

## News Clippings

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### 'Memory walk' in mall held for Alzheimer's month

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THE Alzheimer's Disease Foundation Malaysia (ADFM) together with Atria Shopping Gallery commemorated World Alzheimer's Month (WAM) 2019 with a series of activities to raise awareness of dementia and challenge the stigma that surrounds it.

Dementia often impacts persons with the disease and their families who carry the physical, emotional and psychological burden of caring for them.

At the opening of the Memory Walk learning trail, ADFM chairman Datuk Yim Khai Kee said, "Based on data from the United Nations and the World Health Organization, the number of persons with dementia in Malaysia was estimated at 123,000 in 2015.

"As the nation continues to age, this number is expected to grow to 261,000 in 2030 and 590,000 by 2050."

Yim said ADFM played a role in generating greater awareness of dementia, besides advocating for a dementia-friendly community in Malaysia.

ADFM also empowers a wide range of support groups throughout the country to enable them to promote, care for and support people with dementia and their caregivers.

Atria Shopping Gallery senior manager Koay Poay Shin said, "This is our third annual Memory Walk. It is an indoor mall walk with a learning trail to engage participants and raise awareness of people with dementia and their caregivers."

Bandar Utama assemblyman Jamaliah



(Front row, from second left) Jamaliah, Yim and Lioh singing with participants at the launch of the walk.

Jamaluddin and Rotary District 3300 Malaysia district governor Lioh Cheng Lian gave speeches prior to the walk.

Themed "Let's Talk About Dementia", the two-day WAM 2019 event also included a panel discussion where participants and caregivers shared their stories.

Winnie Wong Leh Ping, whose husband had vascular dementia and passed away three months ago, shared her experience in caring for him.

"It was not easy to take care of him. He lost his memory and could not recognise family and friends.

"He thought they were strangers and did

not want them to be close to him," said Wong, adding that the situation was very upsetting.

Visitor Wendy Cheong noted that many people were not aware of the suffering that people with dementia and their caregivers have to endure.

"Sharing these experiences can at least help the caregivers have a better understanding of how to care for and handle those with Alzheimer's disease.

"You never know when this disease could hit you or your family. It is good to educate oneself and learn everything we can about it," she said.