



Voice OF Dementia

The newsletter of the Alzheimer's Disease Association

VOLUME 2 ISSUE 2
AUGUST 2018

IN THE KNOW

**PUTTING THE CARE
IN CAREGIVING**

DONOR SPOTLIGHT

**SPRINGS OF
CHARITY**

THE SECRET INGREDIENT

**A SWEET
REMEDY**

ON THE FRONTLINE



PAVING THE ROAD FOR DEMENTIA FRIENDLY COMMUNITIES

Instead of letting dementia stop him, one man has channelled his energy towards working for a brighter future.

ON THE ROAD(SHOWS)

ADA once again took our dementia awareness campaign to the streets with our informative roadshows. On 7 April, we participated in the VWO Day organised by Tampines GRC which saw an array of social organisations in Tampines come together under one roof at Our Tampines Hub to share about their various services. Besides sharing about our ADA services and programmes, we were sharing our dream – our dream of a dementia-inclusive Singapore, under the Forget Us Not - Building a Dementia Friendly Community campaign. This campaign is a joint initiative between ADA, Lien Foundation and Khoo Teck Puat Hospital. To raise awareness and encourage empathy and



understanding, the public were challenged to think from the perspective of persons living with dementia with scenarios like being unsure of how much to pay for a coffee or mistaking chopsticks for drinking straws. Curious participants left with a more in-depth understanding of the condition and its effects on everyday living.

Our efforts to spread awareness also made its way into the vibrant Ang Mo Kio heartland on 27 May, where youth executive committees from Ang Mo Kio GRC and Sengkang West SMC came together for a GRC level public health education and health screening event. Under the auspices of the Forget-us-Not campaign, our staff and volunteers reached out to almost 500 residents to share about the common problems faced by persons with dementia and their caregivers, along with what it takes to shape a dementia-inclusive society.

GOLF CAUSE

ADA was proud to be invited to the RHT Rajan Menon Foundation Charity Golf on 28 May at the Sentosa Golf Club's New Tanjong Course. Hosting the fourth edition of the annual charity golf event, the Foundation traditionally partners with charity organisations to fund programmes that offer assistance to disadvantaged groups, among other demands of the local community. Having raised over \$600,000 for beneficiaries over the last three years, this year saw the Foundation launch a new initiative, the Successful Ageing Project (SAP), with the goal of joining forces with reputable organisations like ADA to reach out and serve the elderly.

Under the SAP, the RHT Rajan Menon Foundation has published a Guidebook for the Elderly, titled "As You Are, Now", to help caregivers and family members familiarise with basic legal and first aid assistance for their elderly loved ones. ADA has also contributed to a section on dementia in the latest edition of the guidebook. The charity



golf event is just another initiative targeting this vulnerable yet precious golden generation. With the help of the Foundation, ADA received a generous donation, a welcome boost to our ongoing efforts towards creating a dementia-friendly Singapore. As a token of appreciation, Mr Jason Foo, CEO of ADA presented a calligraphy art piece by one of our clients to Ms Kaylee Kwok, a board director of RHT Rajan Menon Foundation and partner at RHTLaw Taylor Wessing.



INTERACTIVE IMPACT

As part of the Social Impact programme of Fairfield Methodist School (Secondary), a dementia awareness workshop was organised on 18 May. Along with other mini-workshops, the programme gave over 80 lower secondary students the opportunity to find out more about the different under-privileged community groups in Singapore. This ranged from individuals with special needs and foreign workers to the elderly, as well as persons living with dementia.

Moving away from the conventional awareness talk format, the workshop's interactive approach allowed students to stay engaged, with a series of hands-on activities providing them with an immersive and educational session. The day's events began with an introductory slide presentation on dementia, before the students broke up into small teams to play games like puzzles, dominoes, and card-matching. As they played the games, the information gleaned from the presentation was applied into practice, where they put themselves into the position of persons living with dementia for a day. They also learned how these games help to strengthen the cognitive and social skills of a person with dementia, keeping the effects of the disease at bay.

After working both their minds and team spirit, the dementia knowledge of the students was further put to the test as they took part in a brief quiz and Question & Answer session. This collaboration between ADA and Fairfield Methodist School gave students a priceless wealth of knowledge on the challenges faced by persons with dementia and how they can play a part in making the community more dementia-aware and friendly.



UPCOMING EVENTS

- **CAREGIVER SUPPORT GROUP**
Anxiety, Depression and Sleep Issues in Dementia
18 Aug at NHC (Toa Payoh)
 - **CAREGIVER SUPPORT GROUP (CHINESE)**
Food and Nutrition
25 Aug at FOW (Tiong Bahru)
 - **World Alzheimer's Month 2018 Conference**
21 - 22 Sep 2018 At Devan Nair Institute for Employment and Employability

Find out about dementia-friendly initiatives and hear best practices for care and support for persons living with dementia. 21 Sep is tailored for industry partners and stakeholders and 22 Sep is organised for members of the public. Keynote speakers include Dennis Frost and Nick Guggisberg from Kiama in New South Wales, Australia. Find out more at alz.org.sg/wam2018.
 - **CAREGIVER SUPPORT GROUP (MALAY)**
Managing Responsive Behaviours
29 Sep at FOW (Tiong Bahru)
 - **PROFESSIONAL COURSES**
Providing A Dementia Friendly Environment
10 Oct 2018 at ADA Academy (Bendemeer)
 - **FAMILY CAREGIVER TRAINING PROGRAMME**
Core Module: Living with Dementia
20 Oct 2018 at ADA Academy (Bendemeer)
 - **PROFESSIONAL COURSES**
DCM For Realising Person-Centred Care
1, 2, 12, 13 Nov 2018 at ADA Academy (Bendemeer)
 - **FAMILY CAREGIVER TRAINING PROGRAMME**
Module 1: Purposeful And Meaningful Engagement
17 Nov 2018 at ADA Academy (Bendemeer)
- The information and dates listed here may be subjected to change. For the latest updates and full list of events, please visit alz.org.sg/events

MUSIC MAY MAKE SYMPTOMS MORE MANAGEABLE

A new study has found that music may be a helpful way of managing the symptoms of Alzheimer's disease. Researchers helped participants find and select songs that were familiar and meaningful to them, creating personalised playlists. They then performed MRI scans of the participants' brains while they were listening to montages combining fragments of songs from their playlists.

The MRI scans showed that the music from their playlists simulated not only the activity of individual brain networks, but also communication between these brain networks.



On top of that, the effects of personalised playlists on these participants are visible. While there is no clear data on how long the positive effects of music lasts, the researchers insist that the stimuli of familiar music is a viable coping strategy for patients. - *medicalnewstoday.com*

ROBOTS MAY SOON BE THE FUTURE OF ALZHEIMER'S CARE

Several teams of scientists are investigating ways in which robots can help people with Alzheimer's disease manage their daily tasks; helping them in and out of bed, reminding them when it is time to take their medicine, measuring their mood, and providing regular updates to human caregivers. A South Korean-made robot called Silbot3 has shown promise in this area, according to researcher Elizabeth Broadbent, Associate Professor of Health Psychology at the University of Auckland in New Zealand.

Robots can also be used to counter the loneliness and isolation that can affect Alzheimer's patients. A robot called MARIO has had positive results when tested in hospitals and residential care facilities. MARIO is programmed to help the person with dementia stay connected with friends and family, as well as remain engaged in activities and events that catch their interest.

While these outcomes are heartening, James Hendrix, director of global science initiatives for the Alzheimer's Association, believes that these robots can provide tools of support, but should not replace the human caregiver. - *webmd.com*



RESEARCHERS REVERSE DEMENTIA-RELATED BRAIN DAMAGE IN MICE

Results of a study have researchers excited that they are one step closer to understanding the development of dementia and possible treatments for it. The research team set out with the intention to understand the pathology behind the abnormal accumulation of tau, a protein which some scientists believe is the driving force behind the damage to brain cells that accompanies Alzheimer's.

For this experiment, mice engineered to show the same brain degeneration as a 60-year-old human with early onset dementia symptoms were administered a drug called zileuton. This is an asthma drug which has been safely administered for more than 20 years. After 16 weeks, it was found that the mice treated with zileuton performed significantly better on various memory tests compared to those who were left untreated. The tau damage in their brain was also found to be reversed.

This research is still in its early stages, and the results might not be the same for human subjects, but the fact that the drug used is already approved for human use will speed up the path to clinical trials on patients with Alzheimer's. - *newatlas.com*

I try my best to see through my mother's eyes to help her through any difficult moments, but sometimes she gets upset and anxious for no reason. What can I do to calm her down?

It is not easy living with dementia. There will be memory loss, confusion, difficulty in communication, decreased judgement, and disorientation. These may cause anxiety, depression, and frustration. It is also very hard for family members to "truly" see through the person with dementia's eyes, bearing in mind the emotional baggage that comes with dementia.

Caregivers are the main source of support for the persons with dementia. Hence, it is very important for them to be equipped with relevant skills and knowledge. A good place to start is to attend basic dementia training and sieve out information from the Internet and books.

A person-centred approach to dementia care enables us to better understand their needs. We need to look beyond the physiological needs of food, shelter, and safety, and cater to their psychological needs like comfort, sense of belonging, and meaningful occupation. Very often, when caregivers are able to meet the psychological needs, the person will live better with dementia. Remember to connect to the healthcare team for a balanced approach to dementia care.

All advice given are based on the information available to us in the questions sent in. As every person with dementia and their situation is unique, we strongly advise calling the ADA Helpline at 6377 0700.

THE EXPERT



MR STEPHEN CHAN is Manager of the ADA Caregiver Support Centre. He was also Centre Manager of New Horizon Centre (Tampines) for over 10 years, providing direct care as an Occupational Therapist, supervising and mentoring staff, and overseeing operations at the centre. As an associate consultant and trainer for ADA Academy, he continues to provide consultation and training to family and professional caregivers.



I'm worried that my dad will wander about when I leave him at home and go to work. What can be done to prevent it?

One of the signs of dementia is disorientation of time or place. Sometimes they may forget where they are and how they got there. Dementia is a progressive condition, and the disorientation to time or place will get worse over time. Hence, a person with dementia may seem to be wandering around aimlessly.

Wandering does not equate to getting lost; the person with dementia may be confused and looking for something, or he may be walking around with a purpose but family members may think otherwise.

Meaningful and purposeful engagements can reduce wandering, which starts with developing an individualised schedule of physical, psychological (including emotional), social, and even spiritual activities.

Activities of daily living should also be factored in to form a routine. This routine will help the person with dementia live a meaningful and purposeful life.

Termed "learned helplessness", one common mistake caregivers do is to be overly concerned about the safety of the persons with dementia and preventing them from being independent, even for simple tasks like bathing and dressing.

Get them actively involved in activities and render help only when necessary or as their dementia progresses. Each person with dementia is unique and require individualised assessment and planning before leaving them at home. Consider their safety and mobility, and monitor them either through technology or a network of neighbours and relatives.

PAVING THE ROAD FOR DEMENTIA FRIENDLY COMMUNITIES

Instead of letting dementia stop him, **Dennis Frost** has channelled his energy toward the creation of a Dementia-friendly Kiama.

Often, patients who have been diagnosed with dementia are simply told to prepare themselves for the worst. It is a bleak prognosis for something we seem no closer to understanding after years of research, a journey down a one-way street.

Three days after he turned 59, Dennis Frost received his diagnosis. “You’ve got three to eight years to live – maybe 20. You should gracefully retire, while you still can.” He had first noticed the symptoms 18 months before, but the diagnosis was drawn out before it reached its conclusion.

At the time, Dennis lived in Kiama, a Coastal Town south of Sydney, Australia. He had three jobs; an IT business he owned, and a role as technical officer at TAFE NSW (an Australian provider for vocational education and training courses), where he was also a part-time teacher. Successful and in his prime, he was not who one would imagine when thinking of a person with dementia.

It started with a difficulty in recognising faces. Colleagues whom he met outside of work appeared as strangers to him, and when they dressed differently, it would take a significantly longer time to recognise them. Students who sat in different places during his lessons would leave him confused as to who they were.

These led Dennis to mention the occurrences to his regular doctor on his next visit. “She referred me for a CAT scan and some cognitive testing,” he recounts. “The CAT scan was inconclusive, and the doctor administering the facial recognition tests told me I was wasting his time because no one could fail to recognise all the faces.”

What followed was a series of referrals and tests which were not helpful. The results were dismissed as irrelevant to his condition. After all, someone under 65 could not possibly have dementia.

Young-onset dementia is only just starting to gain attention as

a very real issue internationally, with a rising trend being observed in recent years. Locally, the National Neuroscience Institute observed a fivefold increase of incidences in Singapore between 2011 to 2016.

It was only after he was referred to the Frontier Research Group, 18 months after his symptoms had first become noticeable, that Dennis would get his diagnosis. It was frontotemporal dementia (FTD). “Anomalies in the MRI scan were obvious, even to me,” he shares.

From Darkness To Light

At first, Dennis took their advice. He retired and pursued his hobby of building a scale model railway. But Dennis was not ready to stop for long. About nine months later, he called the number of the local dementia nurse to see what they could offer. All they could do was put him in touch with the local Alzheimer’s Australia Younger Onset social worker. The social worker suggested a monthly coffee morning



and support group meeting, but the trip would amount to a 200km round trip for him. Dennis declined as he could not imagine the coffee would be good enough to justify the time and distance.

A few months later, she informed him of something closer to home: an information session about forming a Dementia Friendly Kiama Project (DFKP). The meeting aimed to inform people living with dementia, as well as their carers about the project, and recruit members to form an advisory group for the project. It was also at this meeting that Dennis encountered dementia activist, Kate Swaffer.

“Her active presence clearly demonstrated that people with dementia can have a valued and central role in programmes about

them,” Dennis shares about this encounter.

This conviction was put into action when the Dementia Advisory Group (DAG) had its inaugural meeting the following day. The group would be made up of people diagnosed with dementia and their immediate caregivers, and Dennis was elected the chair. To tear down the stigma around dementia, people were given the chance to connect directly with members of the group.

In 2016, Dennis was invited to speak at the 2016 Alzheimer’s Disease International (ADI) conference. “This offer, the subsequent meeting of many others living with dementia, and active advocacy gave me the inspiration to become an active advocate for people living

with dementia,” he explains, giving us some insight into what motivated him to be an advocate today.

Just Keep Going On

DFKP was one of six other pilot projects that were started by Alzheimer’s Australia, and what sets it apart from other projects is that it actively sought out and encouraged involvement of people living with dementia from the start. Other projects did not gain the active participation of people living with dementia until the projects had been well established, and thus were not always properly designed to meet the real needs of people living with dementia.

On top of creating a community where people living with dementia have the support



Dennis, with the Premier of New South Wales, Ms Gladys Berejiklian (third from right). Also in the photo is Ms Maree Macabe (second from left), CEO of Dementia Australia.

“Now I am retired, my diagnosis has limited the choices I have been given. But it has opened a new world for me. Sure, I have a terminal disease, but I’m not going out with a whimper, but a bang!”

needed to live a high quality of life with meaning, purpose, and value, the project also aims to reduce the stigma that is often associated with dementia.

Since its inception, DFKP has seen a measured reduction in stigma, and an increase in positive feelings with regards to dementia within the Kiama community. There is also strong anecdotal evidence that the effects have rippled to the surrounding communities. The rates of elder abuse are lower within the outreach area of the project, which Dennis thinks is indicative of a more open and outward looking change in views. The project has been recognised globally and its members have contributed to the shaping of Australia’s Dementia policy.

With DFKP now being the gold standard in building a dementia friendly community, Dennis spends his time being involved in various research projects and sharing his experiences with DFKP for others to learn from.

He will be joining us in Singapore come September, at the World Alzheimer’s Month 2018 conference, to tell us more about dementia friendly communities.

They told him to retire, to prepare and wait out what life he had left. Instead, Dennis has kept going, and contributed much to the communities of people with dementia. He did not let his diagnosis be the end, but instead, he let it awaken the sleeper within. In Dennis’ own words “Now I am retired, my diagnosis has limited the choices I have been given. But it has opened a new world for me. Sure, I have a terminal disease, but I’m not going out with a whimper, but a bang!”

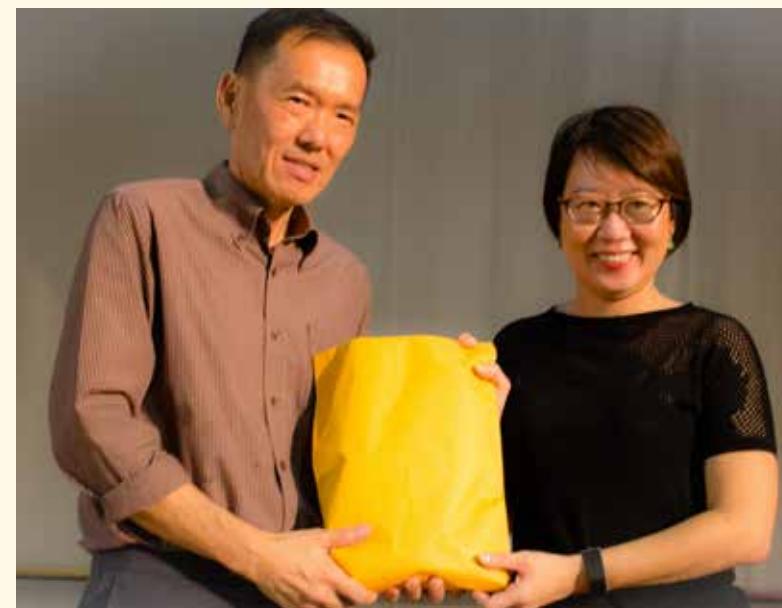
Dennis Frost will be in Singapore on 21-22 September to give a keynote speech at this year’s World Alzheimer’s Month conference. Find out more on page 12. He will share highlights from the Dementia Friendly Kiama Project.

SPRINGS OF CHARITY

To have a heart full of love, with ears willing to listen, and hands willing to help. This lesson forms the heartbeat of East Spring Secondary, which hopes to impart to its students a charitable heart.

At the school’s Sports Day-cum-Charity Bazaar on 16 May 2018, students, parents, and friends came together to set up food, drinks, and game stalls to raise funds for ADA.

The event, which was held at Singapore University of Technology and Design, saw many parents, teachers and students joining in the festivities at the venue and lending their support to the cause. The cookies handmade by the team from ADACafe were a huge hit with the crowd, and a grand total of \$5,282.20 was raised during the Charity Bazaar.



Mr Teoh Teik Hoe, Principal of East Spring Secondary presenting a donation to ADA’s Fund Development Sub-committee Member, Ms Ang Siok Pin.

What was it like on the day of the event?

As the event was held together with our Sports Day, it was crowded with many parents, teachers, and students. Many booths had their food items sold out and the students had a lot of fun supporting their school mates.

What are some of the biggest takeaways that student had from the event?

The students learnt the meaning of empathy through school-based values lessons which created awareness of dementia. The students also learnt to build synergy with their classmates through the planning and the execution process for the Charity Bazaar. The students were seen to have given their best to help raise funds; they went to the extent of walking around and peddling their wares through the stadium and they really enjoyed this meaningful event.



East Spring Secondary’s Principal, Mr Teoh Teik Hoe, shares more about the event:

Why did East Spring choose ADA as your event beneficiary?

East Spring Sec chose ADA as our event beneficiary because dementia is more common these days due to Singapore’s ageing population. There might be students who have grandparents or loved ones who are suffering from this illness, and from this platform, they can better understand the disease and the difficulties faced by people who suffer from it. Thus, East Springians would be better placed to lend a helping hand to not just their loved ones afflicted by it, but to others as well.



PUTTING THE CARE IN CAREGIVING

Rather than rely entirely on your intuition, here are some strategies and practical advice to help you along your dementia caregiving journey.

John's father has always been a pillar of support for his family. Headstrong and driven even at 63 years of age, he keeps the family and its finances ticking through the running of his own import and export enterprise, sometimes working ceaselessly late into the night. In recent years, John has noticed that his father appeared to be higher strung, with frequent outbursts at the slightest annoyance. Attributing his unpredictable mood swings to stress and the fluctuating success of his business, John didn't give it too much thought. It was only after a series of events, such as him misplacing his keys and documents, and going the wrong direction while on the road, that got John to sit up and talk to his mother. To his surprise, she had already observed these changes from a while back, and noted on their increasing frequency and intensity. However, she simply dismissed them as him being perpetually distracted.

When the possibility of Alzheimer's Disease and dementia was broached to



him, John's father shot it down immediately, saying the spate of forgetfulness was merely the by-product of ageing. At John's insistence, his father eventually relented and went for a medical check-up, where he was diagnosed with early onset dementia. That was when John realised that they have been unknowingly living alongside dementia all this while, with him and his mother failing to recognise the warning signs. John's father had been just as blind as his family members to the fact that he needed help - fast.

Knowing Your Enemy

Such a scenario may be familiar in your household, where older members of the family are

sometimes misunderstood or suffering in oblivion. The benefits of familiarising yourself with the signs and symptoms of dementia are manifold. Not only will they be able to receive early diagnosis and treatment - thus allowing mitigation and planning at the earliest possible moment - you will also be able to better render the appropriate care and communicate with them in more effective ways.

Whether we are caregivers of persons living with dementia, or sharing the same roof as them, we all harbour nothing but the best intentions for our loved ones' well-being. But more than just caring with a heart, it is just as important to care smart. A recent profiling on dementia

family caregivers conducted by Alzheimer's Disease Association (ADA) found that 27.2 percent of caregivers expressed feelings of burden more often than average, while about half of those surveyed never utilised dementia resources and training services due to a lack of time and being tied down by providing care for persons with dementia full-time.

Domains Of Solace

Keeping yourself informed with the red flags of Alzheimer's Disease and other dementias is the first step towards setting up a dementia-friendly environment for your loved one. To a person with dementia, their immediate physical environment can be a double-edged sword: a well set-up space can provide warmth

Remember that no one can become the perfect caregiver; we're all on our own learning curves. There will be times when you get frustrated, impatient, or even vengeful - and experiencing this range of emotions is perfectly normal.

and stability, while one that is not given much thought can be disorienting, inaccessible or even dangerous. Keep in mind the common problems that are rife in the world of a dementia person and make the necessary adjustments to help ease their distress.

Reduce risks by installing grab rails in bathrooms and wet areas, and ensuring that floors are non-slip. Be mindful that commonly accessed items like door handles and toilet seats are coloured for easy location. It also helps to reduce distracting stimulation while optimising useful stimulation. Persons with dementia may find that seeing their own reflections in mirrors is disconcerting and confusing, so consider removing these items. Simple things like ensuring a warm, even lighting, and making important objects like toothbrushes and cutlery more easily identified and accessible will also go a long way in helping them navigate more safely.

Bringing Light Into Darkness

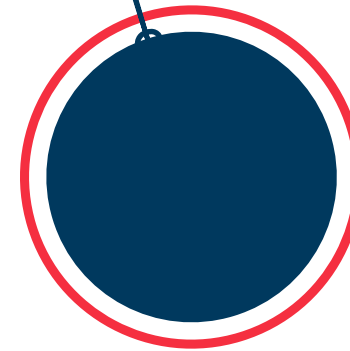
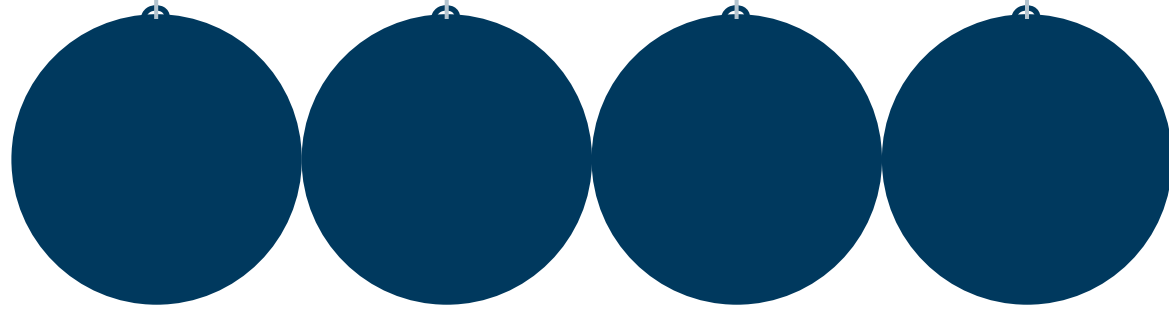
No one is naturally adept at caregiving, particularly for

someone with memory loss. Dealing with Alzheimer's Disease and other dementias can sometimes be counterintuitive, where the right thing to do is opposite of what feels right. One of the best strategies to help someone else is to first help yourself. Remember that no one can become the perfect caregiver; we're all on our own learning curves. There will be times when you get frustrated, impatient, or even vengeful - and experiencing this range of emotions is perfectly normal.

It is also important to seek and accept help. After all, no one can do this on their own. At the ADA Academy, you will find training programmes, consultancy services, and many useful courses that will help you provide care the effective way, such as the 'Providing a Dementia Friendly Environment' course, which seeks to help caregivers spot the signs and symptoms of dementia, learn the features of what makes an environment dementia-friendly, and apply strategies to support your loved ones.

A RACE AGAINST TIME

Every 3 seconds someone in the world develops dementia. Are we ready, Singapore?



As dementia continues to cast its gloomy net in countries across the world, there is a growing urgency and cognisance towards a friendlier and more dementia-ready society. But what exactly does being 'dementia-ready' mean? Every three seconds, someone is diagnosed with dementia globally, and contrary to popular belief, early onset dementia can start when people are in their 30s, 40s, and 50s. Faced with a condition with no cure, that seemingly strikes regardless of age, gender, or race, how can we ever be ready for this invisible enemy that robs us of the thing we cherish most – our memories?

According to Alzheimer's Disease International (ADI) statistics, the global figure for persons living with dementia is believed to be around 50 million as of 2017. This number is set to double every 20 years, eventually reaching a whopping 75 million in 2030 and 131.5 million in 2050. Unlike physical health and well-being, there is a general lack of emphasis placed on

spreading brain health awareness. While physical conditions and afflictions receive plenty of attention and efforts, brain health and dementia are tagged with the stigma of being a normal part of ageing, with persons dealing with the condition sometimes even deemed as useless and dependent members of society.

A GRIM REALITY – OR IS IT?

The lack of prominence in dementia-friendly initiatives, coupled with stereotypes stemming from misinformation and the fact that there is no cure for the disease, may make persons diagnosed with dementia and their caregivers feel that it is all a downward sloping curve from here. The harsh reality is that if dementia hasn't already affected you, it could someday: you could become a patient, a caregiver of someone dealing with dementia, or an unwitting taxpayer being drawn to feed the ever-growing economic costs of dementia (which by the way is expected to rise above US\$ 1 trillion by this year, according to ADI). "I can think of no other disease that has such a profound effect on loss of function,

loss of independence, and the need for care," said then director general of the World Health Organization (WHO), Dr Margaret Chan. "I can think of no other disease so deeply dreaded by anyone who wants to age gracefully and with dignity. I can think of no other disease that places such a heavy burden on families, communities, and societies. I can think of no other disease where innovation, including breakthrough discoveries to develop a cure, is so badly needed."

But this isn't how it ends. While there is no way to reverse it yet, taking steps to care for one of the most important organs of our body is crucial to living a full and healthy life. Persons with dementia and their loved ones need to know that there are ways to mitigate and even steer clear of the dementia tsunami, and as author and dementia activist Kate Swaffer puts it, to know that it is possible to "live with, not only die, from dementia".

READY FOR CHANGE

The World Alzheimer's Month (WAM) is an international campaign started by ADI to address this issue. Held every September in conjunction with World Alzheimer's Day, which falls on 21 September, it aims to raise awareness and challenge the stigma that surrounds Alzheimer's Disease and other dementias. Following the

positive reception and success from last year's efforts, ADA will be organising a Conference for WAM 2018. The theme this year is "Every 3 Seconds", which serves to highlight the prevalence of dementia and the pressing need to do something about it.

The Conference, held over one and a half days on 21 and 22 September, will feature overseas speakers, local professionals, persons with dementia, and caregivers. The first day will be tailored specifically for industry partners and stakeholders, addressing pressing issues and highlighting topics through a series of breakout sessions, while the second day will be organised for persons with dementia, caregivers, and interested members of the public through a line-up of talks that will help to elucidate the public with accurate and important knowledge about dementia and its effects.

Dementia is everybody's problem, and everyone can play a part in making where we live, work, and play that much safer and more dementia-friendly. Whether it is businesses and corporations removing barriers to allow people with dementia to share the workplace, giving them time to finish their sentences, or simply allowing them to be respected and feel included, we can all make a difference towards building a dementia-ready Singapore.

World Alzheimer's Month
2018 Conference

"Every 3 seconds someone in the world develops dementia. Are we ready, Singapore?"

VENUE:
Devan Nair Institute for Employment and Employability
80 JURONG EAST STREET 21,
SINGAPORE 609607

DATE/TIME:
21 Sep 2018 (10am-5pm)
INDUSTRY PARTNERS & STAKEHOLDERS
22 Sep 2018 (10am-1pm)
PUBLIC

For more information, visit alz.org.sg/wam2018

PUT YOUR HEART WHERE YOUR FLAG IS

Get starry-eyed with this great craft activity that stimulates the senses – and national pride.

Stunning fireworks, stirring and familiar songs, and plenty of heart-warming moments. These are what National Day has come to entail. As our young nation enters her 53rd year, it is a poignant time for us to celebrate our progress by looking back and remembering how far we have come. Likewise, it is a good time to keep our friends and loved ones with dementia in our thoughts. Many of them helped to play a part in making Singapore who she is today, so it is only fitting for us to give back a little to them on our nation's birthday.

At the centre of the festivities is the greatest symbol of them all – our national flag. Whether it's hung under the window of our HDB unit, handed to us as a colouring sheet when we celebrated National Day in primary school, or printed on an eraser which we would flip in a childhood game of country erasers, the Singapore flag has grown with us over the years. Help to get our loved ones with dementia into the holiday mood and stir up a wave of patriotism and nostalgia in them by making these paper flags together.

Steps:

1. Cut out a rectangular flag (about 18cm by 12cm) from the drawing block that fits the length of your straw (standard 20cm).
2. Draw a line across the flag length-wise in pencil, splitting it into two equal halves.
3. Using the paint, colour the top half red, ensuring that you do not go beyond the line.
4. Draw and cut out a crescent moon and five stars from white construction paper, before sticking them onto the red portion of the flag.
5. Using either glue or sticky tape, affix your flag to the straw.
6. Wave your completed art piece with pride!

What You Need:

- White construction paper
- Drawing block
- Ruler
- Paper straws with red and white bands
- Red paint
- A pair of scissors
- Glue
- Scotch Tape (Optional)



A SWEET REMEDY

Naturally sweet and chock-full with nutrients, the sweet potato is one of the most versatile and healthiest vegetables available. Research shows that sweet potatoes are one of the foods that reduce the risk of dementia. And despite what is implied in its name and taste, sweet potatoes are just as healthy for people with diabetes, as it has been found to be effective in regulating blood sugar levels. However, if you've been prescribed beta-blockers, this high-potassium food might not be for you.

Immunity Booster

Sweet potatoes are rich in beta-carotene, which is a great antioxidant, as well as vitamin C and B-complex vitamins, iron, and phosphorus. These nutrients help to boost your immunity and keep you healthy.

Brain Food

The beta-carotene in sweet potatoes are also believed to help strengthen your memory and perhaps even reduce the risk of dementia. On top of that, sweet potatoes are a good source of magnesium, which helps alleviate symptoms of depression, stress, and anxiety.

Gentle On The Stomach

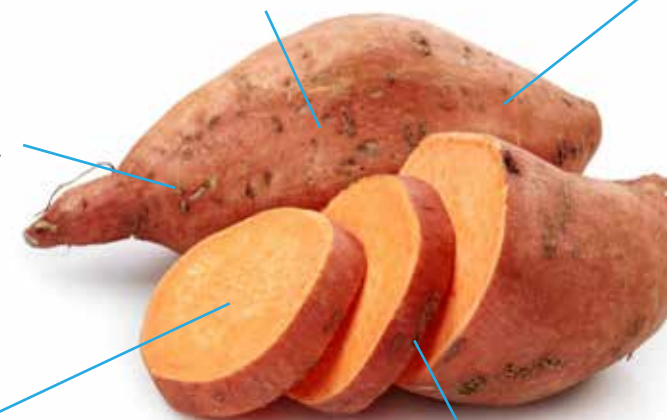
Easy to digest, sweet potatoes have a soothing effect on your stomach and intestines. B-complex vitamins, vitamin C, beta-carotene, potassium, and calcium have proven to be an effective remedy for stomach ulcers.

Reduced cancer risk

Orange and yellow fleshed sweet potatoes are high in carotenoids like beta-carotene, which have been shown to reduce the risk of various types of cancer. A study in Taiwan even showed that sweet potato leaves may provide potential protection from lung cancer.

Anti-inflammatory

Choline and the other anti-oxidants found in sweet potatoes help to reduce chronic inflammation. Sweet potatoes can also help to reduce inflammation, which goes a long way in reducing the risk of cancer and dementia.



RECIPE

ROASTED SWEET POTATO AND ONIONS Serves 6

Ingredients

- 1.2kg sweet potatoes, peeled and cut into medium cubes
- 600g red onions, halved lengthwise and cut crosswise into similar sized slices
- 3 garlic cloves, minced
- 8 tablespoons canola oil
- 2 1/2 teaspoons salt
- 1 1/2 teaspoons black pepper, coarsely ground
- 1/2 Parmesan cheese, grated
- 1 tablespoon fresh rosemary, chopped

Directions

1. Preheat oven to 190°C and prepare the sweet potatoes, red onions, and garlic.
2. Line two large baking sheets with foil. Place the sweet potatoes on one sheet; drizzle with 6 tablespoons oil. Sprinkle with garlic, 1 1/2 teaspoons salt, and 1 teaspoon pepper. Toss to coat, then spread in single layer.
3. Place onions on second baking sheet; drizzle with remaining 2 tablespoons oil and sprinkle with remaining 1 teaspoon salt and 1/2 teaspoon pepper. Toss to coat, then spread in single layer.
4. Place sheet with potatoes on centre rack and sheet with onions on lower rack in oven. Roast until tender, and onions are brown around edges, stirring every 10 minutes. This will be about 30 minutes for potatoes and 35 minutes for onions.
5. Combine sweet potatoes and onions in shallow bowl. Sprinkle with rosemary and toss to coat. Season with salt and pepper to taste, and it's ready for serving!

Recipe adapted from bonappetit.com



DEMENTIA IN NUMBERS



Every 3 Seconds

someone in the world develops dementia



By 2030, dementia will cost the global economy **US\$2 trillion**



This year, there are more than **50 million** people with dementia worldwide



It will take **15** new plans each year for WHO members to meet the global dementia action plan's 2025 target



People with dementia living in low- and middle-income countries are expected to increase **5 times** by 2050

Statistics from Alzheimer's Disease International

ADA in Singapore

We strive to be the leader in dementia daycare and a voice for persons with dementia and their caregivers, with a vision towards a dementia-inclusive society. Established in 1990, we seek to enable persons with dementia and their families to live with dignity by providing quality care and support through research, education, and training.

ADA Academy

📍 70 Bendemeer Road
#06-02 Luzerne Building,
Singapore 339940
🕒 Monday - Friday: 9.00am - 6.00pm

Caregiver Support Centre

📍 70 Bendemeer Road
#03-02A Luzerne Building,
Singapore 339940
🕒 Monday - Friday: 9.00am - 6.00pm

Dementia Helpline

🕒 Monday - Friday: 9.00am - 6.00pm
☎ 6377 0700

ADAcafé@AgapeV

📍 7A Lorong 8 Toa Payoh
#01-01 Agape Village
Singapore 319264
🕒 Monday - Friday: 8.30am - 5.30pm

Family of Wisdom (Bendemeer)

📍 72 Bendemeer Road
#05-29 Luzerne Building,
Singapore 339941
🕒 Monday - Friday: 9.00am - 6.00pm

Family of Wisdom (Tiong Bahru)

📍 298 Tiong Bahru Road
#10-05 Central Plaza,
Singapore 168730
🕒 Monday - Friday: 8.30am - 5.30pm

Family of Wisdom (Toa Payoh)

📍 7A Lorong 8 Toa Payoh
#01-01 Agape Village,
Singapore 319264
🕒 Monday - Friday: 8.30am - 5.30pm

New Horizon Centre (Bukit Batok)

📍 Blk 511 Bukit Batok Street 52, #01-211,
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New Horizon Centre (Jurong Point)

📍 1 Jurong West Central 2 #04-04
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Singapore 648886

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New Horizon Centre (Tampines)

📍 Blk 362 Tampines Street 34, #01-377,
Singapore 520362

🕒 Monday - Friday: 7.30am - 6.30pm

New Horizon Centre (Toa Payoh)

📍 Blk 157 Toa Payoh Lorong 1, #01-1195,
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Editorial Team

CHIEF EXECUTIVE OFFICER Jason Foo DEPUTY CHIEF EXECUTIVE OFFICER Theresa Lee MANAGING EDITOR Jeremy Khoo EDITOR Hilary Hoe
CONTRIBUTORS Doris Khoong, Kong Qian Ru, Joann Chia, Adeline Leow, Shawn Tan PRODUCTION Extent Communications

📍 70 Bendemeer Road, #06-02 Luzerne Building, Singapore 339940

📧 info@alz.org.sg ☎ 6377 0700

🌐 alz.org.sg