

Community involvement and my attempts to lead a better life

Brave new world



William Yeates

Manly, NSW, Australia

Younger Onset Alzheimer's Disease

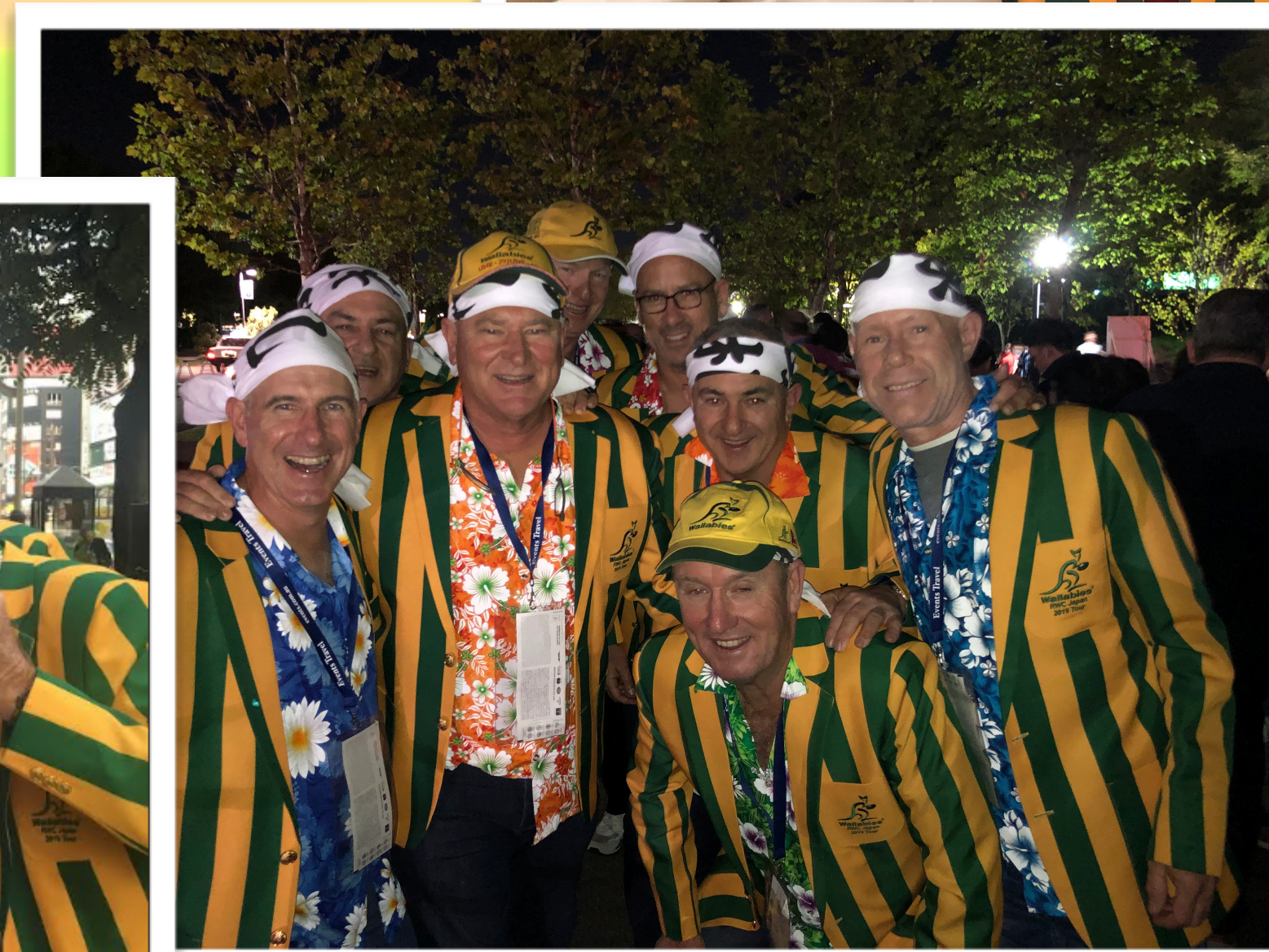
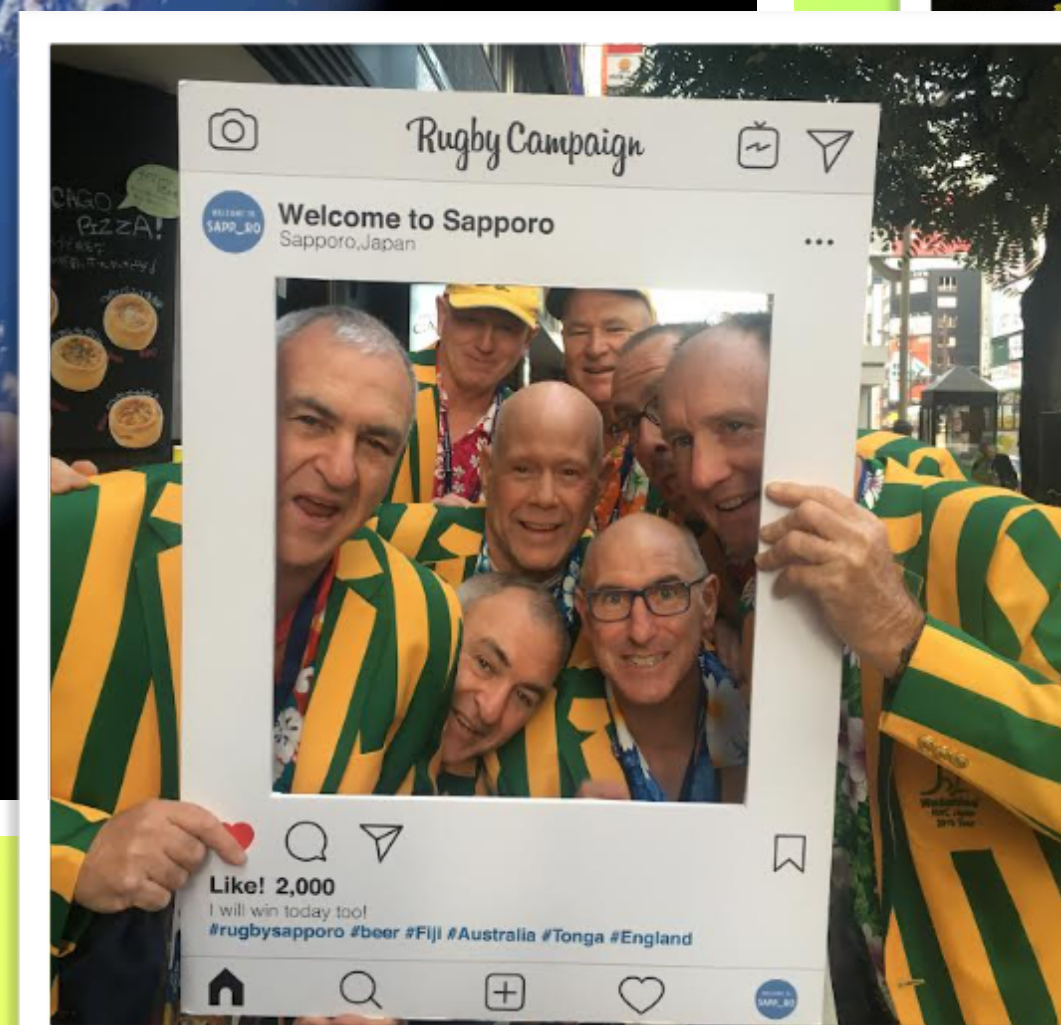
Effects of my diagnosis

In July 2019, at the age of 59, I was diagnosed with Younger Onset Alzheimer's Disease.

- Shell shocked
- Lost confidence in myself
- Disillusioned with life
- Withdrew from involvement in the wider community
- Darkness surrounding me

A Chance Trip to Japan

A brave new world



A Clinical Trial

A brave new world

Inflammatory Hypothesis

Phase 1 Clinical Trial - January 2020

6 months with an extension of 9 months

- Weekly injections
- Quarterly MRI Scans
- Cognitive Tests

Recently started back receiving the drug



My Way Forward

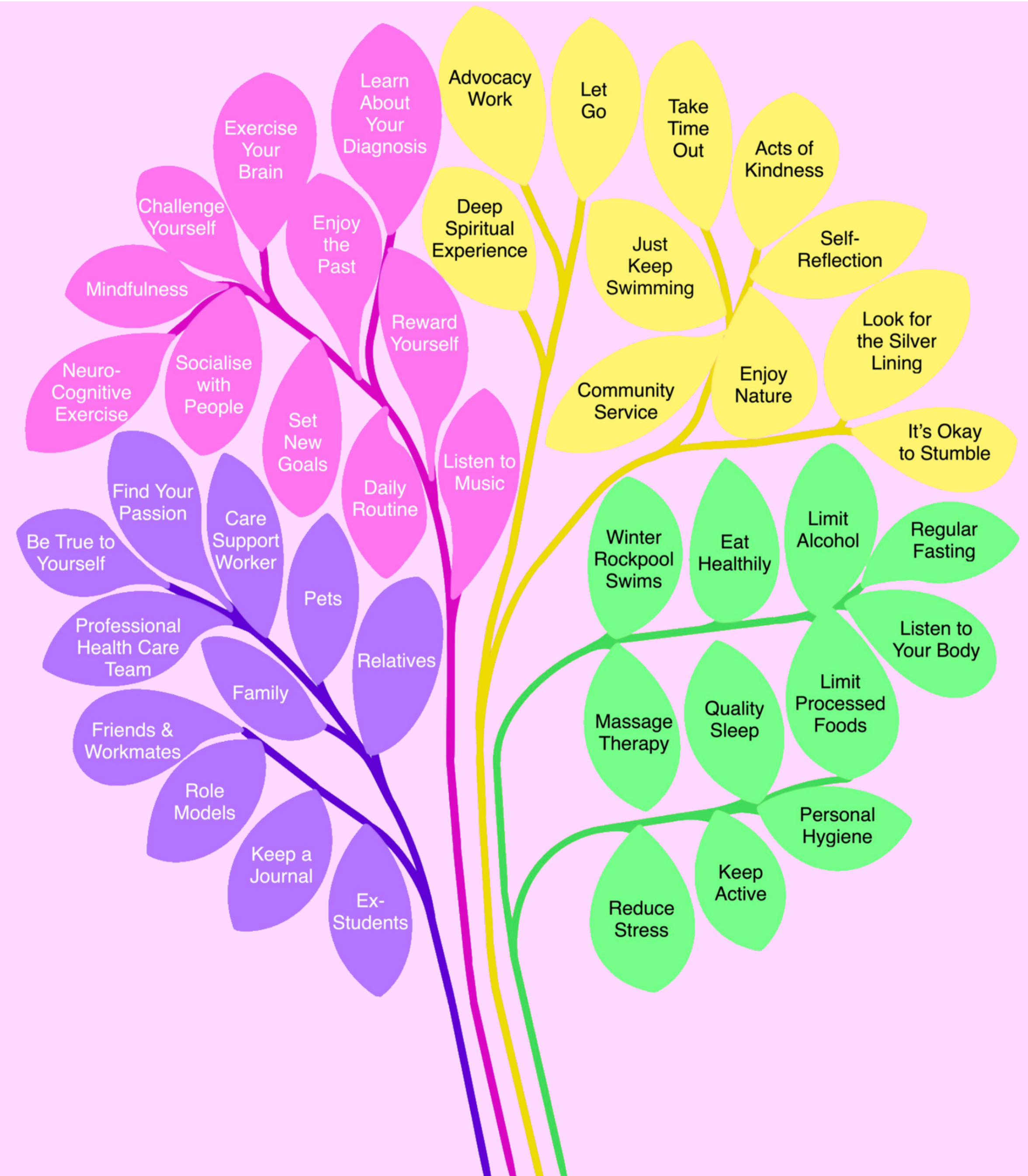
Tree of Awakening your Positivity: an approach to life

Holistic approach to managing my diagnosis on a daily basis.

Based on the core theme of positivity, and using the four aspects of self:

- Body (green)
- Mind (Pink)
- Heart (Purple)
- Soul (Yellow)

My 'Leaves of Positivity' represent the non-pharmaceutical interventions, actions and lifestyle changes that I have made.

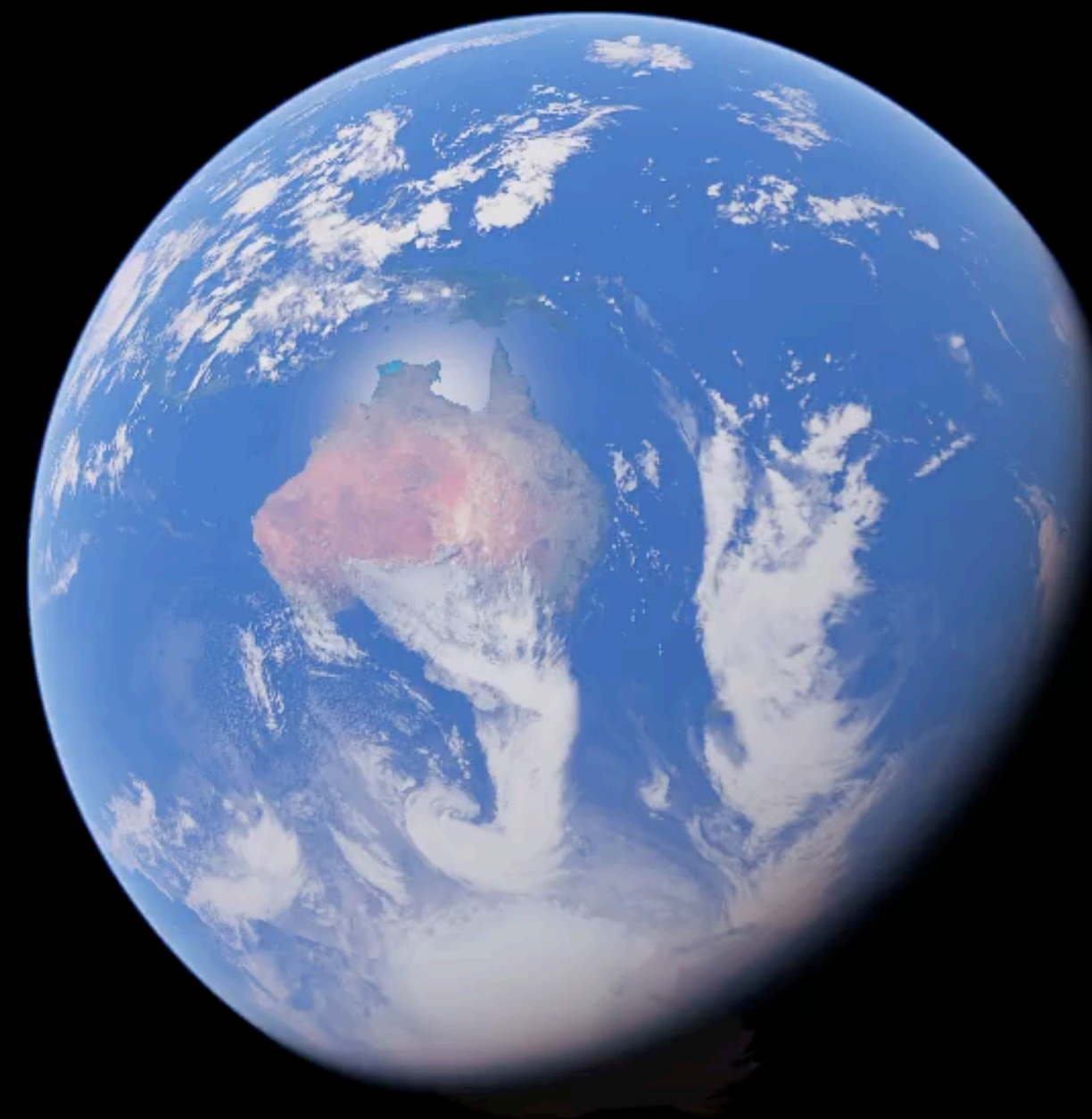




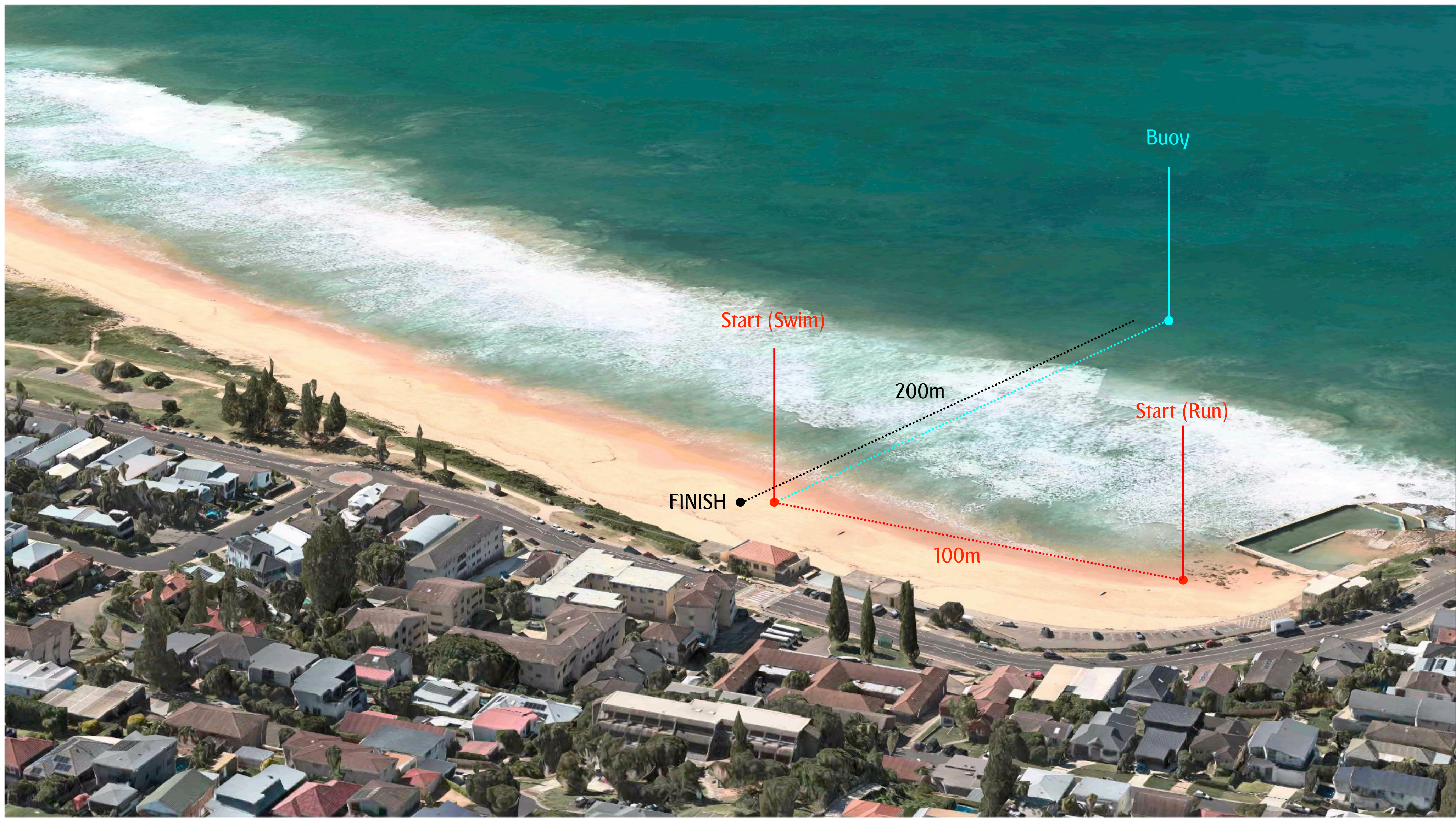
My Journey

**Returning to volunteer surf lifesaving and competing in
Master's Swimming and Surf Lifesaving**

South Curl Curl Beach, NSW, Australia

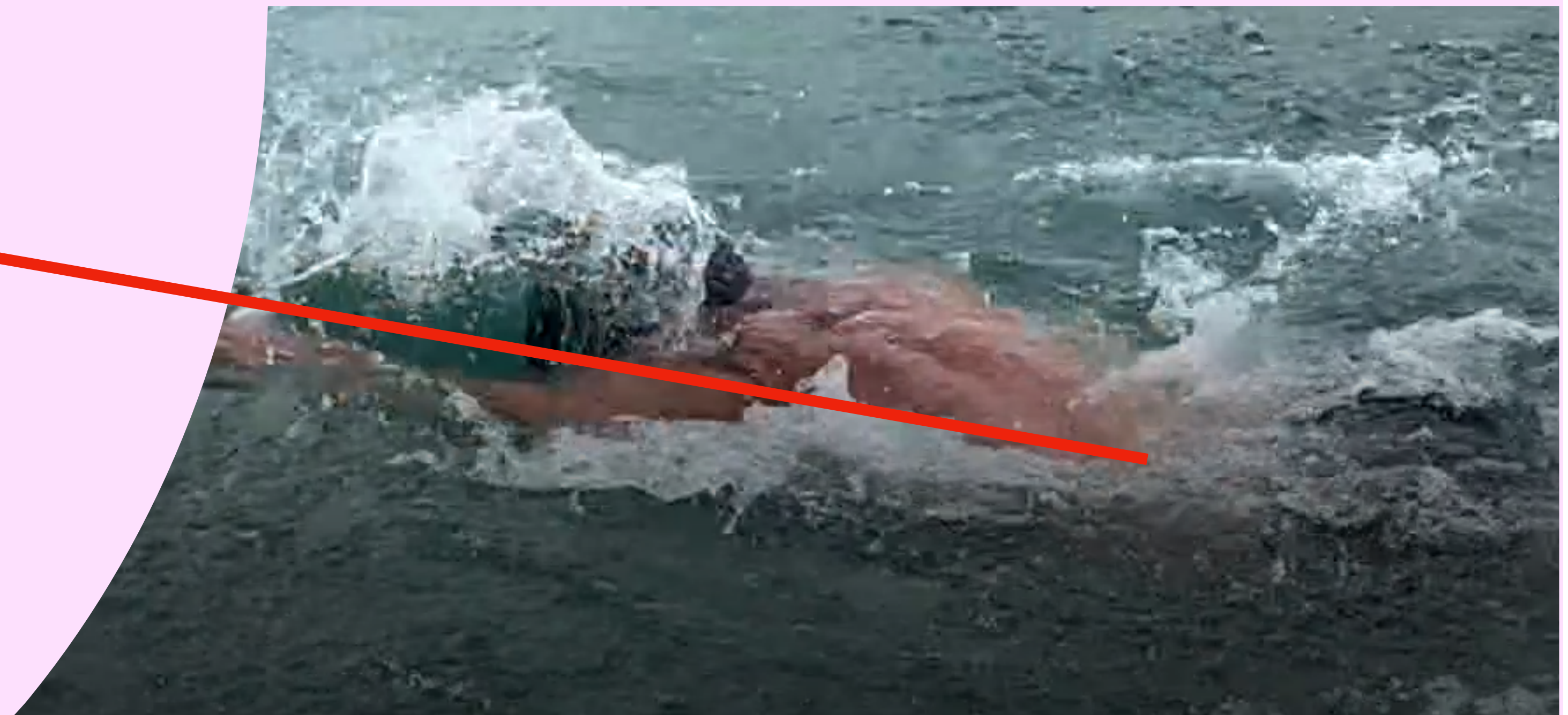
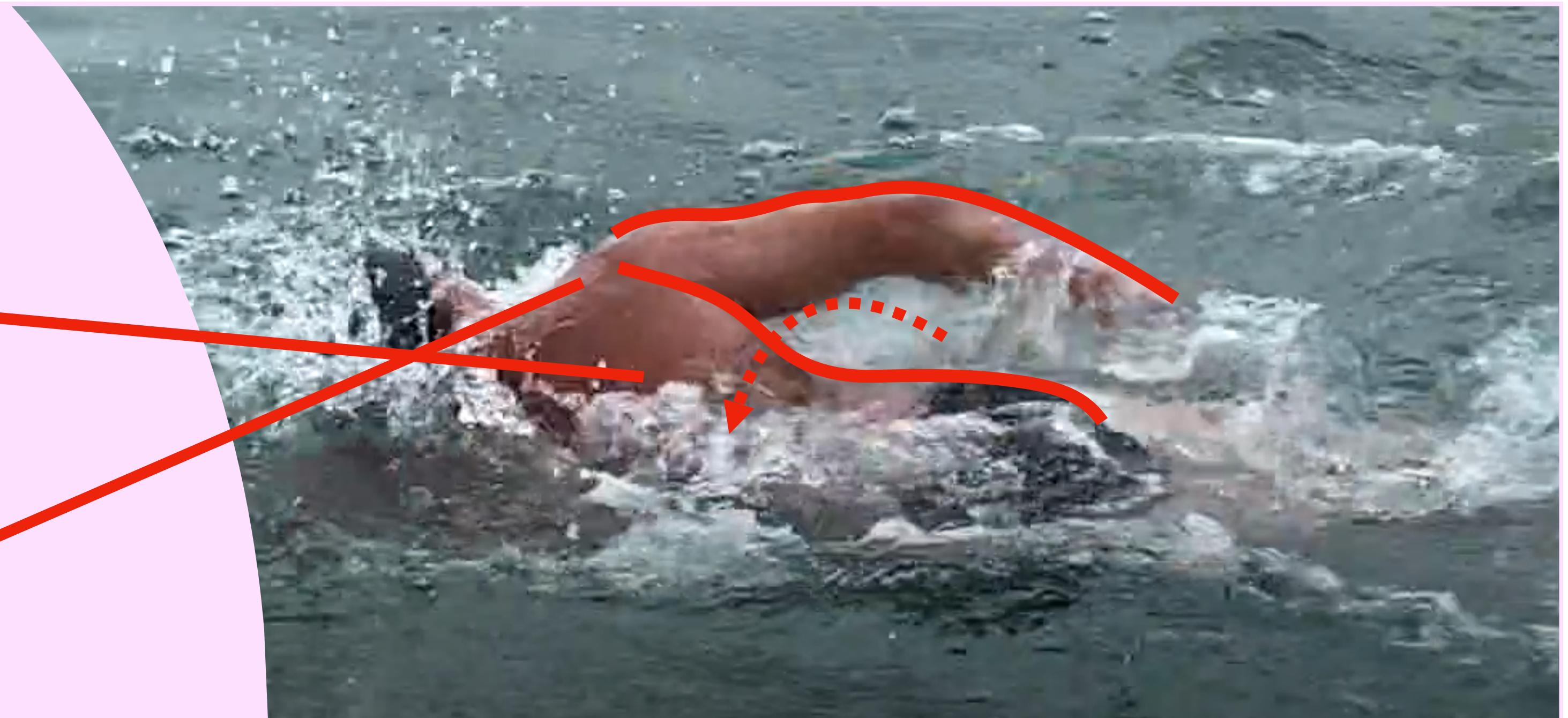


Google Earth
Data SIO, NOAA, U.S. Navy



Freestyle Swimming

- Full body rotation, rendering legs inefficient - lack of propulsion and waste of energy
- Arm trailing through water away from body - waste of energy
- Legs trailing through water - maximum effort for minimal results



My Way Forward

Returning to volunteer surf lifesaving: Neuro-Cognitive Exercises



My Way Forward

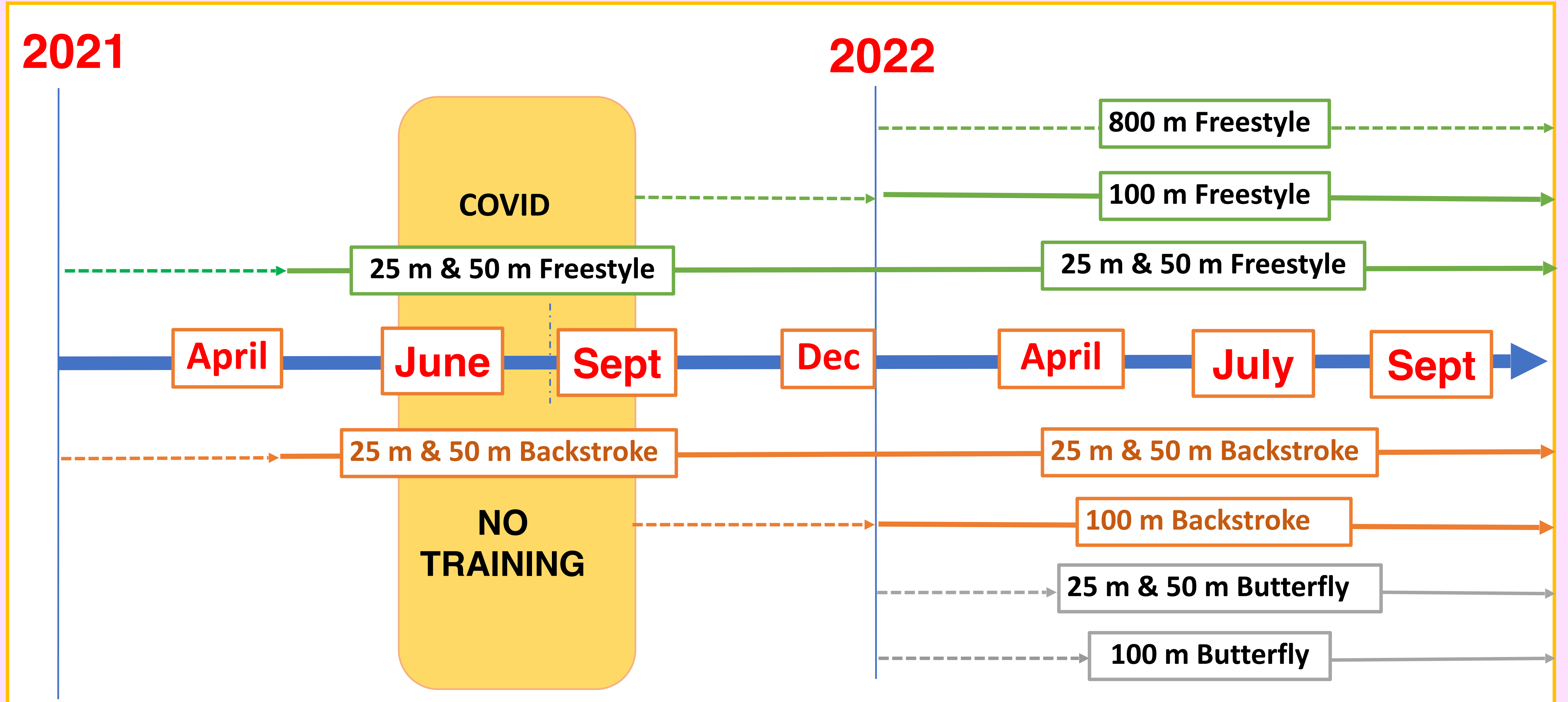
Returning to volunteer surf lifesaving: Neuro-Cognitive Exercises



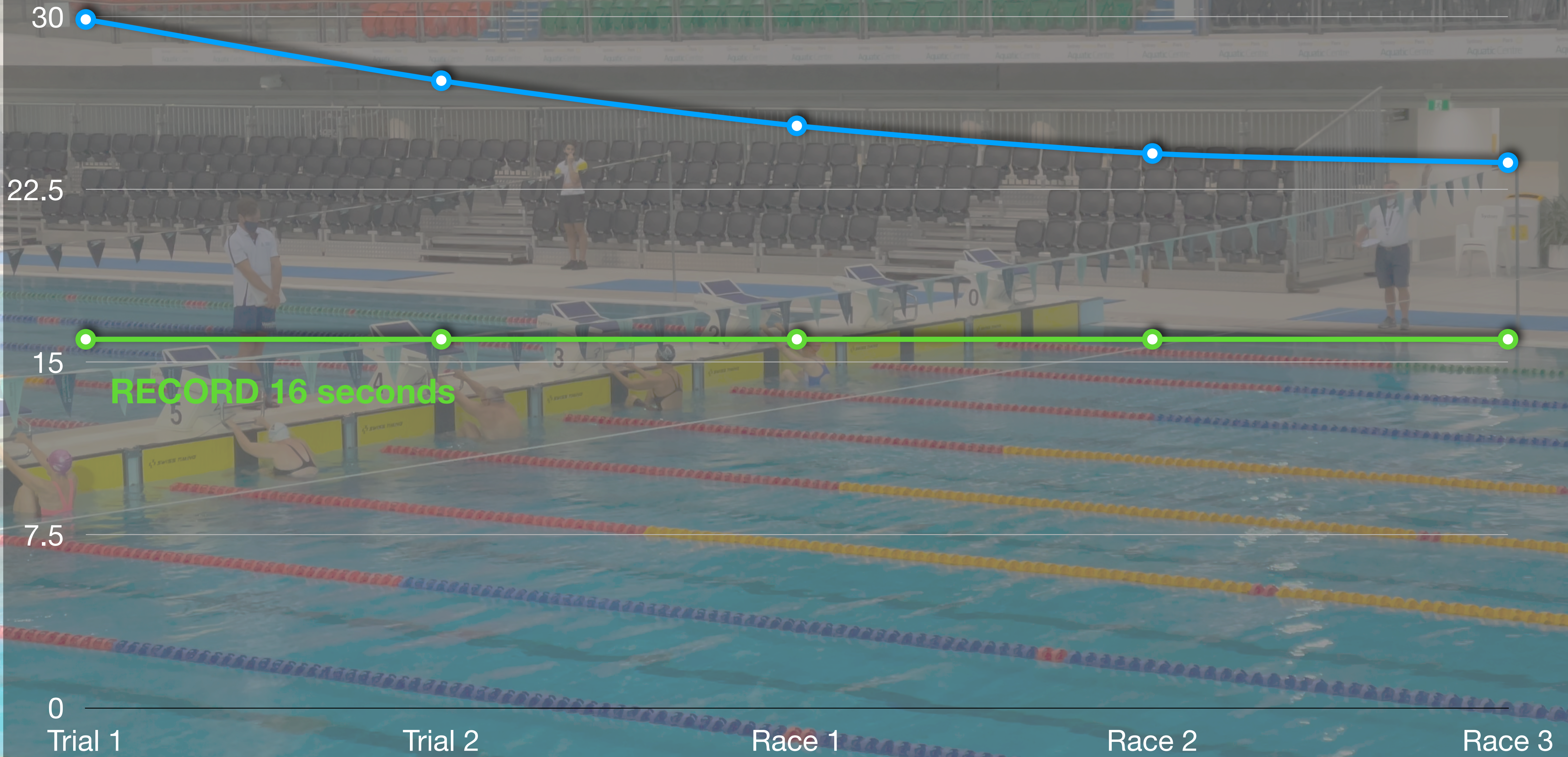
Swimming Repertoire

2021

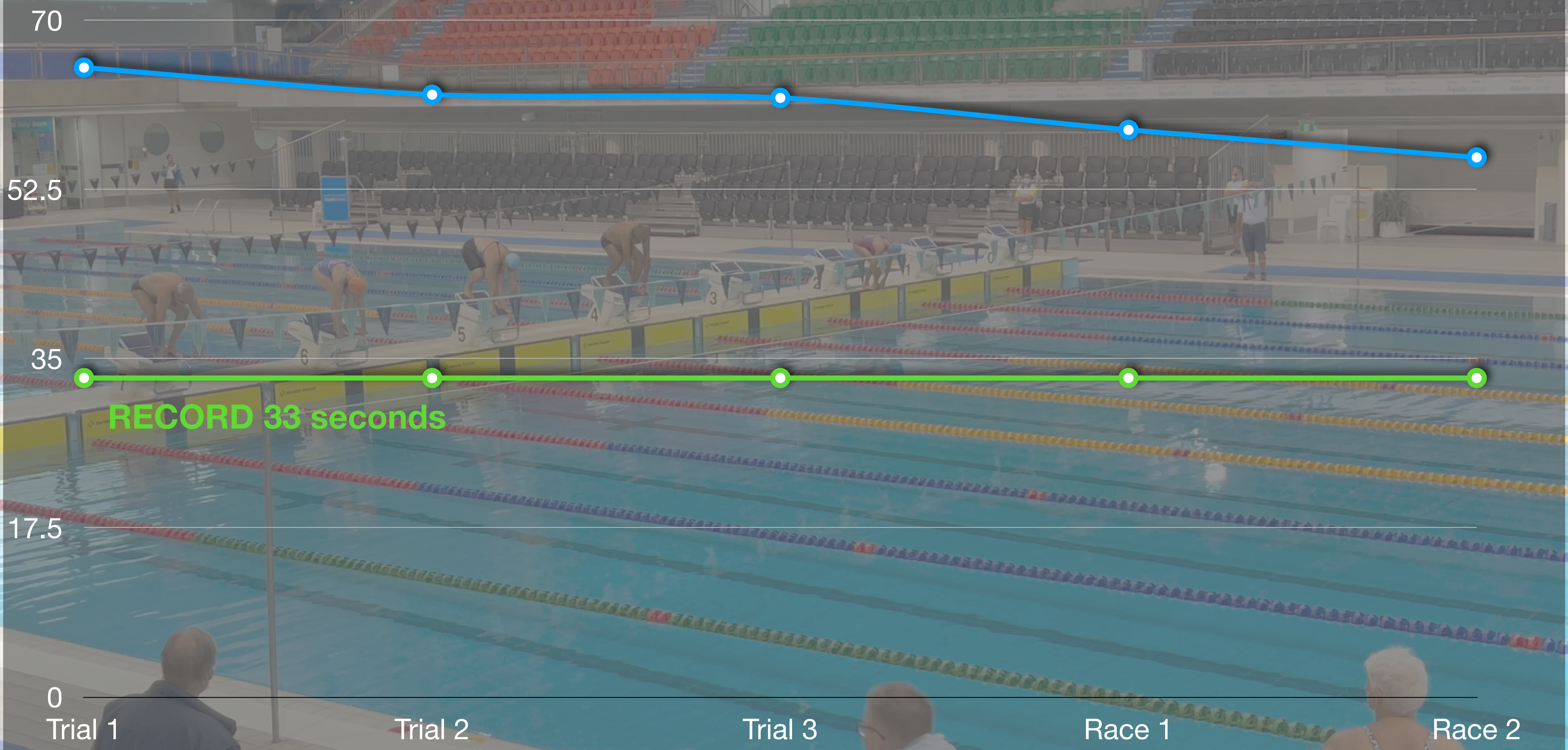
2022



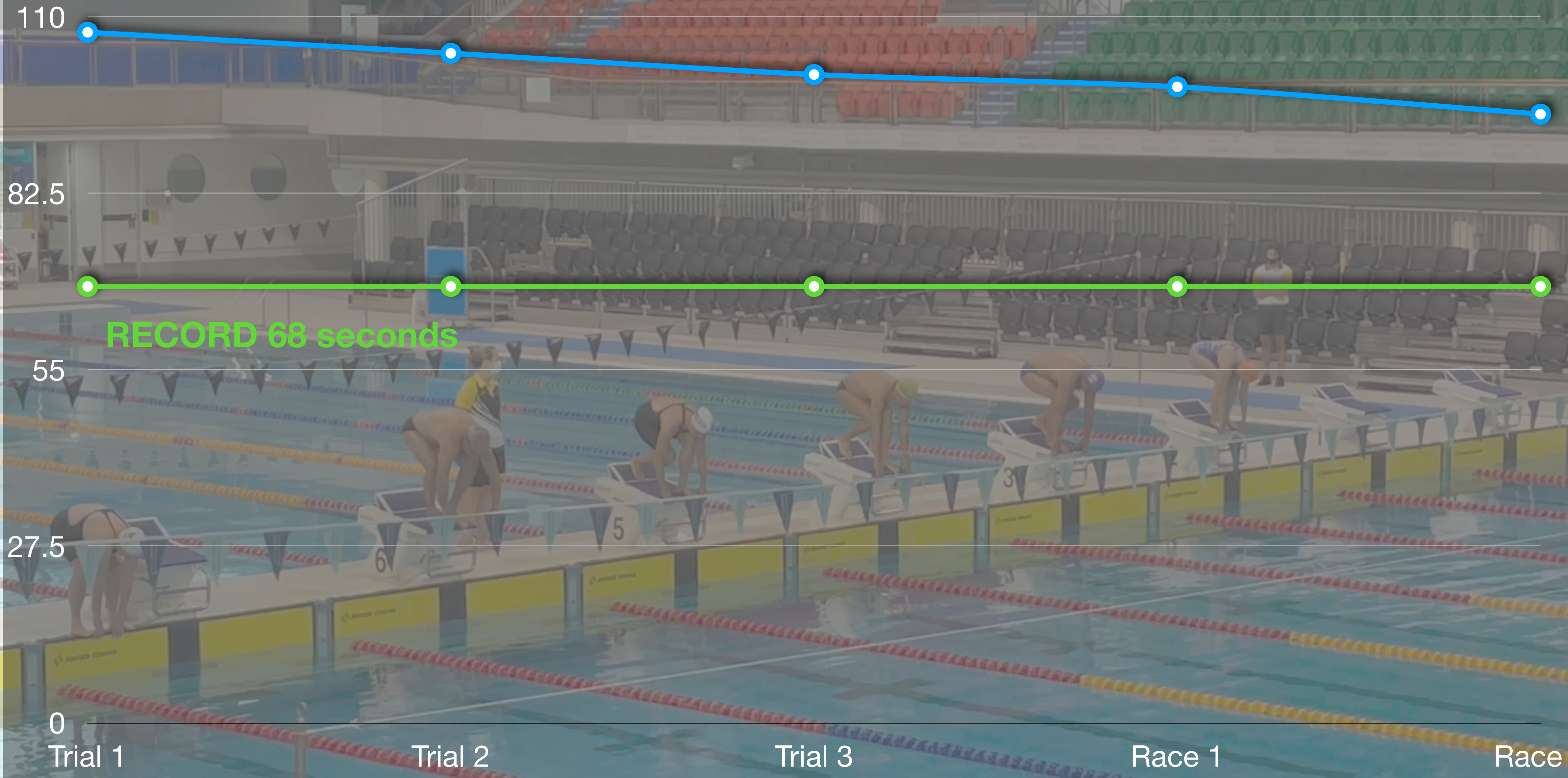
25-metre backstroke



50-metre butterfly



100-metre freestyle



Master's Swimming



2021

- NSW Championships (LC)
- Australian Championships (SC)

2022

- Australian Championships (SC)
- Australian Masters Games (LC)

South Curl Curl SLSLC Patrol H



Inclusion • Motivation • Mateship • Encouragement



Master's Surf Lifesaving

2021
Branch carnival
Last in heat
Australian
Championships
2nd Last in heat



2022
NSW State titles
cancelled
Australian
Championships
9th Semi Final
17th in Australia



Champion Lifesaver

Multi-disciplined event consists of:

- **Theory Test**
- **Practical**
 - Live Patient Assessment
 - Manikin Resuscitation
- **Physical Events**
 - Board race
 - Swim race
 - Torpedo race
 - Sprint race



Pool Rescue Championships

NSW

- 100 m Obstacle Race (1.54 s)

Australian Championships

- 100 m Obstacle Race (1.51 s)
- 100 Manikin Tow with fins (1.39 s)



Overall Perspective



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