



A publication of
Alzheimer's Queensland.

Dementia Matters

In this edition...

- Alzheimer's Queensland – A Good News Story
- Reducing Dementia Risk Factors
- Hypertension
- Obesity
- Diabetes
- Physical Inactivity
- Smoking
- Alcohol intake
- Life-long learning and Socialisation
- Mild Cognitive Impairment
- Depression
- Sensory Loss
- Head Trauma
- Care for the Carer
- Join our Tai Chi Groups!



Join our Tai Chi Groups!

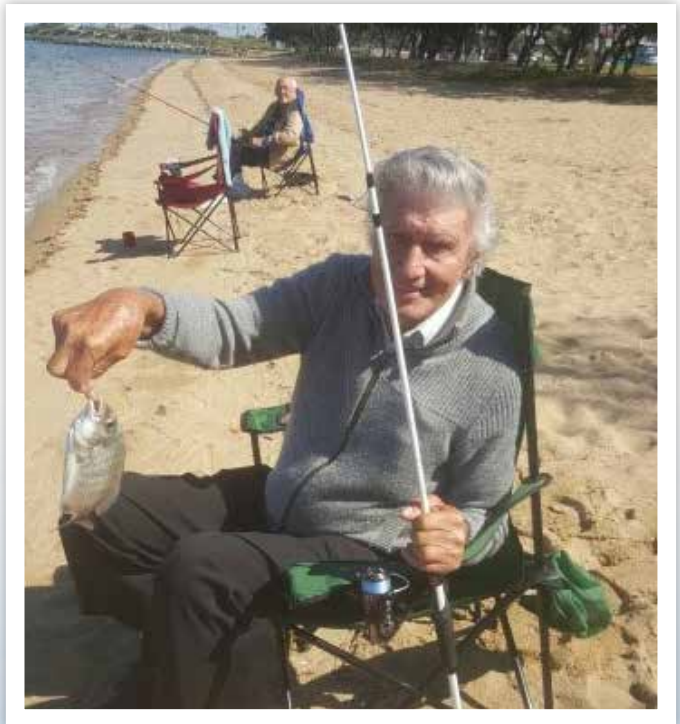
Alzheimer's Queensland has recognised the benefits of Tai Chi and has supported a number of staff to become Tai Chi for Arthritis and Falls Prevention instructors. Programs are currently rolling out across South East QLD and will be focused on the Sun style of Tai Chi, which is suitable for people with various health conditions. The practice of Tai Chi can help you develop a sense of tranquillity and balance by teaching you to cultivate your inner energy (or "Qi Gong") through controlled movement.

With respect to dementia, research is limited at this stage however we do know that Tai Chi offers the following protective factors: learning a new skill, improving physical well-being and enhancing social interaction. There is evidence also that Tai chi may also address some of the risk factors for dementia

such as reducing blood pressure and improving control of diabetes.

Alzheimer's Queensland instructors' aim is to teach Tai Chi safely, using modified moves and a "stepwise method" of training developed by a general practitioner Dr Paul Lam. Our overall goal for the programs will be to improve confidence for moving and walking, reduce fear of falling and provide participants with a set of skills that can also help manage pain and stress. The program will be open to the general public including carers and people living with dementia.

Please phone 1800 639 331 to discuss your participation.



Care for the carer

Alzheimer's Queensland promotes early detection and intervention strategies in relation to dementia through their education sessions, 24hour Dementia Advice Line (1800 639 331) and the community and residential care services which they provide. Individualised support for the person living with dementia involves also supporting their carers. By incorporating healthy lifestyles and reducing the

risk factors, the health and quality of life of the person with dementia, their support network and communities can be promoted.

Alzheimer's Queensland prioritises building and maintaining the skills, knowledge and the autonomy of carers and people living with dementia to manage risk, have a capacity for change and plan future options.



Alzheimer's Queensland

Alzheimer's Queensland is Queensland's largest not-for-profit community organisation whose primary aim is to maintain the quality of life of people with dementia and their caregivers. We support the desire of most people to remain living in their own home as long as possible and assist families and caregivers to facilitate this.

We aim to do this by offering the following:

Statewide Information, Education and Support Services:

- 24 hour 7 days per week professionally staffed Advice Line (ph: 1800 639 331)
- Community education
- Library resources
- Interactive website at www.alzheimersonline.org
- Professional education
- Family carer education
- Support groups – face to face and telephone support groups
- Individualised support
- Fact sheets and specific information requests posted as required
- Dementia Matters newsletter

Alzheimer's Queensland

47 Tryon Street

Upper Mt Gravatt Qld 4122

Telephone: (07) 3422 3000

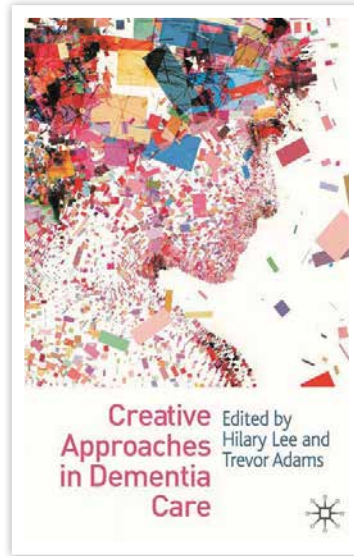
Fax: (07) 3343 2557

Email: helpline@alzheimersonline.org

Website: www.alzheimersonline.org

Dementia Advice line: 1800 639 331

New Books in Alzheimer's Queensland Library



Creative Approaches in Dementia Care Edited by Hilary Lee and Trevor Adams. (2011). Palgrave Macmillan, New York

A practical focus on therapies which can enhance interactions with people living with dementia creating meaningful opportunities for self-expression and promoting emotional, physical and psychological wellbeing.

Alzheimer's Queensland – a Good News Story.

A day cruising on Moreton Bay brought back many memories for 5 clients who attend Alzheimer's Queensland Gordon Park Day Respite Centre.

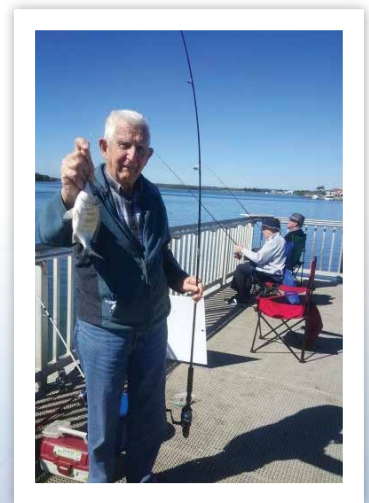
Noel has owned his own yacht and was part of the crew for the Sydney to Hobart Yacht race on a number of occasions. Noel's highlight for the day was when he was able to take control of the yacht and have a turn at steering.

John was in the navy for 6 years and worked as a deep sea diver. When John married his wife Norma, they would holiday on Norma's family houseboat every Christmas. While peeling prawns, John had many questions about boat speeds, fish types and surrounding islands.

While in the British Army, Bob was posted to Saudi Arabia in a peace keeping role and was on-board a ship for a time. Bob also has memories of his 6 week voyage when he migrated to Australia. He has built model boats and helped his friend build a sailing boat. Bob enjoyed some fishing on the trip.

Richard also has a rich boating history so his day on the water resulted in him smiling all day. Tom has always had a love of the ocean, being a foundation member of the Tallebudgera Life Saving Club. He enjoyed a game of cards on board.

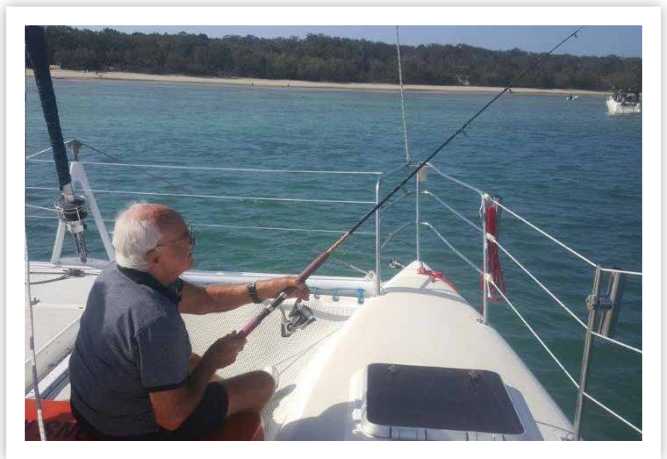
All agreed it was a really great day.



Reducing Dementia Risk Factors

Dementia is the second leading cause of death in Australia and is not normal ageing. However, 80% of people with dementia are over the age of 75 years. There are many different conditions that cause dementia including the more common causes such as Alzheimer's disease, Vascular Dementia, Mixed Dementia, Frontotemporal Lobe Dementia and Lewy Body Dementia. There is no cure for dementia but action can be taken to reduce the risk of cognitive decline and dementia.

There is now evidence that lifestyle changes can assist to delay the onset and progression of dementia. Included among the recommendations are ensuring that diabetes and cardiovascular risk factors are addressed. Assessment and management of interrelated risk factors such as hypertension, obesity, physical inactivity, smoking and blood sugar levels are encouraged. Addressing these issues in mid-life (45-65 years) is highly recommended with ongoing monitoring as we age.



Hypertension

Which is linked to cognitive decline may be controlled by diet, exercise, limiting alcohol, stress reduction, medical review and adhering to recommended medication regimes to avoid complications such as coronary heart disease, stroke, or kidney disease.

Obesity

In 2014-2015, 2 in 3 Australian adults were obese or overweight. Mid-life obesity is strongly associated with an increased risk of dementia. A Mediterranean diet is recommended to maintain healthy brains. This diet includes fruits, vegetables, whole grains, beans, potatoes, nuts, olive oil and fish. It is recommended that foods high in sugar and trans-fats are avoided e.g. fried and fast foods, snack foods. Red meat, poultry and whole-fat dairy foods should not be a regular part of a Mediterranean diet.

Diabetes

Diabetes is a risk factor for strokes and dementia and diabetes is increasing in prevalence. Stroke is the 2nd leading cause of death for a person with diabetes. Reducing modifiable cardiovascular risk factors such as hypertension will reduce the risk of stroke and also dementia. The risk of repeated hypoglycaemia (low blood glucose) increases in the elderly and can contribute to cognitive decline. Regular eating habits, healthy lifestyles, medication reviews to reduce polypharmacy and to manage chronic illnesses including renal and hepatic (liver) impairment will reduce the risk of hypoglycaemia. For people who have both mild cognitive impairment and diabetes the risk of dementia increases. For people with multiple physical illnesses the risk of dementia also increases.

Head trauma and Dementia

Currently there is no conclusive evidence that contact sports such as football and boxing

increase the dementia risk significantly although a link to Parkinson's Disease and Lewy Body Dementia may exist. With larger numbers playing these sports, modifying rules and guidelines to reduce repeated concussion and head injuries should reduce any risk of future cognitive decline.

Physical inactivity

Regular exercise both recreational and non-recreational is a low cost way to lower the risk of cardiovascular events and mortality. A minimum of 30 minutes a day of moderate exercise with a medical approval is recommended for older Australians. Higher levels of physical activity does appear to further increase any benefits including improved cognitive function.

Alcohol intake

Due to the associated risk of falls with alcohol consumption and the risk of vitamin deficiency and cognitive decline associated with long term heavy alcohol intake, only a low alcohol intake is advisable.

Smoking

There is evidence that smoking increases the risk of cognitive decline and dementia and cardiovascular events such as stroke and coronary heart disease.

Life-long learning and Socialisation

Other action to enhance well-being, maintain good cognition and function and also relieve carer stress, anxiety and depression may include socialisation, leisure activities and life-long learning. A lower risk of dementia has been linked with higher socioeconomic groups and higher education. To be sustainable over time, these recommendations need to reflect valued social roles, interests and activities which bring pleasure and reward to individuals. However the life story of people with dementia continues and new interests can develop. Social isolation and loneliness may be more common among those living alone such as those widowed, divorced or single or belonging to minority groups

Mild Cognitive Impairment – A risk factor

Mild Cognitive Impairment effects one fifth of people over 65years of age. Their previous level of cognition has changed but the person can still complete activities of daily living independently and the person does not necessarily go on to develop dementia. Healthy diets, exercise, controlling diabetes and encouraging socialisation and cognitive stimulation may reduce risk.

Depression, anxiety, apathy, irritability

may be indicators of mild cognitive impairment or future dementia. Identification, accurate diagnosis and management of these symptoms may contribute to maintaining a more healthy brain.

A history of exposure to air pollutants near busy roads and sleep disturbances may be associated with an increased risk of cognitive decline. Assessment and treatment of insomnia and breathing disorders is also recommended together with the implementation of good sleep hygiene practices.

Sensory loss

32% of people over 55years of age have hearing impairment. 80% of people over 85yrs have age related hearing loss which makes socialisation difficult. However, memory impairment may not be related to hearing loss only. Alzheimer's Disease has a gradual onset and early identification is challenging but hearing loss may potentially be an early warning sign. Hearing and vision impairment should be thoroughly assessed as it may be related to changes to those parts of the brain responsible for processing and interpreting the information received from the eye or the ear. Vision and hearing impairment increases the likelihood of social isolation and depression. Normal age-related degenerative eye diseases such as macular degeneration, glaucoma and cataracts need to also be assessed and monitored to ensure optimal sensory (hearing and vision) input for the person living with dementia.



Pin on your notice board

Alzheimer's Queensland Services and Contacts

www.alzheimeronline.org

Dementia Advice Line

1800 639 331

Open 24 hours a day, 7 days a week.

Free call from landline and public phones.

Or email: helpline@alzheimeronline.org

For information and emotional support for people with dementia, families, friends and staff. The

Advice Line has a database of services in Queensland to provide information and referrals.

Call for free information

e.g. fact sheets or brochures to be mailed out.

AQ Rehab

In home - Physiotherapy

Occupational Therapy

Speech Therapy

1800 180 023

Care Services

Brisbane North, Brisbane South, Ipswich, Toowoomba
Seven days per week including:

- Personal Care; Domestic Assistance
- Social Support; Transport
- Allied Health Assessments
- Respite - Centre-based – day, overnight or emergency
- Respite for Working Carers
- Home Maintenance

Multi-Service Respite Centres located at:

- Gordon Park; Mt Gravatt; Ipswich; Toowoomba

Residential Aged Care located at:

- Garden City Aged Care Services, Upper Mt Gravatt
- Rosalie Nursing Home
- Windsor Aged Care Services

Home Care Packages at:

- Brisbane South
 - Logan River
 - Brisbane North
 - West Moreton
 - Darling Downs
-

Call the Advice Line for vacancies for Home Care Packages and for Residential Aged Care both permanent and respite.

Carer Support Groups - 2018

Provide information and support for those caring for a friend or family member with dementia. Please phone 1800 639 331 for more information, or to be placed on the mailing list.

- **Toowoomba:** First Monday of month: 9:30am – 11:30am
Park Motel, 88 Margaret Street, Toowoomba 5 Feb, 5 March, 9 April (due to public holiday), 14 May (due to public holiday), 4 June
- **Toowoomba Men Only:** 11:30-13:30 (includes lunch)
For venue and Dates please contact 07 4635 2966
- **Ipswich:** Third Wednesday of every month: 10:00am – 12 noon
Calvary Baptist Church, 83 Cherside Road, Ipswich 17 Jan, 21 Feb, 21 March, 18 April, 16 May, 20 June
- **Newmarket:** First Thursday of month: 10:00am – 12 noon
LifeTec, Corner Enoggera & Newmarket Roads, Newmarket 4 Jan, 1 Feb, 1 March, 5 April, 3 May, 7 June
- **Redcliffe:** First Thursday of month: 2:00pm – 4:00pm
Redcliffe Library Meeting Rooms, 476 Oxley Ave, Redcliffe 4 Jan, 1 Feb, 1 March, 5 April, 3 May, 7 June
- **Mt Gravatt:** First Friday of month: 10:00am – 12 noon
47 Tryon Street, Upper Mount Gravatt 5 Jan, 2 Feb, 2 March, 6 April, 4 May, 1 June
- **Garden City Evening:** 6:00pm – 7:00pm
52 Khandalla Street, Upper Mount Gravatt 21 Feb, 16 May, 16 Aug, 21 Nov
- **Gordon Park Evening:** 6:00pm – 7:30pm
45 Shamrock Street, Gordon Park 17 May, 16 Aug, 18 Oct.
- **Qld-wide Telephone Support Group:** Last Wednesday of month: 1:00pm – 2:00pm
AAQ organises telephone link-up at no cost to members 31 Jan, 28 Feb, 28 March, 18 April (due to Public Holiday), 30 May, 27 June

For further details or to register please contact the Alzheimer's Queensland Dementia Advice Line 1800 639 331

