DEMENTIA LEARNING GUIDE

COMMUNITY SUPPORT SERVICES

Flexible education solutions to improve dementia practice for community support services

2016

NATIONAL DEMENTIA HELPLINE 1800 100 500
FIGHTDEMENTIA.ORG.AU/VIC

Award-winning professional dementia education
CREATING LEADERS IN DEMENTIA PRACTICE

“I was able to initiate change at work and support others in their efforts to change how we do things.” 2014 Participant

CERT IV IN DEMENTIA PRACTICE
See page 17 for more details

Alzheimer’s Australia Vic
Alzheimer’s Australia Vic is the leading dementia learning service in Victoria. Our highly skilled team have extensive experience in a wide range of areas, facilitating learning experiences which touch, move and inspire participants to transform their practice. Informed by current research and contemporary practice, our comprehensive suite of education form part of an integrated learning pathway incorporating both accredited and non-accredited courses as well as online. The offerings within this Guide reflect over 30 years practice and leadership in the area of dementia education.

Our approach builds highly skilled dementia practitioners across a broad range of professions. We also facilitate organisational transformations through our consultancy work with providers.

Membership benefits
Play an active role in the continued growth and development of Alzheimer’s Australia Vic and support people with dementia, their families and carers by becoming a member today.
Members gain access to resources, volunteering opportunities, discounted learning, and much more. Membership is open to individuals and organisations.
Visit the Support Us page on our website, or call the National Dementia Helpline 1800 100 500 for more information.

Contact us

vic.education@alzheimers.org.au
03 9816 5708
vic.fightdementia.org.au/education

Stay connected

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Quality consumer support in the home

The recent signing of the agreement between the Victorian and Australian Governments to commence the transition of Home and Community Care to the Australian Government by mid-2016 heralds a continued period of change for the community care sector.

It is pleasing to note that Alzheimer’s Australia Vic is being approached increasingly to work with community care organisations, particularly in regional parts of the state. Much of this work involves assisting organisations to engage more effectively with consumers living with dementia and enable them to lead more purposeful lives.

Taking a wellness and re-ablement approach to service delivery which maximises the person’s capabilities will be critical to achieving positive consumer experiences.

As part of a recent initiative, we have successfully trialled a different approach to engaging people living with dementia in Planned Activity Groups. This project was evaluated by La Trobe University, which found there to be higher levels of engagement as a result. The online resource developed from this pilot is available from our website and is a great resource not only for organising Planned Activity Groups, but also for those supporting consumers in their own homes. This adds to the growing range of resources we have specifically developed in collaboration with community support organisations.

Our growing number of online programs also offers a viable alternative for those workers who find it difficult to attend face-to-face workshops.

I would encourage you to consider how we can work with you to bring about the changes you want to see in your service.

Dr David Sykes
General Manager Learning & Development
Alzheimer’s Australia Vic
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Some programs are funded by the Australian Government or jointly funded by the Victorian and Australian Governments through the Home and Community Care program.

DISCLAIMER: The information in this publication was current at the publication date, November 2015. Please check our website fightdementia.org.au/vic for current information.

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ABN 14 671 840 186

Continuing Professional Development

Our learning programs are suitable for the professional development of registered nurses, enrolled nurses and other health professionals.

Informed by current research and contemporary practice, our comprehensive suite of programs form part of an integrated learning pathway, incorporating accredited and non-accredited courses and online learning.

Professional development certificates

We issue Certificates of Attendance with date and duration information to fulfil your Continuing Professional Development requirements. Certificates of Attainment are provided for successfully completing an accredited course.

Our facilitators

Our highly-skilled team of facilitators has experience in health, education and working in the community, and possess direct experience in providing support to people with dementia and their families. All facilitators are qualified in workplace training and assessment (TAE 40110 Certificate IV) or have Diploma or higher level qualifications in adult education. The contemporary industry skills of our facilitators enable them to create positive and engaging learning experiences. They have continual access to experts in dementia practice and research, and undertake ongoing professional development.

Accredited programs

As a Registered Training Organisation RTO code: 2512, we provide nationally accredited courses, including a dementia specific unit. We also deliver the 12 month 10341NAT Certificate IV in Dementia Practice, only available with Alzheimer’s Australia and issued by Alzheimer’s Australia WA RTO Code: 4755.

All courses have an applied focus on skills development and reflective practice, enabling course participants to transform their own practice, and potentially that of their colleagues, enhancing quality of life for people living with dementia. All participants undertaking one of our nationally recognised courses will require a Unique Student Identifier (USI). Details of how to create your USI can be found at www.usi.gov.au. Nationally accredited programs featured in this guide are marked with the Nationally Recognised Training logo.
For your workplace

Achieve your dementia learning objectives by taking advantage of our education programs, conveniently delivered at your workplace. Our extensive range of programs is designed to ensure learning extends well beyond the workshop and results in practice improvement. We can also support your organisation to deliver quality and sustainable dementia practice.

Discuss your own unique learning requirements with us and together we will determine the most appropriate program that best meets the needs of your staff. Our experienced facilitators will build the skills and knowledge of your team, inspiring them to provide best practice dementia support. Contact us today to discuss the opportunities available to your organisation.

Most workshops listed in this guide can be delivered at your workplace. Contact us for details.

Dementia Consultancy Service

Our consultancy service supports organisations to achieve person-centred dementia practice of the highest quality. Equipped with extensive knowledge and expertise, our facilitators work with organisations to create dementia-friendly environments that are physically, socially and culturally inclusive.

We can assist your organisation with:

- leadership development
- risk enablement
- communication techniques and strategies
- restorative and rehabilitative therapies, such as the Montessori approach
- challenges associated with culture change
- environmental design

For more information

- 03 9816 5708
- vic.education@alzheimers.org.au

See page 20 for more details
Package and Save
Save up to $100 a day

Save time, save money and achieve your professional development – all in a single day! These intensive value-packed days are designed to combine two workshops into one, providing you with a much richer learning experience. See page 21 for more details.

For details of cost, venue, dates and times, please refer to the Dementia Learning Calendar or go to vic.fightdementia.org.au/education

For bookings, contact us on 03 9816 5708 or email vic.education@alzheimers.org.au

This pathway will assist you in selecting the most appropriate course for your learning needs and career aspirations.

Level one – FOUNDATION

Foundation level modules provide participants with:
• increased awareness of dementia
• a better understanding of the impact on the person
• increased empathy for what it is like to experience dementia
• the opportunity to reflect on their own role in providing a person-centred approach

Level two – SUPPORT

Support modules build on the participant’s foundational knowledge and introduce:
• more detailed strategies for supporting a person living with dementia and their families
• a reflective approach to further develop their person-centred practice
• planning support for the person with dementia based on their strengths and abilities
Level three – EXPLORATION

Exploration modules:
- focus on insights from the latest research that can inform dementia assessment, treatment and support
- provide an opportunity to share experiences with experts
- further understand the specific forms of dementia
- cover complex issues such as choice, decision-making, competency, capacity and advance care planning
- are suitable for participants with a good foundational understanding of dementia

How to register
Bookings are essential. Places are limited and subject to our terms and conditions within this document. Registrations can be made online, by phone or by using the enrolment form available on our website.

For course and seminar bookings:
- vic.fightdementia.org.au/education
- vic.education@alzheimers.org.au
- 03 9816 5708
- 03 9816 5733

Alzheimer’s Australia Vic, Locked Bag 3001, Hawthorn 3122

Course dates and times
For details of cost, venue, dates and times, please refer to the Dementia Learning Calendar at the back of this guide or go to vic.fightdementia.org.au/education

For bookings, contact us on 03 9816 5708 or email vic.education@alzheimers.org.au

Level four – LEADERSHIP

Leadership modules:
- provide a comprehensive understanding of contemporary dementia practice
- give participants the skills and confidence to challenge current dementia practice
- guide them through the process of practice improvement
- develop ideas for improvement
- support the implementation of change
- open doors to new career paths
Dementia practice improvement series

Alzheimer’s Australia Vic has developed the Dementia Practice Improvement Series – an innovative, online learning resource that can be accessed anywhere, at any time.

At the click of a button, improve your dementia knowledge and care. Our four interactive modules cover a range of topics that encourage participants to reflect on their practice and identify areas for individual and organisational improvement.

Each module takes approximately one hour to complete and provides you with a Dementia Practice Improvement Plan which can be downloaded and printed along with your Continuing Professional Development certificate at the end of each module.

Our four module package includes:
1. What is dementia? (FREE)
2. A problem solving approach to behaviour
3. Communicating in a person-centred way
4. How person-centred is your practice?

For costs or more information about any of our education offerings contact our Online Learning Coordinator on 03 9816 5750 or email dementialearningsupport@alzheimers.org.au

Take a look at all of our dementia learning offerings at dementialearning.org.au

Online content development

Save time and money by outsourcing your e-learning content development to Alzheimer’s Australia Vic

We can help you:

- Create online dementia learning packages
- Develop engaging and interactive content
- Directly tap into our dementia expertise
- Reshape and redesign your current e-learning

Contact our us on 03 9816 5708 or email vic.education@alzheimers.org.au
Online learning modules

What is dementia?

Dementia is a condition health professionals will encounter in a range of care settings. This module is designed to provide you with an introduction to dementia, diagnosis, treatment and support strategies for both the person with dementia and their carer.

A problem-solving approach to behaviours

This one hour online module provides a better understanding into changed behaviours associated with dementia. Practical strategies will be explored to minimise the occurrence and impact of these behaviours using a problem solving approach, with an emphasis on triggers to behaviour.

Communicating in a person-centred way

Good communication skills are essential in providing support to people living with dementia and their carer. Within this module we will explore communication for people living with dementia and the influence of the people within the support relationship to nurture and enhance communication.

How person-centred is your practice?

Person-centred practice is an approach that has evolved over time to become an expectation for service delivery. Although the term person-centred has become common language, do we truly provide person-centred support? This module explores the elements of person-centred practice through a relationship framework. We will encourage you to reflect on your current practice and provide strategies to improve and enhance practice.

‘It’s just great that this sort of information is available for the better understanding of dementia and available online.’ – Participant
Virtual Dementia Experience™

Award-winning technology only available at Alzheimer’s Australia Vic - Parkville

Click on preferred date below for more information and bookings

Parkville
28 January
9 February
3 March
21 March
22 April
3 May
8 June

Winner of the Microsoft Imagine Cup World Citizenship Award and several other innovation awards, the Virtual Dementia Experience™ is the world’s first application of serious computer game technology in dementia education.

Independent evaluation by Swinburne University confirms the effectiveness of the the Virtual Dementia Experience™ in building participants’ knowledge and empathy.

On completion of this session you will:
- have an improved understanding of what it may be like to live with dementia
- have developed more empathy with people living with dementia and their carers
- have gained an understanding of the impact of the environment on people with dementia
- be prompted to consider enhancements to the environment and support for people living with dementia

‘I loved the interactive parts of this session and how they used technology to “put” us in an environment that simulates a person with dementia’s environment and perception’ – Participant

For details of cost, venue, dates and times, please refer to the Dementia Learning Calendar or go to vic.fightdementia.org.au/education

Contact us if you are interested in running any of these sessions at your workplace
Doorway to dementia

As our most popular workshop, this session provides you with knowledge of dementia and its implication for practice. Learn about specific approaches and strategies to support a person living with dementia and their families.

On completion of this session you will have knowledge of:

- the nature of dementia, including prevalence, risks, types of dementia, how the brain works and signs of dementia
- a person-centred approach to dementia support; including communication, choice and decision making
- the triggers contributing to behaviour changes associated with dementia
- types of resources and services available.

‘Was fantastic to attend a presentation of such high calibre.’
– Andrea Page, Kew Gardens Aged Care

CHCAC319A
Dementia Care Essentials
Provide support for people living with dementia

Dementia Care Essentials is a Commonwealth funded initiative offering no-fee education to eligible aged and community care workers who provide support to people with dementia.

In this competency-based, accredited course, you will learn how to incorporate therapeutic communication techniques; apply a person-centred approach; and develop useful strategies to respond to behaviours that require intervention.

By successfully completing this nationally recognised unit, you will gain a comprehensive knowledge of dementia and receive a formal Statement of Attainment.

The six modules covered in this course are:

Module 1 – Nature of dementia
Module 2 – Behavioural and psychological symptoms of dementia (BPSD) / Impact of dementia
Module 3 – Impact of dementia / Person-centred care
Module 4 – Communication
Module 5 – Purposeful and meaningful engagement
Module 6 – Application to care practices

NB: Summarised sessions by request

For details of cost, venue, dates and times, please refer to the Dementia Learning Calendar or go to vic.fightdementia.org.au/education

Contact us if you are interested in running any of these sessions at your workplace
Behaviours associated with dementia can be distressing and impact the wellness of the person with dementia and their carers.

This workshop is designed to provide you with an understanding of behaviours through a problem solving approach and develop effective strategies to help prevent or minimise the impact of behaviour.

In this session you will explore:
- the definition of behaviours
- the impact of behaviours on people within the support relationship
- applying a systematic approach to problem solving behaviours using the CAUSEd model
- identifying and reporting risks associated with behaviours
- developing strategies for everyone in the support relationship

Consolidate your foundation level knowledge of person-centred communication and learn more advanced strategies to support a person living with dementia and their carers.

By completing this session you will:
- understand how dementia can impact on communication
- understand the impact various relationships have in supporting communication for the person living with dementia
- develop strategies to support a person-centred approach to communication for the person living with dementia

For details of cost, venue, dates and times, please refer to the Dementia Learning Calendar or go to vic.fightdementia.org.au/education

Contact us if you are interested in running any of these sessions at your workplace.
Person-centred practice – applied principles

3 hours

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In this program you will explore the key elements that underpin person-centred dementia support through the *Valuing People Framework* developed by Alzheimer’s Australia.

This framework will guide you in examining the importance of relationships between individuals and the network of people involved in their support in order to achieve person-centred practice.

Refer to page 20 for details of the *Valuing People Framework*.

**On completion of this session you will:**

- further understand person-centred practice
- use the *Valuing People Framework* to reflect on your own practice
- identify opportunities to improve person-centred practice

Meaningful engagement

3 hours

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Understand the capacities and abilities of people with moderate to advanced stages of dementia. Learn how to best engage the person through activities which are meaningful, purposeful and pleasurable using a strength-based approach.

**On completion of this session you will understand:**

- the individual needs of people living with dementia; how meaningful engagement can impact on negative outcomes
- how to plan suitably engaging activities
**Art appreciation for people living with dementia**

Delivered at the National Gallery of Victoria.

Surrounded by some of the finest pieces in the National Gallery of Victoria’s collection, learn to deliver a successful art appreciation program. You will be guided on how to create an enjoyable, enriching and safe experience for people living with dementia.

**On completion of this session you will:**

- understand the key role that engagement plays in reducing agitation in people living with dementia
- learn how to enable engagement through art
- experience a session with tour guides formally trained by Alzheimer’s Australia Vic
- learn the art of open ended questions
- learn how to alleviate anxiety for people living with dementia before the visit and when at the gallery

This workshop is designed to support the use of imagination, creativity and identity in people living with dementia. Improvisational storytelling is a method that makes it possible for everyone to contribute without the possibility of failure, encouraging the use of one’s imagination. It is a way for people to grow and connect with their carers by having the role of storyteller.

**On completion of this session, you will become familiar with:**

- the ‘TimeSlips’ methodology of improvisational storytelling
- how to effectively engage with the person living with dementia
- delivering a safe and enjoyable program
- the active service model and person-centred support

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**Improvisational storytelling**

3 hours

**National Gallery of Victoria, Melbourne**

20 April

**Hawthorn** 16 March

**Parkville** 22 June

*This session is delivered by Juanita Bekinschtein*

*This workshop is delivered by Juanita Bekinschtein a certified ‘TimeSlips’ facilitator*

For details of cost, venue, dates and times, please refer to the Dementia Learning Calendar or go to vic.fightdementia.org.au/education

Contact us if you are interested in running any of these sessions at your workplace
Cognitive screening and assessment
3 hours
Hawthorn 15 June

The diagnosis of dementia is a complex process requiring specialist assessment because some conditions present with similar symptoms to dementia, such as delirium and depression. This workshop provides you with knowledge and skills in basic screening and assessment to identify potential causes of cognitive change and where you can refer a person for further diagnostic support.

On completion of this session you will be able to:
• Identify symptoms associated with cognitive change
• understand the need and process for cognitive screening and assessment
• be familiar with tools used in screening and assessment
• discover the overlap of symptoms between delirium, dementia and depression
• know when to refer to others for further investigation and support
• reflect on current workplace screening and assessment practices

New workshops coming in 2016

• Delirium 3 hours
• Reducing falls through engagement 3 hours

Please check our website for further details

Intimacy, sexuality and dementia
3 hours
Parkville 29 April

This workshop broadly covers the topic of intimacy as we age, with dementia being a key area of focus. It draws out meaningful and inspirational conversations around some of the stigmas and attitudes that often prevail around this topic. Challenge your own views and understanding and come away with strategies to transform your current practice.

On completion of this session, you will be able to:
• recognise the preconceived ideas and myths around intimacy and sexuality for older people
• discuss sexual diversity
• understand the impact of dementia on intimacy and sexuality
• identify benefits versus risks of sexual expression in dementia
• develop strategies using the CAUSEd model
• discuss capacity to consent

For details of cost, venue, dates and times, please refer to the Dementia Learning Calendar or go to vic.fightdementia.org.au/education
Contact us if you are interested in running any of these sessions at your workplace
For details of cost, venue, dates and times, please refer to the Dementia Learning Calendar or go to vic.fightdementia.org.au/education

Contact us if you are interested in running any of these sessions at your workplace.
Become a leader in dementia practice with Alzheimer’s Australia Vic’s Certificate IV in Dementia Practice.

This comprehensive applied course provides participants with a comprehensive contemporary understanding of good practice in dementia care as well as a range of strategies for transferring this knowledge into practice. This enables participants to be effective agents of cultural change within their respective organisation leading to improved care outcomes and quality of life for people living with dementia.

The course provides a supportive learning environment with a suite of interactive workshops covering a wide range of dementia-related topics, delivered by highly-qualified facilitators from diverse backgrounds. The course provides the opportunity to hear valuable insights from a host of expert guest speakers. Included as part of this is the opportunity to undertake the internationally award-winning Virtual Dementia Experience™.

The course attracts professionals from a diverse range of backgrounds and sectors, with many former graduates of the program now being in important leadership roles promoting improved dementia practice in a wide range of settings. Graduates of the course greatly value the support and networks they build with the other course participants and we often receive feedback on how applied and practical the course is for participants.

This unique course is ONLY available through Alzheimer’s Australia in Victoria and places are limited to maximise the learnings experiences for participants. This qualification will be issued by Alzheimer’s Australia WA RTO Code: 4755.

The key learning outcomes for the course which focus on achieving quality dementia care include:

- actively creating practice change in the workplace using a relationship centred approach
- enhancing leadership qualities that promote team effectiveness
- developing strategies to encourage purposeful engagement
- integration of current knowledge and applied skills

'I highly recommend the Certificate IV in Dementia Practice as it gave me wonderful practical skills and the confidence to empower others to make a real difference in caring for residents with dementia.’

– Leanne Mackey, Registered Nurse

For details of cost, venue, dates and times, please refer to the Dementia Learning Calendar or go to vic.fightdementia.org.au/education

Contact us if you are interested in running any of these sessions at your workplace.
Explain the Montessori journey

Alzheimer’s Australia Vic recommends EXPLORING the concept of Montessori as a service model in the first instance to ascertain whether your organisation could benefit from applying a Montessori approach.

Following this workshop, if stakeholders would like to CREATE a Montessori framework within your organisation, then the 2-day Shaping a Montessori Community program is suggested. This workshop will introduce a project plan to begin the Montessori journey.

To APPLY these changes into the day-to-day operations of your organisation it is suggested:

- Planned Activity Group staff to attend Introducing Montessori to Planned Activity Groups session
- Diversional therapy and lifestyle staff to attend Activities based on the Montessori method
- All other staff to attend Montessori in everyday practice session
- Staff are also encouraged to undertake the nationally recognised qualification REHTHE001A - Develop and deliver Montessori based activities as part of a cognitive rehabilitative therapy model

For further support to implement a Montessori approach in your organisation contact our Dementia Consultancy Service. Details on page 20.

EXPLORE

Exploring Montessori as a service model

3 hours (level 3) | Parkville 26 April

Suitable for organisational leadership groups seeking a directional change in service delivery.

This workshop is an introduction to Montessori through the work of Dr Cameron Camp.

It provides an overview of Montessori as a model for service delivery and explores how this might look in your organisation.

The workshop briefly introduces the Montessori Community framework and uses self-assessment tools to explore your organisational readiness for a Montessori approach.

CREATE

Shaping a Montessori community

2 x 6 hours (level 4) | Parkville 20 & 27 June

Suitable for all staff that can influence practice change within the organisation.

This 2-day workshop is designed to equip you with the knowledge and tools required to commence the implementation of a Montessori approach into your workplace or organisation.

The first day provides a framework for the implementation of a Montessori service model, including the 12 Montessori principles, where a project template is completed to introduce practice change.

The second day illustrates how to incorporate the Montessori principles into daily living for the individual with dementia by demonstrating practical application of the principles.
These workshops apply the Montessori philosophy and principles across various disciplines, to ensure all staff within the organisation have a Montessori focus.

**Montessori in everyday practice**

3 hours (level 2)  |  Hawthorn 26 May

**Suitable for all support staff, including ancillary, hospitality and maintenance.**

This session simplifies the Montessori philosophy and demonstrates how the 12 principles can be applied to everyday living. You will explore the principles and how they can be used to create an environment that supports independence, and promotes engagement and a sense of purpose for people living with dementia.

**Introducing Montessori to Planned Activity Groups**

6 hours (level 3)  |  [Click here for venues & dates](#)

**Suitable for staff facilitating Planned Activity Groups.**

This workshop introduces you to the key Montessori principles and how to create a supportive environment through their application into practice. You will develop engagement plans that complement consumer directed care and work within the active service model parameters.

**Activities based on the Montessori method**

6 hours (level 3)  |  Parkville 24 February | Bendigo 18 May

**Suitable for all staff involved in lifestyle and planned activities.**

This workshop provides an introduction to the Montessori-specific method of engagement demonstrating the creation and presentation of meaningful activities. The session applies the Montessori principles of engagement by modifying individual activities to match the needs and abilities of the person living with dementia.

**REHTHE001A Develop and deliver Montessori based activities as part of a cognitive rehabilitative therapy model**

2 x 6 hours (level 3)  |  Parkville 27 & 28 April

**Suitable for staff wishing to explore a more formal approach to Montessori.**

On completion, this unit will equip participants with the required knowledge and skills to provide rehabilitative therapies for people living with dementia.

This nationally recognised training provides participants with the opportunity to gain a statement of attainment for the successful completion of this unit of competence.

For details of cost, venue, dates and times, please refer to the Dementia Learning Calendar or go to [vic.fightdementia.org.au/education](http://vic.fightdementia.org.au/education)

Contact us if you are interested in running any of these sessions at your workplace.
Our consultancy involves working with your committed management and leadership teams to enable culture change and continuous improvements that reflect the importance of delivering a person-centred model of care. We will assist you in creating a community of care for your residents, carers, families and staff.

Our underlying approach encompasses our Valuing People Framework (valuingpeople.org.au). This, together with your own organisational care model, represents the fundamental elements that guide our approach to working with you.

Valuing People Framework
- Valuing people
- Autonomy
- Life experience
- Understanding relationships
- Environment

‘I can’t believe what’s happened…We used to present residents’ breakfast to them on a tray…Now residents are involved in setting tables and choosing what they want to eat. Some have taken on the role of ‘waiter’.’
– Linda Ellis, Catering Manager, TLC Marina (QPS benchmarking)

Package and Save

Save up to $100 a day and earn your CPD points*

Save time, save money and achieve your professional development – all in a single day! These intensive value-packed days are designed to combine two workshops into one providing you with a much richer learning experience.

Parkville campus

Come and experience the state of the art technology at our Parkville campus featuring the Virtual Dementia Experience™.

- Virtual Dementia Experience™ + Intellectual disability and dementia  11 May
- Virtual Dementia Experience™ + Applying person-centred communication  28 June

Hawthorn campus

Take advantage of our convenient Hawthorn location, easily accessible by public transport.

- Cognitive screening and assessment + Delirium  31 March
- Doorway to dementia + Applying a problem solving approach to behaviours  16 June

Regional Hubs

Alzheimer’s Australia Vic is bringing one-day workshops to regional Victoria. Take advantage of the opportunity of a full day of combined learning.

- Doorway to dementia + Applying a problem solving approach to behaviours
  Geelong 24 February | Drouin 1 March | Bendigo 16 March
- Doorway to dementia + Applying person-centred communication
  Geelong 13 April | Drouin 13 April | Bendigo 19 April
- Doorway to dementia + Person-centred practice - applied principles
  Bendigo 19 May | Drouin 24 May | Geelong 25 May

For details of cost, venue, dates and times, please refer to the Dementia Learning Calendar or go to vic.fightdementia.org.au/education

For bookings, contact us on 03 9816 5708 or email vic.education@alzheimers.org.au

* CPD - Continuing Professional Development - where applicable
Alzheimer’s Australia Vic offers a range of resources which may assist in understanding the many aspects of dementia. Our extensive research and practical experience has resulted in the development of help sheets, books, videos, DVDs, online resources, including the following:

For orders and enquiries, please contact 03 9816 5709 or email vic.resources@alzheimers.org.au

**Relate, Motivate, Appreciate**

A practical resource promoting positive interaction with people with dementia the Montessori way. NB: This resource may incur a fee and be subject to postage and handling.

qualitydementiacare.org.au/project/relate-motivate-appreciate

**Dementia and Chronic Conditions Series Toolkits**

A series of three toolkits designed to improve support for people living with cognitive impairment or dementia, and HIV and HIV-associated neurocognitive disorders (HAND), diabetes, stroke or coronary heart disease. The development of these toolkits is jointly funded by the Commonwealth and Victorian Governments under the HACC program.

fightdementia.org.au/dcc

**Purposeful Activities for Dementia**

This online video resource demonstrates practical ways to support the engagement of people with dementia in social groups and at home and has been developed for staff and families.

vic.fightdementia.org.au/purposeful-activities

**Driving and dementia**

A range of booklet and online resources that provide information for people with dementia, carers, family members and friends of a person with dementia of the key issues surrounding driving and dementia, including what other mobility options exist for people who can no longer drive.

Understanding Memory Changes: Normal ageing or dementia? (31 mins)
An interview in which clinical psychologist Anne Unkenstein explains how memory works, early changes with dementia, strategies for dealing with memory loss and challenges for family.

Effective Communication with People with Dementia (21 mins)

Understanding Dementia (19 mins)
Provides an introduction into the causes and symptoms of dementia, the different stages of the condition and strategies to best manage changes that occur.

Losing Peg: Reflections on Alzheimer’s Disease (123 mins)
Provides insight into family reactions to dementia.

Remember Me: Carers’ reflections on dementia (58 mins)

Living with Memory Loss: An exploration into the world of early stage dementia (25 mins)

Alzheimer’s Australia Vic Library
A collection of resources about dementia

The library is open to all visitors and Alzheimer’s Australia Vic members are welcome to borrow from the collection. The library is located at:

100 Riversdale Road
Hawthorn, 3122

OPEN Monday-Friday, 9-5

03 9815 7800

vic.library@alzheimers.org.au

Our national library catalogue can be viewed online at dementialibrary.org.au

Dementia Resources Blog – to receive regular updates on different topics about dementia, sign up at dementiaresources.org.au

For orders and enquiries, please contact 03 9816 5709 or email vic.resources@alzheimers.org.au

NB: These DVDs may incur a fee and be subject to postage and handling.
Sessions for families

Caring for someone living with dementia can be challenging. To assist families on this journey, we offer information and support sessions across a wide range of topics. Sessions may run for up to two hours, or last a number of weeks, and are run in many locations around Victoria. Sessions are regularly scheduled at Hawthorn, Parkville, Geelong and Sunshine.

**Topics include:**
- Introduction to dementia and services
- Effective communication
- Coping with changes in behaviour
- The caring role: a compassionate approach
- Considering residential care
- Coping with carer stress
- Mild cognitive impairment
- How dementia friendly is your home?
- Grief, Loss and Dementia
- Dementia and Intimacy
- *Remember when…* a reminiscence therapy group program

Some sessions are also available in Greek, Italian, Cantonese and Mandarin.

If you would like any of these programs delivered at your service or carers group, please contact Lisa Reed:

- **03 9815 7822 or 03 9815 7800**
- [aav-familycarereducation@alzheimers.org.au](mailto:aav-familycarereducation@alzheimers.org.au)

All sessions are free – tea and coffee is provided.

These programs are supported by funding from the Commonwealth and Victorian Governments under the HACC program.
Alzheimer’s Australia Vic
104 Riversdale Rd, Hawthorn
Melways reference: 45 D12
Use of public transport is recommended.

**TRAM:** No 70 or 75 along Riversdale Rd (dismark at corner of Glenferrie Rd) or any tram along Glenferrie Rd (dismark at corner of Riversdale Rd).

**TRAIN:** To Glenferrie Station (via Belgrave/Lilydale Line), then either take any tram along Glenferrie Rd, disembarking at corner of Riversdale Rd, or walk south for 10 minutes along Glenferrie Rd towards Riversdale Rd.

**CAR:** Limited on-street parking available. Please allow extra time if you are bringing your own car.
- a) Riversdale Rd southern side: all day parking from 9am.
- b) Riversdale Rd northern side: 2 hour parking from 9am until 4.30pm.
- c) Glen St eastern side: all day.
- d) Glen St western side: 2 hour limit.

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Alzheimer’s Australia Vic
155 Oak St, Parkville
Melways reference: 29 C11

**TRAM:** No 55 Royal Park to Poplar Rd, then 13 minute walk west along Poplar Rd.

**TRAIN:** To Royal Park Railway Station (Upfield Line), then 13 minute walk west along Poplar Rd.

**CAR:** Limited on-street parking. Car park access off Oak St. (after 9.00am)

**RECEPTION:** Opens at 9.00am. Parkville entrance is via front entrance in Oak St only.

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**Regional offices**

We offer a range of dementia support services and group programs in regional locations.
These are offered free-of-charge to families, friends and carers of people living with dementia. Contact us for more information.

**National Dementia Helpline**
1800 100 500

**Translating and Interpreting Service**
131 450
TERMS AND CONDITIONS

Cancellation policy

- Cancellations with more than 5 business days notice – a full refund or equivalent training credits available
- Cancellations with 1-5 business days notice – 50% of training credits provided, except for free courses where an administration fee will apply. Courses at your facility will incur 50% of the scheduled fees or for free courses an administration fee will apply.
- Full fees applicable for *‘No shows’.
- Fees will be waived for individuals if a doctor’s certificate is provided

A minimum number of participants are required for courses to proceed. Course fees will be fully refunded if your course is cancelled by Alzheimer’s Australia Vic, and we will offer a rescheduling of the course at the same rate as the current schedule.

Training Credits

1 training credit is equivalent to $1. Training credits are valid for 12 months only.

*No Shows

A no-show is a failure to attend, providing no notice to Alzheimer’s Australia Vic up to the commencement day of the session at Alzheimer’s Australia Vic training facilities, or when group training has been arranged but cancel on the day of training or participants are not able to attend, this will be regarded as a ‘no-show’.

Further information on our Cancellation and Non Attendance Policy can be accessed on our website or a copy requested by phone on 03 9816 5708, or by email at vic.education@alzheimers.org.au.