Alzheimer's Disease International
The global voice on dementia

April 2016
Volume 26 No. 1

Global Perspective

A newsletter for Alzheimer's Disease International: The International Federation of Alzheimer's Disease and Related Disorders Societies, Inc.

Innovative Dementia Care

Glenn and Marc met with representatives from Alzheimer Nederland and Alzheimer's Indonesia

A drawing of Glenn by Evelien Ros, who is living with dementia

While I was in Europe recently, ADI Executive Director Marc Wortmann arranged for me to visit some innovative dementia services in the Netherlands including the Amsterdam Meeting Centre (day care), De Hogeweyk (residential care) and Warm Thuis (residential and respite in a rural setting).

These services were all very different but it was a great experience to see in action what we all know works – staff who make the time to have social connections with people with dementia in a normal social environment. It is the social connectedness of people with dementia with others in the community and long term care that makes a difference to self-respect and provides an interest in life. It was a privilege to talk with people with dementia and to learn about their lives past and present at the services I visited. And the bonus was sitting for a portrait by Evelien Ros at the Amsterdam Meeting Centre. ***Glenn Rees***, *ADI Chair*

Alzheimer's Disease International

The global voice on dementia

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Send us your comments
If you have any comments about or items for the newsletter please contact the Secretariat. Articles for the next issue of *Global Perspective* to arrive by 4 May 2016.

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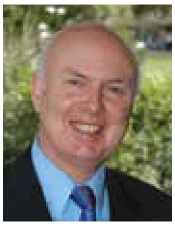
Editorial

***Glenn Rees**, ADI Chair*



ADI is in the process of finalising our Strategic Plan for 2016-2019. With limited funds, we are facing an increasing number of competing priorities in pursuit of our twin goals of advocacy and strengthening country associations.

Feedback on the draft Plan has been positive and I was pleased that, among the responses, were some stressing the importance of measuring outcomes and of letting funders know what we are achieving. At a high level we are seeking to achieve an increase in the number of national dementia plans and securing a World Health Organization resolution on dementia by May 2017.

Through a combination of international action, new national dementia plans and supporting our member associations, we are seeking measurable progress, for example, in the time from noticing first symptoms to diagnosis, the effectiveness of different models of community care including respite care, the impact of good design in domestic and residential care, reductions in the use of anti-psychotic medications and physical restraint, risk reduction and the outcomes of investment in research.

In seeking to improve the quality of life of people with dementia we will also be looking to strengthen ADI's commitment to empowering consumers and protecting the rights of people with dementia. To do this we need to: further strengthen the partnership between Dementia Alliance International and ADI in hearing directly the voice of people with dementia; commit to supporting dementia friendly communities; develop ADI advocacy work within a rights agenda including the framework of the *Convention on the Rights of Persons with Disabilities*; and to re-assess and increase where possible the level of ADI funding in respect of low- and middle-income countries.

ADI has a unique opportunity, as I see it, in partnership with Dementia Alliance International to empower the consumer in advocacy and in the decisions that are made about their lives.

Events

BUDAPEST 2016
INTERNATIONAL CONFERENCE
Alzheimer's Disease International

21-24 April 2016
31st International Conference of Alzheimer's Disease International
Budapest, Hungary
Email: adi2016@tensi.hu
Web: www.adi2016.org

12-14 October 2016
8th Iberoamerican Congress on Alzheimer's Disease
Costa Rica
Email: aib2016@barcelocongresos.com
Web: http://aib2016.com

2-5 November 2016
19th Asia Pacific Regional Conference of Alzheimer's Disease International
Wellington, New Zealand
Email: admin@alzheimers.org.nz
Web: www.alzheimers.org.nz/2016-conference

VISIT WWW.ALZ.CO.UK/EVENTS FOR MORE CONFERENCES AND ANNOUNCEMENTS

Meetings Roundup

18th Asia Pacific Regional Conference

On 18 November 2015, delegates from 14 countries participated in the 18th ADI Asia Pacific Regional Conference, hosted by the Alzheimer's Disease Association (ADA) of the Philippines. During the event, representatives from ADI member associations participated in an annual regional meeting, where they renewed their commitment to use the 'Strong Association Framework' and volunteered to conduct a self-assessment and report of this at the next conference later this year.

During a session on dementia friendly communities, Kate Swaffer, Chair of Dementia Alliance International enlightened the audience on what dementia-friendly means to a person living with dementia. Kate was joined by Noriyo Washizu from Japan who told the audience about Uji, a dementia-friendly city, and Liyu Tang who talked about dementia-friendly stores and churches in Taiwan, where special prayers are offered to people affected by dementia on World Alzheimer's Day. Meera Pattabiraman from India shared the news about the success of *Dementia Guides* in Cochin and the new *Dementia Friends* initiative across India. Jason Foo told the audience about the bottom up approach towards defining a dementia-friendly Singapore with various stakeholder groups, while DY Suharya shared the news that the Indonesian government has announced its support of making Jakarta an *Elderly and Dementia Friendly City*.

Francis Wong, Asia Pacific Regional Director of ADI reflected: "We learnt a lot about the progress of the various countries in building dementia friendly communities, their cultural differences and how they are using innovative approaches. Looking around the room, I knew that I was already surrounded by an inspired audience."

Vidya Shenoy, Secretary General, Alzheimer's & Related Disorders Society of India, added: "These events are vital to exchange ideas, plan for the future and they provide crucial opportunities to share best practice and learn from one another. I have lots of ideas to take back to Mumbai."

The 19th Asia Pacific Regional Conference of Alzheimer's Disease International will be held in Wellington, New Zealand from 2-5 November 2016.

3rd Regional Caribbean Conference

ADI Deputy Executive Director Johan Vos with representatives from Barbados Alzheimer's Association

Barbados Alzheimer's Association hosted the 3rd Regional Caribbean Conference on Alzheimer's and Dementia in February. The two-day conference covered a range of topics, including recent developments in dementia policy on a global and regional level, care and prevention, and nutrition. Attendees also heard a first-hand account of what it is like to live with dementia, both from the perspective of the person with dementia and that of their carer.

A workshop for ADI member associations took place ahead of the conference, with a focus on strengthening Alzheimer associations and increasing collaboration across the regional network. Also covered at the workshop was the Pan American Health Organization dementia plan, and presenters from HelpAge International and the Healthy Caribbean Coalition shared their expertise.

Pamelia Brereton from Barbados commented, following the event: 'It was great having ADI and other associations in Barbados. Everyone was quite pleased with the results of the conference.'

Members' forum

AUSTRALIA

Alzheimer's Australia launches new online support service

Alzheimer's Australia have launched an Online Dementia Support service to provide people living with dementia and carers 24/7 access to information and resources. The website offers counselling via email or video conference, a forum for participating in an online peer support community and 16 videos with experts and carers sharing their experiences to help others. The Online Dementia Support service is free to use and can be found at www.helpwithdementia.org.au

BERMUDA

Participants at the workshop in Bermuda

Train the Trainers scheme piloted

Carers in Bermuda, Greece and Bangladesh took part in a new training programme, which aims to provide essential knowledge and extra skills to help improve standards of care for people living with dementia in both residential facilities and at home. The *Train the Trainer* scheme is a three-day workshop which covers a range of topics with practical tips on communication, activities and behaviour, among others. Johan Vos, Deputy Executive Director of ADI commented, "By implementing this training we will have the opportunity to upskill both family and professional carers." In response to the growing global demand for specialised dementia training, ADI now plans to work in collaboration with member associations around the world to implement this scheme in as many countries as possible.

INDIA

ARDSI launches Memory Clinic guidelines in India

The Alzheimer's and Related Disorders Society of India released their new guidelines for establishing Memory Clinics in December, as part of the on-going *Kerala State Initiative on Dementia*.

The document provides step-by-step advice to clinicians with a special interest in dementia and service providers alike.

Dr CT Sudhir Kumar, Honorary Consultant for Research and Development Centre at ARDSI says of the document: "It has been prepared in a way to be useful to any developing country setting with limited resources, but at the same time also give enough room to be adapted to other settings.

This may also be useful as a blueprint for advocacy groups keen on improving their local dementia services when approaching the health service providers."

The guidelines are available to download at http://ardsi.org/downloads/Memory_Clinic_guidelines-18-8-2015.pdf

Members' forum

FINLAND

Online support group for young people in Finland

Heidi Härmä & Virva Ryynänen

The Alzheimer Society of Finland (Muistiliitto) has launched a peer support group for young people aged 13-30 who have parents or grandparents with memory illness. *When Daddy Forgot* (Kun isä unohti) is a closed group that runs through Facebook and is open for the focus group only. The group operates in Finnish and is moderated by peers and professionals.

As even the toughest of burdens are lightened by the existence of people who understand what you are going through, we all need a bit of peer support from time to time. For such a mainstream group like this the social media is an especially helpful tool.

The members give important advice and support to each other. The group allows youngsters to openly discuss the feelings and experiences evoked by having a parent or a grandparent living with the illness. The group is seen as a significant forum by its members, for matters that they may otherwise have had to ponder and experience alone.

Feedback on the support group so far has been very positive, with one young person writing: "Thank you for accepting me in the group. I already read some of your stories and am planning on engrossing in them later. My life spins around this disease more and more, and sometimes I have to tear myself away from it for a while so that I'll have the energy to enjoy my life and support others."

IRAN

Iran Alzheimer Association successful collaboration

Iran Alzheimer Association (IAA) is pleased to report a successful collaboration with the National Retirement Fund Organization, having run a two-day workshop for participants from across the country. Training given by IAA volunteers will now be rolled out by the National Retirement Fund Organization with the hope of raising awareness of dementia across the country.

How associations help

Family of Wisdom in Taiwan and Singapore

An innovative service for people with dementia and their caregivers

Taiwan Alzheimer's Disease Association started the *Family of Wisdom (FOW)* on 28 February 2011 to meet the needs of people with dementia and family caregivers.

The programme grew out of the *School of Wisdom*, a health promotion programme for people with mild dementia. There was a need for more space and service hours to cope with the demand. Family caregivers enjoyed participating in joint activities with each other such as mahjong, cooking and singing.

FOW opens from 10am to 4pm during week days with a maximum daily capacity of 23 pairs of people with dementia and caregivers. There are 45 pairs currently in the programme. The caregivers are responsible for taking care of the people with dementia, preparing food and cleaning. They have organised activities such as yoga, flower arrangement and travelling. They support, learn from each other and enjoy their time in the FOW which they regard as their second home.

FOW has helped caregivers reduce their caregiving burden and to share their expertise spontaneously through the exchange of care receivers. For example, Ms A plays mahjong with three people with dementia. The mother of Ms A, who is a person with dementia, sings karaoke with other people with dementia and caregivers. Ms A has respite care since she is free from taking care of her mother.

Taiwan Alzheimer's Disease Association founded the Family of Wisdom in 2011

The Ministry of Health and Welfare provide funding for FOW and support TADA to work with other Non-Profit Organisations (NPOs) to replicate the service. TADA provided training and coaching for six NPOs to establish FOW in six major cities. Both the Taipei and Taoyuan city government provide funding to develop FOW in their cities in 2016.

Singapore Alzheimer's Disease Association (ADA) visited the FOW in Taipei during the ADI Conference in 2013. ADA was inspired by the service model of FOW involving caregivers in shared caregiving. An opportunity arose to pilot an FOW in Singapore when ADA was approached by a group of caregivers for a premise to continue with a respite care programme which their loved ones with dementia were attending at a hospital, but had to be discharged due to space availability. The FOW programme started in September 2013 with the aim of providing a continuum of community care for people with dementia through the participation of caregivers in shared caregiving.

ADA operates two FOW Centres running 16 3-hour sessions a week (8 sessions for early dementia, 6 sessions for moderate dementia and 2 sessions for severe dementia). There are currently 123 pairs of people with dementia and their caregivers attending the programme.

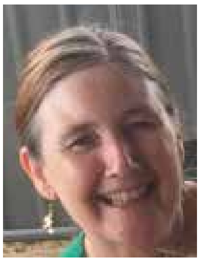
A conducive home-like environment is also created where physical group exercises, social recreational and cognitive functional activities such as calligraphy, cookery, craftwork, outings, memory and sensory games are conducted.

The outcomes of the FOW have either improved or maintained the quality of life and well-being of people with dementia and reduced caregiver burden. Like TADA, ADA has shared its experiences in running the FOW with other organisations interested in starting such a programme.

Dementia Alliance International

Human Rights and Disability Rights news

***Eileen Taylor**, Secretary, Dementia Alliance International*



April 2016 will be a watershed for people living with dementia in every country. On April 19th, Prof Peter Mittler will present a paper on behalf of Dementia Alliance International (DAI) at the United Nations (UN) Disability Committee's General Day of Discussion on Article 19 of the *Convention on the Rights of Persons with Disabilities: Living independently in the community.*

This will be the first submission to the UN Disability Committee from an organisation of, rather than for, people living with dementia.

'I should be helped to live as independently as possible for as long as I can' is one of the nine 'I Statements' made in a market survey of people living with dementia. We know that such help is often not available to us. The Committee will prepare a General Comment on ways in which this aim can be better met.

Article 19 says:
19a Persons with disabilities should have the opportunity to choose their place of residence and where and with whom they live on an equal basis with others and are not obliged to live in a particular living arrangement

19b Persons with disabilities should have access to a range of in-home, residential and other community services, including personal assistance necessary to support living and inclusion in the community and to prevent isolation or segregation from the community

19c Community services and facilities for the general population should be available on an equal basis and be responsive to their needs.

Send your comments to info@infodai.org

Demential Alliance International News

Publications

Dementia Alliance International is also working hard to produce a number of DAI publications, our first major publication to be released on the first day of Dementia Awareness Week in the UK, on May 15, 2016.

This will follow with a DAI publication on language and dementia, and consumer empowerment and engagement.

Online support groups

DAI continues to support members with online support groups, hosted and facilitated by a new Board member, Mick Carmody, and run in a number of different time zones.

To support his work, DAI recently produced our support group guidelines, which we spent time working on with the support of professional psychologist and counsellors, to ensure our support groups continue to be supporting our members to the best of our ability.

New 24/7 chat rooms

We have also set up a number of different online chat rooms, open 24 hours a day to members, of which some are also available for family and friends, and for people going through the diagnostic process or with Mild Cognitive Impairment (MCI).

The online chat rooms, available 24 hours a day for members to meet and share are as follows:

1. Exclusive members only
2. Lesbian, Gay, Bisexual, Transgender, Intersex and Questioning community - person diagnosed and their partners
3. People with dementia, their family and friends
4. MCI or going through the diagnosis

For information on how to join these online chat rooms, please contact us at info@infodai.org

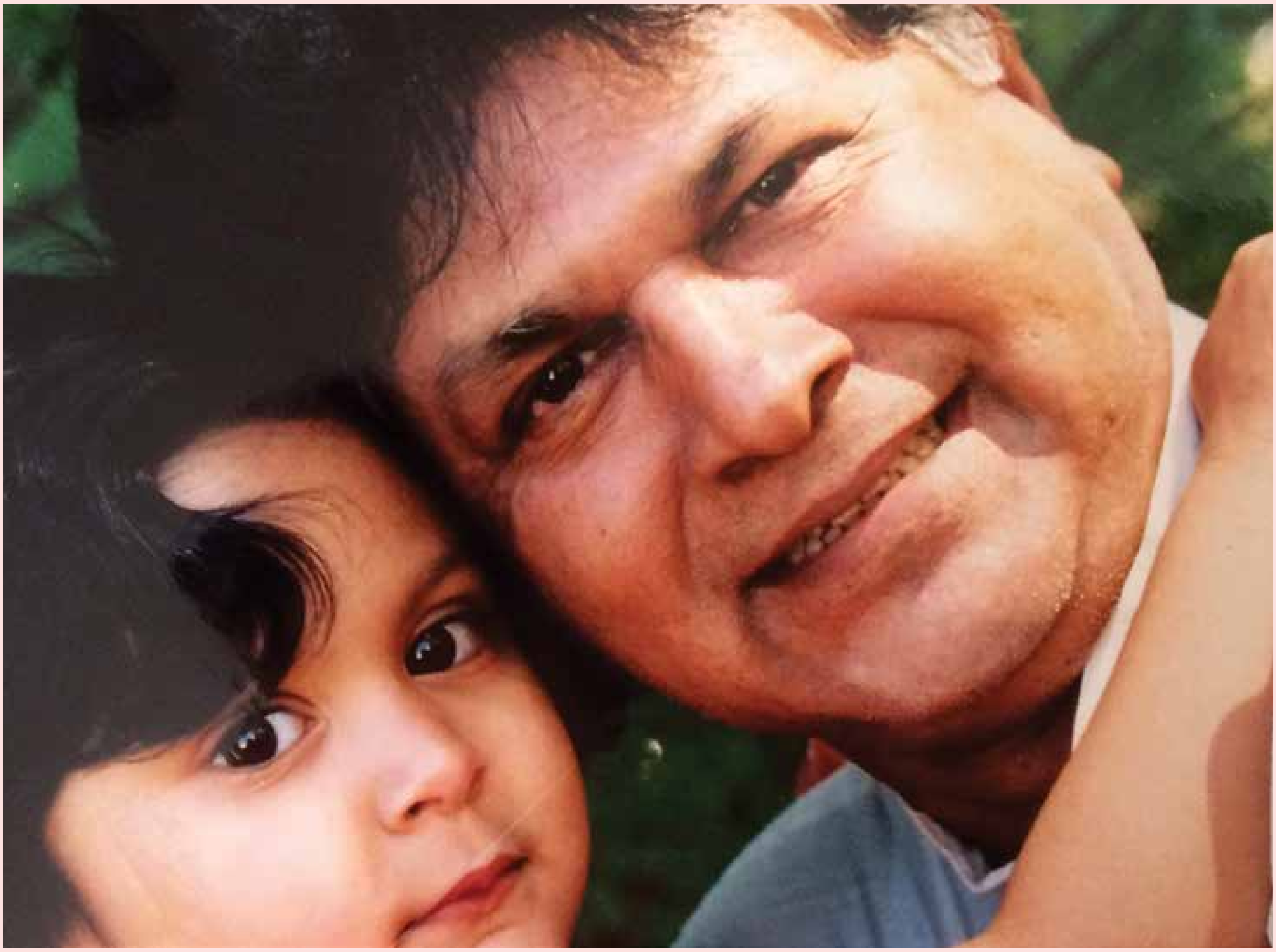
World Dementia Council

Finally, we are delighted to announce that Kate Swaffer, DAI's co-Chair, is now a member of the World Dementia Council. Kate was fully elected at the World Dementia Council meeting in London on 25 February 2016.

Carer's story

"Remember me?"

By Minori Parelkar, aged 16, volunteer for Alzheimer's & Related Disorders Society of India (ARDSI)



As a person who "suffers" from short term memory loss, I understand the frustration that comes with it. That little nagging in the back of your head, that tickle on the tip of your tongue, that minute forgotten thought, and suddenly your whole world surrounds it. For a while, I believed that this was how the majority of those in my shoes felt as well.

But the reality is, what I experience day-to-day on such a minor scale, a whole community faces on a much more major scale. Those little tugs at the back of my mind are more like heavy weights in the mind of someone living with dementia, alternating with a constant whirlwind of voices and background noises. And it was at the daycare for people living with dementia run by ARDSI's Calcutta chapter where I was introduced to the gravity of this situation.

About five years ago, my grandfather was incorrectly diagnosed with Parkinson's. Finally, a few years later, doctors were able to correctly diagnose him with dementia, and once his medication changed and his behaviour shifted, things seemed a little less tense.

But worry still swirled through my thoughts; when I heard my mother on the phone discussing his condition with doctors, when I heard her and my aunt sharing whispers on the couch, and especially when we came to India this summer and my grandfather mistook me for my 12-year-old male cousin, instead of my 16-year-old, female self.

One thing I recall doing a lot with him were small memory games, testing him on family names and previous places we'd visited. "Remember me?" was a question I used quite often.

"Remember me? What's my name?" Every other day it was the same question. And every other day it was a different answer: Mithu, Rinku, Adi, Mini, and sometimes he would get so frazzled that he just would not answer at all, instead he'd think I was a bank employee who could reassure that all his money was accounted for.

> *"I attended training conducted by the center where it was explained to me that people living with dementia often believe they are in a place they are familiar with"*

So when I went to the daycare center to volunteer and this year, I was afraid the same thing would happen to me there too, that I wouldn't be Minori, that I would just be another accountant, perhaps even a maid this time. And so when I finished the first day, even though I felt this sense of accomplishment and hope that the rest of the month would go just as smoothly, that anxiety still stayed. It was so crippling that I almost couldn't bring myself to go back the next day. Of course, my mother wouldn't allow that, so as I walked through the door that next day, it was immensely reassuring to see the smiles directed towards me.

"Wasn't she here yesterday?"
"The one from America?"
"The one with the father from Mumbai?"

I don't think I had ever felt my anxiety vanish more quickly than it had that day. But it returned almost immediately when I sat down in front of someone to engage in simple conversation. I was worried my language limitations would hold me back, that I wouldn't be able to hold their attention with my broken Bengali. As it turned out, I didn't need to. I sat in front a man who was previously some sort of income collector and though he brushed off my first few questions, the minute I introduced myself with a Namaskar (a traditional Indian gesture of greeting and respect), his whole demeanor changed. All of a sudden he was spilling out words so fast I could hardly keep up. And when I could, I realised he was giving me information on how to greet people and lead them into his office. He was treating me almost as if I was his secretary.

So I went along with it, I asked him for further clarification and where exactly to bring clients in, but I was still immensely confused, where was the office and what was he talking about? Later in the week I attended training conducted by the center where it was explained to me that people living with dementia often believe they are in a place they are familiar with, such as a work place, or their home. And if what they say seems like gibberish to you, it does make sense to them, and the best thing to do is respond diligently.

It was the weekend after my first week there when I started to think about what I had learned from watching the staff and volunteers at the daycare center, and I began to relate that to how I was responding to my grandfather. I realised that it was better to take on the role of whatever he had given me, be it his granddaughter or his accountant, if only to put him at ease.

With this in mind, life suddenly seemed to be traversing a lot more smoothly. When he asked where his money was, I told him it was safely stored in his account, and if he wanted, I could show him the records. When he asked me how school was going, I told him things were going pretty well, and that my grades would make him happy. When he asked me where I went every morning, I told him I had taken a job, and he didn't have to worry. When the worry lines were replaced with a gap toothed smile I saw that it wasn't such a big deal taking up these different roles. I wasn't any less Minori, I just took on a couple of roles: an accountant, a secretary, a caregiver-in-training.

Standing at the airport, I hugged my grandfather good bye and said, "Remember me." A statement, not a question.

Living with dementia

Living Beyond Dementia

On 21 January, Kate Swaffer released her first book on dementia, *What the Hell Happened to My Brain?: Living Beyond Dementia*. Kate is Chair, CEO and co-founder of Dementia Alliance International. Her book features forewords by Richard Taylor PhD, Dr Shibley Rahman and Glenn Rees AM.

Kate commenced her professional career as a nurse specialising in dementia and then operating theatres. She has also published many articles, a book of poetry and also writes a daily blog at www.kateswaffer.com. In 2015, she was also named Dementia Leader of the Year in the University of Stirling International Dementia Awards and Emerging Leader in Disability Awareness in the Australian National Disability Awards, was winner of the Bethanie Education Medallion, and a South Australia finalist in the Australian Of The Year 2016 Awards. She is a co-opted board member of Alzheimer's Disease International and joined the World Dementia Council in February 2016. She is also the inaugural Chair of Alzheimer's Australia Dementia Advisory Committee and Co-chair of the Consumers Dementia Research Network.

She was just 49 years old when she was diagnosed with younger onset dementia. In this book, she offers an all-too-rare first-hand insight into that experience, sounding a clarion call for change in how we ensure a better quality of life for people with dementia. Kate describes vividly her experiences of living with dementia, exploring the effects of memory difficulties, loss of independence, leaving long-term employment, the impact on her teenage sons, and the enormous impact of the dementia diagnosis on her sense of self.

Never shying away from difficult issues, she tackles head-on stigma, inadequacies in care and support, and the media's role in perpetuating myths about dementia, suggesting ways in which we can include and empower people with the diagnosis. This book will challenge misconceptions about dementia, and offers new ways of supporting people with dementia. A must read for people with dementia and their families as well as for professionals.

The late Dr Richard Taylor (2015) wrote in his Foreword;

"Kate Swaffer was no different from any one of us. What sets her apart, what makes it important that as many people as possible read this book, is her amazing insights to what, why, and how most of us are overwhelmed, frightened, confused, and afraid of our fate, once we have heard the diagnosis.

She brings a genuineness, an openness, an ethos which is comforting, informing, and deeply both positive and reassuring that we are okay. Our humanity is still and will always be intact. We all, still, and each have a future filled with opportunities for living a full and meaningful life…

Kate brings a palpable sense of urgency to understanding and accepting those of us living with dementia and to the rest of her readers. It is an urgency that says stand up and speak out. Embrace your life. Do not become a victim of circumstances. If you want to know of a contemporary profile in courage, if you want to know dementia from the inside out – read this book."

Kate Swaffer's *What the Hell Happened to My Brain?: Living Beyond Dementia* is published by Jessica Kingsley Publishers, ISBN: 9781849056083

Research update

MINDSET:
A New Alzheimer's Clinical Study Opportunity

The MINDSET study is a phase 3 clinical research program evaluating a new potential treatment for mild-to-moderate Alzheimer's disease.

This potential treatment, known as RVT-101, is being studied as an add-on therapy to donepezil. In a previous 684-patient clinical study, the combination of RVT-101 and donepezil provided patients with statistically significant benefits in cognition and ability to perform daily living activities, as compared to donepezil alone.

> *"Participating in clinical studies allows people with dementia and carers to contribute to the development of new treatments and access potential treatments that are only available through study participation. The MINDSET study is evaluating an important potential oral treatment, and I encourage people with dementia and carers to learn more."*
>
> **Marc Wortmann**, *ADI Executive Director*

The MINDSET study is designed to confirm these results and could be the final study required for the regulatory approval of RVT-101. The study is currently enrolling patients in countries around the world.

About RVT-101, A Potential Treatment For Mild-To-Moderate Alzheimer's Disease

RVT-101 works by raising levels of acetylcholine, a vital chemical in the brain that helps with cognition and performing daily living activities. RVT-101 works by raising levels of acetylcholine directly, similar to turning up a faucet. Donepezil, the most widely used medicine to treat Alzheimer's disease today, also increases acetylcholine, but does so indirectly by preventing acetylcholine from being cleared from the brain, similar to blocking a drain. In combination, RVT-101 and donepezil work together to increase acetylcholine by both turning up the faucet and blocking the drain.

RVT-101 only increases acetylcholine in the brain (not the rest of the body), so researchers believe the drug avoids some of the unwanted side effects associated with donepezil. RVT-101 has already been studied in 13 clinical trials and administered in over 1,250 individuals, and showed a favorable safety and tolerability profile in those studies.

RVT-101 is administered as a once-daily, oral therapy without the need for PET imaging, MRI monitoring or IV infusions.

What Is Involved in Study Participation

The MINDSET program will consist of a 6-month double-blind study, in which patients will have a 50-50 chance of receiving RVT-101 or placebo, followed by a 12-month open-label extension study in which all participants will receive RVT-101.

Study participants will receive the study medication and study-provided donepezil at no-cost, and study-related medical care from leading Alzheimer's disease physicians. Transportation to and from study visits can be provided or reimbursed. Compensation for study-related time may also be available. Insurance is not required to participate.

LEARN MORE

Email: mindset@axovant.com

Phone: +1 646-677-6770

Attend a lunchtime symposium on the MINDSET study and importance of clinical research participation on Saturday 23 April at the ADI Conference in Budapest.

News

23rd WHO Executive Board meeting

In January, ADI Executive Director Marc Wortmann and Policy Adviser Mike Splaine attended the twenty-third meeting of the World Health Organization's (WHO) Executive Board. Alongside the formal meeting, the event enabled informal discussions with WHO staff, country representatives and other organisations. A topic of discussion on the agenda was the WHO strategy and plan of action on ageing and health, and it was clear that this will include dementia.

The meeting also presented an opportunity to speak to a number of WHO member state representatives ahead of the next board meeting in May, where dementia will be on the agenda. Marc explains, "Switzerland has taken the lead in discussing a possible WHO resolution that should lead to a strategy and action plan for dementia as well. This will probably be completed by 2017. The advantage is that every health ministry in the world will need to pay attention to dementia and, I expect, many of them will reach out to Alzheimer associations for input."

Outside of the meeting, WHO has expressed a wish to work together with ADI on creating a Global Observatory on Dementia, which will act as a data collection instrument and global platform for knowledge exchange. This development is the result of discussions at the WHO's First Ministerial Conference on Dementia in 2015 and G7 meetings.

Helping carers in Greece

Βοήθεια για τους περιθάλποντες ατόμων με άνοια

On 7 March, ADI and the Greek Federation of Alzheimer's Associations launched the *Help for Caregivers* booklet in Greek at the Athens Meropeion Foundation.

The event drew attention to the plight of carers supporting people with dementia through the release of the booklet, which will be distributed to individuals, groups, organisations or institutions anywhere in Greece free of charge via the network of The Greek Federation of Alzheimer's Associations.

The booklet was developed in collaboration with the World Health Organization (WHO), and the launch event was sponsored by the John S. Latsis Public Benefit Foundation and TIMA Charitable Foundation.

To view the booklet visit www.alz.co.uk/perithalpontes

A look ahead to ADI 2016

In less than a month, ADI will be hosting the 31st International Conference of Alzheimer's Disease International in Budapest, Hungary. The event will take place from 21 to 24 April and will feature a variety of topics under the theme *Dementia: Global Perspective - Local Solutions*. Plenary and parallel sessions feature alongside a series of ADI workshops, satellite symposia and poster presentations in the exhibition area.

The busy conference programme features an extra one-hour plenary on the first full day on *Lifestyle and Dementia*. Other additional sessions in the programme will include NCD Dialogues and two parallel sessions in Hungarian. The Hungarian Alzheimer Society has also organised a symposium on the topic of traumatic brain injury and an English two-woman play on dementia, *Over the Garden Fence*, will be shown on the second evening. There will also be a pre-conference day workshop on Hospital Care for which there is an extra charge.

With more than 600 people registered to attend the conference at the time of going to print, we look forward to another memorable event. The advance registration deadline is 12 April if you have still to register. For those unable to attend, you can keep track of what is happening at the conference through Twitter, using #ADI2016, or by visiting the conference website at www.adi2016.org