Are you worried about your memory or that of a close friend or loved one?

TEMHCO - invites people living with or caring for someone living with mental health issues to join us at our peer group sessions on MONDAY and TUESDAY of each week. Our regular programming see us providing free art/craft classes on Monday, Free computer lessons on Tuesday. Lunch is provided for a cost of $2.00 and you can take turns in cooking and shopping as well to ensure we have a healthy eating plan firmly in place.

THURSDAY - is outing day. It may be Op shopping, Casuarina Square, BBQ / whatever the members plan for, a calendar of events is available in the centre at 3/7 Rolyat Street in Palmerston.

For further information, contact our office on 8932 6686 or mobile 0429 082 781. If unattended, please leave a message and we will get back to you ASAP.

Help is at hand

DEMENTIA Awareness Week 2011 is taking place from September 16th to 26th and is themed ‘Worried About Your Memory?’

This year, the week is aimed at encouraging people who believe they may have memory problems to seek information and help. Alzheimer’s is a physical disease that attacks the brain, resulting in impaired memory, thinking and behaviour. There are about 269,000 people diagnosed with Alzheimer’s disease nationwide, making it the third highest cause of death in Australia.

It is estimated 2700 Territorians are currently living with dementia.

Alzheimer’s Australia NT chief executive Ruth Leslie-Rose urges anyone worried about their memory, or that of a loved one, to find out more about dementia.

“There’s a difference between forgetting where you parked your car, and forgetting you had a car in the first place,” she said. Memory can be affected by many things such as stress, fatigue, infections and depression.

People worried about their memory should discuss their concerns with a GP, who will perform a full medical screen to rule out other possible causes which can be treated. The two main dementia support services are Alzheimer’s Australia NT (AANT) and the NT Dementia Behaviour Advisory Service (NT DBMAS). For more details about Alzheimer’s or other forms of dementia, call AANT on 8948 5228 or the national helpline on 1800 100 500.

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