



Alzheimers

Nelson Tasman

Managing your mindset

Life is filled with moments of transition from one stage to another, and as we age, these shifts can become more challenging. However, this doesn't mean it's time to lose hope; it may simply require a shift in perspective.

Dealing with change at any stage of life can be stressful, but it can be particularly daunting as we grow older. It can initially be hard to accept the need for additional support, especially if you're accustomed to being independent. Feeling anxious about the future is natural, but falling into negative thinking patterns can affect both your mental and physical well-being.

Remember, you've faced significant life events before — whether it was starting a new career, starting a family, moving to a new place, or dealing with loss. Reflect on those times and draw upon the strategies that helped you navigate through them.

One helpful approach is to focus on the positives. It's easy to dwell on negative thoughts, especially if you feel like you're losing some independence. Instead, consider how the extra support could open up opportunities to engage in activities you truly enjoy. This might include finding new ways to stay connected with friends and family, and rekindling social interactions that may have faded.

Adjusting your expectations and being comfortable taking each day as it comes may be new strategies to add to your coping toolbox.

It's important to understand that our feelings and our thoughts are two different things and that they influence how we behave and what we choose to do. While feeling frustrated, annoyed, or overwhelmed is normal, we can get ourselves into trouble when we let ourselves be ruled by our emotions. If it all feels a bit much, try setting your feelings aside for a bit - even for 15 minutes at a time. Have you ever been told to 'sleep on' big decisions? It's the same idea - when we are too deep in the moment, it can be hard for us to think clearly. Make yourself a cuppa, read a magazine, or phone a friend for example, this will help put you in a mindset that allows you to distance yourself from your feelings.

While it can feel distressing in the moment, you'll likely find that getting the right support at the right time is far better than waiting for things to happen haphazardly. It's about managing your mindset. The Scots sum it up well with their saying: "There's no such thing as bad weather, only the wrong clothes."

The key is to put a strategy in place to ensure you understand the path ahead. Planning will help you feel more in control of the situation and it will nurture your independence.

Lastly, always remember to be kind to yourself, as well as to those you supporting you. Take time to do things that bring you joy and maintain your social and community connections.



A Message From Us

It's been a busy few months!

We recently held our AGM, which was a great opportunity to catch up with everyone and reflect on what we've achieved throughout the year. We're also in the process of updating our Constitution - once that's finalised, we'll be holding a special meeting so members can have their say and vote on the changes.

Referrals have continued to grow, which means more work for our team, but as always, our staff are doing an incredible job under pressure - we're so grateful for their dedication and care.

We're really looking forward to the upcoming Memory Walk on 20th September and hope to see as many of you there as possible. Our wonderful volunteers will be baking their famous scones and serving up tea and coffee on the day—don't miss it!

We will also be having awareness stalls outside Stoke New World on 23rd and 30th September – if you can volunteer a couple of hours to help us sell raffle tickets on these stalls please get in touch.

And finally, we're all looking forward to some warmer weather after what's felt like a long, chilly winter. Bring on spring!

**Why are frogs so
happy in spring?**

**Because they eat
whatever bugs them!**



Save the Date

2025 Memory Walk

Join us on our Memory Walk as we walk to remember those who cannot.

DATE: Saturday 20th September 2025

TIME: 11am

VENUE: Isel Park, Stoke



Feel free to wear something purple



DATE: 25th and 26th September 2025

VENUE: Auckland and Online



Let's Talk About The Hard Stuff

Because some things are hard to talk about – but we should anyway

Gaylene Delaney, Dementia Navigator, Registered Nurse

ADVANCED CARE PLANNING

What is an advanced care plan?

An advance care plan is a way of letting people know what matters to you if you ever become seriously ill and are unable to make decisions for yourself. You might not need it, but if you do, it is really helpful to have.

Why do we all need an Advance Care Plan?

Because life is unpredictable! It is not just for older people or those who are sick. Accidents and sudden illness can happen to anyone at any time. Having a plan means your voice is heard, your family will not have to guess or make tough decisions without knowing what you would want. Also, your care can truly reflect who you are.

What does it include?

- What kind of care do you want, or do you not want
- Where would you prefer to be etc...
- Who do you want to make decisions on your behalf

How do I start?

- Reflect – What matters most to me? What is quality of life to me?
- Start talking with family, close friends, your GP, and an end-of-life doula.
- Start writing – document your wishes and thoughts
- Share – Who needs to know where to find your plan? Share with GP. Have it added to your hospital file.

When to review?

As we progress through life, it is not unusual for our choices and preferences to change. I recommend reviewing your advanced care plan yearly on your birthday, as a birthday present to yourself.

Bottom line:

Advance care planning is for anyone, at any age. Planning ahead is one of the kindest things you can do for yourself and the people you love.

Helpful Resources:

We have an Advanced Care Plan resource available at our office - please ask at reception.

www.myacp.org.nz includes an online form or where to request hard copies.

[Love is not enough](#) YouTube video - Advanced care planning



TECH CHAT

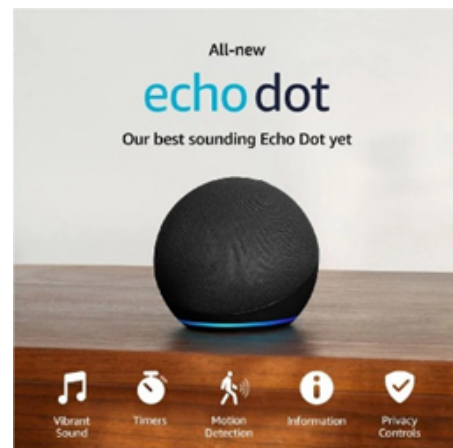
Jo Leckenby, Dementia Navigator, Occupational Therapist

Assistive technology can play a crucial role in supporting people living with dementia. For the next few newsletters, we are going to be showcasing a few products that are on the market that people have used successfully to support independence and improve safety.

Amazon Echo - Alexa

Alexa is Amazon's artificial intelligence personal assistant. It is available on compatible devices such as the Echo Dot. Some of the most common benefits of using Alexa devices include:

- Reminders and alarms: By setting alarms and reminders throughout the day, you can stay on top of important schedules and appointments. It can also provide regular recurring reminders for chores, daily tasks such as mealtimes, taking medications and grooming.
- Lists: Alexa can create shopping lists via voice commands that you can then view on a smartphone while shopping.
- Entertainment uses: You can listen to music and audiobooks.
- Hands-free functionality: Because Amazon Alexa can be used entirely through voice command, people with physical and visual impairments can still use many of its benefits.
- Other features: Alexa can also provide assistance with cognitive tasks, such as remembering words, helping with spelling, checking facts, identifying the current weather conditions or listening to the news.



Smart Cameras and Doorbells

Smart home cameras can be a valuable tool for monitoring the well-being of someone when they are home alone as well as general home security. Some popular features include:

- Two-way audio so you can speak to the person, and they can speak back to you.
- Easy to use Apps so that they can be monitored by family anywhere in the world.
- Motion detection. Alerts can be set for when motion is detected in certain areas of the house.
- Some devices have the ability to record video so you can look back at it to review things that have happened.
- Smart doorbells alert when someone is at the door, a package is delivered, or can record when someone has arrived or left the house.





TECH CHAT continued.....

Things to note:

- Most of these devices require Wi-Fi in the home and someone to have access to a Smart Phone for set up and monitoring.
- It is important to consider people's privacy and their consent to being filmed/recorded. It is recommended that you inform people entering the house that there are cameras and what their purpose is i.e. safety/security.
- These products and more Smart Home solutions can be found at Noel Leeming, PB Tech, Mitre10 or Bunnings.
- If you have any questions about how Smart technology could work for you, please contact your Dementia Advisor.

“Sometimes the most important thing in a whole day is the rest taken between two deep breaths.”

Understanding and Managing Disorientation in Dementia

Helping people living with dementia feel safe and supported

Disorientation is a common and often distressing symptom of dementia. It may include confusion about time, place, or even familiar people. For someone living with dementia, this can feel frightening and overwhelming — but with patience and the right support, we can help ease that experience.

What does disorientation look like?

A person may forget where they are, become unsure of what day or year it is, or not recognise their surroundings. They might feel lost in their own home or believe they need to “go home” even when they are already there.

Practical ways to help:

- Stay calm and reassuring. A gentle tone can help de-escalate anxiety. Correcting or arguing often increases confusion.
- Create a sense of familiarity. Personal items, photos, and consistent routines offer comfort and orientation.
- Use visual cues. Signs, labels, calendars, and clocks can help provide helpful context, especially in key places like the bathroom or kitchen.
- Gently redirect. If someone insists they need to go somewhere, try engaging them in a meaningful activity or suggesting a walk together.
- Limit environmental stressors. Too much noise, clutter, or unfamiliar environments can increase disorientation.



Coffee & Chat Social Groups

For more information on these groups please contact us on (03) 546 7702

These social groups for people living with dementia and their carers were created to provide carers and people living with dementia the opportunity for social engagement and outings together in a safe and supportive environment.

Nelson

**Alz Cafe
Mitre10 Mega Cafe**

2nd Thursday of the month
10.30am - 12pm

Nelson Library Drop-Ins

3rd Thursday of the month
10am - 11.30am

Motueka

**Alz Cafe
Toad Hall**

1st Wednesday of the
month
10am - 11.30am

Richmond

Zink Cafe

3rd Monday of the month
10.30am - 12pm

Richmond Library Drop-Ins

4th Wednesday of the
month
9.30am - 11am

**Dementia Friendly
Richmond Library Group**

Fortnightly on Tuesdays
10.30am - 11.30am

Moving On

Friendship and support for people who have been carers. Meets monthly for lunch on the 2nd Wednesday of each month.

New members are always welcome - for more information contact:
Rae Hill on 03 547 6548





Carer Support Groups

To attend a Support Group, contact Heather or Sue on 03 546 7702

These carer support groups were created to get together with other carers who understand what you are going through; establish connections with others who are also on a dementia journey, and create additional peer support networks and get support and advice from our community Dementia Advisors.

Richmond

Our Lady of the Bays Catholic Parish

10am - 12pm

1st Tuesday of the month

2nd September 2025

7th October 2025

4th November 2025

Stoke

Baptist Church

10.30am - 12pm

1st Wednesday of the month

3rd September 2025

1st October 2025

5th November 2025

Tahunanui

75 Tahunanui Drive

10am - 11.30am

1st Thursday of the month

4th September 2025

2nd October 2025

6th November 2025

Tahunanui

75 Tahunanui Drive

10am - 12pm

2nd Tuesday of the month

9th September 2025

14th October 2025

11th November 2025

Motueka

Jack Inglis Friendship Hospital

10am - 12pm

3rd Wednesday of the month

17th September 2025

15th October 2025

19th November 2025



We thank the following for their ongoing support

Our sincere gratitude to all who have made donations to Alzheimers Nelson Tasman. Your donations assist us to provide advice, support and information to an ever-increasing number of families living with dementia in the Nelson/Tasman area.



**Rātā
Foundation**



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY

Te Whatu Ora
Health New Zealand
Nelson Marlborough



Nelson City Council
te kaunihera o whakatū



tasman | Te Kaunihera o
district council **te tai o Aorere**

RG & EF MacDonald Trust

Alzheimers Nelson Tasman Annual Membership Subscription:

Individual or Household \$25.00
Corporate Membership \$35.00

Donations in lieu of flowers

Thank you to all the families who have requested donations to Alzheimers Nelson Tasman be made in lieu of flowers. These donations help us to continue giving support, information and education to those families who are caring for someone living with dementia.

Donation/Membership Form

Title (please circle) Dr / Mr / Mrs / Ms / Miss

First Name:

Surname:

Address:

.....

.....

Post Code:

Phone:

Email:

☐ I want to help you to provide valuable services and enclose a donation of \$.....

☐ I have donated \$..... via internet banking to Alzheimers Nelson Tasman's Westpac Account: 03 1709 0025074 00

(Please ensure you still send us this form so we can track your donation and issue you with a receipt).

☐ I would like to become a member and enclose my subscription of \$.....

☐ I would like to become a member and have paid my subscription of \$..... via internet banking.

☐ I would like to commit to a monthly donation of \$..... (please send details).

☐ Please send me information on making a gift in my Will.

75 Tahunanui Drive, Tahunanui, Nelson 7011 Phone: 03 546 7702

Office Hours: Mon-Thurs 8.30am-4pm

EMAIL: admin@alzheimersnsn.org.nz WEB: www.alzheimers.org.nz

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