



Doug's first visit to Margaret after 50 days of lock down

Our world as we know it has changed, we find ourselves in challenging and unprecedented times. It is more important than ever to look after ourselves and our whānau's emotional and social well-being.

Our team at Dementia Wellington have ensured that our most vulnerable clients and their whānau have been supported during the lock down period, whether it be a weekly welfare call, email or connecting via Zoom.

Doug and his wife Margaret have been supported by Dementia Wellington over the last few years. Doug felt more confident during the lock down due to the tools he had learnt attending education sessions over the years and from the welfare calls he received from Sarah our Wellington Dementia Advisor.

Doug and Margaret's Journey

"As a household we have always tried to live a 'no surprises' lifestyle. This has been achieved over many decades by obtaining knowledge in advance, pre-planning and checking that we are on target to achieve the desired outcome. Managing through the Covid-19 crisis was no exception.

I first noticed Margaret was having problems with her memory in 2011 and a slow, but steady, decline in her abilities has been apparent ever since. Like many people with dementia, Margaret, until recently, always presented so well that the first time I took her to day care in 2019 they thought it was for me!

With support, I was still managing to care for her at home in Wellington until mid-January 2020. Who would have thought back then that she would have 2 stays in hospital, 4 weeks respite care becoming permanent the week before the Level 4 lock down, a shift to Tauranga on 2 June to a 'memory care unit', our house sold and I'm moving to a 'dream' retirement apartment in Tauranga at the end of June, so we can both be closer to our family.

And, a very big thank you to Dementia Wellington. How do they fit into this? During the crisis I really appreciated the knowledge I had gained on what to expect and what resources were available during mid and late stage dementia. I learnt all this during 2017/18 by attending courses lead by Emma, Dementia Wellingtons Educator. And during the lock down, the calls from Sarah, and especially the "Zoom" meetings she organised so I could stay in touch with other carers and share how we were managing. On reflection, thanks to all the support, although I did encounter a couple of stiff southerlies along the way it has overall been 'a bit of a breeze'."

Now we are at Level One, the Dementia Wellington team are continuing to provide many services online such as Supporter Groups for carers, Cognitive Stimulation Therapy sessions and our Navigating Dementia seminars, along with recommencing our face-to-face activities such as Cog cafés and some Supporter Group sessions.

However, Covid-19 is having an enormous impact on our fundraising, both immediately and into the future which is very uncertain in terms of fundraising. We are unable to hold our planned street appeal and other major events this year. With more than half of our revenue coming from fundraising, we need your support now.

Tom your generosity will help us to continue to provide much needed support to our clients, ensuring we can be there for people like Doug and Margaret, to support them to live well and to be able to live the lives they want to live and expect to live.

Please consider donating \$25 today to enable Dementia Wellington, with our knowledge and tools, to take the fear and anxiety away from people with dementia and their whānau so they can get on with living their life, Covid or no Covid.

Please help us. Our small team and few resources change lives around. Don't forget us or wait for a rainy day. As Finance Minister Grant Robertson has recently said: "This is the rainy day. Put the umbrella up."

Your gift really does make a difference.

\$25

Covers the cost of providing a supporter group for a month.

\$50

Provides education sessions to help someone adjust to changes in their life.

\$95

Will enable us to facilitate more Living Well groups.

\$190

Provides face-to-face specialised advice from our dementia advisors.

