



Lanka Alzheimer's Foundation

Formerly known as Alzheimer's and Related Disorders Foundation of Lanka
(An Approved Charity - Gazette Notification No. 1225 Dated 22 02 2002)

Annual Report 2018/2019

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Mission:

“To improve the quality of life of those with Alzheimer’s and related dementias and enhance the well-being of their families and carers”

Donors — 01 April 2018 to 31 March 2019

Sri Lanka

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Devindi Ranaraja	L. L. U. R. Gunatunga	Pramila Senanayake	Shamarli Makalanda
Dharisha Mirando	L. S. D. Pieris	Praxie Anandarajah	Shantani Perera
	L. W. & M. Abhayaratne	Priya & Percy Fernando	Shanthi Casie Chetty

Mission:

“To improve the quality of life of those with Alzheimer’s and related dementias and enhance the well-being of their families and carers”

Donors — 01 April 2017 to 31 March 2018

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 Sharmini Jeyarajasingham
 Sharmini Rodrigo
 Sharon Serasinghe
 Shazi Salie
 Sherine Fernando
 Sherine Wijesinghe
 Shirani Wickramasinghe
 Shirendra & Tari Lawrence
 Sonali Fernando
 Soujee Salim
 Srimanie Gunathilleke
 Srin Karunaratne
 Subodhini Janakan
 Sudarshan Senaratne
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 Sundari Bala
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 Suren Abeysuriya
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 T. M. I. Tirimanne
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 Tanya Perera
 Tashiya & Suranga
 Rajapakse
 Timothy Speldewinde
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 Tyronne Paiva
 Udena Gunawardena
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USA

Jehan Weeks Fernando

Sri Lanka Corporate

A. Baur & Company
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Built Element Ltd
 Ceylon Tea Marketing
 (Pvt) Ltd

CT CLSA Securities
 (Pvt) Ltd.

English Nursing Care
 Services (Pvt) Ltd

First Capital Treasuries Ltd
 Gray Mackenzie Travels
 (Pvt) Ltd

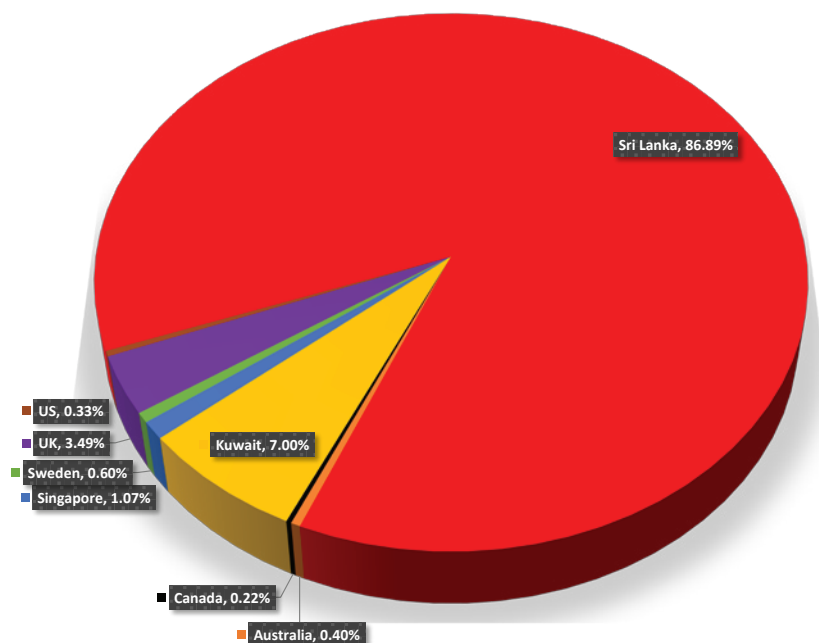
Hatton National Bank
 Hayleys PLC

Imzys Dance Loft
 International Christmas
 Charity Bazaar

International Expatriate
 Association
 Isaac Realtors (Private)
 Limited

J-Cey-Tea (Pvt) Ltd
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 MAS Holdings Private Ltd.
 McLaren Holdings Ltd
 Merchant Bank of Sri Lanka
 & Finance PLC
 N. Vaitilingam & Co Pvt. Ltd
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 PLC
 Paints & General Industries
 Limited
 Piyasiri & Esa Ratnayake
 Trust
 Ramani Fernando Salons
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 Sun Pharmaceutical
 Industries Ltd.
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 Organisation
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 (Pvt) Ltd
 World Health Organisation
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Message from the President



I hope you enjoy reading this Report, and that it gives you further insight into the work we do, the progress we have made, and our plans for the immediate future.

2018/2019 proved to be yet another eventful year for the Lanka Alzheimer's Foundation. In November, the Chairman of Alzheimer's Disease International, Mr. Glenn Rees, plus members of Alzheimer's Associations from the Asia Pacific Region, came together in Sri Lanka to attend the 21st Asia Pacific Regional Meeting. At the inauguration ceremony, Shamil Mohamed, a client at LAF and the VOICE for people with dementia in Sri Lanka, made an emotional speech (page 13) urging the Government to recognise dementia as a health priority, and implement a nationwide dementia action plan.

Alzheimer's Disease International has since extended an invitation to Shamil to represent people with dementia and their carers from Low Middle Income countries, at a global level. Shamil and his wife Shehani, will participate at the International Conference to be held in Singapore in March 2020.

I am also pleased to report that the Activity Centre (AC), which has been in operation since January 2012, is running to full capacity. The AC continues to provide therapeutic activities with a person-centered approach for persons with dementia (PWD). These non-pharmacological interventions help to retard the progression of the disease and enhance the wellbeing of the PWD and their carers.

Furthermore, the 'Training of Trainers' programme for community health nurses and psychiatric nurses from the country's 9 provinces is planned to take place during the 2019/2020 fiscal year. This will be in collaboration with Unity in Health (a UK-based charity), the Ministry of Health, Nutrition and Indigenous Affairs, the National Institute of Mental Health – Angoda, and WHO Sri Lanka.

Ren Lan Mather, resigned from LAF's Board on 31st March 2019. Mrs. Mather joined in 2009 and served as the Honorary Treasurer from 2009 to 2015, during which time she improved the financial stability of the Foundation. We are very grateful to Ren Lan for her dedication, enthusiasm and unwavering support over the past 10 years.

I also wish to take this opportunity to announce my own retirement. As I hand over this challenging and fulfilling post to my successor, Prof. Shehan Williams, in September 2019, I want to express my deepest gratitude to our greatest resource – the volunteers and staff of Lanka Alzheimer's Foundation. I am proud to be associated with a team that is so committed to enhancing the quality of life for persons with dementia and their carers.

I am also grateful to our volunteer Board of Directors, who devote their valuable time year after year, to help fulfill LAF's mission.

Lastly, I am especially thankful to the donors and well-wishers who have helped in numerous ways during my tenure at LAF. The past 20 years have been an incredibly rewarding journey and I feel truly privileged to have been a part of the Foundation's humble beginnings and success.

Thank you,

A handwritten signature in black ink, which appears to read 'Lorraine Yu'.

Lorraine Yu
President

Message from the President Elect



It gives me immense pleasure to write this message for the Annual Report of Lanka Alzheimer's Foundation in 2019. The Foundation has persisted diligently in focusing on its main objectives of working for greater awareness and understanding of Alzheimer's and related dementias and supporting persons with dementia and their carers.

The latter part of last year saw our organization hosting the Alzheimer's Disease International (ADI) regional conference in which 18 countries from the Asia Pacific region participated. It was a great opportunity to advocate for the cause and we had government and non-government stakeholders and service users participating at the inauguration event. We also had a networking event at the World Health Organisation (WHO) country office with ADI President Glenn Rees, the Ministry of Health and WHO officials, on formulating a Dementia Action Plan for Sri Lanka.

Our regular activities have continued with their usual momentum. The Activity Centre operates to full capacity. The Memory Screening and Awareness and Outreach Activities have been in demand, highlighting the ever increasing need. Our Memory Walk and Run, Scrabble Bash, Annual Sale, Christmas and New Year activities have all been opportunities for supporting patients and carers and raising greater awareness of the issues. Our information hotline, online presence, information leaflets and patient and carer support activities are well received.

As a local charity supported only by well-wishers, we are grateful for all the support we have got from our partners. We, as the Board of Directors who work in a voluntary capacity, are always conscious of the great responsibility placed on us by our donors to spend wisely and make every cent count for the cause. Thanks to the trust placed on us we are financially strong as seen in our financial report. We are working on setting up a self-sustaining fund which will ensure the continuity of LAF and prepare us for any financial contingencies.

I wish to also thank all the volunteers who give their time generously for the work of LAF. The huge financial value of their service is unaccounted for in our books.

As we look towards the future, the Board of Directors are driven by the social responsibility and moral obligation to help those with dementia and their carers. It is only a matter of time before many of us will be struck down by this condition. We should not ask for whom the bell tolls – it in fact tolls for you and me!

Earlier this year, Ren Lan Mather, a Director and financial wizard decided to retire from the Board. Ren Lan, has been the Treasurer from 2009 and has steered the financial course of the Foundation. Her experience as a senior chartered accountant, perceptive advice and direction are sorely missed. The Foundation is grateful to her for being a rock and cornerstone for ten years.

Finally, it is a monumental year for LAF. Lorraine Yu, the Founder and President of LAF has decided to step down from her mantle at this AGM. Without her, there would be no LAF today! Her visionary leadership, obsession with financial accountability and excellence, pertinacious commitment to the cause, untiring efforts and unflagging zeal, have brought us to where we are today as a well-recognized and credible organization. While we wish her well with heavy hearts, we stand in adulation of an incredible human being and true daughter of Sri Lanka.

Thank you,

Prof. Shehan Williams
President Elect

Year in Review 2018 to 2019

Awareness Programmes:

- Athuraliya Divisional Secretariat
- Panadura Divisional Secretariat
- Grace Perera Elder's Home, Kalubowila
- Ratmalana Divisional Secretariat
- Janadara Elders Home, Moratuwa
- Sahana Udaya Elders Home, Moratuwa
- Aloka Elders Home, Panadura
- Kelaniya Divisional Secretariat
- Thimbirigasyaya Divisional Secretariat
- Sujatha Elders Home, Wekada
- Maharagama Divisional Secretariat
- Salina Alwis Elders Home, Piliyandala
- Salvation Army Elders Home, Rajagiriya
- Seth Sevana Elders Home, Mirigama
- YMBA, Borella
- Minuwangoda Divisional Secretariat
- Mirihana South Elders Society
- Kottawa Elders Society
- Elders Society, Bambalapitiya
- Peliyagoda Elders Society
- Kalutara Divisional Secretariat
- Katana Divisional Secretariat
- Bandaragama Divisional Secretariat
- Bulathkohupitiya Divisional Secretariat
- Pannipitiya Elders Society
- Salvation Army Elders Home, Dehiwela
- Matugama Divisional Secretariat
- Gampaha District Secretariat

Services:

- Raising Awareness and Eradicating Stigma
- Education on Risk Reduction
- Helpline +94 11 2667080
- Befriending/Counselling
- Memory Screening/Assessments
- Activity Centre
- Memory Garden Café
- Identification Bracelets
- Quarterly Newsletter
- Secretariat/Information and Resource Materials
- Caregiver Support Group (CSG) Meeting
- Website: www.alzlanka.org

Dates to Remember 2019

Fortnightly Memory Screening/Assessments

LAF's Premises – 9 a.m. to 12 p.m.

February, Saturday 23rd – Scrabble Bash

LAF's Premises – 9 a.m. to 4 p.m.

September, Saturday 7th – 5K Run

Taj Samudra (North Lawn), Colombo – 4.30 p.m.

September, Saturday 21st – World Alzheimers Day

Lanka Hospitals – 9.45 a.m. – 5 p.m.

September, Monday 23rd – AGM

September, Saturday 28th – Memory Walk

Angsana Spa Garden, Cinnamon Grand, Colombo – 8 a.m.

September, Saturday 29th – “A Game to Remember”

Blues Basketball Complex – 4 p.m. – 6 p.m.

November, Saturday 16th – Grand Sale

LAF's Premises – 10 a.m. to 5 p.m.

December, Friday 6th – Seasonal Celebration

LAF's Premises – 4 to 6 p.m.

Improving the Quality of Life and Promoting the Quantity of Services

‘Remember Me Sri Lanka’

A unique exhibition with a difference by Sabine Ferber



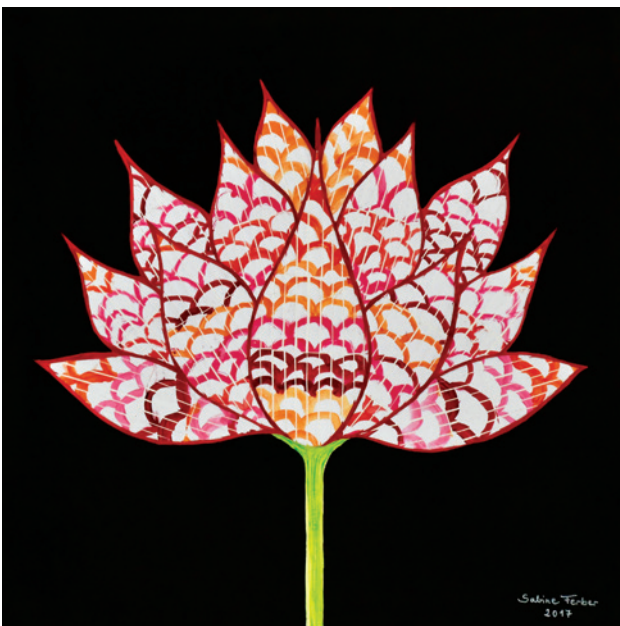
In March 2017, Sabine Ferber, a volunteer at the Lanka Alzheimer's Foundation (LAF) gifted a beautiful piece of art that she had created from cutting and pasting bits and pieces of paintings done by our clients at the Activity Centre.

The 'Mandala' was the inspiration for this unique exhibition appropriately titled 'Remember Me Sri Lanka'. We chose a significant date for the preview, 21st September 2018 - World Alzheimer's Day, which also happened to be the 7th anniversary of the opening of LAF's Service and Information Centre in Colombo. The objective of this exhibition was to raise greater awareness of Alzheimer's and related dementias and combat stigma that surrounds the disease.

As one of many holistic therapies used to help those living with Alzheimer's disease and other forms of dementia, experts agree that art therapy has life enriching effects for people who suffer from memory loss. Either by viewing or creating art, people with Alzheimer's can experience self-expression and social engagement in a way that benefits their overall health.

The colourful and vibrant collection of 26 collages so skillfully and painstakingly created by Sabine, were based on Sri Lankan themes. This art project provided LAF's clients many enjoyable hours of self-worth, which helped to enhance their communication skills, brain function and social interaction. Art serves as a valuable outlet and is known to trigger dormant memories and emotions and inspire conversations among people with dementia who may experience difficulty in expressing themselves. Working on the project allowed our clients, all of whom are diagnosed with dementia, to express the thoughts and emotions trapped inside them.

LAF is very grateful to Sabine for agreeing to take on this enormous challenge with so much passion and commitment.



A Carer's Story

I have heard it said that “the best mother-in-law a woman can have is the one that lives far away”. Oh, so true...!!!

The first six years of my marriage to the only child of Martha, my mother in law (referred to here as MIL), were reasonably peaceful. MIL and I met occasionally. The meetings were formally polite.

Then, three years ago, due to circumstances prevailing at that time, MIL came to live with us. That's when the peace ended.

MIL was used to having her own way – I will do what I want, when I want was her motto. In hindsight it was probably that strength of will that helped her manage her household and bring up her only child on her own, her husband having passed away early on in her marriage.

MIL also did not approve of the way I operated the household and my children's affairs.

Unfortunately, her motto did not work in a house that was not hers to run. Additionally, her obvious disapproval of my *modus operandi* had the opposite (of the desired) effect on me – I was more determined to do things my way.

This was the crux of the problem – a personality clash ...!!!

We trudged along in this manner, with frequent flare ups, for about two years. We eventually reached an unspoken understanding of avoiding each other at every available opportunity.

Then things took a turn for the worse. MIL started getting bouts of depression. Partly due to age and (I suspect) partly due to frustration. Also, her only remaining sibling passed away during this time. This presented a whole new set of issues to be dealt with. She craved attention, especially that of her son. Constant dissolution into tears (sometime vociferously so), inability to sleep at night, imagined medical conditions etc. – e.g. on one occasion, having tearfully claimed that she was unable to walk at all for two days due to a severe nerve condition in her leg, she wanted to be immediately taken to see a consultant. She came back an hour later walking sprightly, with a tube of fastum gel the doctor had prescribed, her “nerve” condition miraculously cured as she had not as yet used that gel!

After several months of this drama, I finally convinced my husband to take her to a psychiatrist. The psychiatrist diagnosed her with early dementia and prescribed a set of drugs for her. For the first time in about two years she slept peacefully that first night.

However, after about a month or so MIL started visibly regressing. She could not sleep again at night, she had frequent memory lapses – she sometimes couldn't remember if she had eaten or not; she was drowsy during the day – to the extent that she could not sit up in a chair, but kept drooping forward. Her gait became shuffled and her conversation muffled.

We then had to get her a full time attendant as she was unable even to use the washroom on her own or walk without assistance. She regressed to a vegetative condition.

She continued in this manner for about a year. Her medication was increased and decreased according to the psychiatrist's advice but her condition did not improve.

Then late last year I was told about the Lanka Alzheimer's Foundation and its activities by a friend. I vaguely recalled buying raffle tickets from a lady at FoodCity several years in the past for such a Foundation but did not know very much about it.

Earlier this year, I went to meet Ms. Lorraine Yu, President of the Lanka Alzheimer's Association, to find out more about it. I was amazed by her story – how she had collected the funds to create awareness and build a fully furnished Activity Centre in a beautifully serene setting, the programmes she ran at the Centre, the dedication and commitment of the volunteers working there.

Having looked at MIL's medical reports, Lorraine agreed to register her at the Activity Centre.

MIL took to the Centre from day one. She sang and she danced and she socialized, something I had never seen her do in the years she lived with us. Apparently, she has good rhythm and a good voice. She proudly brought home items of hand-work to be displayed in the house. She was fully into the activities conducted at the Centre - for the Avurudhu celebrations she spent days looking for a matching reddha and hatta.

Developing Activities and Services Nationally

Visit to the Lanka Alzheimer's Foundation

by Miceal Mylvaganam



My lovely, gentle mother, Indrani, now lives in Colombo and has been living there since 2013 and attending LAF since then. She was diagnosed with Alzheimer's

in May 2012 but at that time it was in the early stages and she would have equal periods of lucidity. It was sad watching her being tested to determine this state of affairs as she was aware that her memory was failing.

I had the good fortune to visit her this year for 2 weeks. I arrived in the early hours of the morning in Colombo on her 88th Birthday. I checked into a small hotel close to where she lives with my brother and his family. As soon as I had grabbed a few hours sleep and a shower I jumped into a Kangaroo (taxi) to take me to the Lanka Alzheimer's Foundation. It is situated behind Ananda College in Colombo 10. Surprisingly the taxi driver knew it and how to get there.

When I arrived, I was so pleasantly surprised at what a lovely and welcoming organisation LAF is. It is a light and airy building with clean open spaces. The people working there are the key: a small core of staff but staffed in the main by the most lovely volunteers : enthusiastic and encouraging to a fault.

It was good to see Indrani in good spirits and well looked after although she is a lot more frail compared to the last time I visited her in 2016. I had missed the Birthday cake that they celebrated earlier with her. I had resigned myself to the fact that she would not recognise me. Sadly,

At the time the volunteers were working on an on-going project of painting using potato cut outs for an exhibition that is to be exhibited at the Barefoot Gallery to raise awareness and combat stigma. In the first week she would not say anything but ap-

peared to recognise me. In the second week she knew who I was. When the volunteers asked her what was my name she was able to whisper my name, "Míceál". It was even better when asked in such an encouraging way who I was to her and she confidently uttered, "my son". Breakthrough. On Monday and Wednesday I attended the Lanka Alzheimer's Foundation. It is an excellent and worthy organisation. The day from 9 am to 3 pm is broken down in hours as follows:

1. Painting using potato cutouts and finger painting - exercises co-ordination in a low stress way,
2. Singing and dancing - which the people attending love to do. This is done to a pianist playing those all time favourite sing-a-long songs. Dancing for those who would like to dance and Indrani is a keen dancer - 'the Dancing Queen,' so indeed I danced with her - to Que Sera Sera which she used to sing to me as a child. There are a couple of gentlemen who are wonderful singers.
3. Vegetarian Sri Lankan lunch - I can vouch it is fresh, tasty and healthy,
4. Resting, chatting or playing simple games

It is a clean and well run place. They are extremely fond of Indrani and all those people attending. I was surprised at the boundless energy of those volunteering and working there.

In the afternoons, after LAF, I would take her for a walk around Havelock town where she lives. In the first week she was not sure about going for a walk with me but by the second week she would barrel out of the house grabbing my hand taking me to well-trodden routes. It was lovely visiting her there and being made to feel so welcome at LAF. I would like to visit more often but circumstances do not allow it.

I take my hat off to the staff and volunteers at LAF. Well done to you.

Encouraging Research on Causes and Cures

‘Remember Me Sri Lanka’ - September 21st to 30th Opening Reception—World Alzheimer’s Day 21st September



The 10 day exhibition of 26 collages created by volunteer Sabine Ferber from paintings done by clients at the Lanka Alzheimer’s Foundation’s Activity Centre was a sell out.

We also wish to thank to our partners WHO Sri Lanka for supporting the exhibition.

Alzheimer's Disease International 21st Asia Pacific Regional Meeting

Dementia is a non communicable disease which has become a public health priority. Sri Lanka is a signatory to the World Health Organisation (WHO) Global Plan on the Public Health Response to Dementia 2017-2025 adopted at the World Health Assembly in Geneva in May, 2017. Sri Lanka has one of the fastest ageing populations in the region. Consequently, it is estimated that by the year 2050 there will be almost half a million people living with dementia in Sri Lanka.

In this context, we were greatly honoured that the Lanka Alzheimer's Foundation hosted the Alzheimer's Disease International 21st Asia Pacific Regional Meeting in November 2018. The regional meeting brought together leading figures in the field of Alzheimer's and Dementia from around the globe and the Asia Pacific region. LAF used the opportunity to advocate, raise awareness and eradicate stigma.

Prof. Shehan William, President Elect LAF - Welcome Speech



Distinguished guests, ladies and gentleman.

I am delighted to welcome you to the inauguration of the Alzheimers Disease International Asia Pacific Regional Meeting. The Lanka Alzheimer's Foundation is proud to host this event this year and is honoured by the presence of our friends from ADI and the partner organisations from the region.

Dementia is everybody's business. With nearly 50 million people affected by the disease globally [mind you more than twice the population of Sri Lanka], I am very conscious that I may be one of its victims one day.

With no cure in sight we all need to plan for better care provision and support for those affected by this condition. As a practising clinician I am overwhelmed when I see on a daily basis, so many affected by this disorder among whom are many of my own revered and respected teachers, family members, statesmen and women. Dementia is no respecter of persons. It affects everyone irrespective of race, creed or status.

I must also take this opportunity to thank and felicitate a very important person who has been behind the formation and sustainability of Lanka Alzheimer's Foundation voluntarily for the last 20 years – namely Lorraine Yu. I am humbled that as a non medical person she has committed herself to the cause and thus enabled all the services we provide through our Foundation. As she decides to step down from her position as President next year she leaves behind her work of love of 20 years – a state of the art facility for dementia care in Maradana built from scratch and a financial plan for the sustenance of the work which has created unparalleled dementia awareness and advocacy in Sri Lanka. I wish to also thank all those who have served on the board of the organisation and given so much voluntarily.

I am sure this event will energise all of us to do our bit for this noble cause, to understand dementia better and work in unison towards a dementia action plan both for Sri Lanka and the countries in the region.

*ADI - 21st Asia Pacific Regional Meeting contd.***Message from Mr. Glenn Rees, Chairman ADI**

I am delighted to speak at this inauguration ceremony of the 21st Asia Pacific Regional Meeting.

I know that many have contributed to this event. But I am confident it would not be taking place in Sri Lanka without the energy, commitment and passion of Lorraine Yu. This has been the hallmark of the 20 years Lorraine has committed to the Lanka Alzheimer's Foundation. She can be truly proud of the Activity Centre, of the resources she has attracted to the Foundation and the work of the Foundation in reaching out to the community and promoting awareness of dementia.

At the forefront of our minds at this 21st meeting will be the WHO Global Dementia Action Plan adopted in May 2017 by all members of the World Health Organisation. The Plan is a recognition of the economic and social impact of dementia on communities and on health and long-term care systems around the world.

The Global Plan is recognition too of the wonderful work of WHO and the advocacy of Alzheimer's Disease International and other stakeholders.

The Global Plan requires that **75% of countries will have updated or developed national dementia plans by 2025**. To date there are over 30 countries with a dementia plan and to meet the target of the Global Plan 146 are needed.

The 18 ADI members of the Asia Pacific Regional Organisation have worked together for 20 years and have resources and experience to share. Those with a plan in this region are South Korea, Japan, Australia, Indonesia, Taiwan, Singapore and Macau and others are work in progress.

We had a good discussion today with the Ministry of Health and received a commitment to setting up a group that will develop a national dementia plan.

The task in developing a national plan is to tackle dementia as both a medical and social issue. The twin objectives are to make the health and care system dementia friendly, and society inclusive of people with dementia. This will be best achieved by ensuring that people with dementia and their family carers are fully engaged from the outset in planning and in many countries, this has been achieved by Alzheimer's organisations.

Priorities included many dementia plans relate to:

- Promoting a greater awareness of dementia
- Training and education for health professionals, care staff and family carers
- Timely diagnosis and post diagnostic support
- Support for family caregivers

The outcome we seek, and I am sure you would share, is to enable people enjoy their lives and protect their rights to the maximum extent possible in the way we all wish to do.

One way to achieve this is through dementia friendly projects. In Japan there are over 1 million dementia friends who have been given a basic understanding of dementia. Banks, hospitals and retailers have trained staff to communicate with people with dementia. In the Netherlands there are over 250 memory cafes that bring people with dementia, their carers and the community together. There are mentoring schemes to help people with dementia to volunteer or continue their activities.

My congratulations to Lorraine and her colleagues on this event and holding the 21st meeting of the Asia Pacific Association meeting in Sri Lanka.

VOICE for People with dementia in Sri Lanka



Good evening Distinguished Guests, Friends, volunteers & well-wishers of the Lanka Alzheimer's Foundation.

My name is Shamil Mohamed. I am 65 years young and a retired hotelier. I felt an urgency to share my story with you, and tell you a little bit about how and why I'm standing here today.

2007 was a life-shattering year for me. At the age of 54 I began experiencing difficulties in walking, and on further investigation, was diagnosed with fluid in the brain, which is a rare cause of dementia. I underwent an operation to drain the fluid from the brain. Two years later I went through the ordeal of a second operation to remove the block from the shunt. At the age of just 56, I was forced to give up my job, and it felt like my life was well and truly over.

The dementia affected my short-term memory, and I started forgetting things. Just as my desperate family was wondering what to do, we read an article in the newspaper about the free memory screening and assessments conducted by the Lanka Alzheimer's Foundation. My wife called the Helpline, and registered me for a screening in October 2017 – a day which changed my life, and brought new hope and light to my dark world.

I am now a registered client at the Lanka Alzheimer's Foundation's Activity Centre. I eagerly look forward to Fridays, when I spend the day at the Centre to fellowship with people like me and enjoy a delicious cup of tea in the Memory Garden. There are lots of fun activities to engage in, plus plenty of support by a caring team of volunteers. This loving community has enriched my life and given me a brand new purpose. LAF also provides vital guidance, support, respite and information for the tireless family carers.

Of course, I'm one of the lucky ones. There are, on the other hand, many men and women living with dementia in Sri Lanka. The Lanka Alzheimer's Foundation cannot take on the challenge single handedly to provide services to people living with dementia islandwide.

By 2050, it is estimated that with Sri Lanka's growing ageing population, there'll be almost half a million people living with dementia in this nation. Half a million – just imagine! Which is why we need to adopt a national action plan for dementia that will enhance the quality of life of persons with dementia and their carers.

I humbly come before you today, to ask the Government of Sri Lanka to implement an action plan for all the Shamil Mohameds out there.

I wish to thank each and every one of you who took the time to attend this inauguration ceremony in order to help advocate, raise awareness, and combat the stigma that surrounds this terrible disease. There is 'NO TIME TO LOSE' Lose – We need to act NOW!

Thank you for listening to my story, and God Bless you!

Sustaining and Sharing Correct Information to Combat Stigma

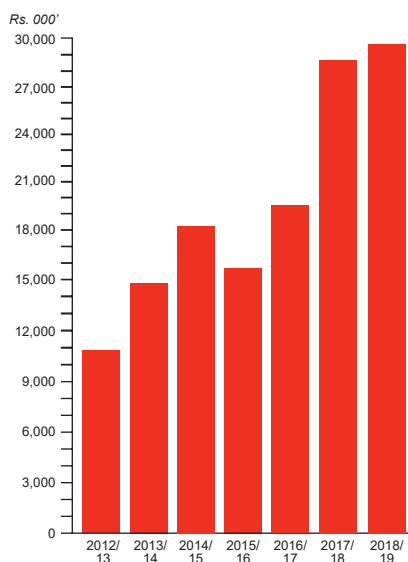
Treasurer's Report

It gives me great pleasure to report on another productive year.

Due to the donations received mainly from the public, the Foundation was able to build up a Sustainable Fund. Investments held in fixed deposits will be in the Sustainable Fund from October 2019.

Approximately 43% of the total revenue earned during the year is from donations received from the public. We have also earned approximately 42% of the total revenue by way of interest income from fixed deposits invested in banks. A substantial portion of the interest income was reinvested in fixed deposits to build up the Sustainable Fund. This year too we were able to keep our overhead costs at a minimum due to the dedicated volunteers who worked for the Foundation.

We extend our grateful thanks to our President, Lorraine Yu who worked tirelessly to create the Sustainable Fund to ensure that the Foundation can depend on the income earned from the Sustainable Fund for operational activities in the future years.



Lilani Jayasuriya

Treasurer

30th August 2019

Independent Auditor's Report

TO THE MEMBERS OF THE LANKA ALZHEIMER'S FOUNDATION

Report on the Financial Statements Opinion

We have audited the financial statements of Lanka Alzheimer's Foundation ("the Foundation"), which comprise the statement of financial position as at 31 March 2019, and the statement of income and expenditure, statement of changes in accumulated fund and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial statements give a true and fair view of the financial position of the Foundation as at 31 March 2019, and of its financial performance and its cash flows for the year then ended in accordance with Sri Lanka Accounting Standards for Small and Medium-sized Entities (SLFRS for SMEs).

Basis for Opinion

We conducted our audit in accordance with Sri Lanka Auditing Standards (SLAuSs). Our responsibilities under those standards are further described in the *Auditors' Responsibilities for the Audit of the Financial Statements* section of our report. We are independent of the Foundation in accordance with the Code of Ethics issued by CA Sri Lanka (Code of Ethics) and we have fulfilled our other ethical responsibilities in accordance with the Code of Ethics. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Other Information

Management is responsible for the other information. These Financial statements do not comprise other information.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

Responsibilities of Board of Directors and those charged with Governance for the Financial Statements

The Board of Directors ("Board") is responsible for the preparation of financial statements that give a true and fair view in accordance with SLFRS for SMEs, and for such internal control as Board determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, Board is responsible for assessing the Foundation's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless Board either intends to liquidate the Foundation or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Foundation's financial reporting process.

Auditors' Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with SLAuSs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of the auditors' responsibilities for the audit of the financial statements is located at Sri Lanka Accounting and Auditing Standards website at: <http://slaasc.com/auditing/auditorsresponsibility.php>. This description forms part of our auditors' report.

Report on Other Legal and Regulatory Requirements

As required by section 163 (2) of the Companies Act No. 07 of 2007, we have obtained all the information and explanations that were required for the audit and, as far as appears from our examination, proper accounting records have been kept by the Foundation.

KPMG Ford, Rhodes, Thornton & Co.
CHARTERED ACCOUNTANTS
23 August, 2019 Colombo

Lanka Alzheimer's Foundation

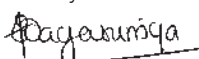
Financial Statements 2017 - 2018

Statement of Financial Position

As at 31 March,	Note	2019 Rs.	2018 Rs.
Assets			
Non current assets			
Property, plant and equipment	4	28,264,130	30,751,506
Less: Deferred income		(1,266,667)	(1,646,667)
		26,997,463	29,104,839
Current assets			
Inventory		36,334	5,550
Prepayments		31,540	296,174
Short term investments	5	117,632,094	97,576,437
Cash and cash equivalent	6	2,882,998	1,039,884
Total current assets		120,582,966	98,918,045
Total assets		147,580,429	128,022,884
Fund and liabilities			
Fund			
Accumulated fund		147,036,895	127,939,819
Total funds		147,036,895	127,939,819
Current liabilities			
Provision for gratuity		114,600	-
Income tax payable		287,034	-
Accrued expenses	7	99,470	83,065
Bank overdraft	6	42,430	-
Total current liabilities		543,534	83,085
Total fund and liabilities		147,580,429	128,022,884

The financial statements are to be read in conjunction with the related notes, which form an integral part of these financial statements of the Foundation.

I certify that the financial statements have been prepared in accordance with the requirement of the Companies Act. No. 07 of 2007.



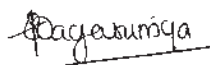
Lilani Jayasuriya
Treasurer

The Board of Directors is responsible for the preparation and presentation of these financial statements in accordance with SLFRS for SMEs.

Signed and approved for and on behalf of the Board of Directors.



Lorraine Yu
President/Director
23 August 2019, Colombo



Lilani Jayasuriya
Treasurer/Director

Statement of Comprehensive Income and Accumulated Fund

For the year ended 31 March,	Note	2019 Rs.	2018 Rs.
Income			
Donations from public		12,182,222	16,272,654
Donations from WHO		125,000	-
Donations received – material		413,610	135,495
Donation box collections		70,670	129,405
Fund raising activities		3,950,130	1,930,235
Interest income		12,225,494	10,125,059
Exchange gain		14,800	1,901
Deferred income		380,000	253,333
Total income		29,361,926	28,848,082
Expenses			
Travel and promotion		160,622	123,295
Utilities		149,091	221,336
Operating lease agreement		152,250	152,250
Membership fee		39,543	37,320
Staff cost		714,416	568,905
Bank charges		9,580	14,325
Company secretarial services		43,860	52,691
Depreciation		2,649,211	2,614,991
Disposal of fixed assets		20,833	-
Centre administration	8	5,572,085	3,258,641
Total expenditure		9,511,491	7,043,754
Surplus before tax expense		19,850,435	21,804,328
Tax expense	9	(753,359)	(265,408)
Surplus for the year		19,097,076	21,538,920

The financial statements are to be read in conjunction with the related notes, which form an integral part of these financial statements of the Foundation.

Cooperating with Like Minded Organizations

Notes to the Financial Statements

For the year ended 31 March 2019

1. REPORTING ENTITY

1.1 Domicile and legal form

The Lanka Alzheimer's Foundation ("the Foundation") was incorporated on 23 March 2001 as a Foundation limited by guarantee, and reregistered under the Companies Act No.07 of 2007 as Guaranteed Limited Liability Foundation and domiciled in Sri Lanka. Every member of the Foundation has undertaken to contribute an amount not exceeding Rs.100/- in the event of a liquidation of the Foundation.

1.2 Principal activities and nature of operations

The primary objective of the Foundation is to improve the quality of those with Alzheimer's and related dementias and enhance the wellbeing of their families and carers. The Foundation provides therapeutic activities to persons with dementia and respite for their carers, memory screening and assessments etc. Since the incorporation of Alzheimer's and Related Disorders Foundation of Lanka, there have been many instances where the name was abridged to read "Lanka Alzheimer's Foundation". Consequently, the Registrar of Companies has approved an official name change for public convenience and international compliance to read "Lanka Alzheimer's Foundation", effective from 25 August 2010.

2. BASIS OF PREPARATION

2.1 Statement of compliance

The financial statements of the Foundation comprise the statement of financial position, statement of income and expenditure, statement of changes in accumulated fund, statement of cash flows and notes comprising other explanatory information. These statements are prepared in accordance with Sri Lanka Accounting Standards for Small and Medium Sized Entities (SLFRS for SMEs) laid down by Institute of Chartered Accountants of Sri Lanka.

2.2 Basis of measurement

The financial statements have been prepared on the historical cost conversion.

2.3 Functional and presentational currency

These financial statements are presented in Sri Lankan Rupees, which is the Foundation's functional currency.

2.4 Use of estimates and judgments

The preparation of financial statements in conformity with Sri Lanka Accounting Standard for Small and Medium Sized Entities (SLFRS for SMEs) requires management to make judgments, estimates and assumptions that affect the application of accounting policies and reported amounts of assets, liabilities, income and expenses. The estimates and associated assumptions are based on historical experience and various other factors that are believed to be reasonable under the circumstances, the result of which form the basis of making the judgment about carrying values of assets and liabilities that are not readily apparent from other sources. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognized in the period in which the estimates are revised if the revision affects only the financial year or in the period of the revision and future periods if the revision affects both current and future financial years.

3. SIGNIFICANT ACCOUNTING POLICIES

The accounting policies set out below have been applied consistently to all periods presented in these financial statements.

3.1 Property, plant and equipment

(i) Recognition and measurement

Items of property, plant and equipment are measured at cost less accumulated depreciation and accumulated impairment losses. Cost includes expenditure that is directly attributable to the acquisition of the asset and bringing the assets to its working condition.

An item of property, plant and equipment is derecognized upon disposal or when no future economic benefits are expected from its use. Gains and losses on disposal of an item of property, plant and equipment are determined by comparing the proceeds from disposal with the carrying amount of property, plant and equipment and are recognised net within profit or loss.

(ii) Subsequent expenditure

Subsequent expenditure on intangible assets is capitalized only when it increases the future economic benefits embodying in these assets. All other expenditure is expensed as incurred.

(iii) Depreciation

Depreciation is recognised in the income statement on a straight-line basis over the estimated useful lives of the assets. The estimated useful lives for the current and comparative periods are as follows:

	Years
Freehold building	23
Furniture and equipment	5
Computers	3
Other equipment	5
Solar power unit	5
Paving	4

Depreciation methods, useful lives and residual values are reviewed at each reporting date.

Depreciation will be started on asset month of acquired.

(iv) Impairment of non - financial assets

At each reporting date, property plant and equipment is reviewed to determine whether there is any indication of possible impairment, the recoverable amount of any affected asset (or group of related assets) is estimated and compared with its carrying amount. If the estimated recoverable amount is lower, the carrying amount is reduced to its estimated amount, and an impairment loss is recognized immediately in the statement of comprehensive income.

(v) Property, plant and equipment received as donations

Property, plant and equipment that is received directly as donations or endowments are debited to the property, plant and equipment account at fair value and a corresponding amount credited to a deferred income account. Such items thereafter be depreciated in accordance with Sri Lanka Statement of Recommended Practice for not for profit organisations, while a corresponding amount is transferred from the deferred income to the statement of income and expenditure. In the statement of financial position, deferred income would be deducted from the net book value of the assets so that the carrying amount of the asset would be zero.

Notes to the Financial Statements

For the year ended 31 March 2018

3.2 Basic financial instruments

The Foundation recognizes all financial instruments at fair value. The gain or losses from fair value is recognized in profit or loss during the period.

3.3 Cash and cash equivalents

Cash and cash equivalents are defined as cash in hand and demand deposits and short term highly liquid investments, readily convertible to known amount of cash and subject to insignificant risk of changes in value.

For the purpose of cash flow statement, cash and cash equivalents consist of cash in hand, call deposits and money market instruments.

Cash flow statement is reported based on indirect method.

3.4 Liabilities and provisions

Liabilities are recognised in the statement of financial position when there is a present obligation as a result of past events, the settlement of which is expected to result in an outflow of resources embodying economic benefits.

A provision is recognised if, as a result of a past event, the Foundation has a present legal or constructive obligation that can be estimated reliably, and it is probable that an outflow of economic benefits will be required to settle the obligation.

3.5 Taxation

The Foundation is liable for income tax on its taxable income according to the provisions of the Inland Revenue Act No. 24 of 2017 and its subsequent amendments.

3.6 Income

All income is recognised on accrual basis.

3.7 Expenditure

All expenditure incurred in the operations of the business and in maintaining the property, plant & equipment assets in a state of efficiency have been charged to revenue arriving at the Foundation's profit or loss for the year.

3.8 Events occurring after reporting date

All material post reporting date events have been considered and where appropriate, adjustments or disclosures have been made in respective notes to the financial statements.

3.9 Commitments and contingencies

All capital commitments and contingencies are considered and necessary disclosures were made in the respective notes to the financial statements.

4. Property, Plant and Equipment

	2019 Rs.	2018 Rs.
Carrying value of free hold assets (Note 4.1)	26,997,463	29,104,839
Carrying value of donated assets (Note 4.2)	<u>1,266,667</u>	<u>1,646,667</u>
	<u>28,264,130</u>	<u>30,751,506</u>

4.1 Carrying value of free hold assets

	Buildings Rs.	Furniture and fittings Rs.	Computers Rs.	Other equipment Rs.	Paving Rs.	Total Rs.
Cost						
Balance at the beginning of the year	39,799,241	8,154,356	900,958	1,822,829	608,055	51,285,439
Additions during the year	-	50,384	7,800	124,484	-	182,668
Disposal during the year	-	-	-	(53,000)	-	(53,000)
Balance at the end of the Year	<u>39,799,241</u>	<u>8,204,740</u>	<u>908,758</u>	<u>1,894,313</u>	<u>608,055</u>	<u>51,415,107</u>
Accumulated depreciation						
Balance at the beginning of the year	12,112,811	7,914,329	900,957	,113,157	139,346	22,180,600
Charge for the year	1,730,401	129,628	1,517	255,651	152,014	2,269,211
Disposal during the year	-	-	-	(32,167)	-	(32,167)
Balance at the end of the Year	<u>13,843,212</u>	<u>8,043,957</u>	<u>902,474</u>	<u>1,336,641</u>	<u>291,360</u>	<u>24,417,644</u>
Carrying value as at 31 March 2019	<u>25,956,029</u>	<u>160,783</u>	<u>6,284</u>	<u>557,672</u>	<u>316,695</u>	<u>26,997,463</u>
Carrying value as at 31 March 2018	<u>27,686,430</u>	<u>240,027</u>	<u>1</u>	<u>709,672</u>	<u>468,709</u>	<u>29,104,839</u>

The above building is constructed on a land which is granted on a crown lease.

The Government of Sri Lanka granted a crown lease, agreement affected on 12 February 2007 on the property identified by the municipal assessment number 110, Ketawalamulla Lane, Colombo 10, to the amalgamated organization Ceylon Social Service League and Lanka Alzheimer's Foundation for 30 years effective 15 June 2004. By virtue of an agreement signed on 7 October 2008 by the Ceylon Social Services League and Lanka Alzheimer's Foundation, the Ceylon Social Services League has agreed to empower the Lanka Alzheimer's Foundation to exclusively occupy and utilize the said property, for the purpose of offering social service to the community.

Clause 10 of the said agreement does not permit the leasee to sublet, mortgage or otherwise dispose or deal with their interest in the lease without the prior consent of the Land Commissioner.

Notes to the Financial Statements

For the year ended 31 March 2019

As at 31 March,

Solar power unit
Rs.

4.2 Carrying value of donated assets

Cost

Balance at the beginning of the year	-
Additions during the year	1,900,000
Balance at the end of the year	1,900,000

Accumulated depreciation

Balance at the beginning of the year	253,333
Charge for the year	380,000
Balance at the end of the year	633,333

Carrying value as at 31 March 2019

Carrying value as at 31 March 2018	1,266,667
	1,646,667

Less: Deferred income

Balance at the beginning of the year	1,646,667
Additions during the year	-
Transferred to income during the year	380,000
Balance at the end of the year	1,266,667

Carrying value as at 31 March 2019

Carrying value as at 31 March 2018	1,266,667
	1,646,667

As at 31 March,

2019
Rs.

2018
Rs.

5. Short term investments

Fixed deposits	111,215,000	94,058,364
Interest income receivable	6,417,094	3,518,073
	117,632,094	97,576,437

6. Cash and cash equivalents

National Development Bank - savings account	2,543,301	711,478
National Development Bank - current account	-	23,705
Bank of Ceylon - current account	96,661	96,991
Savings accounts - foreign currency	196,089	179,985
Petty cash account	46,947	27,725
	2,882,998	1,039,884

Bank overdraft

National Development Bank - current account	42,430	-
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Cash and cash equivalents for the cash flow purpose

	2,840,568	1,039,884
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7. Accrued expenses

Security payable	49,853	49,853
Activity centre	24,000	26,000
Utilities payable	826	7,212
Electricity	240	-
Telephone	6,784	-
Water	2,317	-
Accrued payments	15,450	-
	99,470	83,065

8. Center administration expenses

Garden maintenance	338,340	307,100
Activity Centre	1,081,530	985,832
ADI APRO Conference – Sri Lanka	1,022,530	68,726
Expenses on art exhibition	500,571	-
Computer maintenance	27,200	20,000
Accounting fees	8,701	8,668
Repairs and Maintenance	899,941	303,369
Web designing charges	26,188	26,902
Medicalls fee	6,200	6,200
Security fees	598,000	598,000
Insurance	59,895	62,108
Rates and Taxes	216	231
Printing of Greeting Cards	29,915	51,225
Christmas party expenses	5,443	3,827
Unutilized leave charges	19,992	19,040
Volunteers day/evening	63,536	109,466
Expenses on Memory Walk	4,738	4,540
Honorarium	367,000	183,500
Postage	18,200	12,100
Printing and stationery	87,314	65,607
Sundries	406,405	421,970
	5,572,085	3,258,641

Notes to the Financial Statements

For the year ended 31 March 2019

As at 31 March, Rs.Rs.	20182017	
9. Tax expenses		
Income tax expenses	287,034	-
Withholding tax paid	466,325	265,408
	<u>753,359</u>	<u>265,408</u>

The Foundation is an approved charity in accordance with the Inland Revenue Act No. 24 of 2017 and amendment thereto.

10. Related party and Key management personnel

10.1 Transactions with key management personnel

The Foundation considers its Board of Directors as the key management personnel of the Foundation and those persons having authority and responsibility for planning, directing and controlling the activities of the Foundation.

Compensation paid to key management personnel of the Foundation is as follows:

As at 31 March,	2019 Rs.	2018 Rs.
Short term benefit	-	-
Post employment benefits	-	-

10.2 Transactions with related parties

There were no related party transactions during the year.

11. Commitments and contingencies

The Foundation does not have contingent liabilities and commitments that require adjustments to or disclosures in the financial statements.

12. Litigation and claims

There are no litigations and claims against the Foundation as at the reporting date.

13. Events occurring after the reporting date

No events have occurred since the reporting date which would require adjustments to, or disclosure in the financial statements.

14. Board of Directors' responsibility for financial reporting

Board of Directors are responsible for the preparation and presentation of these financial statements in accordance with Sri Lanka Accounting Standard for Small and Medium-Sized Entities ("SLFRS for SMEs").



Lanka Alzheimer's Foundation

Executive Directors:

Lorraine Yu - President
Yasmin Cader - Honorary Secretary
Lilani Jayasinghe - Honorary Treasurer
Ren Lan Mather
Priya Fernando
Shehan Williams
Lakmali Cabral
Beverley Miranda

Company Secretaries:

C G Corporate Consultants (Pvt) Ltd
45 Visakha Road
Colombo 04
Sri Lanka

Honorary Auditors:

KPMG Ford, Rhodes, Thornton & Co.
Chartered Accountants
P. O. Box 186
Colombo
Sri Lanka

Honorary Legal Advisors:

D L & F De Saram
47 Alexandra Place
Colombo 07
Sri Lanka

Bankers:

NDB Bank
Havelock Town Branch
117 Havelock Road, Colombo 5
Sri Lanka

Bankers:

Bank of Ceylon
Borella Super Branch
Borella, Colombo 08
Sri Lanka

Bankers:

Hatton National Bank PLC
Wellawatta Branch
100, 102 Galle Road, Colombo 06
Sri Lanka

Alzheimer's Disease International (ADI) Members

Argentina	Cuba	Iran	Netherlands	South Africa
Armenia	Curaçao	Ireland	New Zealand	Spain
Aruba	Cyprus	Israel	Nigeria	Sri Lanka
Australia	Czech Republic	Italy	Norway	Suriname
Austria	Denmark	Jamaica	Oman	St Kitts and Nevis
Barbados	Dominican Republic	Japan	Pakistan	Sweden
Belgium	Ecuador	Kenya	Peru	Switzerland
Bermuda	Egypt	Lebanon	Philippines	Syria
Bolivia	El Salvador	Lesotho	Poland	TADA Chinese Taipei
Bonaire	Finland	Macau SAR	Puerto Rico	Thailand
Bosnia Herzegovina	Germany	Macedonia, FYR	Qatar	Tonga
Brazil	Ghana	Madagascar	Republic of Korea	Trinidad and Tobago
British Virgin Islands	Gibraltar	Malaysia	Romania	Tunisia
Bulgaria	Greece	Malta	Russia	Turkey
Canada	Guatemala	Mauritius	Saudi Arabia	UK
Cayman Islands	Honduras	Mexico	Scotland	United Arab Emirates
Chile	Hong Kong SAR	Monaco	Singapore	Uruguay
PR China	Hungary	Myanmar	Sint Maarten	USA
Costa Rica	India	Namibia	Slovak Republic	Venezuela
Croatia	Indonesia	Nepal	Slovenia	Zimbabwe

Lanka Alzheimer's Foundation

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