

Issue 3, July 2018

Aboriginal Ageing

# Newsletter

## NeuRA talk:

Lauren and Louise attended the International Dementia Conference where they spoke to service providers and raised awareness about Aboriginal Ageing Team projects and research. Project Coordinator Lauren Poulos presented a poster outlining our new online tool for dementia education: **Caring for Spirit** (currently in development at NeuRA). Caring for Spirit is aimed at providing culturally-relevant information about dementia, developed specifically for Aboriginal and Torres Strait Islander people living with dementia (including carers). In addition, Caring for Spirit will provide online resources and training for Aboriginal Health Workers and interested individuals. If you would like to know more email us at [AboriginalAgeing@neura.edu.au](mailto:AboriginalAgeing@neura.edu.au)



## Out and about: See you at NAIDOC

Look out for Aboriginal Ageing Team stalls this week! First is the 'Who You Gunna Call' Forum at the Coffs Harbour Showground on Wednesday 11<sup>th</sup> of July. Next is the Tharawal Family Fun Day on Thursday the 12<sup>th</sup> of July at the Kevin Wheatley Reserve. Friday the 13<sup>th</sup> the team will be at the Inner City NAIDOC Family and Sports Day at the National Centre of Indigenous Excellence (NCIE), Redfern. Come down and have a chat to us about our work!

## Meet the team: Margaret Anderson

Aunty Margaret is a Gamilaraay woman and respected Elder who has lived in Campbelltown for many years. She started working with the Koori Growing Old Well Study (KGOWS) at NeuRA in 2012. She says she was recommended for the job by the CEO of Tharawal Aboriginal Corporation, Darryl Wright, because she knows lots of people in the community.

Aunty Margaret helps people learn how dementia can affect everyone. "If one person in the family gets it – it can affect the whole family caring for them," she says. "In the job I talk to the people who care for people with dementia or are getting dementia and it is hard for them, but I can relate to the experiences they are talking about." Aunty Margaret's late husband had dementia and she cared for him, so she understands how important it is to look at the causes and consequences of getting dementia, which is one of the aims of the Koori Growing Old Well Study (KGOWS).

## Presenting our work:

Dr Kylie Radford is off to Chicago to present at the Alzheimer's Association International Conference 2018 in late July. This is a chance for Kylie to share our work and meet with the International Indigenous Dementia Research Network, connecting with other groups from Canada, USA, New Zealand, and Australia

## Contact us:

[AboriginalAgeing@neura.edu.au](mailto:AboriginalAgeing@neura.edu.au)







## Aunty Margaret's advice for healthy ageing

We asked Aunty Margaret for some advice about growing old well. "Make sure you get out and about, take care of yourself."

"Healthy eating is important. Elders need to watch their diet because there is a lot of diabetes in our community - which has taken people too early."

Margaret says NeuRA is helping people connect to the research being done on dementia.

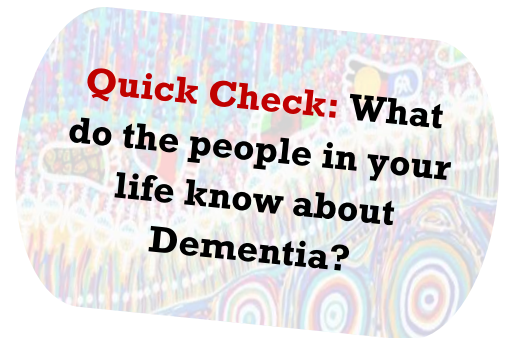
"This means a lot because there was a bit of naivety in the community – there were people thinking it [dementia] didn't really affect them. It meant a lot that the team from NeuRA came out to Tharawal and talked to people about the research and gave the information to the community in person," she says.

The NAIDOC week theme perfectly describes the valuable role that Aunty Margaret plays. 'Because of her, we can' provide support to people living with dementia in our Aboriginal and Torres Strait Islander communities.



**BECAUSE OF HER, WE CAN!**  
8-15 JULY 2018

**Pictured: Margaret Anderson and Terry Donovan**



### Presenting our work:

Last week Terry Donovan and Sharon Wall hosted their workshop *Living with Dementia, Culture and Spirit in Aboriginal and Torres Strait Islander Communities. Translating Dementia Research Knowledge into Care and Practice with Aboriginal Communities* at NeuRA. Participants from all around Sydney said it gave good information on a topic not many are talking about. If you would like to know more or attend a future workshop, email the team at Aboriginal Ageing.

### Acknowledgment of Country

*We acknowledge the Bidjigal, Tharawal, Dunghutti & Gumbaynggirr Peoples as traditional custodians of the lands on which we work, and we extend our deep respect to all Elders, past, present and emerging.*



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