

CONNECT

MEET MEL!

Mel Williams is our newest Dementia Advisor.

"I am an Occupational Therapist, and I previously worked on the health of older persons ward at Kenepuru Hospital. My main role there was to prevent people from going into residential care, and I worked with people living with Parkinson's, dementia, stroke, hypoxic brain injury, and general frailty. I also covered the orthopaedic and surgical ward. I have a special interest in dementia and delirium care and the management of a delirium in a changed environment like a hospital admission. I am really looking forward to meeting new clients, and working with people in their homes and in a community setting."



LIVING CREATIVELY

Rob King is a brilliant example of someone truly living well with dementia, staying active and engaged in his community and continuing to pursue his passions.

He is a successful water-colour painter and poet; Rob recently had his paintings in Tapu Te Ranga art gallery in Island Bay, and in March a collection of his poetry will be published through Makaro Press.

In addition to his creative pursuits, Rob also enjoys a rather packed social calendar - there's Film Society movies on Monday evenings, the lunchtime concerts in town on Wednesdays, swimming and cycling, spending time with his grandson, going to the Younger Onset Dementia group twice a week, catching up with his Dementia Advisor Anna Harris ... as Rob says, he'd love to get more time for painting, but he's too busy!

"Things like writing – well, for a poet [dementia] is not really very good."

Although Rob has made changes to accommodate his dementia (for example, he no longer looks after all the cooking), Rob is determined to keep doing the things he loves. Rob is also committed to helping make Wellington more dementia friendly, and earlier this year he took part in a Te Papa focus group to review and contribute to the planning of their exhibition concept. His contributions

as a person living with dementia will help to improve accessibility for all people with a cognitive impairment.

Having a structure and routine to the week helps Rob a lot, though being flexible within that routine is important too. Rob mentioned that when he's having a tough day, instead of trying to find words for a new poem he goes back and reworks one of his older pieces instead. The main thing is to find a way to keep doing what you love, even if you have to adapt a little.

Supported by family and friends, his community, and Dementia Wellington, Rob shows how it's possible to keep living well with dementia.



Rob King in his Lyall Bay home



Two Rivers Meet by Rob King

KEEPING THE LIGHTS ON

Results were significantly lower after a great appeal last time.

Can you help us by donating today?

Appeal Results

Summer 18	↑ \$7,700
Autumn 18	↑ \$8,300
Winter 18	↑ \$9,000
Spring 18	↓ \$3,600

THANK YOU!

We have a number of very generous grants and trusts that regularly support Dementia Wellington.

Find out more in the "Focus on a Funder" section on our website.



NEON NIGHT WALK #GLOWFORGOOD

We had a great time at the very soggy Neon Night Walk in Porirua at the end of October, and raised \$2200!

Huge thanks to our supporters, staff, family and friends, and the corporate teams from Public Trust and NEC who participated.



Jodie and Eugene know how important it is for everyone to remain involved in their community.

Jodie worked as a trusted Dementia Advisor for Dementia Wellington for 4 years and that's why for every referral from a Dementia Wellington Supporter that results in a real estate sale with them, \$500 will be donated to Dementia Wellington.



Jodie & Eugene Winterburn
Licensed Real Estate Salespeople
0800 TEAMWB (0800 832 692)
Jodie: 022 615 0581
Eugene: 022 462 0121
teamwinterburn@redcoats.co.nz



DEMENTIA WELLINGTON 2018 SURVEY

All the feedback we get is important to us as it helps us to identify what we are doing well, and where we need to improve. Once you have completed the survey, please return it to PO Box 39393, WMC, Lower Hutt, 5045 (a reply-paid envelope is enclosed with your newsletter). Or, if you prefer to do the survey online, you can find the link on our website www.dementiawellington.org.nz.

Q1. Have you used any Dementia Wellington services in the last 12 months?

(Services include contact with a Dementia Advisor, attending an education course, or participating in a Living Well With Dementia activity such as golf, yoga, or CST)

If your answer is **YES**, please go to **Q2**

If your answer is **NO**, please go to **Q4**

Q2. If yes: Please tick all the services you have used in the past 12 months

(Services include contact with a Dementia Advisor, attending an education course, or participating in a Living Well With Dementia activity such as golf, yoga, or CST)

- ☐ Home visit from a Dementia Advisor
- ☐ Phone call from a Dementia Advisor
- ☐ Attended a Living Well With Cognitive Impairment course
- ☐ Attended a Navigating Dementia course
- ☐ Attended a Dementia Essentials course
- ☐ Attended a Cog Cafe
- ☐ Participated in a Living Well With Dementia activity (such as golf or CST)
- ☐ Other (please specify)

Q3. Do you have any comments about the Dementia Wellington services you have used?

Please write them in the box below, then continue to **Q5**.

Q4. If no: Please let us know why you have not used any Dementia Wellington services

- ☐ I have not needed any services
- ☐ I did not know services were available
- ☐ The services available did not suit my needs
- ☐ The services were not available at the right time
- ☐ The services were not available at a convenient location
- ☐ I could not attend due to transport difficulties
- ☐ Other (please specify)

Q5. Please tick all the ways you have received information from Dementia Wellington in the last 12 months

- ☐ Newsletter
- ☐ Email
- ☐ Phonecall
- ☐ Dementia Wellington website
(www.dementiawellington.org.nz)
- ☐ Dementia Wellington Facebook
- ☐ Dementia Wellington Instagram
- ☐ Other (please specify)

Q6. Would you say that information about Dementia Wellington's services and fundraising activities is:

	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
Easy to find					
Useful and relevant					
Easy to understand					

Q7. Please tell us why you support Dementia Wellington (please select all that apply)

- ☐ I use Dementia Wellington's services
- ☐ I know someone with dementia
- ☐ I like supporting local families
- ☐ I like knowing my donation stays in the Wellington region
- ☐ Other (please specify)

Q8. How did you hear about Dementia Wellington and the services we offer? (Please select all that apply)

- ☐ GP or Practice Nurse
- ☐ Dementia Wellington newsletter
- ☐ Hospital social worker or Needs Assessment Service Coordination
- ☐ On-line search/website
- ☐ Friend or family member
- ☐ Other (please specify)

Q9. Would you recommend Dementia Wellington to other people?

- ☐ Absolutely, without hesitation
- ☐ Yes, more than likely
- ☐ No, probably not
- ☐ Definitely not
- ☐ Can you say why you would or would not recommend Dementia Wellington?

Q10. To ensure we have your correct information, please fill in your details below

Leave blank if you'd prefer your survey to remain anonymous

Name	
Address	
Email	
Phone number	



Thank you for taking the time to complete the survey today. If you would like to find out more about Dementia Wellington's services, please check our website or call us on 04 972 2595.