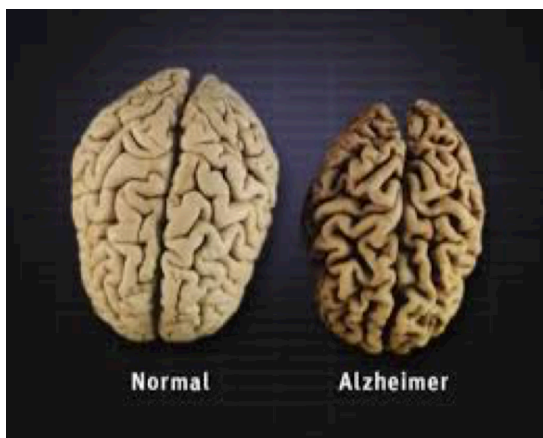


Dementia Awareness month



In 2014 the Ministry of Health estimated in New Zealand '50,000 people had dementia and this number is projected to rise to an estimated 78,000 people by 2026. Dementia currently costs our health system around \$1 billion each year; this cost will rise as the number of older people with dementia increases.'

With our life expectancy trending upwards from 71.27 years in 1970 to 81.46 years in 2015, and our ageing population, the burden of dementia on our health system and

society will increase greatly. We had better be prepared both as a country and personally, as we will all be effected by this landside in some way.

On a personal level we can increase our knowledge on dementia - how it presents, where to go for help, how to support someone with dementia and how to delay it's onset or guard against developing dementia.

Information and Service

Demetia Canterbury provide some great services and very good information on their website.

<https://www.dementiacanterbury.org.nz>



10 Ways to Love Your Brain

alzheimer's  association®

The Alzheimer's Association has 10 simple suggestions to reduce the risk of brain decline. Follow this link below and start today.

https://www.alz.org/help-support/brain_health/10_ways_to_love_your_brain

Ted Talks on Dementia.

1. When faced with a parent suffering from Alzheimer's, most of us respond with denial ("It won't happen to me") or extreme efforts at prevention. But global health expert and TED



Fellow Alanna Shaikh sees it differently. She's taking three concrete steps to prepare for the moment -- should it arrive -- when she herself gets Alzheimer's disease

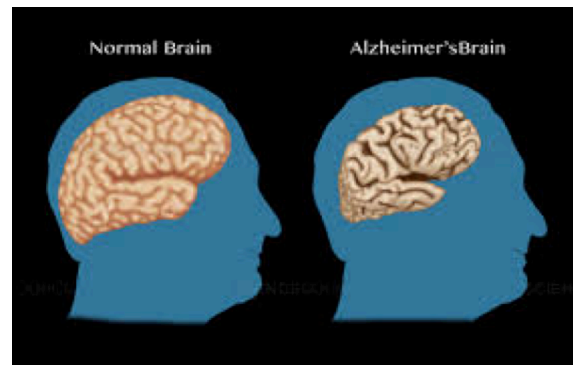
https://www.ted.com/talks/alanna_shaikh_how_i_m_preparing_to_get_alzheimer_s

2. Alzheimer's doesn't have to be your brain's destiny, says neuroscientist and author of 'Still Alice', Lisa Genova. She shares the latest science investigating the disease -- and some promising research on what each of us can do to build an Alzheimer's-resistant brain.

https://www.ted.com/talks/lisa_genova_what_you_can_do_to_prevent_alzheimer_s#t-28802

3. More than 40 million people worldwide suffer from Alzheimer's disease, and that number is expected to increase drastically in the coming years. But no real progress has been made in the fight against the disease since its classification more than 100 years ago. Scientist Samuel Cohen shares a new breakthrough in Alzheimer's research from his lab as well as a message of hope. "Alzheimer's is a disease", Cohen says, "and we can cure it."

https://www.ted.com/talks/samuel_cohen_alzheimer_s_is_not_normal_aging_and_we_can_cure_it



Our Own Story



TVNZ's 2016 documentary story on the opening of BRNZ's Dementia Prevention Research Clinic national network; along with the committed efforts of Whare Aroha community care facility, who care for people with dementia.

<https://www.youtube.com/watch?v=6VcgtswXHx8>



We Can Help

Here at Therapy Professionals we can help those with dementia and their families manage better.

Just contact us, we can help.

Ph 3775280

Email admin@tpl.nz

Website therapyprofessionals.co.nz

