

PROJECT  
WE FORGOT

**Rani Rajasekaran**  
24th October 2019

# The Plight and Burden of Young Caregivers



## Our Work

# Content / Social Media Engagement



## COPING WITH DEMENTIA: FIVE STEPS FOR YOUNG CAREGIVERS IN MALAYSIA

| Caregiving Tips, Malaysia

Dealing with the diagnosis of your loved one with dementia? These five steps will help guide your journey...



## WHAT'S THE DIFFERENCE? DEBUNKING DEMENTIA AND ALZHEIMER'S

| Awareness, Malaysia

The misconception out there is that dementia and Alzheimer's are two separate conditions, but in actual fact, Alzheimer's...



## LEARNING TO LIVE WELL WITH DEMENTIA

| Caregiving

There is no cure for Alzheimer's but there are many things that can be done to make life...



## BALANCING CAREGIVING, FAMILY & WORK: SIX WAYS FOR RESPITE IN MALAYSIA

| Caregiving Tips, Malaysia

Do you find yourself torn between priorities: caring for your loved one with dementia, spending quality time with...



## THE REALITY OF CARING FOR SOMEONE WITH DEMENTIA

| Caregiver

Current research and dementia care services are typically problem-focused, and designed to alleviate burden in carers. But by promoting...



## PREVENTING DEMENTIA, ONE STEP AT A TIME

| Awareness, Singapore

With the aim of serving the senior population of Singapore, four students of Nanyang Technological University embarked on...



**Project We Forgot** is at WeWork Equatorial Plaza (Equatorial Plaza).

1 October at 19:16 · Kuala Lumpur · 🌐

Thank you again to everyone who joined us at our World Alzheimer's Month Film Screening: *Ninaivirukkum Varai* in collaboration with *Homage!* We had a wonderful time connecting with the community in #Malaysia at the screening of *Ninaivirukkum Varai* (Till the Last Memory).

The film screening was followed by a post-show dialogue that highlighted the rising prevalence of dementia in Malaysia and its impact on family caregivers. Thank you to our speakers:

- Deidre Low, Founder and... [See more](#)

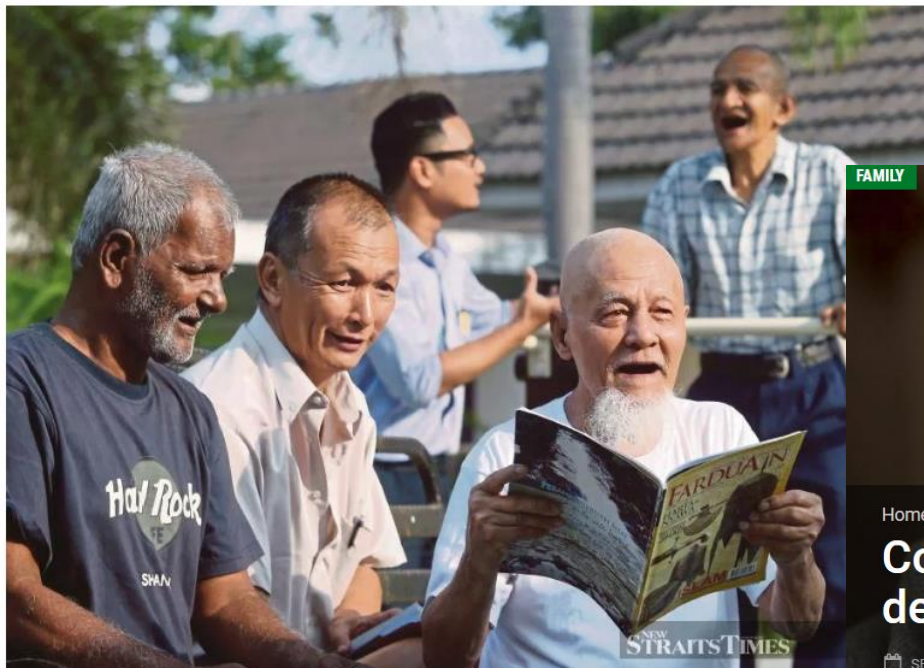


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**Events / on-ground activities**

Home > Opinion > Columnists  
7 minute read

## Enhance support system for caregivers



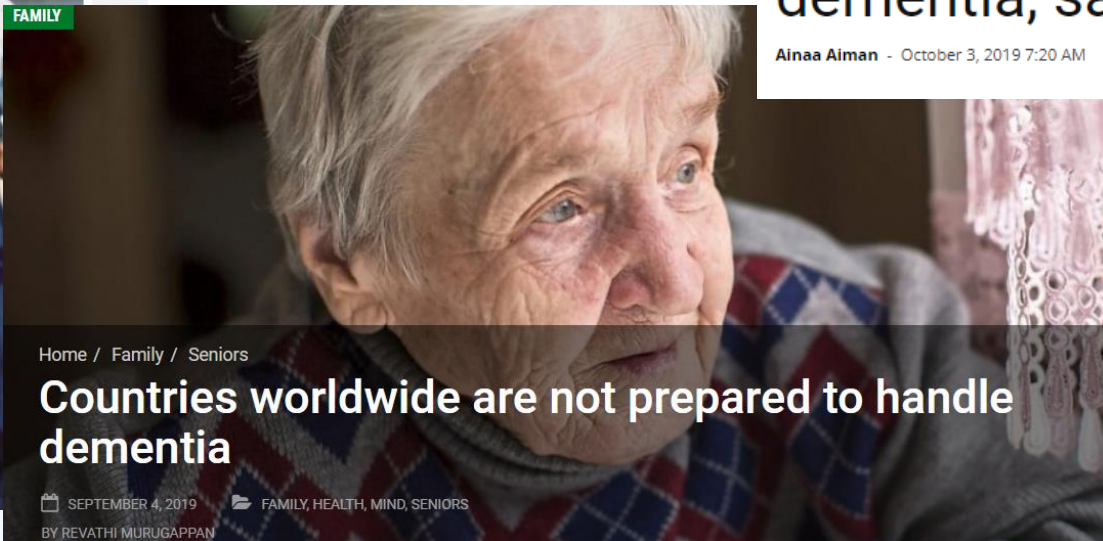
# Community support needed for patients suffering from dementia, says deputy minister

Friday, 09 Aug 2019 10:43 AM MYT  
BY JERRY CHOONG

## Malaysia needs more specialists in dementia, says expert

Ainaa Aiman - October 3, 2019 7:20 AM

FAMILY



Home / Family / Seniors

## Countries worldwide are not prepared to handle dementia

SEPTEMBER 4, 2019 FAMILY, HEALTH, MIND, SENIORS  
BY REVATHI MURUGAPPAN

Articles in the last 6 months

Home > Lifestyle > Pulse  
7 minute read

## I, CAREGIVER: It's not dementia, it's stress!

Home > Lifestyle > Sunday-Vibes  
7 minute read

## I, CAREGIVER: When the caregiver is sick

# Core struggles with caregivers in MY (end of life planning)

- Hospice and Hospitals:
  - Capacity and Affordability
  - Private hospice aren't covered in some regions
- Emotional / Financial / Legal
- Prolonging life: Life Support vs tube feeding
- Are caregivers educated on how to look after PWD at home?
- Preparation for wills & funeral arrangements

**Ultimate Question** : Am I making this decision for myself or for my loved one with Dementia?

## How do we support and journey with families across the care continuum?

Preventative

Awareness

Outreach

Support

Intervention

Adherence

Acceptance

# THANK YOU

Join us in supporting caregivers to loved ones with dementia.





## Rani Rajasekaran

Born a Malaysian, I have been based in New Zealand for the past 11 years working mainly in the Human Resources space, primarily in Talent and Change Management. From a volunteer basis, I have previously collaborated with palliative care organisations on creating awareness of terminal illness to the public and kickstarted a programme with New Zealand prisons in “Life After Prison” for long-serving inmates. Life back in Malaysia has taken some getting used to, it has been a real reverse culture shock for me. End of the day, Malaysia is home and I would not want to be anywhere else.