



PROGRAMME FOR JANUARY 2019

The activities and talks lined up for the month are:

Saturday 5 January 2019

2:30pm – 4:00pm

Caregivers Sharing Session

Dr Azlina binti Ahmad Annuar is a Neurogeneticist and researcher at the Department of Biomedical Science, Faculty of Medicine, University Malaya. In March 2018, she led and conducted a Youth Engagement Programme (YEP) in the AACC assisted by Biomedical Science undergraduates of the Neuroscience Course with a module on Dementia in conjunction with the Brain Awareness Month. The YEP activities are designed for persons with dementia and their caregivers. Dr Azlina is a caregiver to her mother living with Alzheimer's Disease.

Caregivers of loved ones who are living with dementia are encouraged to attend this monthly session. It provides an opportunity to meet with fellow caregivers, share experiences, practical tips and to learn from each other. Caregivers will get to make new friends, keep updated with current caregiving advice and resources while recognising the importance of self-care too.

Sunday, 06, 15, 20 and 27 January 2019

10:30am – 11:30am

Elder Yoga Exercise

The sessions are conducted by Yoga instructor Ms Stephanie Kuan for caregivers and persons with dementia, senior citizens and their families. She is supported by Ms Shirley Low and a team of volunteer Yoga practitioners.

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Researchers found that yoga outperformed aerobic exercise at improving balance, flexibility, strength, pain levels among seniors, menopausal symptoms, daily energy level, and social and occupation functioning, among other health parameters.

Regular yoga practice helps people of all age groups including the elderly. For the seniors, regular yoga practice can play an important part in keeping you healthy as it helps to: reduce swelling in joints, increase joint mobility and strength, and improve balance and stability.

Saturday, 12 January 2019

2:30am – 4:00pm

Laughter Yoga and Benefits

Deborah Rodrigo graduated as a Laughter Yoga Leader in 2015 and a Certified Teacher in 2017. Soon after, she set up her own Laughter Yoga Club where participants are from all walks of life from the youngest aged 4 years old to 80 years old. She conducts sessions for the National Cancer Association, the visually impaired at the Malaysian Association of Blind (MAB), the Parkinson Association, NGOs as well as the corporate sector. Deborah connects with people through her engaging facilitation skills, triggering laughter and inner playfulness.

Research suggests that the simple act of laughing is a powerful form of complementary medicine. Laughter helps the brain regulate the stress hormones cortisol and epinephrine. It was also discovered a link between laughter and the production of anti-bodies and endorphins, the body's natural pain killers.

Laughter yoga is a new twist on an ancient practice. Not only does it increase happiness, but it also strengthens the immune system, reduces pain and lowers stress. More contagious than a cough or sneeze, laughter relaxes the whole body. It triggers the release of endorphins, promoting an overall sense of well-being. Twenty minutes of laughter is sufficient to develop fully physiological benefits.

In the mid-1990s, laughter yoga was practiced in the early mornings in open parks, primarily by groups of older people. Laughter yoga was made popular as an exercise routine developed by Indian physician Dr Madan Kataria, who writes about the practice in his 2002 book -- Laugh For No Reason. The founder of the Laughter Club of India, he has started a revolution of joy and laughter that is spreading around the world.

In this session, Deborah will provide some history of this practice, its benefits and the process. Participants will begin with some stretches followed by laughter exercises whilst in between breathing techniques. At the end of the session, there will relaxation exercises to relax the mind and body; followed by a feedback session.

Saturday, 19 January 2019

2:30pm – 4:00pm

Recognising Delirium (Acute Confusion) vs Dementia – What is the Difference?

Dr Tan Kit Mun is a Consultant Geriatrician with the University Malaya Medical Centre (UMMC). She is also Senior Lecturer with the Faculty of Medicine, University of Malaya. Dr Tan received her medical degree from Trinity College, University of Dublin, Ireland in 1999. She completed her specialist training and received her Certificate of Satisfactory Completion of Specialist Training (CSCST) in Geriatric Medicine from the Royal College of Physicians Ireland in 2009. Dr Tan was practising as a consultant geriatrician in Dublin from 2009 until she returned to work in UMMC in 2013. She is a member of the Royal College of Physicians Edinburgh (MRCP), UK since 2002. Dr Tan's special interests include stroke, atrial fibrillation, dementia, osteoporosis, patient safety and comprehensive geriatric assessment of the complex older person.

Delirium is the medical term used when the confusion is of recent and rapid onset. Delirium can occur in persons with good cognition and also persons with dementia. Delirium is different from the behavioural symptoms of a person(s) with dementia.

Usually there is a medical cause of delirium including infections such as pneumonia (chest infection), urinary tract (kidney or bladder) infection, gallbladder infection and abscesses in

different organs of the body. Other causes of delirium could be a heart attack, stroke, a fall leading to bleeding in the brain or perhaps a salt/sodium level abnormality in the blood.

Not all persons who develop confusion have dementia. Delirium is potentially treatable and is considered a medical emergency, as it is usually a sign that something is not right and of recent onset in the person. It is important to recognise the symptoms and to seek urgent and immediate medical attention.

Saturday, 26 January 2019

2:30am – 4:00pm

Swallowing Disorder and Dementia

Cik Marlienza Siti binti Tajarudin is a Speech-language Pathologist with the Speech Therapy Division, Department of Rehabilitation Medicine, University Malaya Medical Centre (UMMC). She was previously attached to the Neuromedical, Neurosurgical, Geriatric, Chest and Pulmonary Unit.

Swallowing happens in three stages, and they include: oral phase – sucking, chewing, and moving food or liquid into the throat. Speech-language pathologists are involved in the management of Swallowing Disorder (or dysphagia) which provide services that include evaluation, diagnosis and rehabilitation. While dysphagia can afflict any age group, it most often present among the elderly. In this session, Cik Marlienza will discuss on swallowing disorder among persons with dementia and a speech-language therapist's role in swallowing disorder management.

REGISTRATION IS FREE

Participation is free. However, registration is preferred for logistics purposes.

Please e-mail atria.adfm.community.corner@gmail.com with your details as follows:

1. Full name
2. Mobile contact number(s)
3. Indicate whether you are a family caregiver or attending for self-knowledge
4. If you are a caregiver, please indicate to whom you are caring for (e.g. mother/husband/etc)

For further enquiries, please call or WhatsApp Ms. Ho Bee Lan at 010-361 9125. We look forward to seeing you at the AACC.