.

Sally Edwards plays a huge part in our Sensory sales as she alone puts together each and every Montessori kit that is sold. Each kit comprises over 20 sensory activities with some taking multiple hours to compile. The Montessori kits are a very popular item within our sensory sales area. Without Sally volunteering her time to create the kits to fill our orders, we would find it increasingly difficult to keep up with demand.

Marie Magill began attending our Friday Choir group as a loving partner seven years ago. She soon fell into the role as a volunteer when she realised the choir master needed some assistance with such a large group. Marie has a passion for helping those in need and for singing. Like all volunteers and staff, Marie is a highly valued member of our small but extraordinary team.

Below Staff, carers and clients with The Honourable Elise Archer Minister for Justice, Corrections, Environments, Parks and Arts and Member for Denison (third from the left in the front row)



SERVICES

LAUNCESTON DAY RESPITE CENTRE, DAY CLUB NORTH

Day respite for people living with dementia is provided from Monday to Friday in Launceston's Day Club. The Thursday club is reserved especially for clients living with younger onset dementia (YOD). While the Day Club bus picks up the majority of clients, those clients who drive themselves or who are transported to the centre by carers or community transport typically arrive around 8:00 am and leave around 4:30pm.

Each day, activities are chosen depending on who is attending. We always attempt to match the activities to what is suitable and enjoyable to each person's needs. Some of the activities enjoyed by clients this year included clay work, indoor golf, art, ball games, bingo (an old favourite), and memory cards that encourage conversation around the table. On occasions clients also enjoyed short outings to a local park followed by ice-cream – a treat we all enjoy.

Our garden, with raised beds where we grow vegetables for the centre kitchen, has continued to be popular with our keen gardeners as they plant, water, weed, then pick the fruits of their labour to be enjoyed by all for lunch. Fruit trees planted earlier in the year have been bearing fruit and it's been wonderful to see clients occasionally pick a piece of fresh fruit off a tree and enjoy one of life's and nature's simple pleasures.

Importantly, at Day Club we continue to embrace clients who wish to help staff with various duties including preparing morning teas and preparing vegetables for lunch.

One highlight of Day Club North 2016-2017 was the creation of our 'Seek and Find Tree' which everyone contributed to. The idea was to find and name as many things as you could in the tree. This project was a great success with our clients and lots of fun.

Another highlight was our 2016 Christmas party. It was a great day for clients, carers and staff who came together to celebrate the festive season while also letting their hair down on a very busy and bustling dance floor.



Above John making a jigsaw puzzle

Hobart Vicarage Respite Centre

The Vicarage in Hobart has had a very busy and productive 2016 – 2017 with all day clubs, Monday through to Saturday, running near to capacity. Regular enquiries and referrals mean we have had waitlists which we have managed as soon as we have been able. Our overnight respite continues to provide support to people living with dementia and their families with six rooms available for overnight stays, five days a week.

The needs of some clients attending the Vicarage have changed with the growth of the Commonwealth Home Support Program enabling people to live more independently in the community. We have responded to an increase in demand for our community respite services from people with higher care needs by adjusting our staffing levels to provide adequate support.

The Vicarage continues to support its funding partners, such as Parkside, in sub-contracting the services of the Vicarage for the use of the Cottage Overnight Respite. These partnerships enable us to offer respite to a number of carers who had not yet accessed these services, carers who were financially disadvantaged and those in need of emergency overnight respite.



Above Graham making a jigsaw puzzle



Above John making a gift for his wife

On average, 13 families per month are supported through overnight respite and many more access the Day Club. Feedback from these families highlights how vital these services are for supporting families to keep on caring in the community.

“The warmth of the staff, the homeliness of the Vicarage, as well as home cooked meals all combine to make respite seamless.”

For Bill (name changed), who is living with dementia, the service and support provided through the Vicarage has enabled him to remain living at home. “This dementia means we are both on a journey. Having others understand the challenges we face makes the journey richer rather than one of desperation.”

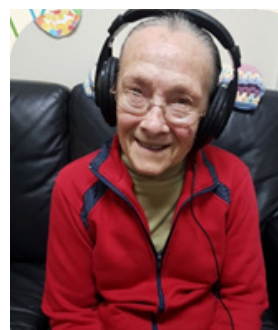
“Wonderful staff and wonderful care.”

“I feel that my husband is well cared for when having overnight respite. A bit of a lifesaver for me!”

“A great big thank you as I don’t know how I would have coped without all your help and information.”

Community involvement is welcomed at the Vicarage. This year we were approached by a carer whose mother attends overnight respite. As a school project, her primary school age son,

Austin, interviewed clients about the types of music they enjoy, recorded, set up music for each individual on an Ipad which he then donated to the Vicarage.



Austin’s grandmother, seen left, is enjoying her personalised session of classical music.

Some of the activities we have facilitated this year are pottery, beading, art therapy, card making, cooking and many other meaningful activities.

‘Singing from the Heart’ choir continues to meet once a week to rehearse and has visited four residential care facilities to perform. The choir was also invited to sing at the end of year Christmas Carol service at St John’s Church New Town.

As always, clients are involved in many activities as part of the wellness and re-enablement approach. Activities are planned with participants and delivered with a balanced approach between supporting self-expression and encouraging stimulation, while at the same time, being failure free.

SERVICES

LAUNCESTON DAY RESPIRE CENTRE, DAY CLUB NORTH



Above Pizza prep!

Fundraising continues with making Christmas puddings ranking high on our list of most popular activities. The clients help at every stage, from making the pudding to wrapping and decorating the finished product.



Above Feeding the salmon (Salmon Ponds) – New Norfolk

We appreciate the many ways people support the work we do. We expect to see more positive benefits as a result of our future unification, under Dementia Australia, as together we support a larger profile and reach. We also look forward to working towards the expansion of our services, and to meeting the ever-increasing demand for person-centred, meaningful and flexible provision of services for people and their families living with dementia.



Above Watch your pockets!



Above Functional and beautiful!

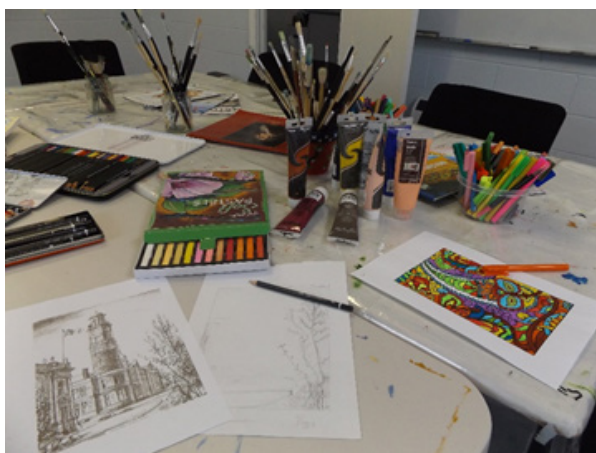
CREATIVE WELL

Creative Well is a creative arts group for people living with dementia. The group meets every Tuesday at Alzheimer's Australia Tas at our Newnham premises.

We have a strongly-held belief that everybody is creative. We provide the opportunity for people living with dementia to find new ways to connect with the world around them. Attendees discover, explore, and develop their creativity through art using a variety of artistic forms including drawing, painting, mosaics, beading, writing and music.

Creative Well is a great setting for clients to socialise, form new friendships, have a laugh, enjoy being creative, and appreciate each other's works of art. As a group, we also visit art exhibitions from time to time. Activities are directed by the clients in the group.

Throughout 2016 –2017, up to eight clients have been attending on a regular basis. The clients' artwork is exhibited throughout the centre. This year the clients also exhibited in the Well Ways - Minds do Matter art exhibition at the Queen Victoria Museum and Art Gallery. As a group we visited the exhibition, and the artists were proud to see their artwork displayed in a very public setting. One of the client's artwork was selected for the Road Show Exhibition which visited country towns around the state.



Above and left Artwork from Creative Well

ARTIST IN RESIDENCE PROGRAM

The book **Badgers and Porcupines** was launched in early September to a packed house in Hobart. It is a collection of art and stories produced by the Monday Mob – a group of people living with younger onset dementia, and the artist in residence program run by Michele Wilkie with writer in residence, Rachel Edwards.

It includes stories from a young writer and a fabulous essay by Steve Lambie, one of the group participants. Steve's essay explores the notion of memory and recounts, in detail, a rock concert he attended in the 1970s.

The book and the launch received media coverage on Southern Cross TV and ABC state-wide radio and also resulted in Steve being invited back to the ABC to talk about his memory in music. It was launched by The Honourable Elise Archer MP, at the time Speaker of the House of Assembly, and recently appointed Minister for the Arts. Ms Archer spoke with passion about the importance of arts in the dementia space and told the audience at the Moonah Arts Centre that her mother had recently been diagnosed with dementia.

The excitement of the Monday Mob was palpable throughout the program, and heightened at the launch. They were able to celebrate their lives and their achievements through art with friends and family, while at the same time, putting dementia and their creative talent in the media spotlight.

The book sells for \$20. It is an amazing resource for those working in the creativity and wellbeing space and beautifully showcases the stories and art of people living with dementia.



ART ROCKS!

Our Zentangle for Carers group has continued again this year. The Zentangle Method is an easy-to-learn style of drawing using repetitive patterns. Following a Zentangle lesson at a carers' retreat, a small but keen group of carers has been consistently supporting the Zentangle for Carers group. During the first hour of the session a number of 'tangles' (repetitive patterns) were taught to the participants who were then able to take what they had learnt and spend the second hour of the session constructing their own Zentangle 'tile' (3 1/2" x 3 1/2" cardboard square) from their tangle repertoire. Carers find Zentangle to be a focused, fun, and relaxing activity.