

# LIMPOPO NEWSLETTER

2024 MEMORIES *matter* - A CHRISTMAS EDITION

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## Macadamia Care Centre

At Macadamia Care Centre in Limpopo, a comprehensive training program was conducted for caregivers, emphasizing the importance of understanding dementia, particularly Alzheimer's disease. This initiative aimed to equip carers with the knowledge and skills necessary to provide compassionate and effective support for individuals living with Alzheimer's. Throughout the training sessions, caregivers engaged in interactive workshops that covered key topics such as the stages of dementia, communication strategies, and techniques for managing challenging behaviours. Additionally, practical demonstrations highlighted the significance of patience and empathy in caregiving.

## Top News

- Training at various centres in Limpopo highlighted 2024.
- Dementia Awareness is key for communities and authorities alike in Limpopo.



Training held at Macadamia Care Centre for the Nurses and Care workers  
November 2024

Supporting visuals showcased caregivers actively participating in role-playing scenarios and group discussions, illustrating their commitment to enhancing the quality of life for those affected by Alzheimer's. This training enriched the carers' understanding and fostered a community of support within the centre, ensuring that everyone receives the care they deserve. Supporting pictures below of the two-day training session.



## Ditebogo Old Age, Luncheon Club

Rose, one of our dedicated community developers, visited Ditebogo Old Age, a luncheon club for older adults, to share valuable information about Alzheimer's disease. During her visit, she engaged with the attendees, providing insights into the symptoms, progression, and care strategies for individuals living with Alzheimer's. Rose emphasized the importance of early detection and understanding the emotional impact of the disease on both patients and their families. The session included interactive discussions, where participants could ask questions and share their experiences, creating a supportive environment.



An Information Session held at an Old Age Luncheon Club in Rural Limpopo. (Photo by author, Oct 2024)

# Vhembe District Awareness Sessions

Michael, our community developer in the Vhembe District area, successfully organized a series of awareness sessions with community leaders, families, and youth to educate them about Alzheimer's disease. These informative gatherings aimed to raise awareness about the signs and symptoms of Alzheimer's, as well as the importance of early intervention and support. Michael facilitated engaging discussions that encouraged participants to share their experiences and concerns, fostering a deeper understanding of the challenges faced by those living with the disease.

By involving community leaders, he aimed to create a ripple effect, empowering them to advocate for better support systems within their communities. The sessions also included practical tips for families on how to care for loved ones affected by Alzheimer's, promoting a culture of compassion and understanding. Through these efforts, Michael is helping to build a more informed and supportive community for individuals impacted by Alzheimer's.



## Exhibition Days at Various Malls

We organised exhibition days at various malls to raise awareness about Alzheimer's disease and address harmful stereotypes surrounding older adults, particularly the misconceptions that label them as witches, leading to tragic outcomes such as violence and even being burned alive.

On one notable day, we received support from the South African Police Service (SAPS), who joined us in our mission to educate the public about these serious issues. Their presence not only lent credibility to our efforts but also helped to create a safe space for open dialogue. Through engaging displays, informative literature, and community interactions, we aimed to debunk myths and foster understanding about the realities of ageing and dementia.



**Above photo: Alzheimer's Exhibition Day at Savannah Mall in Polokwane (Oct 2024)**

The collaboration with SAPS highlighted the importance of community safety and support, emphasising that older persons deserve dignity and protection. Together, we worked to promote a message of compassion and respect, encouraging attendees to stand against violence and stereotypes that threaten the well-being of our elders.

## Department of Social Development

ADASA conducted training for employees of the Department of Social Development, specifically focusing on social workers in the Blouberg Region. This training aimed to raise awareness about Alzheimer's disease and its impact on individuals and families. During the informative sessions, participants learned about the signs and symptoms of dementia, effective communication strategies, and best practices for supporting those affected by Alzheimer's.



**DSD offices in Bochum  
(Aug 2024)**

The training also emphasized the role social workers play in advocating for the rights and dignity of older adults. Through interactive discussions and case studies, attendees were encouraged to share their experiences and insights, fostering a collaborative learning environment. This initiative not only equipped social workers with essential knowledge but also strengthened their ability to provide compassionate care and support within the community, ultimately enhancing the quality of life for individuals living with dementia.

# Awareness Day

We organised an awareness day specifically for older persons, retired professionals, and their caregivers in collaboration with the Limpopo Older Persons Forum. This event focused on Alzheimer's disease, providing a platform for participants to learn about the condition and share their experiences. Attendees engaged in informative sessions that addressed the symptoms, progression, and caregiving strategies related to Alzheimer's. The gathering also facilitated discussions about the unique challenges older adults face and the importance of support networks. With a focus on fostering understanding and compassion, this event aimed to empower caregivers with practical tools and resources, ensuring they feel equipped to provide the best care possible. By bringing together older individuals and their caregivers, we emphasized the value of community and collective knowledge in addressing the issues surrounding Alzheimer's disease. (September 2024)



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Merry Christmas  
from the  
adasa team



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