

ROCKHAMPTON DEMENTIA SUPPORT CENTRE

NEWSLETTER OCT/NOV 2016

Volunteer Leader's Welcome

Well, that's Dementia Awareness Month done & dusted! Hopefully, many people living with dementia, and their carers, clearly heard the message *'You are not alone'*. As awareness and information about dementia increases, so too is the hope of finding treatment and even a cure. In the meantime, we can offer support and encouragement to those traversing the difficult journey of dementia. Having just returned from a lovely holiday, it is a good reminder of the importance of self-care and respite, especially for carers.



Judy Nutley, Volunteer Leader, DSC, above with trusty friend & volunteer, Marlene McCaig

Continuous Learning

As promised, here are the SEVEN RISK FACTORS FOR DEMENTIA that our volunteers learnt about in the Preventing Dementia MOOC:

"Seven major factors that we can be confident are linked to risk of Alzheimer's disease are **diabetes, midlife hypertension, midlife obesity, physical inactivity, depression, smoking, and low educational attainment**. Each is potentially modifiable, and research indicates that addressing these seven risk factors could potentially prevent around a third of Alzheimer's disease cases."

Hmmm Food for thought!!

Carers Support Groups

WHERE

WHEN

Capricorn Coast Hospital & Health Service
8 Hoskyn Drive,
Hidden Valley, Yeppoon

Support Group
First Tuesday of each month,
1:00 - 3:00pm

Rockhampton DSC
238 Richardson Road,
North Rockhampton

Coffee & Chat
First Wednesday of each month,
10am - 12pm

Rockhampton DSC
238 Richardson Road,
North Rockhampton

Support Group
Third Wednesday of each month,
10am - 12pm

Rockhampton DSC
238 Richardson Road,
North Rockhampton

Men's Support Group
Third Wednesday of each month,
10am - 12pm

DSC OPEN DAY

Thank you to those who attended our Open Day and sausage sizzle on Wednesday 21 September, World Alzheimer's Day. It was a great opportunity for people to connect with others experiencing similar circumstances i.e. caring for, or experiencing, various degrees of dementia. We had some fun games, a nice BBQ and great company!



New members, Greg Oberg and his mother Jean, created some personal stress balls, with the help of CQU Speech Therapy student Tahlia.

Speech Therapy students from CQU, Tahlia and Reegan, joined us with a couple of fun but meaningful activities for everyone to do. As well as making the above stress balls with balloons, flour, rice or birdseed, participants also painted some 'leaves' to attach to the *Feeling Tree*. The idea was to use colours that represented your current mood. And what a beautiful tree growing in the Centre! It will be an ever-evolving work of art that members and visitors can continually add their 'feeling leaves' to. Thank you girls for helping make our Open Day extra special; and thanks to Judy Broadhurst (supervisor) for arranging it all.



CQU Speech Therapy students Tahlia (L) and Reegan (R) admiring the 'Feeling Tree' they facilitated with the help of our members and volunteers.

NEWS + EVENTS + FUNDRAISING

FIGHT ALZHEIMER'S
SAVE AUSTRALIA
FIGHTDEMENTIA.ORG.AU

DATES & EVENTS

WEDNESDAY 19 OCTOBER

Rockhampton Support Group +
Men's Support Group

THURSDAY 20 OCTOBER
Introduction to Dementia

SATURDAY 19 NOVEMBER
Family Carers Course

WEDNESDAY 23 NOVEMBER
Considering Residential Care Course

TUESDAY 1 NOVEMBER
Yeppoon Support Group

WEDNESDAY 2 NOVEMBER
Rockhampton Coffee & Chat

WEDNESDAY 16 NOVEMBER
Rockhampton Support Group +
Men's Support Group

THURSDAY 24 NOVEMBER
*Rockhampton D Café

FRIDAY 25 NOVEMBER
*Yeppoon D Cafe

*RSVP D Café - 1800 786 227 or info@suncare.org.au



Volunteers Marilyn Williamson, Judy Nutley, Edna Barnes,
Marlene McCaig (not in photo: Sue Henwood)

DEMENTIA AWARENESS MONTH EXPOS

Our stalls at Gladstone, Rockhampton (Stockland) and Emu Park were busily attended, spreading the word about dementia, ways of prevention and available support. Thanks to the volunteers who gave their time.

DATES & EVENTS

Volunteer Mary Gray
talks to Emu Park
local, Peter Brown
about dementia



RED CROSS EMERGENCY REDIPLAN

Just a reminder for everyone to complete your **Emergency RediPlan** in preparation for unforeseen emergencies. Especially with erratic weather becoming more frequent. If you haven't got your booklet to fill in (which we **strongly encourage** you to do!) they are available from Red Cross or online at redcross.org.au/prepare. It's an excellent initiative and resource!!



EDIE - EDUCATIONAL DEMENTIA IMMERSIVE EXPERIENCE



Alzheimer's Australia Vic is proud to announce the launch of a new virtual reality smartphone app that will enable people to see the world through the eyes of a person living with dementia. Welcome to EDIE's world .

The app, **EDIE**, (Educational Dementia Immersive Experience, pronounced Eddie) aims to build empathy in the user for people living with dementia. Used in a comprehensive training program for health and aged care sector professionals, it can ultimately improve the quality of life of people living with dementia in their care. It explores a moment in time as EDIE, a person who has a diagnosis of dementia and faces the difficulties experienced undertaking the simple activities of daily life.

The EDIE app is now available free on iTunes and Google Play. EDIE Google Cardboard headsets are available for purchase for \$15.00 at Alzheimer's Australia Vic or by calling the National Dementia Helpline on 1800 100 500.

THANK YOU to everyone who responded to our newsletter survey! Your opinion was greatly appreciated and will help us decide on future communication directions. We'll keep you posted (pardon the pun!)



CONTACT US

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NATIONAL DEMENTIA HOTLINE
1800 100 500
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