

A Message from the President



The Lanka Alzheimer's 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 the persons with dementias, and their carers. 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.

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.

Prof. Shehan Williams

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Free Memory Screening

October - 04, 18
 November - 01, 15, 29
 December - 13

Appointments are limited.

Please call 2667080

to register.

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Lanka Alzheimer's Foundation
 Email: alzheimers@alzanka.org Website: www.alzanka.org



Events to celebrate world alzheimer's month

Run to Remember

Runners, well-wishers and volunteers gathered at the Taj Samudra to kick off world's Alzheimer's month on Saturday 7th September. The objective of the 5K run was to create greater awareness. The Taj Samudra very generously hosted the event.



A program on Continuing Medical Education on Dementia for Health Care Professionals



Lanka Hospitals in collaboration with LAF organized a program on 'Continuing Medical Education (CME) on Dementia for Health Care Professionals' on the 21st of September 2019 to coincide with World Alzheimers Day.

Lectures were conducted on topics such as 'Diagnosis of Dementia', 'Management of Dementia', 'Minimizing polypharmacy' and 'evidence based dementia prevention'. An introduction on the services offered by LAF was made by Lorraine Yu.

A public education stall was set-up by LAF in the main Atrium.

Events to celebrate world alzheimer's month

Memory Walk

The annual Memory Walk was held for the 18th consecutive year on September 28th at the Cinnamon Grand, Colombo. Persons with dementia, family carers, well-wishers and volunteers raised awareness on the walk by distributing brochures with information on dementia and the support services provided by LAF. Our Sincere appreciation to Cinnamon Grand and all other sponsors for their continued support.



'A Game to Remember'



The students of Australian College of Business Studies (ACBT) in collaboration with the Lanka Alzheimer's Foundation organized an exhibition basketball match titled a 'Game to Remember' to create awareness about dementia and to raise funds on the 29th of September at the Blues basketball complex in Colombo 5. The ACBT has a large number of talented basket ball players, with 5 of them playing for the national team & some others having played at regional and school level. Therefore, the game was between 2 teams from ACBT itself. This event also wrapped up our activities during the World Alzheimer's Month.

The Game was well organized. The students were mindful to include a few facts on dementia at the back of the entrance tickets. At the beginning of the game, end of each quarter after the score, an announcement was made on facts relating dementia. A perfect way to blend awareness without overwhelming the crowd present. Sri Lanka has a fast ageing population and ageing is one of the primary risk factors for dementia. Dementia has no cure and therefore creating awareness and taking the message of risk reduction to younger audiences and engaging them in spreading awareness is important. Ms. Lorraine Yu, former president of LAF was the chief guest and she gave away certificates to participants. LAF is thankful to the students for taking the initiative & also to the sponsors.

Tribute to - Lorraine Yu



Lorraine Yu, the co-founder of the Lanka Alzheimer's Foundation (LAF), a peerless campaigner for persons with dementia stepped down voluntarily today as its President after 20 years of dedicated service. LAF has come a long way from its humble beginnings thanks primarily to her vision, commitment and unbelievable work ethics. For 3 months of the year, from July to September for 15 years, for more than 8 hours a day, Lorraine was out at supermarkets, lobbies of shopping malls etc. to talk about dementia, to provide information, to create awareness and to collect donations. Very often, when I mention my association with LAF, people speak of seeing Lorraine year in and year out in public spaces talking about dementia. This was at a time when people would not even admit to having a family member with dementia because of the greater stigma prevailing then.

Lorraine led by example. No task was too big or too small for her. She set high standards for the organization and its delivery of services, adhered to them and expected and encouraged others to follow. She believed in raising funds locally to do the type of activities LAF felt was most needed in our communities. After all, LAF is the only organization dedicated to the well being of persons with dementia and their care givers in Sri Lanka. Her financial discipline was impeccable. She firmly believed that monies received by way of donations were given on trust and that we need to do justice to the trust placed in us. The culture that she inculcated at LAF is one of saving money for the cause by minimizing administrative costs. She herself drew no remuneration of any sort. She came up with many a scheme to make money go a long way. She tapped into the potential of volunteers and harnessed volunteerism to a great extent. Today many of the activities of LAF are run by a dedicated band of volunteers. Volunteers who turn up regularly as if it were paid employment. She would ask for in-kind donations, discounts, scout for cheaper and reliable products, services and service providers.

Her hard work and passion evinced a response from many, enabling the Foundation to get more out of less money. Not only did she think of the present, but she also planned for the future. She planned for self-sustainability and succession. Most people in her position would not have opted for retirement. But she put the organization before self and made plans for succession to enable it to carry on the vision and mission of LAF in the service of persons with dementia and their families. I wish her well in the next phase of her life. She will be greatly missed, but never forgotten.

Lakmali Cabral

Director - LAF

I deem it a great pleasure and honour to pen this brief appreciative note on the occasion of Ms. Lorraine Yu demitting office as the President of the Lanka Alzheimer's Foundation.

I came to Sri Lanka in November 2005 as Consultant Neurologist, Apollo Hospital, Colombo and she was one of the very first people I established contact with. I had just finished my fellowship training in dementia and was extremely keen to launch into a clinical and research career in the field of dementia care. That it has been a resoundingly beneficial association is a gross understatement. Not only did I get to associate with an individual who shared my passion for the field of clinical dementia care, but I can also unabashedly say that I have been exceedingly fortunate to have observed from close quarters, the workings of a person who has always professed and lived to the highest standards of integrity, work ethics, perfectionism and untiring zeal and hard work.

Despite facing monumental obstacles initially and later, both professionally and personally respectively, she has not allowed any of those to so much as even slow her down in her quest to establish the magnificent structure that LAF is today. That she leaves a magnificent edifice as well as a well-oiled, smooth running machine called LAF to her successors, along with a sizeable corpus fund, is the least of her achievements. The very high, difficult to emulate standards that she has set for LAF and related NGOs, along with an unblemished record is her real legacy.

Dr. Srikanth Srinivasan MD DM

Consultant Neurologist—Lanka [Apollo] Hospitals, Colombo

Lorraine's legacy

As this edition of our newsletter pays tribute to the lady whose mission, vision and dedication over the past 20 years is the reason for the existence of the Lanka Alzheimers Foundation (LAF), it is fitting that we talk about her legacy. Lorraine was driven by unwavering passion and commitment to fulfil a promise she made twenty years ago. Coupled with her vision and devoted spirit to the cause, she has built an institution from ground up that has uplifted the lives of those with dementia and their families

LAF's Service and Information Center is an oasis in the heart of Colombo. The building is spacious, airy and welcoming; a haven of tranquility with beautifully landscaped gardens. This Center of Excellence is the first of its kind and includes an Activity Center which provides beneficial therapeutic activities for persons with dementia and respite for their carer's, a memory screening and assessment clinic, a help line, education on dementia and care management, in addition to many other programs and activities.

When the question "Why did you choose Alzheimers?" is asked from Lorraine, her answer is *"God has a plan for all of us . This was his plan for me"*. Her sustained commitment in spite of the many challenges and obstacles she faced, has brought it to where we are today. In Lorraine words, *"Fund raising was a laborious task. Especially in the years when there was so much skepticism and negativity"*.

Lorraine's achievement was best summed up by Dr. Nori Graham, former Chairman Alzheimers Disease International. In 2011 she wrote, *"I remember being shown this site in 2003. Little did I think only 8 years later I will be giving a public lecture in a magnificent building such as this one. This service center for people with dementia and their families and all those working in the field is a model not just for Sri Lanka but for centers all over the world"*.

Dr. Philip Poi of the Alzheimer's Association of Malaysia in his tribute to Lorraine said, *"... I continue to speak in awe of your achievements in Sri Lanka and both Prof Esther and I were so very impressed with the headquarters in Colombo. It has inspired Prof Esther to develop a similar center in Ipoh, Malaysia..."*

"This place makes me happy. Thank you for giving us such a beautiful place to come to." these are the words of a client to Lorraine on her last day at LAF. Shamil Mohamed the voice for people with dementia in Sri Lanka in his speech at the 21st Asia Pacific regional meeting said, *"...My wife called the help line and registered me for a screening in October 2017 a day which changed my life and brought new hope and light into my dark world."*

AND THAT, is Lorraine's Legacy. What she leaves behind when she retires after many years of selfless service - New hope and light for persons with dementia and their carers.

(In recognition of her work with and for LAF she was awarded the Zonta "Women of Achievement for Outstanding Recognition" in 2011. She was amongst the ten finalist of the V-Awards in 2015 and a recipient of the Rotary Vocational Service Excellence Award in 2018.)



"On behalf of ADI APRO and all the Asia Pacific members, I would like to congratulate you for your amazing two decades of commitment and dedication in improving the quality life of people with dementia and caregivers in Sri Lanka. Wishing you a happy retirement with years of enjoyment to come. You will be truly missed."

DY Suharya , Regional Director- Asia Pacific (ADI)

What helps calm agitated dementia patients? - by Serena Gordon

Dealing with the agitation, anxiety and aggression that often come with dementia is one of the most challenging aspects of caring for someone with this brain disorder. But new research suggests that massage and other non-drug treatments may be more effective than medications. Even just taking people with dementia outdoors can help, said study author Dr. Jennifer Watt, a geriatrician and clinical scientist at the Li Ka Shing Knowledge Institute at St. Michael's Hospital-Unity Health in Toronto. "The bottom line from our study is that non-medication based therapy and multidimensional care seem to be better than medications for treating the symptoms of aggression and agitation in persons with dementia," she said.

Dementia, a progressive loss of thinking and memory skills, affects 50 million people worldwide. Up to three-quarters have behavioral and psychological symptoms. People with such symptoms often need institutionalized care sooner. Health care professionals rely on several medications to lessen symptoms of agitation and aggression, but these medications carry significant risks. One, ironically, is worsening memory and thinking, the researchers said. Some medications -- such as anti-psychotics -- may do little to control symptoms, according to the American Board of Internal Medicine Foundation. Plus, they carry the U.S. Food and Drug Administration's most serious warning, because they increase the risk of stroke and death in people with dementia. Given the challenges of using medications, researchers wanted to know more about alternatives, Watt said. They included 163 studies in their analysis, with a total of more than 23,000 people. Studies included drug and non-drug interventions. In most of the studies, the patients' average age was 75 or older. There were a variety of dementias, such as Alzheimer's disease and vascular dementia, in stages from mild to severe.

Medications studied included antidepressants, antipsychotics, dementia-specific medications, cannabinoids and a combination medication, dextromethorphan-quinidine (Nuedexta), to treat uncontrollable laughing or crying. Non-drug interventions included changes in environment, outdoor activities, recreational therapy, exercise, massage, music therapy and cognitive stimulation as well as caregiver education and support. Researchers found that outdoor activities were the most effective for reducing agitation and aggression. Outdoor activities, massage and touch therapy ranked highest for treating verbal aggression. Exercise and modifying daily activities seemed best for dealing physical aggression, the study reported.

Nuedexta and medications from cannabis were more effective than a placebo in reducing agitation and aggression. But Watt said these drugs aren't prescribed much, and there may be side effects. "It's important to prioritize the use of non-medication based treatment as much as possible," she said. Watt acknowledged that it's not possible to implement all or even some of these non-drug treatments. "Caregiving is hard," Watt said. "People are doing the best they can with the time and resources they have. We need to raise awareness and advocate for more financial resources to support these types of interventions." That said, she noted that some interventions can be simple. A music player with headphones can soothe, and just getting outdoors can help. If someone is in a nursing home, Watt suggested decorating their room with photos and other objects that bring back pleasant memories.

Keith Fargo, director of scientific programs and outreach for the Alzheimer's Association, reviewed the analysis and called it an informative look at an important problem. "Aggression, agitation and other non-cognitive symptoms of dementia are often overlooked, but the reality is, for most people with dementia, the non-cognitive symptoms can be more problematic," he said. "These behaviors are very disruptive to daily life and family harmony, and the need for effective treatments is great." As this study found, Fargo noted, medications are not always the best option. "Some of this has to do with paying attention to people," he said. "When people have moderate to severe dementia, they have difficulty communicating. They may be feeling discomfort and can't communicate that they don't like a certain chair or that they're too hot. Then they may act out. So, sometimes, it's a matter of small things in the environment that can be changed." Fargo agreed with Watt that "person-centered care" can be demanding. "Caregiver burden is a real problem, and some people may be overwhelmed. But you don't have to do it all. A first-line approach should be trying to understand what may be happening in that person's world," he said.

(The study was published Oct. 14 in the *Annals of Internal Medicine*. <https://annals.org/>)

Apathy: A common but understudied symptom of dementia



A study from the University of Exeter has found that apathy is present in nearly half of all people with dementia, at any single point in time. 90% of the people with dementia experience apathy at some point. Apathy is the most common neuropsychiatric symptom of dementia, with a bigger impact on function than memory loss, yet it is under-researched and often forgotten in care. It is often distinct from depression. Even though it is so incredibly common, apathy is often ignored, as it is less disruptive in settings such as care homes than symptoms like aggression. Defined by a loss of interest and emotions, it is extremely distressing for families and it is linked with more severe dementia and worse clinical symptoms.

- Persons with dementia who are also apathetic won't be curious about the world around them
- They are not motivated to carry out activity or engage with those around them, in either a positive or a negative way
- The individuals' cognitive function will likely decline faster
- Caregivers will have more difficulty with their caregiving and are more likely to become depressed

What are the symptoms of apathy?

A person with dementia and apathy will have less motivation, as well as some of the following changes:

- Lack of effort or energy to do everyday tasks (such as personal hygiene)
- Reliance on others to structure daily activities
- Loss of interest or curiosity in new things (such as people or conversation)
- Lack of concern about their own problems
- Unemotional responses to news or personal events (seeming indifferent or detached)

What's the difference between depression and apathy?

Some of the symptoms of apathy (such as loss of interest in things and lack of energy) are also common in depression. It can be hard to know whether a person has depression or apathy, even for a doctor. The main difference is that a person with depression will have feelings of sadness, be tearful, feel hopeless or have low self-esteem. A person with apathy and dementia is often not concerned by their symptoms.

Treating apathy

Compared with depression and anxiety, there is less evidence about what treatments do or do not help someone with apathy and dementia. Non-drug approaches should generally be tried first. According to recent research, music therapy, group art therapy and cognitive stimulation (when delivered by a trained professional) can all help.

What you can do to help a person with apathy? Tips for carer's

- Try tasks and activities that the person can do, enjoys and finds meaningful. A daily routine may help
- Break tasks down into manageable chunks. Several smaller steps may be easier to take than one bigger step
- You will often need to gently prompt or help the person, or start an activity (such as dressing). Offer lots of encouragement to keep them engaged, but don't fuss over them. Be positive and focus on what they have achieved
- Don't blame the person for being 'lazy', unhelpful or not caring – it's not their choice. If you feel frustrated, try to remain calm. The person may pick up a negative mood
- Look after yourself: take regular breaks and see if replacement (respite) care is an option

*Questions about
dementia ?*

CALL OUR HELP LINE

2667080

Monday to Friday | 9am– 5pm

For information on dementia and dementia care management

From a volunteer's perspective



As a fourteen year old volunteering for the first time, dealing with people affected by dementia could be a daunting task. Adding to that, were anecdotes I had heard about my grandmother, who had been affected by advanced Alzheimer's. Trepidation filled me when I walked through the gates of the Lanka Alzheimer's Foundation on 26th of July 2019.

I did not know what to expect. I was led to a living room where there was already one client. Her name was Ari I, not knowing what to say, said "Good morning" in a very tentative tone and she was not slow to correct me; she immediately responded, "No, not good morning, putha, 'Ayubowan'."

I was filled with bewilderment, and already had many questions! I calmed myself down and thought, "It's only your first day, watch and learn." I soon met other volunteers, and they were very welcoming. They taught me the do's and the don'ts of the Foundation, and I caught on reasonably quickly.

At the Lanka Alzheimer's Foundation I met many different and very vibrant personalities: there was Ari the perfectionist; Frank, the very happy personality; Chinta, who was, ironically, the worrisome one ('Chinta' means 'to worry' in Hindi); Yasir who travelled the world over and would never miss an opportunity to share his tales; David the flirtatious one; Daniel, the philosopher and so many more. All these varied personas who, as a whole, taught me many things I could never have learnt in the usual classroom. I learnt the importance of patience as a virtue, how I should always walk a mile in the other person's shoes before making my own opinion, and how much one can learn about another over a simple lunch, and the importance of a happy attitude (this, I learnt almost solely from Frank!). Every minute at the foundation never ceased to teach me something new. My time at the Lanka Alzheimer's Foundation completely changed my perception about Alzheimer's.

With the already prevalent history of Alzheimer's in my family, a hands-on experience in developing inter-personal relationships with affected people, was truly a very humbling opportunity to me. Today, as I walk out of this building, it is only keeping in mind that it is not the end of my time here, but the beginning of a lifetime commitment towards helping in any little way I can.

By Siddharth Jha



I still remember, my first visit to the Lanka Alzheimer's Foundation, three years ago. I was an eager and curious twelve-year-old, determined to discover my purpose in life. From day one of working with the clients, the Lanka Alzheimer's Foundation has helped me discover so much more about myself. I now know that helping others is something I want to dedicate at least some of my life to, it is something that makes me genuinely happy. I would be a very confused fifteen-year-old if it weren't for the experiences I have had over the past three years here.

I have savoured every moment, every laugh and every conversation I have had with each client. Most of my conversation took place on the trusty black couches. From long conversations about Queen Elizabeth to the even longer ones about whether the HI Magazines choice of "Best dressed" was correct or not.

But the conversations I look forward to the most are when the clients share their life stories with me. I truly appreciate it when they decide to share a piece of their past. The stories always have some sort of lesson behind them and I never fail to learn a thing or two. From learning about being an independent woman, to understanding how dedication and determination will pay off after university. These insightful conversations have always made my day.

The arts and crafts conducted are enjoyed thoroughly by the clients. Sitting with each one and watching as their thoughts and emotions are projected into their art, has been amazing. The best part of the activity is the fact that there are no rules, their imaginations are allowed to run wild. Each client with a unique take at the task at hand, resulting in each piece having its own individualized touch.

....Cont. on page 9

From a volunteer's perspectivecontinued from page 8

My favourite part of each Monday, however, is sitting down amongst the clients and singing songs. Personally, I am old at heart, so hearing such classic tunes sung by people from the same time period is an absolute pleasure; each person connecting and communicating through song. Singing and dancing truly has the ability to make the clients feel young and alive.

All their worries are thrown out of the window, and for those 45 minutes of singing they are free to express themselves and sing as loud as they want. And though their memories have begun to fade, the lyrics and rhythms of each song never seems to be forgotten, which has always amazed me.

These three years have taught me so much. My social skills and confidence were put to the test. I was taught that age must never restrict a friendship. And I learnt more than anything the values of patience and perseverance, how to never give up on someone just because it is hard for them. To assist and nurture them, until you finally see that beautiful smile on their face, and at that moment you know you have made someone happy. That is why I am so eternally grateful for my three years at The Lanka Alzheimer's Foundation

By Shehanya Wickramanayake

Introducing LAF's newest board member



Mr. Murtaza Esufally is the newest person to join the Board of Directors of the Lanka Alzheimer's Foundation. Murtaza comes with legal and business training and a wealth of experience in the corporate sector. He currently holds a number of positions in the Hemas Group of Companies, including that of Managing Director of Morrison PLC, Chairman of Hemas Pharmaceuticals Pvt Limited and Chairman of Hemas Hospitals Pvt Limited. The Board welcomes Murtaza and looks forward to receiving his business acumen and insight into the strategic development of LAF .

Presentation on Global Dementia Observatory -by Dr. Tarun Dua , WHO



Dr. Tarun Dua from the World Health Organization (WHO) visited the Lanka Alzheimer's Foundation (LAF) on the 23rd August and made a presentation on the Global Dementia Observatory (GDO) launched by the WHO in December 2017 to track worldwide impact and responses to dementia and as part of the Global action plan on the public health response to dementia 2017- 2025. The GDO is a data and knowledge exchange platform and plays a huge role in enhancing the ability of stakeholders everywhere to support advances in awareness and research.

GET THEM HOME SAFE

A person with memory impairment has a tendency to wander and is at risk of getting lost. An identification bracelet can make a difference to get your loved one home safe

Hypoallergenic, tamperproof ID bracelets

are available at

Lanka Alzheimer's Foundation

Inquiries Call **2667080**

World's largest dementia survey



- **2 in 3 people still think that dementia is a normal part of ageing.**
- **62% of health care practitioners still think it is a normal part of ageing.**
- **Around 50% of people living with dementia feel ignored by health care professionals (physicians and nurses).**
- **Every 3 seconds someone in the world develops dementia but most people do not receive a diagnosis or support.**
- **1 in 4 people think that there is nothing we can do to prevent dementia.**

Results from the world's largest survey on attitudes to dementia reveal a startling lack of global knowledge around dementia, with two thirds of people still thinking the disease is a normal part of ageing rather than a neurodegenerative disease. The findings are from the World Alzheimer's Report 2019: *Attitudes to dementia* based on survey responses received from 70,000 people living in 155 countries. Survey respondents included people living with dementia, carers, healthcare practitioners and the general public. Analysis of the study was carried out by the London School of Economics and Political Science. (LSE) The Report was released by the The Alzheimer's Disease International (ADI), the International federation of 100 Alzheimer's associations and federations worldwide. Lanka Alzheimer's Foundation (LAF) is a member association of ADI and is the only organization dedicated to the wellbeing of persons with dementia and their caregivers in Sri Lanka.

The Report reveals that stigma around dementia is preventing people from seeking information, advice, support and medical help that could dramatically improve their length and quality of life of one of the world's fastest growing causes of death globally. Alzheimer's disease and other dementias are the 5th leading cause of death globally. "At the individual level, stigma can undermine life goals and reduce participation in meaningful life activities as well as lower levels of well-being and quality of life. At Societal level, structural stigma and discrimination can influence levels of funding allocated to care and support" says ADI's Chief Executive Paola Barbarino.

ADI launched its global campaign "Let's Talk about dementia" in September 2019 to stimulate conversation about dementia, the warning signs, risk reduction, who to speak to and where to go to for advice. Lack of knowledge about dementia leads to inaccurate assumptions about its effects on the person and their family, as well as negative stereotypes about how a person with dementia will behave. It is estimated that almost half a million people in Sri Lanka will be living with dementia by 2050. Sri Lanka has one of the fastest ageing populations in the region and it is important that serious consideration is given to improving our understanding of dementia, access to care, timely diagnosis, treatment and support.

LAF provides a range of services from information on dementia and care management, community programs to raise greater awareness and eradicate stigma, education on risk reduction, memory screening and assessments, Activity Center providing therapeutic activities with a person centered approach for persons with dementia and respite for family carers, newsletter and resource materials. Check our website for further details. www.alzlanka.org or call our **Helpline on 2667080** for advice, support and guidance.

Experiences of carers



Over **50%** of dementia carers expressed positive sentiments about their role



Over **50%** of dementia carers said their health suffered as a result of their caring responsibilities



35% of carers globally have hidden the diagnosis of a person with dementia



Over **60%** of dementia carers said their social life suffered as a result of their caring responsibilities

Dates to remember



A GRAND SALE

Bargains Galore
DATE: Saturday, 9 November 2019
TIME : 10.00 am - 5.00 pm

*Export quality lingerie, track bottoms, trousers, blouses, nightwear, children's clothing and other quality garments.
Delicious Snacks and Juices.*

All proceeds will benefit the Foundation which is currently the only place caring for people with Alzheimer's offering respite for their carers and family, through the Activity Centre that is open thrice a week.

COME, BRING YOUR FRIENDS AND FAMILY AND SUPPORT THIS WORTHY CAUSE.

 **Lanka Alzheimer's Foundation**
110, Ketawalamulla Lane, Colombo 10.



Seasonal Celebration

December, 6th (Friday)
4.00 - 6.00pm

Lanka Alzheimer's Foundation
110, Ketawalamulla Lane , Colombo 10.

All purpose greeting cards now available



All purpose greeting cards based on the art work of clients of the Lanka Alzheimer's Foundation (LAF), all of whom have been diagnosed with dementia, are available for sale at Rs. 600 for a pack of 10. The collages above were a labour of love, conceptualized and made by Volunteer of LAF, Sabine Faber. Funds raised from the sale of cards will help support the work of the Lanka Alzheimer's Foundation.

Available at Barefoot bookshop , Gallery Café, Paradise Road and LAF. Inquiries 2667082/4

Current Services

- Raising awareness and eradicating stigma
- Education on risk reduction
- Education on care management
- Helpline +94 11 2667080
- Memory screening / assessments
- Activity center
- Quarterly newsletter
- Secretariat/Information and resource materials
- Caregiver support group (CSG) meeting
- Memory Garden Cafe
- Identification bracelet
- Website : www.alzlanka.org

Caregiver Support Group (CSG)

The CSG meetings are conducted on a as need basis -

- support caregivers through discussion and sharing
- listen and learn from care experiences
- share common concerns

The Board

Lakmali Cabral (Secretary), Yasmin Cader, Murtaza Esufally, Priya Fernando,
Lilani Jayasuriya (Treasurer), Beverley Mirando, Prof. Shehan Williams (President)

**PLEASE SUPPORT THE WORK OF THE FOUNDATION
BY MAKING A DONATION OR LEAVING A LEGACY**

The Foundation is a Government Approved Charity (Gazette Notification no. 1225)

Cheques should be crossed and made payable to the **Lanka Alzheimer's Foundation** and sent to Lanka Alzheimer's Foundation, 110 Ketawalamulla Lane, Colombo 10, Sri Lanka

Details for a Monthly/Annual donation by Standing Order:

Account number: 106110117418 Swift Code NDBSLKLX

The Lanka Alzheimer's Foundation relies on donations in order to sustain the services provided to persons with dementia and their family carers. The Foundation is a community based charity, which has not as yet received support from the international donor community or the public sector.

Your support will make a difference - Please give generously

Thank you