

CONNECT



LIVING WELL WITH DEMENTIA

We have a new name and a new look but we're still the same team providing vital support to local families affected by dementia across the entire Wellington region. We are always looking for ways to improve our services, and this year we've launched the exciting new Living Well With Dementia programme.

This programme offers more opportunities for people affected by dementia to remain connected to their community and to continue to do the things they have always enjoyed doing. We are also working with local organisations, councils, community groups and businesses to foster understanding and encourage dementia-friendly environments.

Read more about our services overleaf...

DEMENTIA WELLINGTON - THE NEXT STEP!

Frances Blyth, Dementia Wellington Chairperson

I am so pleased to say that as an organisation we are now officially a Dementia New Zealand affiliate. The Board debated making this change for a long time, but we ultimately agreed that the best choice for our clients – everyone affected by dementia in the Wellington region – was to be aligned with the dementia organisations of the other major metro areas of Auckland, Waikato, and Canterbury.

We also believe that Dementia New Zealand's client centred approach matches the focus of Dementia Wellington, and we are very excited about the opportunities this new affiliation offers, both for the organisation and for our clients. But it's important to note that this change does not signal that we have severed ties with anyone; we are committed to working effectively with all the dementia, brain health, and older people's organisations and government agencies in Wellington and across the country.

One big change is that it is now much easier to donate directly to us – simply click the Donate Now button on our website, or if you're not online, use the Donation Form attached to your appeal letter. Check for our new logo to be sure your donation comes straight to Dementia Wellington!

There are still further decisions to be made regarding this change, and we will be discussing those, and options for the future, at the Annual General Meeting later in the year. I do hope to see many of you there, but in the meantime if you have any comments or suggestions please contact the office and let us know.



Frances Blyth

LIKE US ON FACEBOOK

We now have a new website www.dementiawellington.org.nz and Facebook page www.facebook.com/dementiawellington. Be sure to follow us to keep up to date with everything going on at Dementia Wellington, updates from the team, and interesting articles on dementia and brain health from New Zealand and around the world.

KEEPING THE LIGHTS ON

The Autumn appeal raised **\$8,300**, so we'd like to say a huge **THANK YOU** to everyone who donated.

Appeal Results	
Winter 17	↓ \$7,600
Spring 17	↑ \$8,300
Summer 18	↓ \$7,700
Autumn 18	↑ \$8,300

STREET APPEAL UPDATE

As we are now Dementia Wellington, we'll be aligning our annual Street Appeal with the other Dementia New Zealand organisations. This means we will be holding two appeals this year, one at the end of June and another at the beginning of December. We'll be sending out an email with more information and ways to sign up, so keep checking your inbox.

ARE YOU A GOLFER?

If you've played golf before but can no longer manage a round by yourself, contact us to find out about the Assisted Golf Programme, run once a month at the Royal Wellington Golf Club.



WHAT SERVICES DOES DEMENTIA WELLINGTON OFFER?

One-on-One Expert Advice

Our team of professional Dementia Advisors provide individualised information and advice to families affected by dementia, through one-on-one consultations and ongoing support. Dementia Advisors liaise with other health providers and agencies to ensure our clients are receiving the appropriate services and support, and are also entitled to complete Total Mobility Scheme assessments.

Living Well With Dementia Programme

This exciting new initiative is about finding ways for people with dementia to keep doing the activities they've always enjoyed. Living Well With Dementia is a personalised socialisation programme that enables people diagnosed with dementia to remain connected and engaged in their community. A tailored plan is developed with each client to identify the activities they enjoy, and any support they need to continue to do these activities.

Clients can also participate in activities and therapies designed to provide cognitive stimulation and

socialisation opportunities, such as Music Therapy, Art Therapy, or Cognitive Stimulation Therapy.

Education Programme

We offer a comprehensive education programme for people with dementia, those supporting a person with dementia, health professionals, and the general public.

Support Groups For Carers

Dementia Advisors facilitate regular supporter groups for people caring for a family member with dementia. These meetings offer a forum to gain support from others in a similar situation, and share information and ideas.

Information and Advice

The Dementia Wellington team provides advocacy, advice and support to anyone with questions about dementia, including brain health and all aspects of living with dementia.

SUPPORT US WHILE YOU SHOP!

Until the end of July, you can pick us as a charity to support in many Warehouse stores across Wellington. Check out the "Bags for Good Neighbourhood" boxes by the tills.

If you're after award winning wine, visit the Ohau Wines online store. For every six bottles you purchase, \$10 will be donated to us. Simply enter the promotional code DEMENTIA when you checkout.

the warehouse //

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SYMPOSIUM AND NAME CHANGE CELEBRATION

On Thursday 3 May, Dementia Wellington, Dementia New Zealand, and the New Zealand Dementia Cooperative hosted the Wellington Dementia Symposium.

The conference was booked out in a matter of days, as people across the industry were keen to hear from speakers discussing a range of clinical and social issues associated with dementia. A highlight of the day was the Panel Discussion, where Dementia Wellington clients shared their thoughts and experiences of living with dementia.

Many thanks to Bupa and Public Trust for sponsoring the event, and to Pikselin for sponsoring the evening function to celebrate our change to Dementia Wellington.



A panel of Dementia Wellington clients discuss living with dementia



Anne Schumacher talks about the Living Well With Dementia programme



Shereen Moloney, Kate Calvert, Anne Schumacher, and DR Phil Wood



Frances Blyth



Paul Sullivan and Kate Calvert



The incredible Wellington waterfront

SUPPORTING THE SUPPORTER

At a recent Supporter Group, we asked the people there what they would say to anyone wanting to know how best to help a friend or family member caring for someone with dementia. Their suggestions were:

- Step in with specific help - saying "let me know if there is anything I can do" isn't really that helpful.
- Actively keep in touch through visits and telephone calls, and stay present in people's lives.
- Offer to go out with the person with dementia, especially if you can manage regular outings.
- Get informed about dementia.
- Rally friends and family to maintain organised regular contact, visits and support.
- Make time for the supporter, listen and let them vent if needed.
- See if you can take over sharing news and information about the situation with wider friends and family.
- Link in with supporter groups if you need to.

LEAVE A BEQUEST

A special way to support Dementia Wellington is by leaving us a bequest in your will.

If this is something you're interested in, please get in touch with Anne on 04 939 0133 to find out more.

UPCOMING COURSES AND OTHER EXCITING THINGS!

MAY

NAVIGATING DEMENTIA

A 90 minute introduction to Dementia Wellington's services.

24 May - Kapiti

LATE STAGE DEMENTIA SEMINAR

For anyone supporting a person in the later stages of dementia.

9 & 16 May - Wellington

LIVING WELL WITH COGNITIVE IMPAIRMENT

For people in the early stages of dementia.

23 & 30 May - Porirua

JUNE

NAVIGATING DEMENTIA

A 90 minute introduction to Dementia Wellington's services.

22 June - Upper Hutt

DEMENTIA ESSENTIALS COURSE

For anyone supporting a person in the middle stages of dementia.

20 & 27 June - Kapiti

COGNITIVE STIMULATION THERAPY

Seven week course for people in the early stages of dementia.

Mondays and Thursdays starting 11 June - Lower Hutt

JULY

EARLY STAGE DEMENTIA SEMINARS

For anyone supporting a person in the early stages of dementia.

10 & 17 July - Kapiti

NAVIGATING DEMENTIA

A 90 minute introduction to Dementia Wellington's services.

**4 July - Porirua
24 July - Wellington**

LIVING WELL WITH COGNITIVE IMPAIRMENT

For people in the early stages of dementia.

25 July & 1 August - Wellington

OTHER ACTIVITIES

Check the website and Facebook for more details, or call Kirstie on 04 972 2595.

- Cog Cafes - Monthly on Mondays.
- Golf - At Royal Wellington Golf Club.
- Art group – Kapiti.
- Wesley Positive Aging Network fellowship groups.
- Younger Onset Dementia Australian Trust day service.
- Tawa Community Education seminar.

CONTACT

To find out more information, or book in for any of these courses, call Kirstie Wilton on **04 972 2595** or email admin@dementiawellington.org.nz.

Be sure to check our website and Facebook page for details as well!

THANK YOU TO OUR FUNDERS

