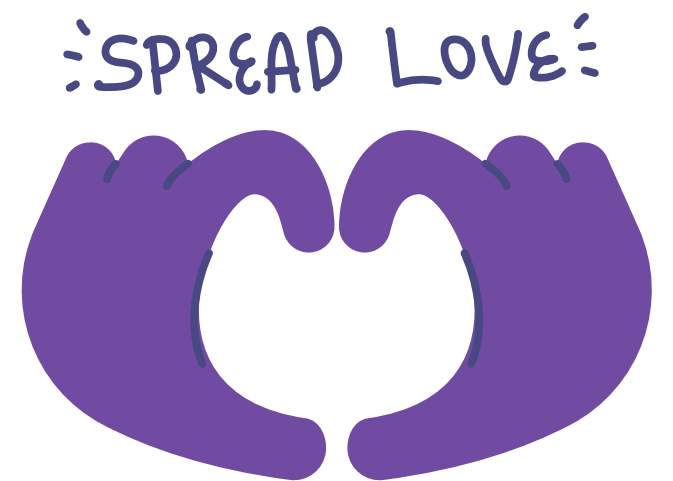




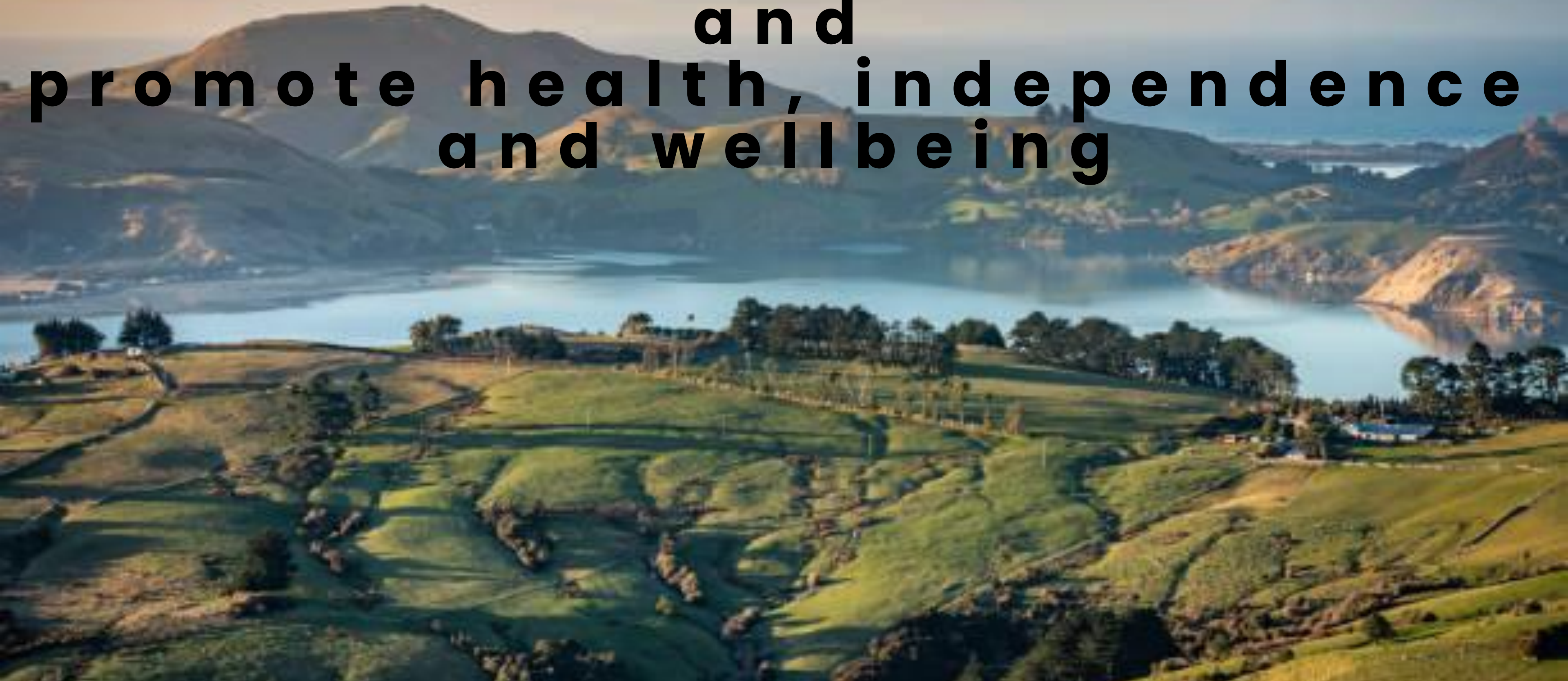
Alzheimers Otago

COMMUNITY

PARTNERSHIP



**Working together to support
people living with dementia
and
promote health, independence
and wellbeing**



WHAT IS COMMUNITY PARTNERSHIP



RELATIONSHIPS



**SOCIAL
CONNECTIONS**



**KNOWLEDGE &
SHARING**



**POSITIVE
CHANGES**

MUTUAL BENEFITS



RESPECT



COMMUNICATION

TRUST

INCLUSION

SHARED GOALS

ACCOUNTABILITY

PROMOTION

WIN-WIN OUTCOMES





**WE CAN ACHIEVE MORE
TOGETHER
THAN WE CAN ACHIEVE
ALONE**

PARTNERSHIP PARTNERS



POLSON HIGGS - BUSINESS ADVISORS

DUNEDIN LIBRARIES

UNIVERSITY OF OTAGO:-

**QUEENSTOWN COUNTRY CLUB -
ARVIDA**

- **SOCIAL IMPACT STUDIO**
- **MARKETING INTERNS**
- **SOCIAL WORKER INTERNS**
- **SCHOOL OF PHYSIOTHERAPY**
- **VOLUNTEERS**

WANAKA HOTEL

GOOD BITCHES BAKING

OTAGO POLYTECHNIC

COMMUNITY GROUPS/MEMBERS

- **OCCUPSTIONAL THERAPY INTERNS**
- **VOLUNTEERS**

GLENFALLOCH GARDENS

PARTNERSHIP PROGRAMMES

**SOCIAL IMPACT STUDIO
MINDS TOGETHER**

**SCHOOL OF PHYSIOTHERAPY
BALANCE WISE CLASS**

**DUNEDIN LIBRARY:
BOOK SPARKED READING
GROUP**

DEMENTIA GARDEN CLUB





NARRATIVES: BOOK-SPARKED CHAT

(DEMENTIA FRIENDLY READING GROUPS)



Shared reading groups for people with memory loss or dementia.

Morning tea courtesy of Polson Higgs.

PolsonHiggs
Business advisors



FREE

City Library | 2nd Floor

Every Monday 10.30am – 11.30am

Every Wednesday 10.30am – 11.30am

Mosgiel Library

Every Monday | 10.30am – 11.30am

Waikouaiti Library – ask at library

** not held on statutory holidays*

In association with Alzheimer's Otago



Minds Together

‘Learning and Laughing Together’



Otago



Supporting people living with dementia or cognitive challenges to connect, learn, and laugh together.

FOR MORE INFORMATION
VISIT WWW.ALZHEIMERSOTAGO.ORG.NZ
OR CALL (03) 471-6154



COMMUNITY PARTNERSHIP IN ACTION

SCHOOL OF PHYSIOTHERAPHY - BALANCE WISE



WEEKLY EXERCISE CLASS

NO CHARGE

DEMENTIA SPECIFIC

TRAINED PHYSIOTHERAPISTS

ALZHEIMERS OTAGO CLIENT REFERRALS



Te Kura Komiri Pai
@ the School of Physiotherapy

WHY BALANCE WISE - RESEARCH

[HTTPS://WWW.MDPI.COM/2673-7272/4/1/2](https://www.mdpi.com/2673-7272/4/1/2)



disabilities



Article

The Experiences of Older Adults with Dementia of “Balance Wise”—An Individual or Group-Delivered Exercise Programme: A Qualitative Study

Normala Mesbah ^{1,2}, Meredith Perry ², Keith D. Hill ³, Donald Manlapaz ⁴ and Leigh Hale ^{2,*}

EXERCISE

BETTER BALANCE

**SOCIAL
CONNECTION**

IMPROVED POSTURE

**IMPROVED FUNCTIONAL
MOBILITY**

PARTICIPANT BENEFITS

FLEXIBLE, ADAPTABLE

INSTRUCTOR SUPPORT

SAFE PARTICIPATION

SMALL CLASS

DEMENTIA SPECIFIC











COMMUNITY PARTNERSHIP IN ACTION

POLSON HIGGS COMMUNITY PARTNERS PROGRAMME

OTAGO DAILY TIMES ADVERTORIAL

Alzheimer's Otago partnership with Polson Higgs



Sophie Strathern (Polson Higgs) & Antoinette McLeane (Alzheimer's Otago)

Alzheimer's Otago has strengthened its partnership with Polson Higgs following support provided through the firm's Community Partners Programme.

Alzheimer's Otago General Manager, Antoinette McLean says the organisation was entering a new phase that prompted a review of its accounting structure and internal processes. "Working with the team at Polson Higgs was fantastic. Having Sophie on site allowed her to gain a real understanding of our organisation and the challenges we face, and the opportunities for improvement."

Through the Polson Higgs Community Partners Programme,

PolsonHiggs
Business advisors



03 477 9923
info@ph.co.nz

Alzheimer's Otago applied for assistance. Sophie Strathern worked directly with the Alzheimer's Otago team, to review its accounting processes. This enabled her to create a report identifying not only system improvements but a range of options on functions that could potentially be outsourced.

Carole Adair a partner at Polson Higgs explained that the programme was established to help community organisations access professional expertise and that it's "Polson Higgs way of giving back to the community." Each year, the programme provides thousands of dollars of professional services to local charities, clubs, and community groups, offering expertise in accounting, business planning, human resources, payroll, IT, and tax.

What began as a project to review the organisation's accounting processes through the programme has since developed into an ongoing partnership, with Alzheimer's Otago deciding to outsource a range of accounting functions and related services to Polson Higgs.

"Seeing partnerships continue beyond the initial project is incredibly rewarding," says Carole. "We're proud to support organisations so they can focus on the people who rely on them."

To find out more about the Polson Higgs Community Partners Programme, or to apply, visit the Polson Higgs website:
ph.co.nz.



Outsource your

- Bookkeeping
- Finance Support
- Monthly
- Human Resources
- Accounting Systems
- IT
- Invoicing
- Creditors
- Tax
- GST
- Payroll

With Polson Higgs

So you can focus
your time on
what matters
most...

WHY POLSON HIGGS

COMMITMENT TO SUPPORT



PARTICIPANT BENEFITS

PARTNERSHIP

FOCUS

OUTSOURCING

SHARING

REWARDING

EXPOSURE



EVERY ACTION YOU TAKE TODAY SUPPORTS YOUR BRAIN HEALTH FOR TOMORROW



FOR MORE INFORMATION VISIT
WWW.ALZHEIMERSOTAGO.ORG.NZ

ALZHEIMERS OTAGO

DEMENTIA - LET'S TALK ABOUT IT

Dementia is a broad term for cognitive decline caused by various conditions. Alzheimer's is the most common form, characterized by progressive memory loss and confusion.

BUT WE NEED SUPPORT....

**DONATE
TODAY**
TO KEEP MINDS
ACTIVE

<https://alzheimersotago.org.nz/thank-you/>

OUR FOCUS

- Inclusion
- Understanding
- Creating a dementia-friendly community

At Alzheimer's Otago, we are making change with navigation, support groups, education and activities that keep minds active and connected.

**BECOME
A FRIEND**
TO KEEP THEM
CONNECTED

<https://alzheimers.org.nz/explore/dementia-friendly-nz/become-a-dementia-friend/>

BRIGHT MINDS

Dementia Doesn't Mean Disconnection - It Means New Friendships & Stories

BrightMindsProgramDunedin-Findoutmorebelow

 www.alzheimersotago.org.nz  brightminds@alzheimersotago.org.nz  Teri - 022 525 4949

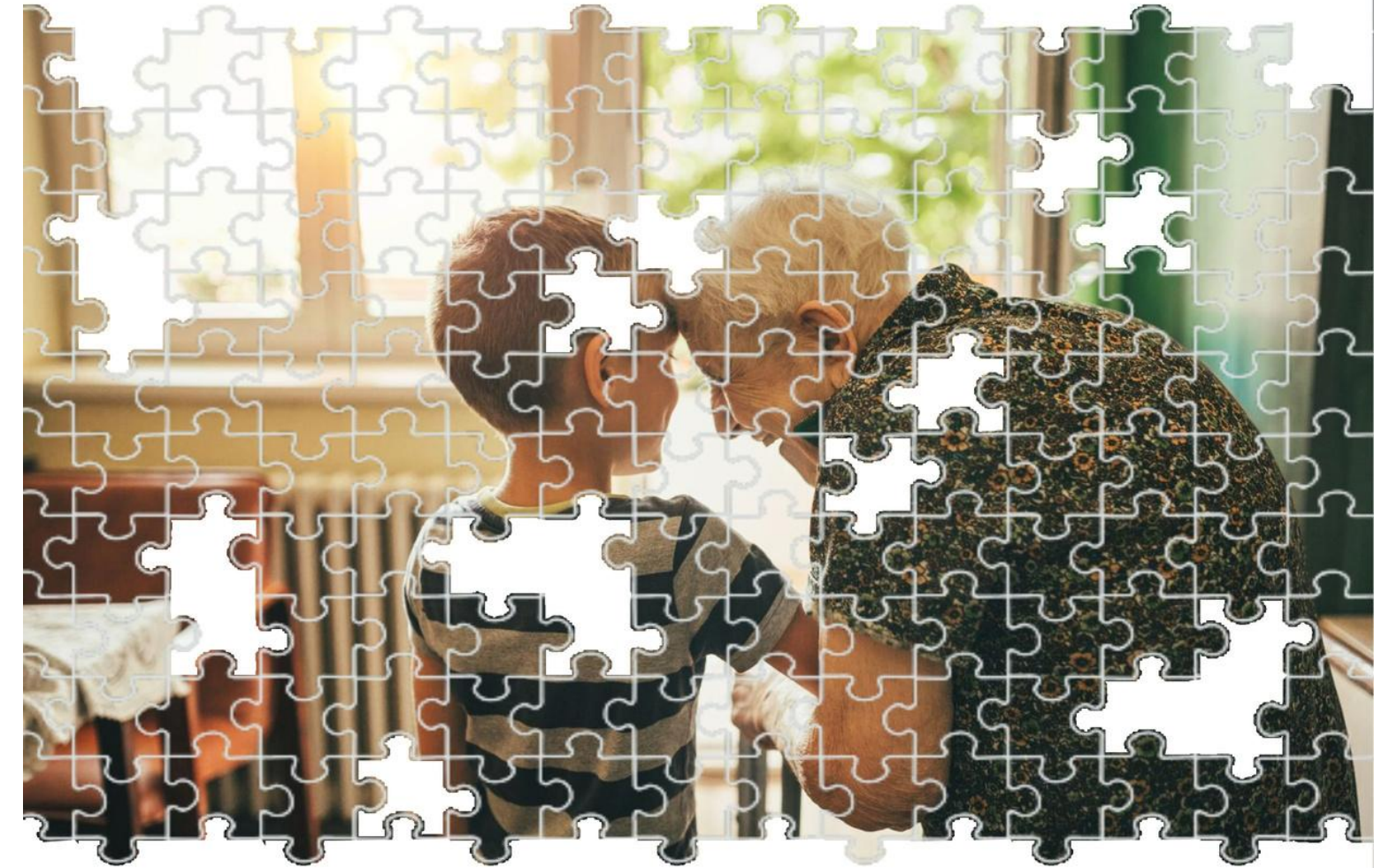


Where individuals with dementia can enjoy engaging activities and form meaningful connections



Memories Matter

Help play a part in creating a Dementia friendly Otago



Become a dementia friend
Move for dementia
Become a member
Volunteer
Donate

For more information:
Ph: 03 471 6154
www.alzheimersotago.org.nz





Otago

DEMENTIA CAN FEEL
LONELY

**OUR COMMUNITY
PARTNERSHIPS HELP TURN
OUR ASPIRATIONS INTO
EVERYDAY OPPORTUNITIES**





pledge your support for the Dementia Declaration: Our Lives Matter

"We ALL want to be seen, valued, respected and loved for who we are."
As those living with dementia, we are citizens who matter.
We have the same rights, privileges and obligations as everyone else.
Our Declaration sets out what we need to live well.

We live our lives proudly every where



We have the right to live our lives, to make choices that are important to us.



We have the right to live our lives, to make choices that are important to us.



We have the right to live our lives, to make choices that are important to us.



We have the right to live our lives, to make choices that are important to us.



We have the right to live our lives, to make choices that are important to us.



We have the right to live our lives, to make choices that are important to us.



We have the right to live our lives, to make choices that are important to us.

"I am still me."

This Declaration was developed by people living with dementia on Alzheimers
New Zealand's Advisory Group.

**WE LIVE IN KNOWLEDGEABLE COMMUNITIES
THAT
INCLUDE, ACCEPT
AND UNDERSTAND US**

**WE CONTINUE TO BE ACTIVELY ENGAGED
IN ROLES AND ACTIVITIES
WHICH
ARE MEANINGFUL AND IMPORTANT TO US**





Otago