



alzheimer's

QUEENSLAND



Dementia Matters

A Publication of Alzheimer's Queensland

Alzheimer's Queensland is Queensland's largest not-for-profit community 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 State-wide Information, Education and Support Services

- *24 hour 7 days per week professionally staffed Advice Line
- *Community education Library resources
- *Interactive website
- *Professional education
- *Family carer education
- * Support groups – face to face and telephone
- * Individualized support
- * Fact sheets and specific information requests

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Rosalie Nursing Care Centre

Since 1999, AQ has proudly operated Rosalie Nursing Care Centre. This female only, 40-bed home offers secure and intimate living, and is widely recognised by local residents as the specialist dementia nursing home in the Inner Brisbane City.

Our Rosalie staff are specially trained in delivering holistic dementia care, enabling our female residents to continue to lead an active and socially engaging lives. Our residents may choose to participate in Rosalie's various activities, such as cooking, art, happy hours, flexibility and fitness sessions, shopping and coffee outings, pet therapy, and music programs. Our wellness and enablement approach is reinforced by offering our residents access to a range of professionals, including 24-hour registered nurses, dentists, physiotherapist, speech pathologist, occupational therapist, music therapist and podiatrist.

Rooms have a picturesque view of either the gardens or the hillside overlooking Paddington. The centre's front north facing veranda is positioned adjacent to a large lounge, offering residents a balance between social engagement-related activities and personal space. The outdoor areas provide comfortable seating and raised garden beds. Residents can enjoy evening happy hours and barbeques in the sun protected courtyard, with one conveniently positioned off the dining area, providing indoor and outdoor dining opportunities.



Open 24/7

Rosalie Nursing Care Centre is conveniently located at **18 Howard Street, Paddington, QLD 4064**, within easy walking distance to the local Rosalie shops.

T: 07 3367 0132

F: 07 3369 7818

E: rnccdoc@alzqld.org.au



Clinical Corner

Types of Dementia

Dementia is a broad term which is used to describe a group of symptoms that cause progressive damage to the brain. Dementia is not a specific disease but rather refers to the long term and often gradual decrease in a person's ability to think, remember, and function in regular daily activities. Changes to personality, mood and difficulty using and/or understanding language may also occur.

The terms dementia and Alzheimer's disease are often used synonymously however, Dementia refers to a group of cognitive symptoms such as memory loss and confusion, while Alzheimer's refers to a specific type of dementia.

Dementia symptoms can be classified into (1) irreversible causes and (2) reversible causes.

Alzheimer's Disease

Alzheimer's disease is the most common form of dementia accounting for approximately 50% - 70% of all dementia cases. The causes of dementia are not yet fully understood.

During the course of Alzheimer's disease, nerve cells within particular regions of the brain, die off. This causes the brain to shrink. The outer layers of the brain are usually first affected, causing difficulties with short term memory – a hallmark sign of Alzheimer's disease. As the brain continues to shrink, deeper parts of the brain are affected leading to difficulties with storing and retrieving information, learning new skills, using words and executing tasks.

It is not known what causes nerve cells to die but there are characteristic appearances of the brain after death. In particular, 'tangles' and 'plaques' made from protein fragments are observed under the microscope in damaged areas of brain. This confirms the diagnosis of Alzheimer's disease.

The onset of the disease is usually quite gradual. Likewise, symptoms appear gradually, but progressively worsen as more parts of the brain are affected. Typically, Alzheimer's disease begins with lapses in short term memory, difficulty in finding the right words for everyday objects or withdrawal from social activities.

As the disease progresses, the symptoms become more obvious such as forgetting well known people or places, trouble using everyday objects, difficulty with showering and/or other personal tasks and/or emotional unpredictability.

Vascular Dementia

Vascular dementia refers to the symptoms of dementia caused by problems of circulation of blood to the brain. The most common form of vascular dementia is multi-infarct dementia (MID). The name describes the occurrence of small strokes or infarcts in the brain. Where the stroke occurs there is permanent brain damage. People with high blood pressure are at greater risk of suffering a stroke therefore, they are at greater risk of developing Vascular dementia.

The risk of developing this disease can be reduced by lifestyle changes e.g. attention to diet (reducing fat intake and blood cholesterol levels), not smoking, effective management of diabetes and regular exercise.

The progression of this disease follows a downward stepwise pattern. As a stroke happens there is a corresponding decline in abilities or worsening of symptoms. The person then seems to recover slightly although never to their previous level of functioning. Then another stroke may occur and the pattern of decline continues. Eventually strokes occur throughout the brain. The symptoms that present as each stroke occurs will depend on which area of brain is damaged.

In about 15% - 20% of dementia cases, MID and Alzheimer's occur together.

Wernicke-Korsakoff Syndrome

Wernicke-Korsakoff is the third most common form of dementia and frequently (although not in all cases) occurs due to alcohol abuse. It is believed that the thiamine (Vitamin B1) deficiency experienced as a result of alcohol addiction may cause short-term memory loss and inappropriate responses.

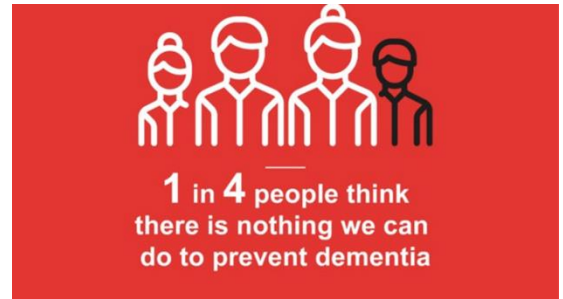
This syndrome accounts for about 5% of all dementia cases seen, although it is the predominant cause of dementia within the indigenous people of Australia.



Stigma Against Dementia

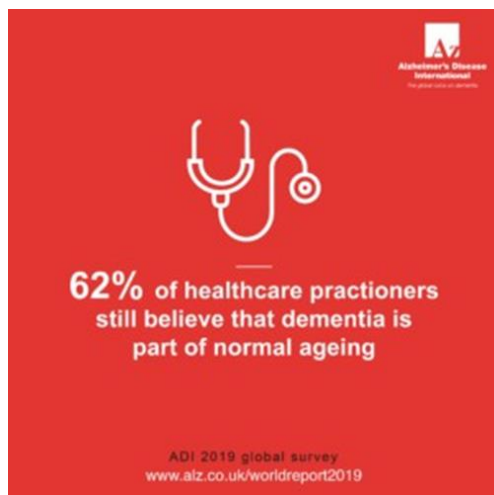
Stigma against dementia encompasses any negative attitude or discriminatory behaviour against people living with dementia, just on the basis of having the disease. People living with dementia have a right to be free from discrimination.

These attitudes extend to the families and caregivers of people living with dementia, affecting them as well. The unfortunate reality is that any person living with dementia is very likely to encounter stigma – even though dementia can affect anyone. No one is immune to the risks of dementia, and there is no cure or treatment that can guarantee prevention.



People living with dementia did not choose to have this disease, and they certainly don't appreciate being labelled and ignored, among other negative responses, due to their diagnosis.

When a disease is as prevalent as dementia, yet still poorly understood, it's easy for false beliefs to spread. Left unchallenged, these beliefs perpetuate stigmatizing attitudes against people living with dementia, reducing their quality of life.



Stigma takes many forms

There are many ways that stigma can negatively impact the lives of people living with Dementia, their families and their caregivers:

- * Lack of awareness about Dementia
- * Harmful and misleading assumptions
- * Negative language
- * Belittlement and jokes
- * No support after diagnosis
- * Stigma by association
- * Loss of self-worth

Together, we can fight the impact of stigma. Positive change starts with learning, when you know the facts behind Dementia, you will be able to challenge assumptions and false beliefs when they appear. By sharing your knowledge, you can reduce the negative impact of stigma against people living with Dementia, families and caregivers.

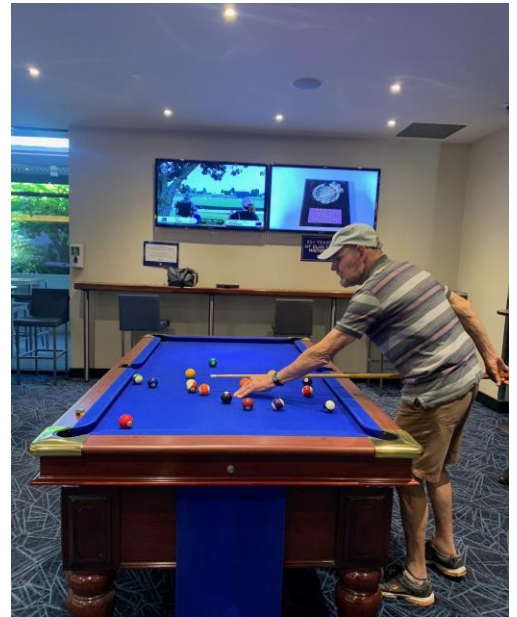
For information and support call the Dementia Advice Line on 1800 639 331

Out & About

Coffee Outing

The Ipswich Multi Service Centre, which operates from two beautiful Queenslander-style cottages located on Chermerside Road, Ipswich, offers homely and secure respite 24/7. Our residents love going out for different excursions, and we love to see them thrive outside of the respite centre.

A popular outing amongst the Ipswich clients is a visit to Blue Fins for a game of snooker and some food.



Visit to Bribie Island Butterfly House

The Gordon Park and Windsor Multi Service Centres, which operate from beautiful Queenslander style cottages offer homely and secure respite 24/7.

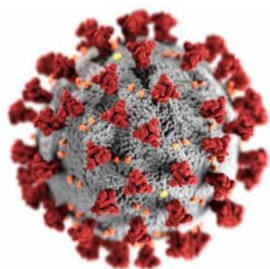
Our homes are suitable for both people living with dementia or the frail aged, as well as those over 65, who are seeking opportunities for social and community engagement. Our services provide support and assistance to allow people to remain independent in their homes.

Two of the ladies who stay at Gordon Park regularly got the chance to visit the beautiful Butterfly House at Bribie Island, where they both had a wonderful time seeing all the different species of flowers and butterflies. They also had a delicious lunch whilst looking out to sea at Bongaree Jetty.



Corona Virus News

ATAGI statement on SARS-CoV-2 Omicron variant and COVID-19 booster doses



The Australian Technical Advisory Group on Immunisation (ATAGI) has noted the emergence of a new SARS-CoV-2 variant of concern, which has been named the Omicron variant. There is evidence to suggest that booster doses of current COVID-19 vaccines will augment protection against the Omicron variant. ATAGI will continue to closely monitor the epidemiology and emerging data on the likely impact of vaccination on this variant and update recommendations in the near future.

Omicron was first reported in South Africa on 24 November 2021. The World Health Organization (WHO) declared Omicron to be a COVID-19 variant of concern.

At the current time, very little is known about the characteristics of this variant. Specifically, it is still to be determined whether it is more transmissible, causes more (or less) severe disease, and whether immunity following natural infection or immunisation has an impact on infection and severe disease following exposure to this variant.

More evidence will emerge from laboratory studies, studies of virus transmission, age-specific case-hospitalisation and case-fatality ratios, and studies of breakthrough infections after previous infection and/or vaccination. These studies are underway globally and in Australia.

Vaccine manufacturers have also signalled they are examining the need for and potential development of COVID-19 vaccines that may be more effective against new variants.

A booster dose is currently available to anyone in Australia aged 18 years and over who has completed their primary course of vaccination at least six months ago.

At this stage, there is no evidence to suggest that earlier booster doses of current COVID-19 vaccines will augment protection against the Omicron variant. ATAGI advises that in certain circumstances, the routine six-month interval for booster doses may be shortened to five months for logistical reasons, for example:

- * for patients with a greater risk of severe COVID-19 in outbreak settings;
- * if an individual is travelling overseas and will be away when their booster dose is due; or
- * in outreach vaccination programs where access is limited.

It should be noted that there are very limited data on benefit for boosters given prior to 20 weeks after completion of the primary course, and the duration of protection following boosters is not yet known.

In addition, a third dose is recommended for anyone with immunocompromising conditions, a minimum of two months after their second dose. Providers should use their clinical judgement to determine whether it is appropriate to administer the dose early.

*Image source unsplash.com

Dementia Care & Services Information Days



Alzheimer's Queensland are holding Free Dementia Care & Services Information Days throughout Queensland in May and June.

Sunshine Coast

Date: 04/05/2022

Location: Bribie RSL

South Coast

Date: 18/05/2022

Location: Helensvale Cultural Centre

Toowoomba

Date: 01/06/2022

Location: Highfields Cultural Centre

Townsville

Date: 15/06/2022

Location: Brothers League Club

Brisbane North

Date: 17/05/2022

Location: Aspley Hornets

Ipswich

Date: 25/05/2022

Location: Brothers League Club

Rockhampton

Date: 08/06/2022

Location: Leagues Club

If you would like more information or to RSVP, they can do so by contacting administration@alzqld.org.au or calling 07 3422 3000.

Places are limited to 100 at each event, morning tea and lunch will be provided.

Topics covered will include but not limited to and may change depending on speaker availability

- * Understanding Dementia
- * Dementia specific supporting services
- * Information on CHSP/HCP services
- * Allied Health Therapy
- * Falls Prevention
- * Information on how to obtain approvals for services

PIN ON YOUR NOTICE BOARD
ALZHEIMER'S QUEENSLAND SERVICES AND CONTACTS
WWW.ALZHEIMERSONLINE.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 living with
Dementia, families, friends and staff.

The Dementia Advice Line has a
database of services 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

Our Multi Service Centres are located
in Brisbane North, Brisbane South,
Gold Coast, Ipswich and Toowoomba
and offer the following;

- * Personal care and domestic assistance
- * Social support and transport
- * Allied health assessments
- * Respite – Centre based; day, overnight or emergency
- * NDIS support
- * Home garden maintenance

Residential Aged Care located at;

- * Garden City Aged Care Services
- * Rosalie Nursing Care Centre
- * Windsor Aged Care Services

Home Care Packages at;

Brisbane South, Brisbane North, Logan
River, West Morton, Darling Downs and
Gold Coast.

Carer Support Groups

Alzheimer's Queensland Carer Support Groups 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.

Fortnightly 09:30am – 11:30am

Brisbane North – 07 3857 2191 Brisbane South – 07 3349 0875

South Coast – 07 5613 1844 Ipswich – 07 3812 2253

Monthly 09:30am – 11:00am

Toowoomba – 07 4635 2966