

DAMPAA NEWS

Dementia Prevention and Risk Management Program for Aboriginal Australians

October 2020

Number 1

DAMPAA: Keeping memories strong

We are developing and trialling an Aboriginal health program to help prevent dementia in Aboriginal people.

Dementia occurs in one in ten Aboriginal people aged over 45 years.

Dementia is a condition where people have worsening problems with their memory and thinking, and they can have trouble looking after themselves and being connected to others and the environment.

There is no cure for dementia, but you can reduce the risk of getting dementia.

Contact **Emma-Jane Hunt** on
mobile: 0417 948 370
email: dampaa@uwa.edu.au
www.aboriginalageingwellresearch.com



What is the DAMPAA project?

DAMPAA stands for *Dementia Prevention and Risk management program for Aboriginal Australians*.

The University of Western Australia in partnership with local Aboriginal health services want to see if the DAMPAA Program can prevent worsening memory and dementia in older Aboriginal people.

The DAMPAA program involves **regular group exercise with other Aboriginal people, brain health information and looking after your heart and general health** to try to keep your memory strong.

We are inviting **all Aboriginal and/or Torres Strait Islander people aged over 45 years** from Perth and Geraldton who want to try to keep their memory strong to be involved.

Early DAMPAA Success:

Setting up the First Derbarl Yerrigan Memory Clinic

The DAMPAA team worked with Derbarl Yerrigan to set up the first Derbarl Yerrigan memory clinic for Aboriginal people. The geriatrician (specialist doctor for older people) is Prof Leon Flicker who is part of the DAMPAA team.

If you are concerned that you or a family member may have memory problems, our DAMPAA team or your GP can refer to Derbarl Yerrigan for their new memory clinic.





DAMPAA Elder Governance group meeting

*L to R: Back row: Helen Kickett, Carmel Kickett, Marie Walley, Dr Kate Smith and Lianne Gilchrist
Front row: Charlie Kickett, Vonita Walley, Dorothy Getta*

Moorditj News for Elders!

We have heard from the Australian Department of Health that the Good Spirit Good Life package will now be part of the National Screening and Assessment Form, as a Supplementary Assessment.

This means aged care assessors can use Good Spirit Good Life to identify wellbeing needs and assist elders to set goals, follow Aboriginal Elder informed strategies about what can help to have a good life, and then co-develop a culturally informed aged care plan with elders.

COMMUNITY LAUNCH OF OUR Good Spirit Good Life Assessment Package for older Aboriginal Australians

You can view video of launch on : aboriginalageingwellresearch.com/media

The Good Spirit Good Life package was launched on the 21st July 2020 in Perth by Hon Ken Wyatt, Minister for Indigenous Australians and Hon. Ben Wyatt MLA, Treasurer; Minister for Aboriginal Affairs and Lands.

75 Aboriginal community members, our Elders governance group and service partners attended the launch with our team and others Zoomed in. The Good Spirit Good Life assessment package addresses the culturally specific quality of life and wellbeing needs of older Aboriginal people. It is freely available on www.aboriginalageingwellresearch.com



This assessment was co-developed by our UWA research team with Aboriginal elders and service providers across Perth and Melbourne.

We thank everyone involved and we are very excited that this package developed with Aboriginal elders will be available for the care of Aboriginal elders nationwide.



DAMPAA and ScreenWest at Yagan Square

Keep an eye out for DAMPAA brain health video that will be screened on the Yagan Square Digital circular screen tower in the near future. This was filmed by ScreenWest.

Thank you to the Medical research foundation (MRF) at Royal Perth Hospital for supporting and allowing the DAMPAA program the opportunity to be showcased.



A BIG THANK YOU to Geri Hayden for all of her time on the DAMPAA program as a Project Officer and Elder.

Perth News

With most of the COVID restrictions having been lifted, it has allowed the DAMPAA team to spend time meeting up with various elders and yarning groups across Perth, sharing information about the DAMPAA program.



The DAMPAA team has successfully locked in 2 venues for the Northside program, including the Wadjak Northside Community Centre in Balga and Bilya Marlee building at the University of Western Australia.

The Perth Southside program venue is Moorditj Koort Cockburn. Thanks to Moorditj Koort and Wadjak for your support.

Our Perth CAMDH research team has moved into a new building at the University of WA called Bilya Marlee

DAMPAA Investigators are: Kate Smith, Leon Flicker, Dawn Bessarab, Dina LoGiudice, Kay Cox, Osvaldo Almeida, Keith Hill, Carmel Kickett, Paula Edgill, Deborah Woods, Chris Etherton-Beer, Ivan Lin, Julie Ratcliffe, Sandra Thompson.

Introducing the DAMPAA Team



Dr Kate Smith, Research Lead

Kate is a lecturer and research lead at Centre for Aboriginal Medical and Dental Health at University of WA. Kate grew up in Perth and have worked in Aboriginal ageing well research for 20 years, first up in Derby and then back in Perth. Kate is passionate about working with older Aboriginal people and local services to improve health and wellbeing and service provision.

Introducing the Perth DAMPAA Team



Alex Lalovic, Study Coordinator/ Exercise Physiologist

Alex is an Exercise Physiologist and the Study Coordinator for DAMPAA. Alex runs the DAMPAA north exercise program with our AHP Glennette.



Glennette Dowden, Aboriginal Health Practitioner

Glennette is a Wongi woman from Eastern Goldfields, spending 18 years in Port Hedland with her partner children we made the move to Perth where I completed my Aboriginal Health Practitioner training and have been with the DAMPAA team since 2018.

Emily Long, Aboriginal Health Practitioner

Emily is a Anmatyerre, Maranunga & Tiwi-Islander woman from the Northern Territory. Emily completed her Certificate IV in Aboriginal Health Practitioner at Bachelor Institute in 2015 and has been working as an Aboriginal Health Practitioner. Emily recently moved from Darwin and have recently joined the DAMPAA team in late July and is one of the DAMPAA's care co-ordinator, my role is to support patients with the DAMPAA wellbeing and exercise program.



Lesley Markey, Project Officer

Lesley is a Bardi woman connected to the Kimberley region of WA. After working in Australian Customs Service and Quarantine for over 30 years our amazing country. Lesley completed her Bachelor of Science in Exercise and Health at UWA in 2019 and is supporting the DAMPAA program as an Exercise Coach.



Emma-Jane Hunt, Project Officer

Emma is an Yjindibarndi and Djaru woman with traditional links to the Pilbara and Kimberley regions of Western Australia. Emma is also completing her Bachelor of Science, majoring in Anatomy and Human Biology at UWA and have been with the DAMPAA team since role being engagement and recruitment of participants for the research program.

Associate Professor Kay Cox, DAMPAA Exercise Consultant

Kay is an exercise physiologist with extensive experience in health promotion and physical activity research with older people in the prevention of dementia. Kay provides support to the team in exercise training, prescription and safety, and adherence to protocols.



DAMPAA Geraldton News

The DAMPAA team based in Geraldton team have been busy engaging with the community and getting word out about the DAMPAA program. We would like to thank the Geraldton Regional Aboriginal Medical Service (GRAMS) for their continued support to make this project possible.

Our friendly team of Maureen, Tania and Sam are busy at work getting the program ready to go. It will be held at the **Mitchell Street Community Centre in Spalding**. We'd like to acknowledge and thank the WA Centre for Rural Health (WACRH) in Geraldton for supporting the DAMPAA project and providing us with a fantastic venue for the program.

If you are interested in the program and live in Geraldton please contact Maureen on: 0429 345 645 or Tania on: 0428 630 237

Get to know the DAMPAA Geraldton team



*Maureen
Merritt,*
Aboriginal
Health
Practitioner

Maureen is a Yamatji women who grew up in Mullewa and Geraldton and is currently working with UWA on the DAMPAA program as one of their Aboriginal Health Practitioners.

Maureen has Diploma's in Health Promotions, and in Community health Education Programs.



Tania Kelly,
Aboriginal Health
Practitioner

Tania is an Aboriginal Health Practitioner and living back in Geraldton where she grew up. Tania's family connections are Yamatji and Nhanda and also has family connections with Gija mob in the Kimberley's and with Noongar mob down south. Tania started working for UWA in January and is looking forward to seeing the DAMPAA program to take off.



Sam Bulten, Exercise
Physiologist

Sam is an Exercise Physiologist currently based in Geraldton. Born in the Netherlands, he moved to Australia in 2009. Since moving to Australia Sam has lived in Carnarvon, Geraldton, Perth, and Newman and has been involved with DAMPAA since July 2020.

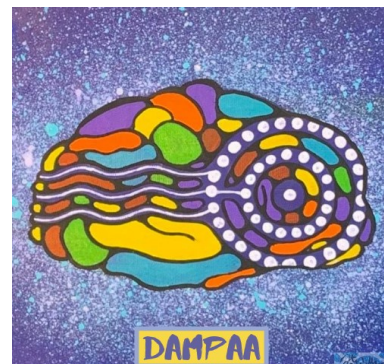


Kelly Reynolds, Hon Dave Kelly, Dr Kate Smith and Shondell Hayden at the Premier Science Awards 2020

A Big Congratulations to **Shondell Hayden and Kelly Reynolds**, who were both recognised as finalists for the recent **Premiers Science 2020 Aboriginal STEM Student** award, recognising their valuable research work with our UWA Aboriginal dementia research team. Shondell and Kelly are also both studying Medicine. We also congratulate other finalist Simone Harrington, UWA student and overall winner of this category.

Bindi and The Brain: Our DAMPAA Logo

Artist: John Walley



To motivate one's personal, spiritual life for living, healing and growing physically & emotionally and mentally looking for change to one's body & mind.

DAMPAA is on Facebook!!!

The image shows a screenshot of the Facebook page for the Dementia prevention and risk Management Program for Aboriginal Australians (@UWADAMPAA). The page features a profile picture with a colorful Aboriginal dot pattern and the text 'DAMPAA'. The page name is 'Dementia prevention and risk Management Program for Aboriginal Australians' with the tagline '@UWADAMPAA · Medical & Health'. A blue 'Call Now' button is visible in the top right. Below the header, there are navigation tabs: Home, Services, Reviews, Shop, and More. A 'Start Selling From Your Page' banner is present. The 'About' section on the left lists the location as Perth, WA, Australia 6009, describes the program's aim to reduce cognitive decline, and provides contact information: 101 likes, 102 followers, a website link (http://www.aboriginalageingwellresearch.com/), a phone number (0417 948 370), a 'Send Message' button, and an email address (dampaa@uwa.edu.au). A 'PINNED POST' is visible, dated September 7 at 7:44 AM, detailing a dementia prevention research program. Red callout boxes with arrows point to specific features: one points to the 'Call Now' button, another to the 'Message' button, a third to the 'About' section's contact information, and a fourth to the email address.

Clicking the 'Call Now' will connect you straight to a DAMPAA Project Officer

This phone number will take you to a DAMPAA Project Officer

Clicking on 'Messages' allows you to get in contact with a DAMPAA Project Officer

This email will ensure that the DAMPAA team get an email sent by yourself and we can respond back via email or with a phone number if you choose to provide one.

<https://www.facebook.com/UWADAMPAA>

DAMPAA

Dementia Prevention and Risk Management Program for Aboriginal Australians

'Keeping Memories Strong'

Are you Aboriginal and worried about your memory?

The DAMPAA brain health program is a University of WA study of group exercise and health management run in partnership with local Aboriginal health services.

We want to see if the DAMPAA program can help keep memories strong in older Aboriginal and Torres Strait Islander peoples.

We are inviting all Aboriginal and Torres Strait Islander people who are aged 45 years and over and are worried about their memory, to take part in the DAMPAA program in Perth or Geraldton.

You will be reimbursed for each memory screen and health assessment period at 0, 6 and 12 months with a \$25 gift card.

If you are interested in participating in the DAMPAA project, or would like more information, please contact:

Emma-Jane Hunt

M: 0417 948 370 / E: dampaa@uwa.edu.au

Website: www.aboriginalageingwellresearch.com

Facebook: www.facebook.com/UWADAMPAA

Please get in touch if you are interested in participating!

This study has been approved by the Western Australian Aboriginal Health Ethics Committee (#867) and the UWA Human Ethics Committee (RA/4/20/4944).

Artwork: John Walley

