

THE VOICE



IN THIS ISSUE

Dementia Care Begins at Home: Building a Community of Care

Pictured above: CEO Pat McLoughlin, ASI Board Member David Fitzgerald with members of our advocacy groups presenting our petition at Leinster House.



THE ALZHEIMER
SOCIETY of IRELAND

MESSAGE FROM THE CEO

Welcome to the winter edition of The Voice. This is, of course, a big year for The Alzheimer Society of Ireland as we celebrate 35 years of operating dementia-specific services and supports in Ireland.

I am really looking forward to our conference to celebrate this great achievement by the organisation and celebrate the work and achievements of all our staff, branches and volunteers down through the years. It has been a fantastic effort from all, past and present, since the organisation's inception in 1982.



Pat McLoughlin, CEO ASI

We will be taking a look at where we began and also where we are going with the presentation of our new strategy which has come after great consultation with all our stakeholders. I am looking forward to this day as it's an opportunity to thank everyone connected with the organisation for all their hard work and dedication over the years.

We had a very successful World Alzheimer's Month 2017 in September with so many events taking place all over the country. I want to thank everyone in the ASI who all played such an important role during the month in creating and raising public awareness and putting a national spotlight on many dementia issues.

We had new booklets launched including on eating well with dementia and assistive technology, the AlzTalks event in Cork, Women Leaders in Ireland in Dublin, Pre-Budget Submission regional meetings in Donegal, Wicklow, Meath and Limerick, World Alzheimer Information Events around the country, our Mobile Information Bus was also on the road including three days at The Ploughing Championships, family carer training was taking place and many, many local and regional events taking place around the country.

Thanks to all staff and volunteers and everyone who played their part in making it such a successful month.

I was happy again to see ASI services continuing to grow steady within the community. Day care is still up 3% after the first eight months and we delivered 382,885 hours up to the end of August. Our helpline service had 3,962 service users for the first nine months of 2017, a 7.5% increase in the first nine months of year. Also, the Mobile Information Bus Service is having another successful year with 43 outings across 17 counties to end of September. These figures are very impressive – well done to all involved.

Our Pre-Budget Submission 2018, 'Dementia Care Begins at Home – Building a Community of Care' asked the Government to put in place appropriate supports so people with dementia can remain active in their own communities. We launched this submission in Dublin and, as I mentioned earlier, our branches in Donegal, Wicklow, Meath and Limerick held local meetings to discuss the content with local Ministers, TDs and councillors and over 5,000 members of the public also got behind our Pre-Budget petition.

We expressed our disappointment at the Government's lack of investment towards community supports for people with dementia in October's Budget 2018 announcement. While we welcomed the allocation of additional funding for home care packages, we are insisting that intensive home care packages for people with dementia must be prioritised within any home care allocation. We are determined to push the Government for specific dementia funding.

Our fundraising is going from strength to strength with our new charity partnership with the GAA very promising. Just like ourselves, the GAA is a grassroots and community based organisation with a representation right across Ireland. We are delighted to be working with the GAA on a number of exciting fundraising and awareness raising projects this year and we have more planned for 2018.

Partnerships such as this are essential to our organisation and the funds that will be generated from this - and all our other fundraising activities locally, regionally and nationally - will make a real and lasting difference to the lives of people in local communities living with dementia around Ireland.

Finally, a big well done to everyone at our Ennis Day Care Centre in Co Clare who will feature in the charity segment on RTÉ's Winning Streak in the coming weeks. The RTÉ cameras have already been down to film in Ennis and the interviews that have been captured will represent the very best of ASI. Well done to all involved – staff, branch, volunteers, clients and family members.

Pat McLoughlin

DEMENTIA CARE BEGINS AT HOME: BUILDING A COMMUNITY OF CARE

We would like to thank everyone across The Alzheimer Society of Ireland (ASI) for supporting our Pre-Budget campaign, particularly those who hosted local budget events and collected signatures for our petition. Since 2016, over 28,000 people have signed our petitions calling for more community supports for people with dementia and around 5,000 representations have been made to TDs about funding for dementia which is an incredible level of public support.

We have also seen a significant increase in engagement from political representatives and had the first public statement from a Minister recognising dementia as a top priority. We would like to give a special thanks to our branches in Donegal, Wicklow, Meath and Limerick and staff for hosting successful budget events in the Glenties Day Care Centre, Lily of the Valley Day Care Centre, Whistlemount Day Care Centre and Limerick Day Care Centre which were attended by a total of 31 TDs, Senators and Councillors.

We would also like to thank the ASI's Dementia Adviser service for supporting this campaign, in particular Dementia Adviser Amy Murphy who featured in our campaign videos which were viewed almost 100,000 times.

An additional €37 million for home care packages was announced by the Minister for Health in Budget 2018 which is extremely welcome. The ASI is now calling on the Minister to insist that the HSE provides additional home care packages for people with dementia in 2018.

More information on this campaign and our full reaction to Budget 2018 is available on the ASI website.



ASI staff and branch members with political representatives and families living with dementia in Glenties Day Care Centre 07 July 2017



Minister Simon Harris with members of the ASI Wicklow Branch and staff in Lily of the Valley Day Care Centre 22 September 2017



Members of the ASI Meath Branch with Minister Regina Doherty, Minister Damien English and other political representatives in Whistlemount Day Care Centre 25 September 2017



Branch Chair Marilyn Sheehan with Deputy Willie O'Dea and Councillor Joe Pond in Limerick Day Care Centre 29 September 2017



HAPPY 35TH ASI

This year we are marking our 35th Anniversary of providing dementia specific services across Ireland.

In 1982 two family carers Winifred Bligh and Imelda Gillespie founded The Alzheimer Society of Ireland and set about changing the dementia care landscape in Ireland forever.



From top to bottom:

- 1: First ASI employee Nuala Dunphy, First ASI President Michael Coote & founder Winifred Bligh.
- 2: Former ASI CEO Morris O'Connell
- 3: President Mary Robinson & Branch Chair of North Dublin Nancy Costello.
- 4: Taking on the Women's Mini Marathon.
- 5: TV Presenter Anne Robinson and Michael Coote.

IRISH DEMENTIA WORKING GROUP AT ALZHEIMER EUROPE BERLIN

We were delighted that three members of the Irish Dementia Working Group travelled to the Alzheimer Europe conference in Berlin at the start of October. Overall the conference had over 30 people living with dementia in attendance over the three days, the highest number ever, and The Alzheimer Society was delighted with the strong Irish contingent.



Each of the members from the Working Group also played an important part in the conference itself. Helen Rochford Brennan, currently the Chair of the European Working Group of People with Dementia, opened and closed the conference while providing many contributions in between. Ronan Smith, Chair of the Irish Dementia Working Group, presented at a parallel session about his new role as Chair and his hopes for the future of the Working Group. Kathy Ryan was facilitated to attend the conference by a bursary from Home Instead and now plans to share her learning with staff there and others.

Overall the conference was a full and packed agenda with lots of new learning and connections made. All those involved look forward to applying some of that learning to the actions of the Irish Dementia Working Group going forward.

Pictured from Left to Right: Pat McLoughlin, CEO The Alzheimer Society of Ireland, Carmel Geoghegan, Supporter for Helen, Kathy Ryan, Vice Chair of Irish Dementia Working Group, Dr Bernadette Rock, Policy and ASI Research Manager, Amy Murphy Supporter for Kathy, Tina Leonard, ASI Head of Advocacy and Public Affairs, Helen Rochford Brennan, Chair of the European Working Group of People with Dementia, Avril Easton, ASI, Miriam Brady, Supporter for Ronan and Ronan Smith, Chair of the Irish Dementia Working Group.

DEMENTIA CARERS CAMPAIGN NETWORK – UPDATE



Event in Leinster House: On 5th October members of the DCCN supported the handover of an ASI Pre-Budget petition at Leinster House alongside members of the Irish Dementia Working Group (IDWG). They then attended the launch of the All-Party Oireachtas Group on Dementia's budget proposals.

Top left: Brian Doyle from the Irish Dementia Working Group with DCCN members Ann Twomey, Máire-Anne Doyle and Josie Canning outside Leinster House.



Members Meetings: On 6th September the DCCN committee met with the steering group of the IDWG to discuss a joint campaign the groups will run on 'The Experience of a Dementia Diagnosis'. This campaign was also discussed at a meeting of the DCCN on 21st October. Other issues discussed at this meeting included the DCCN's new Terms of Reference & the DCCN Twitter account which now has over 250 followers.

Family Carer Research Conference: Ray Cregan from the DCCN committee presented at a Family Carer Research Conference hosted by Care Alliance Ireland and UCD on 31st August. This presentation was entitled 'Engaging Dementia Carers in Research: The Dos and Don'ts' and focused on the importance of engaging carers in research and the supports carers may need to participate in this work.



Bottom left: DCCN committee member Ray Cregan presenting at the Family Carer Research Conference

If you know someone who would like to get involved in the DCCN please contact joanna.joyce@alzheimer.ie

RESEARCH ROUND-UP

The ASI is involved in several valuable strands of research which will be ongoing in 2018, involving people with dementia and carers. The ASI was involved in the following research projects, completed in 2017:

Risk Factors, Risk Reduction

The Research Review examines the current evidence on the role and importance of modifiable lifestyle or health risk factors in the prevention and treatment of Dementia and Neurodegenerative Disease.

ASI's Research Strategy:

ASI is developing a new research strategy for the next three years.

Policy and Research Manager, Dr Bernadette Rock is exploring how ASI can address gaps that

exist in dementia research and play a stronger role within the dementia research landscape in Ireland. Various stakeholders have taken part in a consultation that will help map and plan a new research strategy for ASI, including people with dementia and carers. We are keen to link people with dementia and carers to research projects and encourage and support their involvement in research studies. The voices of people with dementia are key to informing policy.

Research Review Committee:

We are also setting up a new Research Review Committee that will assess and grade all research applications to ASI. This Committee

will include a person with dementia, a carer and Operations Managers, and will ensure an objective and inclusive research process.

Alzheimer Europe:

Bernadette recently presented a paper at the Alzheimer Europe conference in Berlin where she discussed how to carry out research using a human rights based approach and how to involve people with dementia in research.

If you would like further information on any of the research being carried out please contact: Bernadette.rock@alzheimer.ie



TUTOR PROFILE: MARY HICKEY

I have been working with the Alzheimer Society of Ireland since 2007. I came to the ASI from a HR background, having worked in IBEC for many years. My mother had Lewy body dementia and together with other family members I was closely involved in her care. From this experience, I had an awareness of the demands of dementia care and the unfortunate lack of services for families in Ireland at that time.

I established Rose Cottage in 2008 as a drop-in facility for persons with dementia. Sadly, our clients are increasingly younger with a number now in their early 50s. For this reasons, we place a strong emphasis on providing meaningful activities. This year, we introduced a number of new outdoor activities, including gentle hill-walking in the Dublin and Wicklow mountains. South Dublin County Council kindly gave us a large allotment in Tymon Park in Tallaght and we now have a gardening programme for persons with dementia every Friday morning. The work done by the clients on the allotment has been extraordinary. We hope that next year, we will be ready to produce our own salads, fruits, herbs and flowers for the centre and for the clients to take home.



I began training family carers on the Family Carer Training programme in 2009. It is a fantastic project and one that I believe can really change the day to day lived experience of the person with dementia. I love meeting family carers as a group and seeing how their perspective of dementia gradually changes over the course of the six-week programme.

Since 2015, I have been facilitating a monthly Support Group for persons with dementia in Dublin City Centre. This is my 'training', the place where I learn about dementia and learn about the real care needs of people with the condition. The support the members of the group offer one another is really extraordinary. Each time we meet, I am amazed at their great strength and desire to remain positive about life and, in particular, by their humour.

I hope I can continue to be involved with the various ASI projects that support persons with dementia and their families in the years ahead. Since I joined the organisation in 2007, there has been a growing awareness around dementia in Ireland due in no small part to the work of ASI. It has been a pleasure and a privilege to have been part of that.



HSE UNDERSTAND TOGETHER UPDATE

Look out for the two new TV ads launched on 26th October as part of the new phase of the HSE's Understand Together campaign. Featuring Maureen O'Hara and Paddy Butler, both members of DREAM Kilkenny and our Irish Dementia Working Group, the ads give us a glimpse into Maureen and Paddy's lives living with dementia and show us how important family and social and community supports and understanding are. For more see www.understandtogether.ie

FUNDRAISING

Latest Charity Partner

The Alzheimer Society of Ireland has been chosen as one of five charities from around the country by the GAA to be charity partners for this year. Each of the designated charities will receive a €20,000 donation from the GAA.

Aogán Ó Fearghail, Uachtarán CLG, said: "We are delighted to announce the latest list of most worthy charities for our support and assistance in 2017. The volunteer ethos, the spirit of community and the sense of giving are core values at the heart of what makes the GAA great, and is something we share with these charities".

The Alzheimer Society of Ireland is delighted to be working with the GAA in what promises to be a very exciting year.



Women in Business Celebrated World Alzheimer's Day, 21st September.

The Alzheimer Society of Ireland hosted a networking event for women in business with Ruth Curran, the managing partner of MERC Partners as the keynote speaker.

Also speaking at the event was Helen Rochford-Brennan, Chairperson of the European Dementia Working Group and a panel discussion featuring Emer Burke (Deloitte), Margaux Kenny (Google), and Bronwyn Brophy (Medtronic). Leadership, supporting women in workplace and work life balance were some of the topics discussed.

The event was kindly supported by The Cliff Town House.



We've had some very intrepid fundraisers taking on challenges for us these past few months.

David Purdom took on the 3 peaks challenge in mid-September when he climbed Ben Nevis, Scafell Pike and Snowdon in 29.5 hours including travelling time. David has raised almost €400 and counting to support our essential services in the process.

Eamonn Donnelly and **Sepp Tieber-Kessler** undertook an epic 2,500km walk from Austria to Armagh between June and September to raise vital funds for dementia research. This journey was inspired by Eamonn's mother, who passed away in 2014 from a form of dementia. They were supporting charities in Ireland, the United Kingdom and Austria, including The Alzheimer Society of Ireland. In total they raised almost €3,000 to support our essential services. They covered a distance equivalent to walking 60 marathons on their journey. They stopped by our National Office in Blackrock, Co. Dublin to say hello to our team en route.

Stephen O'Connor took on the Great Dublin Bike Ride at the end of September. This is a 100km one day cycle around North County Dublin which attracted approximately 6,000 riders this year. Stephen has raised almost €2000.



The Association of Medical Students (AMSI) and the Medical Society (MedSoc) at NUI Galway raised almost €2000 to support our essential services. As part of their 2nd annual outreach week, held from the 25th to the 29th of September, they conducted bucket collections, busking, blood pressure clinics and bake sales around Galway City, University Hospital Galway and the NUI Galway campus.



Christmas Cards

The festive season is just around the corner and we are delighted to let you know that our Christmas Cards for 2017 are now in stock and available to order.

To order your cards please email fundraising@alzheimer.ie or contact Jarlath or Joanne on the fundraising team by calling on 01 207 3826.

ALZ TALKS

On September 27th we hosted our second celebratory AlzTalks event which featured people living with dementia, carers and musicians in Cork City. Alz Talks is about shattering the stigma and misconceptions that often surround dementia.

Dementia advocates Sean Toomey (Cork), Helen Rochford Brennan (Sligo), Sean Donal O'Shea (Kerry), Catherine Kennedy (Tipperary) and Michael Higgins (Cork) offered their personal insights on dementia and music was

provided on the night by the legendary John Spillane, The Lee Valley String Band, opera singer Amanda Neri and singer-songwriter Laura Elizabeth Hughes.

The MC for the evening was Cork native and RTÉ presenter Sinead Kennedy and the Lord Mayor of Cork, Cllr Tony Fitzgerald, also delivered the opening remarks. The night was a huge success and all the videos are available to view on youtube.com/alztalks



Photographs above from the Alz Talks including: Cork's Lord Mayor Cllr. Tony Fitzgerald, ASI's Jon Hinchliffe, John Spillane, Catherine Kennedy and Sean Toomey & grandson Conor.

TRAINING UPDATES

Our Training Administrator and Co-coordinator, Christine Carr welcoming participants at our Online Learning Home Based Care Home Based Education Conference, June 2017.
Pictured left: Christine Carr.

Julie Greene delivering insightful staff training on Dementia Awareness at The Orchard, October 2017.
Centre picture: Julie Green.

Fiona Staunton facilitating our very popular Insights into Dementia Family Carer Training at our Cuan an Chlair Day Care Centre, Co. Clare, October 2017.
Pictured Right: Fiona Staunton.

In other news, the ASI was shortlisted for the 2017 Learning Technology Awards for Best Online Distance Learning Programme.



OUR ASI FAMILY

Heskin Court winner of 'The City Neighbourhood Award' 2017

The Heskin Court Senior Citizen Complex was awarded the "Winner of the City Neighbourhood" Award by Dublin City Council.

Residents, volunteers and clients of the Alzheimer Society Day Care Centre in Heskin Court have worked hard over the summer months to transform the gardens in the Complex into a colourful haven with various plants, walk ways and seating areas.



Bethany House Open Day

Bethany House Day Care Centre, Carlow recently opened its doors to the public for World Alzheimer Day when the staff hosted its open day to show off the lovely centre and facilities.

On the day people came and viewed the day care centre and met with staff for information and advice.

Lily of The Valley Facebook Live

Well done to Laurence Collins, Day Care Manager of Lily of the Valley Day Care Centre in Wicklow who did a Facebook live sit down with Wicklow Town & District Chamber of Commerce President to discuss the services provided in Co. Wicklow (Rathdrum & Bray), challenges facing the centres and what the public can do to help.

To watch the full video please go to - www.facebook.com/wicklownews/videos



Save the Bees and Butterflies in Curlew Road

Thanks to Curlew Road Day Care Centre in Drimnagh in Dublin for sending in these lovely pictures looking back over the year of Save the Bees and Butterflies at their Mil's Garden - a dedicated space for nature and memories.

Opening of Longford Branch Office

The official opening of the office of the Longford Branch of the Alzheimer Society took place on Wednesday 18th October 2017. It was opened by the CEO Pat McLoughlin and attended by Miriam Enright Head of Services and Mary Callanan Operations Manager & Grace Cunningham Operations Administrator West / North West.

ASI CEO Pat McLoughlin pictured with Longford Branch Committee members, staff & local councillors.



BEHIND THE CAMERA

At Your Service with Frances Brennan

Great fun was had when the Alzheimer Society of Ireland's Mary Bardin filmed for the RTÉ programme 'At Your Service' with Francis Brennan back in September.

The Alzheimer Society of Ireland Day Care Centre in Kildare acquired a relocation premises in Dunmurry Springs Golf Club in County Kildare in July 2017 and will be officially opened on December 5th 2017.

Watch out for us in Spring 2018 on RTÉ One.



Today Show with Maura & Dáithí

Helen Rochford Brennan from the IDWG and Sean Donal O'Shea from the DCCN joined Maura and Dáithí in RTÉ Cork to raise awareness about dementia during World Alzheimer month.



Winning Streak

Ennis Day Care Centre was the backdrop for a wonderful piece highlighting the work of the ASI and will be aired on RTÉ's Winning Streak before Christmas. Keep an eye on our social media for the date.



The Pat Kenny Show TV3

Actor Rory Cowan and ASI Advocacy Officer Joanna Joyce joined Pat Kenny to discuss dementia services and talk about our budget 2018 submissions.



Ireland AM

Micheál Rowsome from the DCCN joined Prof Brian Lawlor on World Alzheimer's Day 2017 to discuss caring for people with dementia on TV3's Ireland AM.

NEWS FROM AROUND THE COUNTRY

WICKLOW

The Smith family recently completed a whopping 14.7km trek from Glendalough to Glenmalur in aid of ASI Wicklow Services. This is a huge endeavour and we're thrilled with the support that they have shown. The family were invited to ASI Wicklow Services and the younger walkers - Shona (6), Caley (9), Keelan (11) and Christianna (9) - were offered certs and treats for their stellar efforts. The family are hoping to make it an annual event – and maybe on an even larger scale next year!



Well done to all the Students of Coláiste Chill Mhantáin in Burkeen, County Wicklow who reached No. 1 on the iTunes charts with their charity single 'Your Love Still Guides My Way'. All the proceeds from the single are going to the Irish Heart Foundation and the Alzheimer Society of Ireland. Get your copy on iTunes.

DUBLIN

Members from the Clontarf Social Club enjoying a great day out on their tour of Dáil Éireann.



The members of the North Dublin Social clubs had a fantastic day out on their trip to Oldbridge House which is the historic sight of the Battle of the Boyne. A great day was had by all.

GALWAY

Bernie O'Grady & Sarah Callanan – fundraising at Galway flag day on 25th August where they raised over 4k for services in Galway City & County.



78th Oldcastle Agricultural show where the Staff and Branch members of the Oldcastle & District Day Care Centre had the Mobile Information Bus Service on display. Look who popped by – the Tully Twins from Goggle Box Ireland.

NEWS FROM AROUND THE COUNTRY



SOUTH EAST

The ASI Day Care and Home Care Managers from the South East region receive their Volunteer Management certificates. Well done to all – Caroline Kennedy, Samantha Whelan, Eileen Nolan, Hilda Archbold, ASI CEO Pat McLoughlin, South East Operations Manager Mary Bardin, Ann Munnally, Moira Knowles, Catherine O’Keeffe, QSPD Manager Margaret Maher & Mary Bolger.



MULLINGAR

At this year’s Irish Practice Nurse Association (IPNA) Conference, the Conference Committee Members Catherine Nee, Debbie Maher, Siobhan Ruane presented Samantha Scally, Nurse Manager of the Mullingar ASI Day Care Centre with the proceeds of the conference charity raffle, of €1,355. Well done to the all the IPNA for their wonderful support.



TIPPERARY

Clare Walsh who held a coffee morning in Fethard Co. Tipperary, presenting a cheque for €700 to Bridget Crosse in support of the ASI Clonmel, Co. Tipperary.



KILDARE:

Great fun at fundraising Golf Classic in aid of the ASI Kildare services in Clane Golf Club. Thank you to all who participated and raised €10,000!



ROSCOMMON

Marion Murphy & staff at Castlerea Day Care being presented with a cheque for €400 from Sean & Ann Keegan, Castlerea from a pony race night to raise funds for Castlerea Day Centre.



ROSCOMMON

Mrs Elizabeth Donlon and friends presenting Marion Murphy & staff of Castlerea Day Centre with a cheque for €1,545 from a tea day which Mrs Donlon organises annually.



CARLOW

Clients and staff at Bethany House Day Care recently enjoyed a day trip to Carlow County local historic museum. Clients enjoyed a guided tour around the museum and had a great day reminiscing.



LAOIS

Laois Branch & Laois home care coordinator pictured at Killeslin Hotel Portlaoise for the Age Friendly Business Recognition with Laois County Council PPN & Level 5 QQI students who showed great interest in working in dementia care.

IN MEMORY OF...

Danielle Lawlor remembers her Mum Karen who passed away on 16th April 2016.

My beautiful mum worked for the Alzheimer's Society of Ireland at The Orchard in Dublin for seven years.

Even when she was sick it's what kept her going. She was always at the forefront helping out with fundraising

and rallying the staff. Everyone will remember my Mum Karen for her kind hearted good nature, her personality and her smile.

RIP Mum, our friend gone but not forgotten.



POETRY CORNER "I Remember..." by Maureen O'Hara

I wandered daily in a Cloud
Forgetting details, names and such
They said I had dementia
I never thanked someone so much

It made me free to walk all day
Or with my friends go out to play
To travel free on bus or train
And never drive a car again.

They check me up & "cheque" me well
In Dublin where I spend a spell
Each year to monitor my state
Which goes from "well" to "not great"

And now I have some help at home
Two lovely girls to my house come

To help me clean or shop for food
Don't cook for fear of fire (Oh good!)

So now I "winter" in the sun
With Mungo while he "gigs for fun"
And meet my friends for "walks 'n' talks"
And spend my time doing what I want!

Mo "Ghrupa Gaeilge" brings me back
To happy times spent in the sun
At "Colaiste Gaeilge" in Rosmuc
With lots of fun, amhrain 'gus craic!

And then there's DREAM with Joan & Co
We meet two Fridays in a row
To talk and laugh and "BE" ourselves
And sometimes too on trips we go!



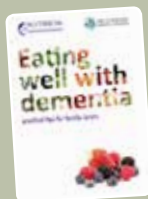
NEW INFORMATION RESOURCES AVAILABLE

ASI is delighted to highlight two new information resources



Practical Tips to promote your independence:

A guide on how assistive technology can help people with dementia & their families was developed with the HSE's Memory Technology Library in South Tipperary and ASI's Southern Dementia Group and was awarded NALA's Plain English Award. The booklet explains what assistive technology is, gives examples of how it can help with daily life and tells you how to access it.



Eating well with dementia: practical tips for family carers was officially launched by Minister of State at the Department of Health Jim Daly, T.D. as part of ASI's World Alzheimer

Month activities. The booklet outlines how dementia can affect a person's appetite and provides practical tips to help families support a person with dementia to eat well and meet nutritional needs.



At this time of year, we remind readers of our Caring at Christmas factsheet which offers practical tips and suggestions for families as they plan for this holiday season.

Email helpline@alzheimer.ie or Call 1800 341 341 to order copies today. All our publications are available free of charge to people with dementia and their families, and free to download from www.alzheimer.ie

If you have any queries or would like to submit a piece for The Voice please email - thevoice@alzheimer.ie

The Voice was edited by Lisa Gernon, Communications Officer, The Alzheimer Society of Ireland.

Address: The Alzheimer Society of Ireland, National Office, Temple Road, Blackrock, Co. Dublin.

Phone: 01 207 3800 **Fax:** 01 210 3772

E-mail: lisa.gernon@alzheimer.ie **Website:** www.alzheimer.ie



THE ALZHEIMER SOCIETY of IRELAND