



# Global Perspective

A newsletter for Alzheimer's Disease International, The International Federation of Alzheimer's Disease and Related Disorders Societies, Inc.

## ADI's 24th International Conference in Singapore

# Engaging societies around the world

An enthusiastic and lively Singapore welcomed over 1,100 delegates from 65 countries to ADI's 24th international conference in March 2009. With temperatures reaching 35°C, crowds gathered to take part in the mass workout and Memory Walk organised by the Alzheimer's Disease Association of Singapore, which set in motion the events for the week.

This enthusiasm continued throughout the conference, with a vibrant lion dance to mark the opening of the event and an encouraging speech from Singaporean government minister Mr Lim Boon Heng.

**Representatives from ADI and ADA Singapore joined government minister, Mr Lim Boon Heng, at the opening ceremony**



ADA Singapore held a mass workout in the lead-up to the conference

The three-day event included enlightening and moving presentations from speakers in keynote and parallel sessions, active workshops, lunch symposia, poster presentations and colourful information stands.

Strong emphasis was placed on quality of life, caring and creativity at this year's conference, with a particularly touching presentation from Tan Ching Hong on caring for her father. Those attending the event were made aware of the social, economic and global impact of dementia and Henry Brodaty dispelled some of the myths surrounding the effects of diet and lifestyle on dementia.

The workshops arranged by ADI gave participants the opportunity to share information, thoughts and ideas. During the workshop run by the 10/66 Dementia Research Group, attendees discussed ways in which the research findings of the 10/66 group could be used to lobby governments.

*Continued on back page...*



## Alzheimer's Disease International

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### Send us your comments

If you have any comments about or items for the newsletter please contact the Secretariat. Articles for the next issue of Global Perspective to arrive by 31 October 2009.

### Secretariat

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## Message from Daisy Acosta

Chairman of ADI



I feel it a great honour to be working so closely with the ADI family as they mark 25 years of caring for people with dementia across the world. This truly is a very exciting time to be a part of the dementia movement and ADI family. We continue to find new ways to raise awareness among many groups of people, from individuals to health care professionals and governments across the world. The launch of the World Alzheimer Report and the new caregiver intervention, 'Helping Carers to Care', from the 10/66 Dementia Research Group is evidence of the hard work that continues to go into the dementia field.

As we continue to grow I encourage you all to make the most of our work, to utilise and promote ADI's findings and services whenever you can. Remember that, through ADI, you are connected to many others from all parts of the world working to achieve the same goal as you. We are not alone in our endeavours!

Well done to you all on making ADI such a success and I look forward to many more years of growth and friendship, working with you towards a better future for people with dementia. Let's make World Alzheimer's Day 2009 the day when decision-makers across the world sit up and take note!

## Events

### 2009

14 – 15 September 2009  
**International Conference on Alzheimer's Drug Discovery**  
New Jersey, USA  
Tel: +1 773 784 8134  
Fax: +1 208 575 5453  
Email: [meetings@worlddeventsforum.com](mailto:meetings@worlddeventsforum.com)  
Web: [www.worlddeventsforum.com](http://www.worlddeventsforum.com)

15 – 16 September 2009  
**The Dementia Services Development Centre 3rd International Conference Facing the Future**  
York, UK  
Tel: +44 1786 467 740  
Fax: +44 1786 466 846  
Email: [jemma.galbraith@stir.ac.uk](mailto:jemma.galbraith@stir.ac.uk)  
Web: [www.dementia.stir.ac.uk/conference\\_welcome](http://www.dementia.stir.ac.uk/conference_welcome)

24 – 30 October 2009  
**19th World Congress of Neurology**  
Bangkok, Thailand  
Tel: +468 459 6600  
Fax: +468 661 9125  
Email: [wcn2009@congrex.com](mailto:wcn2009@congrex.com)  
Web: [www.wcn2009bangkok.com](http://www.wcn2009bangkok.com)

29 – 30 October 2009  
**Clinical Trials on Alzheimer's Disease 2009**  
Las Vegas, USA  
Tel: +33 46 710 9223  
Email: [ctad09@ant-congres.com](mailto:ctad09@ant-congres.com)  
Web: [www.ctad.fr](http://www.ctad.fr)

29 – 31 October 2009  
**III Congreso Iberoamericano de Alzheimer**  
San Juan, Puerto Rico  
Tel: +1 787 727 4151  
Fax: +1 787 727 4890  
Email: [alzheimerpr@alzheimerpr.org](mailto:alzheimerpr@alzheimerpr.org)  
Web: [www.alzheimerpr.org](http://www.alzheimerpr.org)

7 – 10 November 2009  
**12th Asia-Pacific Regional Conference of Alzheimer's Disease International**  
Lahore, Pakistan  
Tel: +92 4275 96589  
Fax: +92 4275 73911  
Email: [info@adi2009.org.pk](mailto:info@adi2009.org.pk)  
Web: [www.adi2009.org.pk](http://www.adi2009.org.pk)

19 – 22 November 2009  
**6th International Congress on Vascular Dementia**  
Barcelona, Spain  
Tel: +41 22 908 0488  
Fax: +41 22 732 2850  
Email: [vascular@kenes.com](mailto:vascular@kenes.com)  
Web: [www.kenes.com/vascular](http://www.kenes.com/vascular)

4 – 6 December 2009  
**Alzheimer's & Related Disorders Society of India XVth National Conference Dementia Solidarity**  
Kolkata, India  
Tel: +91 3332 017 044  
Email: [ardsicon09@gmail.com](mailto:ardsicon09@gmail.com)  
Web: [www.ardsikolkata.org](http://www.ardsikolkata.org)

### 2010

10 – 13 March 2010  
**25th Annual International Conference of Alzheimer's Disease International**  
Dementia: Making A Difference  
Thessaloniki, Greece  
Tel: +44 870 458 4171  
Fax: +44 870 442 9940  
Email: [adi2010@mci-group.com](mailto:adi2010@mci-group.com)  
Web: [www.adi2010.org](http://www.adi2010.org)



# Aging with the grace of others

A short essay written by Jennifer Long from the USA a year before her grandmother died from complications of Alzheimer's disease in August 2008

I went shopping a few days ago with my grandmother, who is living with Alzheimer's disease and has been wearing a diaper for years. I had to go to the bathroom terribly, and being that she had a diaper on and I didn't, I decided it might be a good idea for me to go first. Pulling my pants down and sitting down on the toilet in front of her, I was immediately struck by the way it felt to be on the other side. She was just standing there looking down at me, and even though I lead her through this routine several times a day, exposing myself in this way made me feel embarrassed and vulnerable. I just wanted to finish up and get it over with. I'm sure she thinks the same thing in her clearer moments.

My unexpected embarrassment exposed questions that I had never considered before. Why am I uncomfortable with the table being turned? Why do I think nothing of her going to the bathroom in front of me, but now that I'm doing it in front of her, I'm embarrassed?

To various extents we all fix our hair, bathe, dress ourselves appropriately, and close the bathroom door to 'do our business'. We neutralize ourselves and our odours to be more agreeable to others and to fit comfortably in to our society. With the ultimate goal of happiness, acceptance and love, we learn at a very young age how to perform these tasks independently and without ceremony. Does anyone have to tell you to wipe yourself after having a bowel movement? No. You know that if you don't you will be uncomfortable and smell bad. So this action happens spontaneously, without forethought or preparation. We take these unspoken rules

for granted. You don't spit on the carpet. Grape skins are eaten, not spat out and wiped on any surface. Pants must be worn when leaving the house. Noses are not blown on your pillowcase, shirt, the dishtowel or the dog. These things would be uncivilized.

So, what of elderly people with dementia? My grandmother has broken every one of these rules, and many more. Bless her heart, she followed them her whole life. 'Sit up straight', 'act like a lady', 'be a man', how many times have we heard these things before? There is no real acceptance or comfort in social deviance, and I mean this to



Jennifer and her grandmother on her 94th, and last, birthday

*Sometimes she grabs my hand and gives me a kiss on the cheek, other times she just spits her pills at me and says 'NyaaAAAahhh'*

describe basic functions of civility, not expressions of deviance like tattoos or green hair. If a member of society is in their 'right mind' there is no room for wandering into a stranger's kitchen without the benefit of recognition or pants. However, when my grandmother does these things, people respond to her with a pat and a chuckle. I have no doubt that there is no conscious thought, the way a person without dementia would define it, involved in my grandmother's actions. They do, however, make me ponder our society, all of its various rules, and what our 'right mind' is worth. Why does she get a chuckle and a pat, while someone else would get arrested?

As we see our elders return to 'infancy' through dementia or extreme sickness, I wonder if that isn't a mirror of our own frailties and vulnerabilities. Not as something to dread and be afraid of, but as

something to recognize, nurture and heal within ourselves. Is this return to helplessness an idiopathic expression of rebellion against a society we're increasingly dissatisfied with? Or is it a desire, at the end of a long and tiring life, to be cared for completely and absolutely? A way to get the nurturing we've spent a lifetime longing for? Is it a giving up – but an unwillingness to let go?

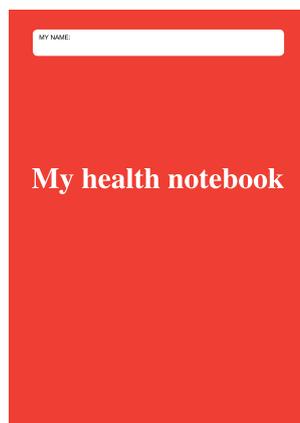
I don't know, but sometimes when I'm caring for Nan, she looks at me very tenderly, smiles gratefully, and says 'thank you'. Sometimes she grabs my hand and gives me a kiss on the cheek, other times she just spits her pills at me and says 'NyaaAAAahhh'. And we never close the bathroom door. What's the point? Life isn't about closed doors for her any more. It's not about a lot of things that we, the non-demented young, hold so dear. So what is it that makes it so dear?

# World Alzheimer's Day™ 2009

*Diagnosing Dementia: See It Sooner* is the theme for World Alzheimer's Day™ this year and plans are well under way in countries across the world. Materials have now been sent to members to use at their events, which include tea parties, memory walks, conferences and carnivals. The aim for World Alzheimer's Day 2009 is to encourage the public and health care professionals to recognise the signs of dementia earlier. It is only after this recognition that diagnosis, treatment and support can be given. ADI is encouraging its members to make the most of this opportunity to raise awareness of dementia and of their activities.

More information and a list of activities happening around the world can be found at [www.alz.co.uk/WAD](http://www.alz.co.uk/WAD).

Some of the materials sent to members for use around World Alzheimer's Day



## A message from Princess Yasmin Aga Khan

**PRESIDENT OF ADI**



In 2009 we commemorate 25 years since the formation of Alzheimer's Disease International. This gives us the chance to reflect on how ADI has grown and developed since the first meeting in 1984. I was present at that meeting alongside representatives from Australia, Belgium, Canada, France, the UK and the USA. There was a common feeling that, in order for dementia to be addressed as a global issue, an international organisation was needed.

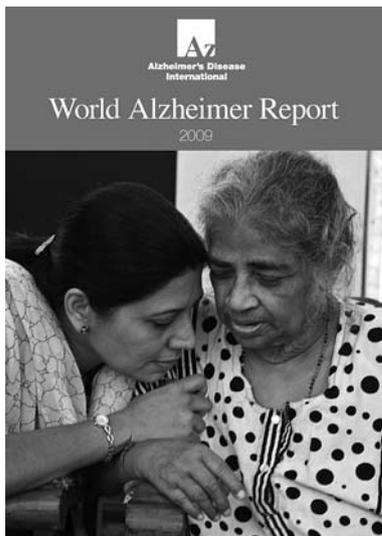
A quarter of a century later and ADI now has 71 member associations and a whole host of accomplishments, including lively and enlightening programmes and events, such as World Alzheimer's Day.

It is so important that we continue to speak out about dementia through these events and urge governments to realise the true scale of this dreadful disease in an effort to improve the lives of people with dementia, their families and their carers. There are so many people out there who cannot help themselves, so we must act now to help them receive the level of care and support they deserve.

I would like to congratulate ADI on our remarkable achievements over the past 25 years. It has been a joy to be involved and I look forward to even more years of development. I wish everyone around the world a very successful and enjoyable World Alzheimer's Day and all the very best for the future.

## ADI to release World Alzheimer Report

On World Alzheimer's Day 2009, ADI will release the first part of its *World Alzheimer Report*, which will reveal the most accurate global figures to date of the true scale of the dementia epidemic we are facing. Researchers have worked tirelessly to gather the information for the report, overseen by ADI and Martin Prince of the 10/66 Dementia Research Group. This part of the report will highlight the prevalence of dementia worldwide while considering levels of mortality, disability, carer strain and dependency.



The aim of this report is to act as an advocacy tool for ADI, its members, medical professionals and other interested parties. The results published in the report will help to strengthen campaigns aimed at policy-makers on a national and international scale. The report will also offer examples of good national dementia plans, information on health service responses and provide a framework for action in each country.

The second part of the report will detail the economic costs of dementia as well as providing estimates of the global burden of the disease, and will be released on World Alzheimer's Day 2010.

# Active life with dementia

## ADI announces international photography competition 2009

To mark its 25th anniversary ADI is running an international photography competition with the theme 'Active life with dementia'. The competition is open to amateur and professional photographers, though all submissions must come through one of ADI's member associations.

Members are asked to publicise this competition throughout their staff and members and submit up to three images to be judged by a panel of representatives and professional photographers from major media organisations. Members are also encouraged to approach professional photographers who may be interested in submitting an image.

Submitted photographs should highlight the ability of people with dementia to continue to live a mentally and/or physically active life after diagnosis.

The deadline for all entries is 30 November 2009. Judging will take place in January and the winning entries will be announced and exhibited at ADI's 25th International Conference in Thessaloniki, Greece in March 2010.

**If you would like to find out more about the international photography competition please contact [info@alz.co.uk](mailto:info@alz.co.uk)**



Lynton Crabb, Australia, won second prize (amateur) in 2006 for this picture, *Dancing in the Kitchen*

# Members' forum

**ADI members: do you have any news you would like to share with the global dementia community? Please contact us**

## NEW ZEALAND

### New day centre officially opened in Marlborough

On 21 February 2009 the Alzheimer's Society of Marlborough opened the first purpose-built day centre facility in the country owned by an Alzheimers New Zealand member group. The NZ\$700,000 debt-free centre was the result of ten years of planning and a number of goodwill gestures from local suppliers, trades people, contractors, community organisations and individuals.

A building fund for the facility was set up in 1999 with fundraising taking place from 2000. In 2006 the search began for a suitable site and in May 2007 the Marlborough District Council granted the Society a rent and rates-free 35-year lease on a block of land in Blemheim. During this period fundraising continued with the project receiving grants from the Lotteries Board and the Canterbury Community Trust.

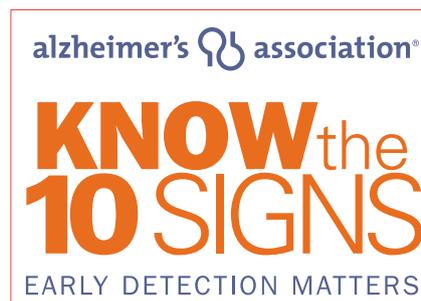


**The purpose-built centre is the result of ten years of planning**

The centre is currently running three day sessions per week and is considering increasing this to five as demand rises. The building was opened by Marlborough Mayor Alistair Sowman and followed by a function at which New Zealand's National Director Johan Vos and Board member Verna Schofield gave speeches.

## USA

### Alzheimer's Association launch new education campaign



On 17 May the Alzheimer's Association launched a new campaign entitled 'Know the 10 Signs: Early Detection Matters' in an effort to promote public understanding of early diagnosis and the principal signs of dementia. The campaign includes five print and one television advert, an early detection blog for people with dementia to share their stories, a new helpline and information on their website.

The information used for the project has been received from health professionals, clinicians, scientists and people with dementia. The 10 Warning Signs have been translated into Spanish and the Association are currently working with Alzheimer's Association Japan to develop a Japanese version.

As part of the campaign the Alzheimer's Association has formed an Alzheimer's Early Detection Alliance (AEDA), offering free membership for public and private sector organisations. Over 120 organisations have signed up for the opportunity to help raise awareness by educating their employees and associates.

The campaign was part-funded by a prize of \$1.5 million from the

American Express Member's Project competition, won by the Alzheimer's Association in 2008 for the Early Detection Matters project.

The Alzheimer's Association has also worked closely with the producers of the recent HBO Alzheimer's Project, a series of documentaries looking at the effects of Alzheimer's and recent findings in the US scientific field.

You can find out more about the Alzheimer's Association's 'Know the 10 Signs' campaign at [www.alz.org/10signs](http://www.alz.org/10signs)

## INDIA

### ARDSI to hold 15th national conference

The Kolkata chapter of the Alzheimer's and Related Disorders Society of India will host their national conference on 4-6 December. The conference will bring together scientists, clinicians, people with dementia, family carers, volunteers and care professionals under the theme 'Dementia Solidarity'.

Speakers at the conference include noted health care professionals from across India and representatives from the 10/66 Dementia Research Group and Alzheimer's associations in Australia, France, the USA and the Dominican Republic.

The conference will also see the release of two new publications from the Society. One is a memoir telling the story of a man's endeavour to continue caring for his wife in the late stages of Alzheimer's and the other a collection of articles written by doctors, researchers and professional carers. More information about the conference and both publications is available at [www.alzheimer.org.in](http://www.alzheimer.org.in).

## ZIMBABWE

### ZARDA hosts art group exhibition

Zimbabwe Alzheimers and Related Diseases Association held their first art group exhibition at their AGM in May, presenting a variety of pieces created by people with dementia. The art group, formed by Sue Cox whose late husband died of Alzheimer's, meet every Sunday morning at a country manor to enjoy exercising their creativity, while keeping their minds active and enjoying the therapeutic benefits of painting.

In preparation for the group, some members are collected and driven to the manor, allowing them an opportunity to enjoy the landscape, some much needed fresh air and a short walk through the grounds before they begin to paint.



Sue explained that new members of the group don't take long to settle in: 'It is very common for a newcomer to say "No, I don't want to paint, I'll just sit and watch" because they are shy or worried

that they will make a mess. But since absolutely everyone has some talent and appreciation of colour, with a bit of encouragement they soon find that they absolutely love making pictures.'

## ADI members show support for Global Charter

Members of ADI have been working hard over the past few months, gathering signatures to raise awareness and rally support for ADI's Global Alzheimer's Disease Charter. The Charter, which was released on World Alzheimer's Day last year, has been signed by more than 8,000 people so far, but more help is needed if we are to reach our target of 10,000 by World Alzheimer's Day 2009.

The Charter was developed to urge governments and stakeholders to recognise dementia as a global health priority and act now in order to improve the quality of life for people with dementia, their families and their carers.

TADA Chinese Taipei have shown real dedication to the cause by organising their own launch of the Charter in Chinese, which took place on 7th June with a press conference, attended by the Director of Social Welfare. The launch

included the creation of a website which features a translation of the Charter and a subtitled version of the film 'A Cup of Tea'. So far over 5,000 signatures have been collected on their site.

Many of ADI's members, including Venezuela, Uruguay, Mexico, Brazil and South Korea have developed their own forms for the collection of signatures. ADI are providing regular updates to members, allowing them to see how well their country is doing.



**The Director of Social Welfare spoke at TADA Chinese Taipei's press conference for the launch of the Global Charter**

For more information about the Global Alzheimer's Disease Charter please visit [www.globalcharter.org](http://www.globalcharter.org).

### ADI welcomes new members

At ADI's Council meeting in Singapore five new members were welcomed. Alzheimer Association of Bangladesh, Alzheimer's Family Support Group (Bermuda), Hungarian Alzheimer Society, Asosiasi Alzheimer Indonesia and Alzheimer's Jamaica were all granted ADI membership. ADI would like to welcome them to the global dementia community with the hope that they will benefit from the knowledge and companionship that ADI and its members have to offer.

## ■ 25 Years of ADI

To mark ADI's 25th anniversary we continue our series of articles about the highlights of the Alzheimer's movement, by looking at the annual conference and how ADI have involved people with dementia in their programmes and governance.

### My 20th ADI Conference

#### Virginia Bell, USA

In 1984 when a few individuals were beginning to ponder the need for a global gathering to talk about dementia concerns, I was developing one of the first dementia-specific day programs in the USA. This program opened in March of 1984 using an innovative approach that developed into the Best Friends model, stating that what a person with dementia needs most of all is a "Best Friend."

The ADI conferences address the need to both teach and learn. I have presented at each conference that

I have attended on some aspect of the Best Friends model. I have sown seeds for the need for a more person-centered approach to care and I have been thrilled to visit some of the seeds that have become reality such as the Best Friends approach used by Catholic charities in Hungary. Whatever I have given has paled compared to what I have learned from others about better dementia care.

When attending the ADI conference in Johannesburg I was privileged to visit a residential home in Soweto. It was a modest home to be sure but I was so impressed with the

spirit and feel of the home in spite of what seemed to be an impossible workload. When I inquired about bathing a young staff member looked at me with dismay saying,



Virginia with her husband Wayne Bell at ADI's 2004 conference in Kyoto, Japan

## Involving people with dementia



Keith Turner and his wife Lillian paid a visit to Alzheimer's Jamaica in 2007 after initially meeting at the Alzheimer University

In 2001, encouraged by a visit from Christine Bryden from Australia, ADI set up a People With Dementia working group. In 2003 Christine became the first person with dementia to be elected onto ADI's Board.

The aim of the People With Dementia working group was to assess ways of including people with dementia in decision-making and activities. In 2002 a toolkit was sent out to each member association suggesting ideas on how they could make this happen.

Keith Turner became the first person with dementia to speak at an ADI Alzheimer University in 2007. An invitation to visit Alzheimer's Jamaica followed and Keith returned to the Alzheimer University as a speaker in 2008.

People with dementia are now an important part of ADI conferences as a result of the working group. Workshops and talks given by or involving people with dementia have become a permanent fixture at ADI conferences.

Lynda Hogg from Scotland, who has dementia, was recently co-opted onto the ADI board (see page 10).

"Where are you from?" When I said "Kentucky," she quipped, "Oh, yes, Kentucky fried chicken." But then she was quick to say, "Now don't go back to Kentucky and say that we are lax on bathing but the bath does not have to be at 9 this morning. It does not have to be today or I'll shock you, it does not have to be this week but when the time is right for a bath it will be a better bath. We want our friends to first feel loved and respected when they come here to live." What a beautiful lesson and that is just one among many jewels that supported my work, thanks to many clever friends around the world.

I have met many wonderful, dedicated leaders in the field of dementia from all over the world including those who have been involved in most of the conferences from the beginning including Nori Graham, Henry Brodaty, Lilia Mendoza, Brian Moss, Princess Yasmin and others too many to list. I miss some of the "saints" who are no longer with us and congratulate the new comers that will help change the course of dementia care.

Looking back over the last 25 years membership in ADI has gone from 4 to 71 countries, the Alzheimer University has been established along with a Twinning Program and the 10/66 Dementia Research Group. Also a Medical and Scientific Advisory Panel has been developed. The one significant thread running through all the years of ADI is the emphasis on the whole world including holding conferences and supporting countries in the developing world.

I am really looking forward to attending my 20th ADI conference in Greece. Our common goal for improved dementia care brings us together in a way that transcends the ways that tend to divide us. It is one place where the world seems at peace.

## 10/66 to launch 'Helping Carers to Care' programme



**A community health worker in Xicheng, China, offers advice to a family carer**

A lack of resources and services for people with dementia and their families is a common problem, especially in low and middle income countries, and the 10/66 Dementia Research Group have developed a programme to address this widespread issue.

'Helping Carers to Care' is an intervention that can be delivered by community health workers in low-income countries to help people with dementia and their families. The intervention consists of the family receiving five short weekly visits from a health worker, where they will receive basic education about dementia and specific training on managing problem behaviours.

A structured two-day training programme, along with manuals, enables primary health care workers to deliver the intervention. The emphasis on the use of locally available, low-cost human resources means the programme can be delivered in low-income countries where other services would not be feasible.

The first module of the programme deals with assessing the likelihood of dementia existing in each case, and the strengths and weaknesses of care within the family. The second module

pays particular attention to the counselling of families, with training on how to talk to families and offer advice, while educating the families with general information on dementia and the symptoms of the disease. The final module enables health workers to offer advice and training on managing behaviour problems, such as repeated questioning, aggression and loss of interest.

The training programme includes DVD examples and practical role-play sessions with the trainer and other trainees. Once the training is complete the health worker will deliver the intervention with a real family, under the supervision of the trainer. The trainer provides detailed feedback and, assuming they are confident with the trainee's work, the health workers are then allowed to begin giving the intervention alone.

Formal randomised control trials of the intervention have taken place in India, Russia, Dominican Republic, Peru, Venezuela and China, and results so far show significant benefits for the families.

'Helping Carers to Care' manuals will be printed later in 2009. For more information visit [www.alz.co.uk/1066/caregiver\\_intervention\\_rct](http://www.alz.co.uk/1066/caregiver_intervention_rct).

## ■ Living with dementia

# Shedding the carapace

Lynda Hogg, Scotland

I am Lynda Hogg and I live in Edinburgh, the capital of Scotland. It is a beautiful city and I particularly enjoy walking my little Pomeranian dog on the Royal Mile, a famous street that runs between Edinburgh Castle and the Palace of Holyrood House. He is a stunning little dog and visitors often ask if they can take his picture.

In the spring of 2006, I was diagnosed with Alzheimer's disease. I had been seeing a neurologist for six years prior to this, so it was a relief finally knowing what was wrong and I cannot say I was shell-shocked. I was fortunate enough to be prescribed Aricept, one of the cholinesterase inhibitor drugs, as I feel that has helped to maintain my abilities.

I resigned from my post with the Scottish Pharmaceutical General Council, albeit reluctantly. I had to acknowledge I had been struggling with the exhaustion of performing my duties but it was a wrench after almost fifteen years.

After this, I had to solve a conundrum. I could not figure out how my life would now progress. Choices had to be made. I could sit and lament my losses and dwell on the negatives, or try to get involved in something positive. I knew I still had skills, rusting away. Unfortunately, I could not think of anything, so I meandered along like the tortoise with his shell, carrying my dementia with me. It felt as if someone had poured a bucket of cement into my head, paralysing thought, and that dementia was loitering with intent, ready to pounce if given the opportunity.



Daisy Acosta, ADI's Chairman, with Lynda Hogg

Quite by chance, I was introduced to the Scottish Dementia Working Group. This is a campaigning and awareness-raising group funded by Comic Relief and Alzheimer Scotland. It is run by and for people with dementia. Without a doubt, this was a huge positive for me, as I became involved and the rest is history. I have given presentations, attended conferences, including an Alzheimer Europe conference in Portugal, been involved in a variety of other activities and I am a former vice-chair of the group. This was my springboard to other things.

For nine months, each Friday, I volunteered at a day centre for people with a diagnosis of dementia, serving meals, drinks, washing up, helping with games and anything else that needed to be done. I thoroughly enjoyed this.

I became a Council member of Alzheimer Scotland last year. It is an exciting time to be more involved with the organisation, as I am delighted to be in at the birth of 'Personalisation and Dementia'. This approach is vital, as it leaves people in charge of their own destiny. Support to keep up social networks, skills and activities is essential to wellbeing and still being a valued member of society. Being

shoehorned into a service that is available but not right for you is not the most effective use of funds and is so last century.

Recently, I won an award from the 'Averil Osborn Fund', of the British Society of Gerontology; to conduct a piece of research into the impact dementia has on relationships. I was pleased my proposal received favourable consideration and I shall be working on this for the next nine months.

I like to set myself challenges and push out the boundaries. It is like playing the game of snakes and ladders. Sometimes I reach my goal at the top of the ladder and at other times, I slither down the snake and have to start again but I do not get despondent. It is all a learning curve.

At this moment in time, I am at a fork in the road. I need to focus on what I would like to be involved in next year at this time. I want to make informed choices and resist the tendency to drift. Although my temperament is more mercurial than before, I am remoulding my life with a diagnosis of dementia and personalising my odyssey.

*Lynda Hogg was co-opted to the Board of ADI in June.*

## Regional meetings

### Alzheimer Europe

Over 300 delegates attended this year's Alzheimer Europe annual conference in Brussels, Belgium in May to exchange information and hear the latest developments on the work of Alzheimer Europe and its member associations. Highlights included moving presentations from Marleen Declerc and Marianne Thijssens from the perspectives of a person with dementia and a carer. Another important session showed the results of the three-year, European Union-funded EuroCoDe project (European Collaboration on Dementia). The findings from the study were presented by working groups who spoke on topics including the European prevalence of dementia, risk factors and prevention, guidelines for diagnosis and treatment, psychosocial interventions, the European cost



**Princess Elisabeth of Belgium speaks to Alzheimer Europe Chairperson, Maurice O'Connell**

of dementia and an overview of social support for people with dementia and their carers. The results from the study are to be used by associations throughout Europe looking to develop national strategies. For more information visit [www.alzheimer-europe.org](http://www.alzheimer-europe.org).

### Middle East

Some 150 physicians and researchers gathered in Limassol, Cyprus for the International Conference on Alzheimer's Disease and Related Disorders in the Middle East in May. The main topics discussed at the meeting were prevention and risk factors and current developments in pharmacological and non-pharmacological treatments. ADI's Executive Director Marc Wortmann and Membership and Events Manager Jane Cziborra attended the event at which Marc presented ADI's World Health Organization advocacy work to make dementia a global health priority. The conference also offered ADI the opportunity to meet a lot of friends from the region and get updates on members' activities. Originally started by professor Robert Friedland, this bi-annual conference is now in its fifth year and continues to grow and extend its reach within an important and under-represented region.

## ADI and FMA present psychosocial research award

Those attending the Gala dinner on the third day of ADI's conference in Singapore witnessed ADI and Fondation Médéric Alzheimer (FMA) presenting the award for Dissemination of Psychosocial Intervention Research. Mary Mittelman received the prize for her proposal 'Translating the NYU Caregiver Intervention from Research to Practise Settings', a project that has proven effective for improving support for carers. Mary was unable to attend the event, but sent a short video, while local carer, Helen Lim, collected the award on her behalf. An additional prize for the most innovative psychosocial intervention was awarded to Danny George for his submission, 'Can Intergenerational Volunteering Promote Quality of Life for Persons with Mild to Moderate Dementia?'

Attendees at the Gala dinner were also treated to an astonishing mask changing performance, music from a live band and a screening of local student films. To see the student films screened at the Gala dinner visit [www.healthymind.sg](http://www.healthymind.sg).



**Michèle Frémontier from Fondation Médéric Alzheimer with Helen Lim, Danny George and Henry Brodaty**

### Proposals invited for 2010 award

**ADI and FMA are running a second award in 2010 for evidence-based psychosocial interventions. Deadline for proposals is 15th October. Visit [www.alz.co.uk/award](http://www.alz.co.uk/award) for more details.**

*Engaging societies around the world  
... continued from page 1*

Alzheimer associations from the Asia Pacific region were given the opportunity to share information and experiences of dementia in their country, providing delegates with an idea of the hard work being done throughout the region. Other ADI workshops included Global Strategy – Local Action, Strengthening your Alzheimer's Association and the last Stroud Symposia workshop, presenting the findings from the previous workshops as well as encouraging discussion on experiences with care services worldwide.

The voices of people with dementia were heard very clearly this year, with speakers including Myrna Blake from Singapore and Richard Taylor from the USA. A forum for people with dementia took place in a specially allocated quiet room where they were given the opportunity to air their views on working with national associations and their role as advocates.

As ever, the ADI conference had a dynamic and welcoming atmosphere. The ability to exchange ideas between researchers, medical and care professionals, Alzheimer association staff and volunteers, people with dementia and family carers from around the globe continues to make the ADI conference a unique and valuable experience.

The 25th International Conference of ADI will take place in Thessaloniki, Greece from 10-13 March 2010. See panel on the right and visit [www.adi2010.org](http://www.adi2010.org) for more information.



## 25th International Conference of ADI

**Thessaloniki, Greece 10-13 March 2010**

**Registration is now open! Don't miss out on the opportunity to register for the 2010 ADI conference at the early bird rate at [www.adi2010.org](http://www.adi2010.org). It promises to be a lively and popular event.**

**An exciting programme around the theme 'Dementia: Making a difference' has been developed with renowned plenary speakers from across the globe presenting on a variety of topics. The plenary programme will present new developments in medical treatments, best practice in care, prevention and non-pharmacological interventions. The winner of the ADI-FMA (Fondation M d ric Alzheimer) award for the best research on psychosocial interventions, Mary Mittelman will be presenting her research.**

**We would like everyone to be involved in this diverse programme, so don't miss out on the opportunity to be a part of this event by submitting an abstract through the conference website before the deadline of **30 September 2009**.**

**ADI and the Greek Association of Alzheimer's Disease and Related Disorders look forward to welcoming all with an interest in dementia to this unique multidisciplinary conference!**

## Future ADI conferences

### 2011

**ADI and the Alzheimer Society of Canada are looking forward to welcoming you to Toronto Canada for the 26th International Conference of ADI, which will be held 26-29 March 2011 at the Sheraton Centre Toronto Hotel in Canada. Plans are well underway for what promises to be an exciting conference. You can be kept up to date with all of the conference news by joining the mailing list at [www.adi2011.org](http://www.adi2011.org)**

### 2012

**We are happy to announce that in 2012, London, UK will be the host city for the most important event of the year – no, not the Olympics, but the 27th International Conference of ADI! The Alzheimer's Society and ADI look forward to welcoming you to this event.**