

CARING FOR PEOPLE WITH DEMENTIA TOGETHER (CPT) 護腦同行 NEWSLETTER

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Main contacts

Gary Cheung
University of Auckland
g.cheung@auckland.ac.nz

Rhonda Preston-Jones
Dementia Auckland
Rhonda@dementiauckland.org.nz

Felix Lin
Age Concern Auckland
felixL@ageconak.org.nz

A PROJECT TO IMPROVE DEMENTIA SERVICES FOR CHINESE PEOPLE LIVING WITH DEMENTIA AND THEIR CARERS

Dear Friends and Colleagues,

Welcome to the first Caring for People with Dementia Together (CPT) newsletter. It has been over a year since we embarked on this project at our Stakeholders Liaison & Consultation Meeting at Pakuranga Leisure Centre in March 2021. You voted three top priorities at the meeting for the project team to focus on:

- 1) Information and resources sharing through a fully maintained website that has the correct translation and languages.
- 2) Engaging with the Chinese media (e.g. TV, radio) to promote dementia awareness.
- 3) Engaging Chinese GPs and raising their dementia awareness

The CPT project team has been meeting regularly, mainly on Zoom, in the past year. We have had a productive year despite the Delta and Omicron surge. I have summarized some of our current activities in this newsletter.

You may have read this news article from earlier this year about the lack of dementia services for Asians living in New Zealand. There is a real need for our project to improve dementia services for the Chinese community.

<https://www.stuff.co.nz/national/127379506/dementia-services-for-asian-kiwi-lacking-huge-increase-in-cases-expected>

I want to acknowledge our project team members who generously donate their time to this project. You would find their name (and photo) at the end of this newsletter. A special thanks to Mandy Ho who has contributed so much to the Chinese community and supported many older Chinese living in Auckland. Mandy has recently left her position at Age Concern Auckland and we wish her well in her new adventure.

Please feel free to contact me if you want further information on any of the activities or items mentioned in this newsletter.

Dr Gary Cheung, Chair of CPT
g.cheung@auckland.ac.nz



CPT project team member Song Lam has written about the Stakeholders Liaison & Consultation Meeting in traditional Chinese and published at

https://mp.weixin.qq.com/s/z8_W6PbWoTm24lrVYLAoZA

Donation & Fundraising

A givealittle page is now set up so please forward the link to your family, friends and colleagues. Thank you for everyone who has made a donation to this project. <https://givealittle.co.nz/cause/chinese-services-project>

Greenlane Medical specialist/Miracle Tree Trust has donated a startup fund of \$10,000.

Room-Simmonds Charitable Trust has provided \$15,000 for online research activities related to Chinese and dementia.

We will use some of these funds to create a website for the CPT project where information and resources in Chinese are readily accessible by the public.

Dr Yu-Min Lin's TV series on dementia

Yu-Min with his contacts in TV33 produced a 13 TV series on dementia in New Zealand covering topics such as what is dementia, symptoms and how to get help. The shows can be viewed on their YouTube channel and [search](#) 失智症

<https://www.youtube.com/c/CHANNEL33NewZealand/videos>

We would like to thank David (producer), Vivian (host), Kate Chen (pharmacist), Eva Ho (lawyer), Uncle Wu (a Chinese living with dementia) and his wife Aunty Wu, Lina Chan (mental health nurse, Counties Manukau Health) and New Life Charitable Trust (sponsor).

Be Health Wise Initiative, Counties Manukau Health

Kitty Ko, Asian Health Gain Advisor at Counties Manukau Health, will support the CPT project by translating dementia information to simplified Chinese using Dementia Auckland's existing resources. We are aiming to complete this activity in the next 3 months.

Age Concern Auckland & Auckland Chinese Alliance Christian Church

The Lottery Community Grant has provided funding for these two organizations to deliver the "Healthy Brains Hub" project focusing on brain activities and social connection amongst Cantonese speaking older adults living in East Auckland. Please contact Felix Lin felixL@ageconak.org.nz for further information on this project.

RESEARCH

Fei Li, PhD Candidate at the School of Nursing, the University of Auckland is currently interviewing Chinese dementia carers about their digital literacy and experiences during the COVID-19 pandemic. Fei will use the knowledge gained from her research to design an online support group for Chinese carers based on the World Health Organization's iSupport, a skills and training programme for carers of people with dementia.

Alfred Kwan, Advanced Trainee in Geriatric Medicine, will investigate Chinese GPs' knowledge about dementia services. The findings of this study will inform the CPT project team how best to engage Chinese GPs and raise their awareness of dementia.

Gary Cheung and his team at the University of Auckland published their study "Understanding and Experiences of Living with Dementia in Chinese New Zealanders" earlier this year.

<https://www.mdpi.com/1660-4601/19/3/1280>

CAN YOU HELP

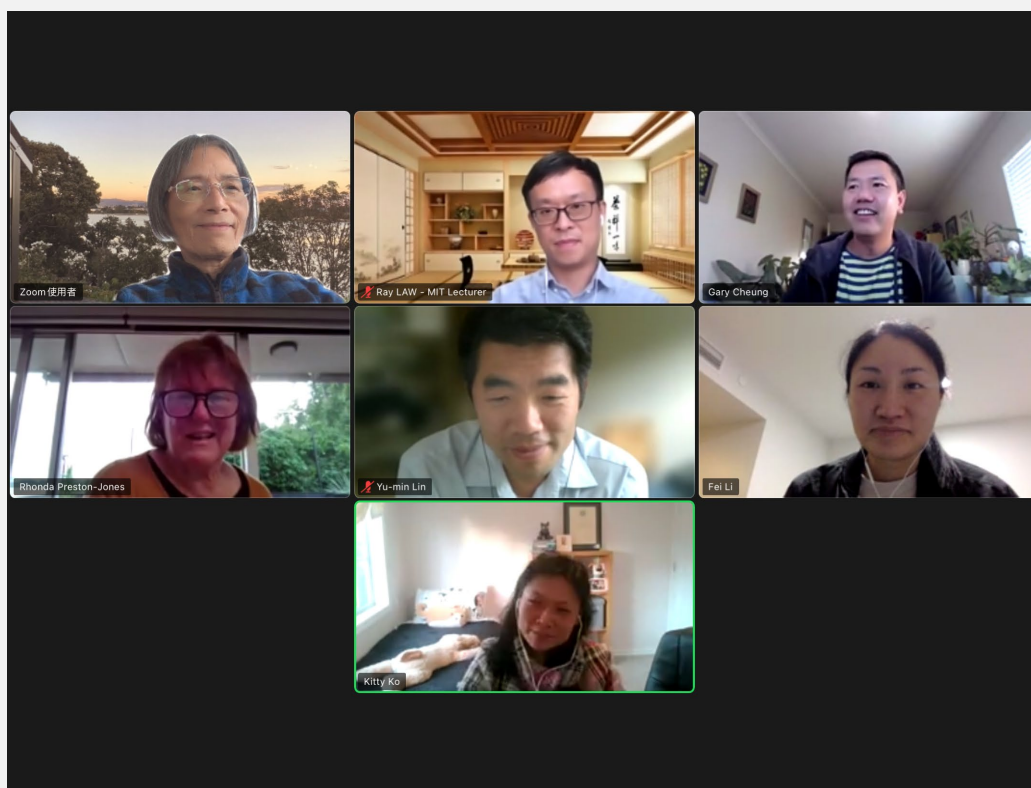
We are looking for people with expertise in website development and project coordination. We have funding available to support these activities, but it would be a great way for you to support the Chinese community by donating your time to this project. Please contact Gary Cheung g.cheung@auckland.ac.nz if you are interested.

DEMENTIA GUIDE IN CANTONESE WITH TRADITIONAL CHINESE SUBTITLE

<https://www.youtube.com/watch?v=8fiaHAqKV2w>

Alzheimer's Society in the UK produced this dementia guide aimed for anyone who has recently been told they have dementia. It will also be useful to close friends and family of someone with dementia, as it contains information for anyone taking on a caring role.

CPT Project Team



From top left:

Song Lam, Ray Lau (Manukau Institute of Technology), Gary Cheung (University of Auckland), Rhonda Preston-Jones (Dementia Auckland), Yu-Min Lin (Counties Manukau Health), Fei Li (University of Auckland), Kitty Ko (Counties Manukau Health)

Felix Lin (Age Concern Auckland)

