



## **A.S.A.P programme to ensure Hermanus is an age /dementia friendly town. Update August 2025**

The A.S.A.P. programme was inspired by the exemplar used by the late Professor Bongani Mayosi in the project to eradicate acute rheumatic fever in South Africa. The acronym stands for A awareness, S surveillance, A advocacy, P prevention.

*Robertson KA, Volmink JA, Mayosi BM. Towards a uniform plan for the control of rheumatic fever and rheumatic heart disease in Africa--the Awareness Surveillance Advocacy Prevention (A.S.A.P.) Programme. S Afr Med J. 2006 Mar;96(3 Pt 2):241. PMID: 16607440.*

**Awareness:** KB has delivered a series of three lectures to U3A, Quest, Probus and Kidbrooke. With the title of “Demystifying Dementia” the lectures covered the condition, the brain with the condition and the person who has the condition. They have all been recorded and can be viewed on U tube

Part 1: <https://youtu.be/x7OUCL6RAg>

Part 2: <https://youtu.be/f3ayB5-9kt0>

Part 3: <https://youtu.be/rjhpVMiDdCw>

**Surveillance** – The plan is to create a flier documenting all services available in the Overstrand.

**Advocacy** – enlarge on support, increase level of activism in this field, reduce stigma, influence policy and ensure better health-care access

Red X Cross Society has included dementia as a project on their activity list and helped with financial costs of speakers etc.

**Prevention** -Education to encourage lifestyles which enhance successful aging is ongoing.

The ASAP programme was initiated in 2023.

Below please see summary of plans moving forward written in October 2024.

### **Plans moving forward**

- 1) Compile a flier with currently known resources to send to attendees at workshop
- 2) Work on a comprehensive flier. To this end AH and KB have visited Brigadoon and plans are afoot to visit Huis Lettie Theron and to observe locally available dog therapy
- 3) Source OTs and psychologists who can help with assessments
- 4) Plan more workshops using Nature as a management tool and try to secure speakers on SPECAL Care -as defined by Oliver James in his book "*Contented Dementia*"
- 5) Source a finically trained person to investigate *which medical aids pay what*

Kathie Buley October 2024

- 1) Flier for attendees at workshop-** this was distributed to delegates
- 2) Progress of surveillance flier**

KB has been accumulating data and lists of resources and is getting close to creating a draft flier. An artist to assist with creating a final flier and quotes for printing will be required before the Hermanus Red Cross is approached with a proposal to finance same.

### **3) Assessments**

Several Occupational Therapists and psychologists have been approached. These contacts are met with initial enthusiasm and then no follow up. ADASA Association for Dementia and Alzheimer's of South Africa NPC has been very helpful. They have a good website and links to find help in communities. These details will be available on the flier.

### **4) Workshops**

- a) Workshop on Nature and Dementia Care in Fernkloof Gardens facilitated by Dr Alice Ashwell took place in April 2025. Attendance was disappointing but all who came gave positive feed-back. Sponsored carers formed the bulk of the delegates. Following the

workshop people and organisations contacted KB and AH, but our feeling is that it required a lot of work and organisations should plan similar workshops independently.

- Petra Kerkstra from Nurture Hermanus [her.fm@nurturehealth.net](mailto:her.fm@nurturehealth.net) is interested in helping with dementia care.
- Sue Gordan from United Church is looking at forming support groups.
- A person from Onrus Manor also voiced interest in workshops.

b) Workshop for carers and family looking after people with dementia.

Leigh Haselau a social worker in Cape Town conducted a workshop on special management techniques to help carers looking after people with dementia. This took place on Friday 16<sup>th</sup> August 2024.

### **Legal and medical aid implications**

Vic Hamilton – Attwell in his book *Öm twee maal te sterf*”-addressed these topics but more detailed information is required.

Dr Rayne Stroebel managing director of GERATEC presented the topic of living-wills and having a good death to a U3A meeting. There is clearly a need for more talks in this genre but to specified interested parties.

### **Way Forward**

Exploring facilities with respect to dementia care in Hermanus has left me with a positive attitude. Much has been done and there is no need to re-invent the wheel in this regard. A flier is in the pipeline and together with **ADASA** [www.adasa.org.za](http://www.adasa.org.za) a range of information will be available. The people of Hermanus and the Overstrand have a proactive approach and as such are well on their way to being age/ dementia friendly.

**Dr** Kathie Buley retired medical practitioner. August 2025