



Alzheimers

Nelson Tasman

A Message From Us

In our last newsletter, we promised to share the feedback from our recent Peer Support Review. We are pleased to report that the overall feedback was very positive and reinforced the value that our service provides to people living with dementia and their care partners. A number of recommendations came out of the review, and we are currently considering how best to implement these. Some of the recommendations rely on securing additional funding to enable us to expand and further strengthen the service. Overall, we were very pleased with the findings and encouraged by the positive feedback we received.

It was wonderful to catch up with everyone who was able to attend our Annual General Meeting. Thank you for your ongoing support and involvement. During the AGM we successfully amended our Constitution to better reflect and support the work we do, helping to ensure our Organisation remains well positioned for the future.

Our Dementia Advisors are also looking forward to attending the Alzheimers New Zealand Conference in Auckland at the end of September. We are excited to have the opportunity to attend in person, connect with colleagues and providers from around the country, and bring back fresh ideas, new knowledge, and up-to-date information to support the people we work alongside.

One area we are particularly encouraging people to think about is Advance Care Planning. Having an Advance Care Plan in place can help ensure your wishes are understood and respected in the future. Earlier this year, Mary-Ann Hardcastle, Advance Care Planning Facilitator, ran both a workshop and one-on-one sessions to support people to complete their plans. We are delighted that Mary-Ann has agreed to return and offer further sessions in November and again in January. If you have started an Advance Care Plan but are finding it difficult to complete, or would simply like some support to get started, please speak with your Dementia Advisor and we can arrange a time for you to meet with Mary-Ann.



September is Alzheimers Awareness Month

We hope you can join us for our annual Memory Walk on Saturday, 19th September. The Walk will begin at 11am from St Barnabas Church in Stoke. Following the official opening, we will walk along a planned route through Isel Park accompanied by the stirring sounds of local pipers. Refreshments including scones and tea/coffee will be available for purchase after the Walk. And given it is our milestone 40th anniversary of providing dementia support in our community there may even be a wonderful celebration cake for everyone to enjoy.

Please bring some spare cash as we will also be selling raffle tickets for two wonderful gift hampers. And something new for us this year, we will be having a Memory Board where for a small donation you can write a special memory to be pinned onto our Wall of Memories.



Our thanks for supporting this event:





Broccolini, Tomato & Chicken Quiche

Ingredients

- Puff pastry - 2 sheets
- Butter - 1 Tbsp
- Medium onion, chopped - 1
- Garlic, crushed - 2 cloves
- Broccolini - 3 stems
- Cherry tomatoes, halved - 100 g
- Cooked chicken breast, shredded - 200 g
- Cheddar cheese, grated - 1 cup
- Eggs, whisked - 5
- Milk - ½ cup
- Salt and pepper, to season

Step-by-Step Instructions

Preheat the oven to 170°C (190°C fan-forced). Lightly grease a 22cm loose bottom quiche tin.

Place one sheet of pastry onto a lightly floured bench. Top with the second sheet. Roll them together to fit the quiche tin with a little overhang. Press into the tin and trim the edges. Refrigerate for 15 minutes.

For the filling, melt the butter. Add the onion and garlic, cooking for 3 or 4 minutes to soften. Add the broccolini pieces, cooking for 5 minutes.

Into the pastry case place the onions, broccolini, cheese, tomatoes and shredded chicken.

Beat the eggs and milk in a bowl, and season with salt and pepper.

Carefully pour over the vegetables. Place the quiche into the centre of the oven for 45 minutes or until firm in touch.

Remove and cool in the tin for 10 minutes before serving.

Save the Date

Caring with Confidence Workshop
Tuesday, 22nd September
12.30-3.30pm
35 William Street, Richmond

About Dementia Information
Session
Tuesday, 20th October
1.30-2.30pm
75 Tahunanui Drive

Please call the office for more details and to book your place.



Restful Nights and Calm Evenings

Sleep can become a significant challenge for people living with dementia, and consequently, for their carers. Sleep disturbances are common and can lead to a cycle of fatigue and agitation for both the person with dementia and their caregivers.

Sleep Disturbance and Night-Time Waking

A person with dementia might wake up repeatedly during the night, becoming disoriented. They might try to get dressed or even attempt to leave the house. This nocturnal activity can leave them tired and prone to sleeping for long periods during the day. While this is incredibly stressful and tiring for carers, the person with dementia may not even be aware they are causing problems during the night.

What to Try:

- **Daylight and Activity:** Ensure the person gets plenty of daylight exposure and engages in physical activity during the day.
- **Optimise Sleeping Environment:** Make sure their room is a comfortable temperature, quiet, and appropriately lit. Consider blackout blinds if it's too light.
- **Reduce Stimulants:** Cut down on caffeine and alcohol in the evening.
- **Time Orientation:** Place a clock next to the bed that clearly shows whether it's day or night.
- **Comfort Items:** If they enjoy cuddling, offer a soft toy.
- **Evening Rituals:** A relaxing bath or shower, a warm milky drink, or a walk before bed can help promote relaxation and better sleep.



Afternoon Restlessness (Sundown Syndrome)

Some people with dementia become more confused, agitated, restless, or insecure in the late afternoon or early evening. This phenomenon is known as 'sundown syndrome' or 'sundowning'. It can last for several months and often appears in the middle to later stages of dementia. This period can be particularly difficult for carers who might be looking forward to some quiet time or relaxation.

What to Try:

- **Meaningful Activities:** Provide the person with something meaningful to do during this time of day, perhaps drawing on their past interests.
- **Plan Quiet Activities:** Organise calm and relaxing activities for both the person with dementia and anyone else around them for the late afternoon and evening.
- **Check for Basic Needs:** Consider if the person's behaviour might be related to needing the toilet, feeling hungry, or being in pain.
- **Offer Food and Drink:** Try giving the person something to eat and drink around this time.

By implementing these strategies, carers can create a more supportive environment that promotes better sleep and reduces distress during the challenging "sundowning" hours, benefitting both the person with dementia and those who care for them.



Considering Residential Care

When and Why it Might Be an Option for Dementia Care

Making decisions about the care of a loved one with dementia can be incredibly challenging, and perhaps none more so than the decision to consider residential care. This can be one of the most difficult choices a family faces. It often arises when the person living with dementia needs more support than can be safely or sustainably provided at home, even with significant external help.

If you are reading this, it's likely you are already providing a lot of care, or you're starting to consider what the future might hold. This article, part of a series, aims to guide you through the process of transitioning into residential care, acknowledging that it's a journey for everyone involved.

When Might Residential Care Become an Option?

The decision to consider residential care typically emerges when the complexity of the person's needs increases, or when their safety, or the carer's ability to cope, becomes a significant concern. This can include:

- Increased care needs: When around-the-clock supervision is required, or complex personal care that becomes too difficult for family to provide.
- Safety concerns: If the person is frequently wandering and getting lost, exhibiting behaviours that put themselves or others at risk, or forgetting to eat or take medication.
- Carer burnout: When the physical and emotional demands of caring become overwhelming, affecting the carer's own health and wellbeing.

There's no "right" time for residential care; it's a very personal decision that depends on individual circumstances, the progression of dementia, and the support available.

Where to Begin: Early Planning is Key

Starting to think about residential care early, even if it feels far off, can make the process less stressful when the time comes. This includes learning about what residential care involves, the different types of facilities available, and how it might be funded.

An essential first step in New Zealand is connecting with your local Needs Assessment and Service Coordination (NASC) service. This service is responsible for assessing a person's needs and determining what support and services, including residential care, are appropriate and can be publicly funded.

Deciding about residential care is a process, not a single event. It often involves many conversations with family, friends, health professionals, and the person with dementia (if they can participate). Remember, you are not alone in this journey, and there is support available to help you navigate these complex decisions.

References

Alzheimers New Zealand. (2016). Transitioning to residential care: A guide for people caring for someone with dementia.



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

Weekly on Tuesdays
10.30am - 11.30am

Alzingers

A Music Therapy Group
for people with dementia
and their whānau

*Come along,
make music,
share joy and
connect together*

Alzingers is a welcoming, supportive music group led by a registered music therapist.
No musical experience needed – just a love of music!

BENEFITS OF MUSIC

- Encourages connection**
Builds social interaction and strengthens relationships.
- Supports memory and reminiscence**
Music can spark memories and support communication.
- Reduces anxiety and stress**
Soothing music promotes relaxation and emotional wellbeing.
- Promotes joy, confidence and wellbeing**
Music lifts mood, encourages participation and boosts self-esteem.
- Meaningful time for whānau**
A chance to share experiences, have fun and create lasting moments together.

JOIN US

WHEN
2nd Wednesday of the month
2:00pm – 3:00pm

WHERE
75 Tahunanui Drive
Nelson

WHO
People with dementia and their whānau

COST
Free
All are welcome!



Coffee doesn't ask silly questions.
Coffee understands.

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
or email Karen at: karenmw47@gmail.com



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

1st September 2026

6th October 2026

3rd November 2026

1st December 2026

Tahunanui

75 Tahunanui Drive

10am - 11.30am

1st Thursday of the month

3rd September 2026

1st October 2026

5th November 2026

3rd December 2026

Motueka

Jack Inglis Friendship Hospital

10am - 12pm

3rd Wednesday of the month

16th September 2026

21st October 2026

18th November 2026

16th December 2026

Stoke

Baptist Church

10.30am - 12pm

1st Wednesday of the month

2nd September 2026

7th October 2026

4th November 2026

2nd December 2026

Tahunanui

75 Tahunanui Drive

10am - 12pm

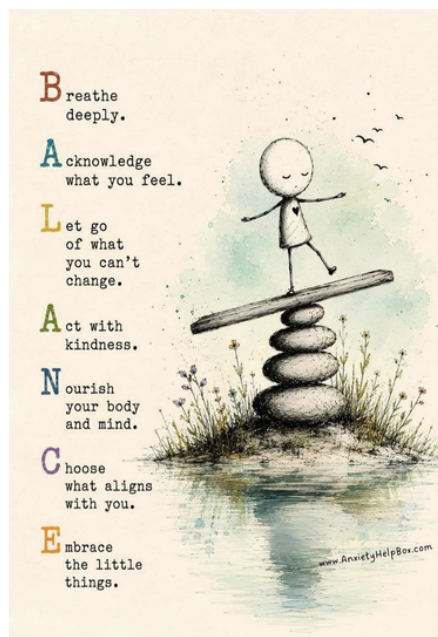
2nd Tuesday of the month

8th September 2026

13th October 2026

10th November 2026

8th December 2026



Be gentle with
yourself. You're
doing your best,
and that's all
that matters.



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
district council

Te Kaunihera o
te tai o Aorere

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.

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.

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

Office Hours: Mon-Thurs 8.30am-4pm

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