

Voice OF Dementia

The newsletter of the Alzheimer's Disease Association

VOLUME 4 ISSUE 1
JANUARY 2020

FEATURE

HOPE IN THE AGE OF DEMENTIA

ALL IN A DAY'S WORK

UNEARTHING THE PAST THROUGH REMINISCENCE ART

DONOR SPOTLIGHT

FUNDRAISING IN SONG

ON THE FRONTLINE

THE POWER OF FAMILY

With the support of his family, Peter Lim manages to stay active, and continues to enjoy his favourite hobby, singing.

MAKING A DIFFERENCE THROUGH CREATIVE DANCE MOVEMENT

In collaboration with Community Cultural Development Singapore (CCD), ADA introduced Creative Dance Movement to professional care staff, for them to apply this movement activity as a form of person-centred intervention. The training was conducted by Dr Heather Hill, consultant in dance and person-centred practice in dementia, and coordinated by Dr Felicia Low, Founding Director of CCD.

The Creative Dance Movement is grounded in a person-centred framework, and offers people with dementia opportunities for self-expression and social interaction. It does this through participation in an activity which is creative and life-enhancing.

“Unlike specific styles of dance, Creative Dance Movement is not about learning steps, but exploring movement in all its diversity. It is a form of arts experience which is about self-expression and creativity in collaboration with others. It is a joyful experience which makes people feel more alive and more engaged in life,” elaborated Dr Hill.



On 2 November 2019, 13 ADA care staff were successfully trained in Creative Dance Movement by Dr Heather Hill.

Taking it up a notch, ADA embarked on a one-year training programme with Dr Hill and Dr Low to educate ADA care staff from New Horizon Centres (Toa Payoh and Tampines) and Family of Wisdom (Bendemeer) to apply the concept of Creative Dance Movement in their daily activities with clients based across the centres. 13 staff graduated from this training on 2 November 2019, including Ms Lily Choo, the

Programme Assistant at Family of Wisdom (Bendemeer).

Lily shared, “Every client is different so I will interact with them individually and according to their moods. Creative Dance Movement requires a lot of upbeat energy and I am inspired by Dr Hill who is constantly active and full of creativity! Each session is a great work-out for our clients and their caregivers.”



WORLD ALZHEIMER'S MONTH 2019 CARNIVAL



ADA celebrated World Alzheimer's Month on 21 September 2019 with a free public carnival, where people from all walks of life came together to celebrate the lives and abilities of persons with dementia, and to stand in solidarity with them and their families. The afternoon was packed with activities from carnival games, snacks, an interactive playback theatre, a mass drumming session, to performances by our persons with dementia. ADA would also like to give special thanks to Musim Mas Holdings for being the Supporting Organisation for WAM 2019 Carnival.



Read more stories here.



UPCOMING EVENTS

CAREGIVER SUPPORT GROUP (ENGLISH)
Managing Changing Behaviours and Needs
1 Feb at NHC (Toa Payoh)

FAMILY CAREGIVER TRAINING PROGRAMME
Elective Module 1: Purposeful and Meaningful Engagement
8 Feb at Resource & Training Centre



CAREGIVER SUPPORT GROUP (MALAY)
Stimulating Activities For Persons With Dementia
8 Feb at FOW (Tiong Bahru)

CAREGIVER SUPPORT GROUP (MANDARIN)
Taichi
15 Feb at FOW (Tiong Bahru)

DEMENTIA CARE TRAINING WORKSHOPS FOR FOREIGN DOMESTIC WORKERS
Elective Module: Managing Food Nutrition
22 Feb at Resource & Training Centre

CAREGIVER SUPPORT GROUP (ENGLISH)
Coping with Dementia Diagnosis
7 Mar at NHC (Toa Payoh)

34th International Conference of Alzheimer's Disease International (ADI)
19-21 Mar at Singapore EXPO

This year, ADA is proud to host ADI's international conference, which is the longest running and one of the largest international conferences on dementia. Featuring a range of international keynote speakers and a high standard of scientific and non-scientific content, the conference programme enables participants to learn about the latest advances in the prevention, diagnosis, treatment, care and management of dementia. Learn more at adi2020.org.

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

WORLD ALZHEIMER'S REPORT 2019

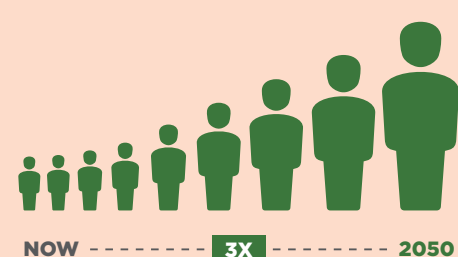
KEY FINDINGS

On 21 September 2019, Alzheimer's Disease International (ADI) released the World Alzheimer's Report, an annual report to survey the attitudes and climate of dementia around the world.

SAMPLE SIZE:

70,000 people surveyed across 155 countries and territories

KEY FINDINGS:



The number of people living with dementia is forecast to grow from **over 50 million currently, to 152 million by 2050.**

Around **40%** of the general public **feel that persons with dementia are ignored** by healthcare professionals (physicians and nurses).



2 in 3 people

still think that dementia is a normal part of ageing, as opposed to a neurodegenerative disease.



1 in 5 people attribute dementia to **bad luck**, almost **10% to God's will**, and **2% to witchcraft.**

RISK / PREVENTION

1 in 4 people think there is **nothing we can do to prevent dementia.**

95% of participants think they **could develop dementia.**



82% of people **would take a genetic profiling test** to learn whether they are at risk of dementia, even though there is currently no disease-modifying treatment.

Download a copy of the World Alzheimer's Report 2019 here.



HOPE IN THE AGE OF DEMENTIA

The 34th International Conference of Alzheimer's Disease International (ADI) is fast-approaching. The global conference, which is the longest-running of its kind, will take place from 19 to 21 March at the Singapore Expo!

With more than 20 keynote speakers from around the world, look forward to hearing about a diverse range of topics surrounding dementia – from research and risk reduction, to training, developments in care, technology and innovations. In addition, a highlight of the Conference will be to hear directly from people living with dementia and their caregivers, including those from Singapore.

Roman Szydlowski

Based in Sweden, Roman was diagnosed with early Alzheimer's Disease in 2009 and started taking the drug, Aricept, against its progression in the same year. In 2018, he was enrolled in a special programme related to Alzheimer's which ended in March 2019. In July 2019, after taking the same type of cognitive test as in 2018, improvements in his cognitive abilities were observed.

At the Conference, Roman will speak about his experiences of being involved in a multi-domain lifestyle preventive intervention, the Multimodal Preventive Trial for Alzheimer's Disease (MIND-ADmini) pilot study.

Hear about Roman's personal experience of dementia risk reduction research on 20 March 2020, during Plenary 3: The Science of Risk Reduction.



Dubhglas and Eileen Taylor

Based in Australia, Dubhglas and Eileen Taylor are actively involved in dementia advocacy both nationally and internationally. Eileen, who is diagnosed with dementia, is Secretary for Dementia Alliance International (DAI). The couple host an online weekly support group in Australia and New Zealand. DAI is a non-profit organisation whose membership is exclusively for people with a medically confirmed diagnosis of any type of dementia from all around the world.

During the Conference, Eileen will share her experience as a participant in a clinical dementia research and how it has spurred her to pursue the ideal of hope. The couple said: "We're interested in dementia research because it offers hope. And, hope is the ability to see some light despite all the gloom."

Dubhglas and Eileen Taylor will speak on 21 March 2020, during Plenary 6: Hope springs on solid foundations: Research, innovation, data and information systems.



Find out more on ADI 2020 Programme: adi2020.org/programme

The 34th International Conference of ADI. Singapore EXPO. 19-21 March 2020



Register now
adi2020.org/register



LIVE #DESPITEDEMENTIA THE POWER OF FAMILY

In this issue, we look into the lives of Mr Peter Lim and his family, who recently starred in ADA's first #DespiteDementia campaign video. Mr Lim, 81 years old, has had dementia for ten years and is a graduate from the second cohort of Voices For Hope, ADA's self-advocacy programme.

Nestled in an old estate along Kent Road, many neighbours are familiar with Aki, a small brown poodle curiously roaming around the block and excitedly sniffing new guests.

The dog belongs to none other than the Lim family. Mr Peter Lim has lived in the estate with his loving wife, Mdm Tan Quee Eng, and their son, Mr Daniel Lim, for the past 40 years. And just like Aki, Peter, who has lived with dementia for the past ten years, also tends to get lost in

the neighbourhood. However, both their sightings have been embraced by the community.

"Back in 2009, I suspected that daddy had dementia when he started forgetting his keys, his wallet, and then one day he started accusing me of stealing his money. So I just thought it was time to get him checked," said his son Daniel, now aged 39.

"The first thing that made me think I had dementia was that I seemed to do things but I would forget. Things that I did yesterday, sometimes I remember,

sometimes I don't. But things that happened 40 to 50 years ago, I remember clearly," said Peter, reflecting on his initial reaction to his diagnosis.

But life had even more in store for the Lim family. In the same month that Peter was diagnosed in 2009, Quee Eng was diagnosed with stage 3 breast cancer. She had to undergo a mastectomy, followed by chemotherapy, and it was a very

difficult few years for the single-income family.

Looking back, Daniel emphasises that it was sheer grit and desire to survive as a family that got them through the years. It was also a great help having a close-knit, dementia-friendly community of neighbours who provided emotional support for the family.

Taking A Stand

Now starring in ADA's new video titled "The Power of Family", the Lims hope to share their story with more people and reduce the dementia stigma.

"My family has been stigmatised in restaurants, such as when my dad takes a bit longer to order his food. It's these kinds of small acts – the whispers or the impatience – that we need to fight against," said Daniel.

"Despite dementia, my dad is still very active. He does all his daily assisted living like preparing his meals, exercising and his favourite hobby, singing!" said Daniel.



FAMILY



Watch the story of Lim family here.



Joining The Fight Against Dementia Stigma

Those living with dementia should not be defined by the labels that people place on the condition. #DespiteDementia aims to change perceptions and fight dementia stigma, encouraging more of those living in Singapore to see past a person's dementia, and recognise the person underneath..

In order to tackle dementia stigma and work towards the goal of a more dementia-inclusive society, the #DespiteDementia campaign aims to improve knowledge levels about dementia in Singapore by increasing education and exposure in the community.

As part of the campaign, a series of videos will be released on the ADA website featuring the stories of those living with dementia. The first, 'The Power of Family' shares the story of Peter Lim, who has been diagnosed with dementia for a decade, but does not allow this condition to define him.

Through stories like these, we hope that the community will come to realise that those living with dementia are not that different. #DespiteDementia, they still enjoy hobbies, have hopes for tomorrow, and the right to live life with dignity.



Join our movement at alz.org.sg/despitedementia



#Despite
DEMENTIA

UNEARTHING THE PAST THROUGH REMINISCENCE ART

Art can permeate the very deepest part of us, where no words exist. And for persons with dementia, expressive art has indeed helped to bring out hidden emotions and memories thought to be forgotten.

Aimed to complement our existing art therapy programmes, ADA recently engaged with artist Didier Ng, who specialises in creating reminiscence art out of old recycled items. Together

with facilitator Catherine Chong, we went down to New Horizon Centre (Bukit Batok) to sit in on a cultural reminiscence and art-making session. Let's hear from them about their unusual jobs and their daily inspirations.

Describe a regular work day for yourself.

Cat: Extremely irregular because we work on a project basis. Some days can be long, some days short, and I try to adhere to my clients' working hours too. When I'm not at work then it

would definitely be "me" time – I love breakfast time for myself! I also try to spend more time with my family.

Didier: I am a freelance eco artist and I work from home. I spend

the day at home crafting, drawing, and planning for my projects.

What, or who, inspired you to get into this line of work?

Cat: Probably my family. I come from a huge family of 11 siblings and I'm the youngest child; it was always chaotic but fun! Also, because we are Hakka, who are known to be very "thrifty" people, we have lots of vintage stuff around the house. In one word... we are "hoarders"! Since we don't throw away things, I figured "let's make the best of what we have" and decided to venture into creating art for therapy. You could say it developed from my family values!

Didier: I grew up in a handy family and used to spend a lot of time at my grandparents' place. We would always repair and fix stuff. Since I always enjoyed building stuff and troubleshooting mechanisms, I grew to enjoy reusing old materials or "trash". I also love the old and traditional items that seem to have great stories in them. I then studied Product Industrial Design in school and my schoolmates and tutors were great help in my development of ideas and skills. Then I met Cat who led me and taught me how I could share my works and skills with others!

What makes you smile or keeps you going?

Cat: People, people, and people. And life itself! Also, irony, nature, wonder... the list goes on.



Didier: Being able to share my skills and joy is my happiness. I also learn a lot from the different people I meet. Being able to continue to push and pursue more challenges is also fun for me! I get to dress up, sing, dance, visit places, and do crafts. How not to smile?!

What are people's usual reactions when you tell them what your job is?

Cat: Honestly it's hard to describe what I do, so how can I expect anyone to understand? People are generally polite and because I say I work with persons with dementia, they then conclude that it's "noble" work.

Didier: "Can earn money?" That's what people ask. But I don't really mind them as money may never be enough, so why think that way?

Any other comments you would like to add about yourself?

Cat: Blessed!

Didier: I'm grateful for this opportunity to reach out to so many people. I really enjoy what I'm doing!



A JOURNEY OF COURAGE

Self-advocacy can take place across various platforms. It can be done at a public sharing, being part of a video production, or through writing, amongst others. One of the significant traits to be an advocate is to have courage, and we applaud those who have courageously stepped up to make their voices heard and benefit others. From this issue on, we are proud to present this special column which allows those with dementia to share their journeys, aspirations, and hopes #Despitedementia.

Katherine Lim,
87 years old with Alzheimer's Disease

Despite dementia, I am not afraid as I have people who love me. I may forget, but my daughters are very patient, and they help me remember things. When I really forget, they always tell me that it is okay. Caring for persons with dementia is costly, so I hope that more financial assistance is available to help people like me. I also wish for those living with dementia to have the support of family and friends who will love and understand them.

“



Krishnagamy Kumaraguru,
63 years old with Mild Dementia

Despite dementia, I don't want to see my family sad—so I choose to be happy. My wife is a strong woman and I really admire her. She chooses to take care of me and tells me not to give up. My daughter is also by my side and we are very close. She calls me from Australia daily and I look forward to hearing from her every day.



“

Ronald Chew,
62 years old with Mild Dementia

When I was diagnosed with dementia, I felt disappointed and scared. It sounded like the end for me and I did not know what to do. Negative thoughts such as suicide did cross my mind.

But I love my family and I don't want to give up just like that.

My family is my greatest motivation. My family also includes my dog, Kinsley, who is very special to me. To everyone reading this, I hope that you can be patient with us. Please do not get offended even if we repeat ourselves many times.

FUNDRAISING IN SONG



Thanks to the support of all our generous sponsors and donors, ADA was able to raise over \$88,000 during this year's edition of Love For All Seasons. The concert was held in two sessions on 26 October 2019, and saw more than 650 attendees come together in a celebration of love.

Mr Jason Foo, ADA's Chief Executive Officer, expressed his gratitude to all donors, saying "We are grateful to you for believing in our cause and making an impact to the work we are doing."

Special mentions were given to Mr Paul Heng, Founding Managing Director of NeXT Career Consulting Group (Asia) and ADA Management Committee Member, for urging guests of his group's 20th anniversary celebrations to give their



gifts in the form of donations to the Love For All Seasons concert. Mr Lee Fatt Leong also reached out to over 100 friends and associates to garner donations, going the extra mile to support ADA's efforts. There were also two individual donors who made a significant donation of \$10,000 each, who wished to remain anonymous.

Expressing his happiness at the success of the charity concert, corporate donor Mr Ng Kia Chiang, Sales and Marketing Director of Keto Science, said, "Thank you very much, and we are happy to see the fundraising concert was successful. It is indeed our pleasure to be able to participate with ADA on this long journey for providing support to caregivers and persons with dementia."

Funds raised at Love For All Seasons will allow ADA to keep providing programmes, services, and subsidies for families impacted by dementia, as well as our efforts to drive awareness on dementia and tackle the stigma that exists towards the condition.

DONATE TO OUR CAUSE!

Scan the code and find out how you can make a difference to those living with dementia.



DEMENTIA IN NUMBERS



More than
1 out of 2
dementia carers said
their health suffered as
a result of their caring
responsibilities



62%
of healthcare
professionals still believe
that dementia is part of
normal ageing



45%
of people living in
South-East Asia feel that
people with dementia are
dangerous



6 out of 10
people feel it is important
to remove responsibilities
of people living with
dementia



More than
8 in 10
respondents living with
dementia feel their opinions
are not taken seriously

Statistics from World Alzheimer Report 2019

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.

Dementia Helpline

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

Headquarters WE'VE MOVED!

Caregiver Support Centre Family of Wisdom (Bendemeer) Resource & Training Centre

📍 20 Bendemeer Road
#01-02 BS Bendemeer Centre,
Singapore 339914
🕒 Monday - Friday: 9.00am - 6.00pm

ADA Café

Family of Wisdom (Toa Payoh)

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

Family of Wisdom (Tiong Bahru)

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

New Horizon Centre (Bukit Batok)

📍 Blk 511 Bukit Batok Street 52, #01-211,
Singapore 650511
🕒 Monday - Friday: 7.30am - 6.30pm

New Horizon Centre (Jurong Point)

📍 1 Jurong West Central 2 #04-04
Jurong Point Shopping Centre,
Singapore 648886
🕒 Monday - Friday: 7.30am - 6.30pm

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,
Singapore 310157
🕒 Monday - Friday: 7.30am - 6.30pm

JOIN US IN OUR FIGHT AGAINST DEMENTIA!

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alz.org.sg/donate



giving.sg/alzheimer-s-disease-association

VOLUNTEER



alz.org.sg/volunteer

SIGN UP FOR VOICE OF DEMENTIA (ONLINE) AND GET LATEST EVENT UPDATES!



alz.org.sg/vod

SCAN TO DONATE



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