Dementia Learning Guide

Health Services

Flexible education solutions to improve dementia practice for health professionals

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

Facebook AlzheimerAustraliaVic
Twitter AlzheimerVic
LinkedIn Alzheimer’s Australia Vic
YouTube AlzheimerVic
Dementia is the ninth national health priority and the second leading cause of death in Australia.

The work of the Australian Commission on Safety and Quality in Health Care has highlighted importance of health services providing a better response to patients with dementia through the development of its ‘Better Way to Care’ resource range.

The growing pressures on our health care system have further heightened the need to better respond to patients with dementia. There are some health services showing great leadership in this area with early identification of patients with a cognitive impairment, combined with good staff training having a positive impact upon better patient outcomes. This also has the benefits of fewer adverse incidents as well as shorter stays in hospital.

Our committed group of professionals have extensive experience in a wide range of settings including health. Their capacity to work with an organisation at a number of levels has the potential to bring about significant improvements in care outcomes as well as cost and other savings to the service.

I would invite you to discuss what your particular issues are with us so that we can work with you to achieve better outcomes for patients with dementia.

Dr David Sykes
General Manager Learning & Development
Alzheimer’s Australia Vic
## CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>For your workplace</td>
<td>5</td>
</tr>
<tr>
<td>Dementia Learning Pathway</td>
<td>6</td>
</tr>
<tr>
<td>Course dates and times</td>
<td>7</td>
</tr>
<tr>
<td>Online learning</td>
<td>8</td>
</tr>
<tr>
<td>Dementia Health Care Fundamentals series</td>
<td>10</td>
</tr>
<tr>
<td>Level one – Foundation</td>
<td>11</td>
</tr>
<tr>
<td>Virtual Dementia Experience™</td>
<td>11</td>
</tr>
<tr>
<td>Doorway to dementia</td>
<td>12</td>
</tr>
<tr>
<td>CHCAC319A Dementia Fundamentals</td>
<td>12</td>
</tr>
<tr>
<td>Level two – Support</td>
<td>13</td>
</tr>
<tr>
<td>Applying a problem solving approach to behaviours</td>
<td>13</td>
</tr>
<tr>
<td>Applying person-centred communication</td>
<td>13</td>
</tr>
<tr>
<td>Person-centred practice – applied principles</td>
<td>14</td>
</tr>
<tr>
<td>Meaningful engagement</td>
<td>14</td>
</tr>
<tr>
<td>Level three – Exploration</td>
<td>15</td>
</tr>
<tr>
<td>Cognitive screening and assessment</td>
<td>15</td>
</tr>
<tr>
<td>Level four – Leadership</td>
<td>16</td>
</tr>
<tr>
<td>10341NAT Cert IV in Dementia Practice</td>
<td>16</td>
</tr>
<tr>
<td>Dementia leadership in healthcare</td>
<td>17</td>
</tr>
<tr>
<td>Montessori</td>
<td>18</td>
</tr>
<tr>
<td>Exploring Montessori as a service model</td>
<td>18</td>
</tr>
<tr>
<td>Shaping a Montessori community</td>
<td>18</td>
</tr>
<tr>
<td>Montessori in everyday practice</td>
<td>19</td>
</tr>
<tr>
<td>Introducing Montessori to Planned Activity Groups</td>
<td>19</td>
</tr>
<tr>
<td>Activities based on the Montessori method</td>
<td>19</td>
</tr>
<tr>
<td>REHTHE001A Develop and deliver Montessori based activities as part of a cognitive rehabilitative therapy model</td>
<td>19</td>
</tr>
<tr>
<td>Family information and support</td>
<td>20</td>
</tr>
<tr>
<td>Package and Save</td>
<td>21</td>
</tr>
<tr>
<td>Resources</td>
<td>22</td>
</tr>
<tr>
<td>Locate us</td>
<td>24</td>
</tr>
<tr>
<td>Terms and conditions</td>
<td>25</td>
</tr>
</tbody>
</table>

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](http://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.

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

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

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

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
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 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
Dementia Health Care Fundamentals series

A series of dementia training resources developed for your health service to purchase and delivered by your staff as part of your in-service professional development program.

Our course developers are specialists in translating dementia knowledge, research and best practice philosophies into the workplace. The one hour face to face sessions we offer are designed to be delivered by your own educators in the convenience of your workplace.

We provide you with all necessary supporting materials to guide the facilitator deliver an experience that is engaging, interactive and easy to understand.

Included in the Dementia Health Care Fundamentals package is:

- 4 x 1 hour individual sessions
  - Hospitals and dementia
  - Delirium unmasked
  - Cognitive screening & assessment
  - Problem solving approach to behaviours
- USB with all training materials
- Facilitator guide

In addition to the Dementia Health Care Fundamentals Series we can provide further education and resources to support your training and dementia practice. These include:

- Mentoring to support ongoing development
- Leadership in healthcare program guiding staff in dementia quality improvement activities for your organisation
- Consultancy to support ongoing dementia practice improvement

Call us now to find out more on 03 9816 5708 or email vic.education@alzheimers.org.au
Virtual Dementia Experience™

2 hours

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

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 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.
**FOUNDATION**

**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

‘Was fantastic to attend a presentation of such high calibre.’

– Andrea Page, Kew Gardens Aged Care

**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](http://vic.fightdementia.org.au/education)

Contact us if you are interested in running any of these sessions at your workplace
SUPPORT

Applying a problem solving approach to behaviours

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

3 hours

NEW CONTENT

Parkville 10 March
Hawthorn 19 April

Applying person-centred communication

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

3 hours

Parkville 11 April
Hawthorn 18 May

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
**SUPPORT**

**Person-centred practice – applied principles**

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*.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkville</td>
<td>19 May</td>
</tr>
<tr>
<td>Hawthorn</td>
<td>21 June</td>
</tr>
</tbody>
</table>

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**

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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hawthorn</td>
<td>22 February</td>
</tr>
<tr>
<td>Parkville</td>
<td>9 May</td>
</tr>
</tbody>
</table>

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

---

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.
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

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
LEADERSHIP

10341NAT Certificate IV in Dementia Practice
Exclusive to Alzheimer’s Australia

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
Dementia leadership in healthcare

6 hours

Parkville 17 May

Dementia has been recognised as the ninth National Health Priority by state health ministers throughout Australia, leading to reforms aiming at improving care of people with dementia in acute care.

In this workshop you will explore dementia leadership within health care settings. You will consider tools and strategies for leading dementia practice change whilst meeting recommendations set by the Australian Commission for Quality and Safety in Healthcare.

At the end of this session you will be able to:
- identify the skills and attributes of effective leaders in dementia services
- discuss the opportunities for leading person-centred practice improvement
- explore the practical application of leadership tools to support practice improvement and culture change.
- be familiar with the recommendations of the Australian Commission for Quality and Safety in Healthcare ‘A Better Way to Care’
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

MONTESSORI
a new way of thinking about dementia

Hospital in Toronto uses Montessori method in ER

Research lead by Diana Adams, a geriatric emergency management nurse at North York General Hospital, Toronto, is looking at how effective Montessori Methods for Dementia is for patients in ER. This program uses a person-centred approach and multisensory activities, to calm and reassure a patient in the emergency unit, preserve their abilities and improve their overall experience.

When Diana Adams first walked into the hospital room of a frail 88-year-old a month ago, she caught him in the midst of climbing off his bed. The distressed man had severe dementia, had been in the emergency room for four hours and was saying he wanted to go home.

But by the time Ms. Adams had helped him sit back and set up her materials, he was calm, focused and engaged in the task before him; clipping coloured clothespins to plastic buckets.

“He was engaged with this for 40 minutes,” she said. “After I left, he didn’t pull his ECG lines, he didn’t try to pull out his IV. He was calm.”

Though Ms. Adams was initially skeptical of using these methods in the ER, she now says “they’re working.”

The study began in April and of the about 12 patients she’s worked with so far, 80% have responded successfully — they calmed down, stopped asking repetitive questions and climbing off the bed.

This is a condensed version. To read the original story go to: http://news.nationalpost.com/toronto/toronto-hospital-uses-new-method-to-calm-distressed-dementia-patients-in-the-er

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.
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
🌐 www.fightdementia.org.au/vic

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.
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™ + 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
RESOURCES

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.


22  Alzheimer’s Australia Vic Dementia Learning Guide
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.

**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.

**Effective Communication with People with Dementia** (21 mins)

**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.

**Losing Peg: Reflections on a journey with 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)

---

**LIBRARY**

**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
LOCATE US

Hawthorn venue

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 9am until 4.30pm.
c) Glen St eastern side: all day.
d) Glen St western side: 2 hour limit.

Parkville venue

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.

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.
## Dementia Learning Calendar 2016

### Health Services

**JANUARY TO JUNE**

**Download a copy of the Dementia Learning Guide for Health Services at vic.fightdementia.org.au/education**

### Level one – Foundation

<table>
<thead>
<tr>
<th>Event</th>
<th>Page</th>
<th>Page</th>
<th>Member cost</th>
<th>Non-member cost</th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Virtual Dementia Experience™</td>
<td>11</td>
<td></td>
<td>$110</td>
<td>$125</td>
<td>P 28th</td>
<td>P 9th</td>
<td>P 3rd</td>
<td>P 22nd</td>
<td>P 3rd</td>
<td>P 8th</td>
</tr>
<tr>
<td>Doorway to Dementia</td>
<td>12</td>
<td></td>
<td>No fee</td>
<td>No fee</td>
<td>P 2nd</td>
<td>H 7th</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Level two – Support

<table>
<thead>
<tr>
<th>Event</th>
<th>Page</th>
<th>Page</th>
<th>Member cost</th>
<th>Non-member cost</th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Applying a problem-solving approach to behaviours</td>
<td>13</td>
<td></td>
<td>$165</td>
<td>$175</td>
<td>P 10th</td>
<td>H 19th</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Applying person-centred communication</td>
<td>13</td>
<td></td>
<td>$165</td>
<td>$175</td>
<td>P 11th</td>
<td>H 18th</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Person-centred practice–applied principles</td>
<td>14</td>
<td></td>
<td>$165</td>
<td>$175</td>
<td>P 19th</td>
<td>H 21st</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meaningful engagement</td>
<td>14</td>
<td></td>
<td>$165</td>
<td>$175</td>
<td>H 22nd</td>
<td>P 9th</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Montessori in everyday practice</td>
<td>19</td>
<td></td>
<td>$165</td>
<td>$175</td>
<td>H 28th</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Level three – Exploration

<table>
<thead>
<tr>
<th>Event</th>
<th>Page</th>
<th>Page</th>
<th>Member cost</th>
<th>Non-member cost</th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cognitive screening and assessment</td>
<td>15</td>
<td></td>
<td>$165</td>
<td>$175</td>
<td>H 15th</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reducing falls through engagement</td>
<td>n/a</td>
<td></td>
<td>$165</td>
<td>$175</td>
<td>See website for current session dates and locations</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Delirium</td>
<td>n/a</td>
<td></td>
<td>$165</td>
<td>$175</td>
<td>See website for current session dates and locations</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exploring Montessori as a service model</td>
<td>18</td>
<td></td>
<td>$165</td>
<td>$175</td>
<td>P 26th</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Introducing Montessori to Planned Activity Groups</td>
<td>19</td>
<td></td>
<td>$405</td>
<td>$450</td>
<td>P 27th &amp; 28th</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activities based on the Montessori method</td>
<td>19</td>
<td></td>
<td>$235</td>
<td>$260</td>
<td>P 24th D</td>
<td>B 18th D</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>REHTHE001A Develop and deliver Montessori based activities as part of a cognitive rehabilitative therapy model</td>
<td>19</td>
<td></td>
<td>$405</td>
<td>$450</td>
<td>P 27th &amp; 28th D</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Level four – Leadership

<table>
<thead>
<tr>
<th>Event</th>
<th>Page</th>
<th>Page</th>
<th>Member cost</th>
<th>Non-member cost</th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>NAT10341 Certificate IV in Dementia Practice</td>
<td>16</td>
<td></td>
<td>$3,350 (installment options available)</td>
<td></td>
<td>H 2nd &amp; 30th D</td>
<td>H 27th D</td>
<td>H 26th D</td>
<td>H 26th D</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dementia leadership in healthcare</td>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td>P 17th D</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shaping a Montessori community</td>
<td>18</td>
<td></td>
<td>$405</td>
<td>$450</td>
<td>P 20th &amp; 27th D</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Package and Save

<table>
<thead>
<tr>
<th>Event</th>
<th>Page</th>
<th>Page</th>
<th>Cost</th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Virtual Dementia Experience™ + Applying person-centred communication</td>
<td>10x12</td>
<td></td>
<td>$220</td>
<td>P 28th</td>
<td>C</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cognitive screening and assessment + Delirium</td>
<td>15</td>
<td></td>
<td>$220</td>
<td>H 31st</td>
<td>E</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Doorway to Dementia + Applying a problem-solving approach to behaviours</td>
<td>11x12</td>
<td></td>
<td>$120</td>
<td>G 24th</td>
<td>E</td>
<td>D 1st</td>
<td>B 16th</td>
<td>E</td>
<td>H 16th</td>
</tr>
<tr>
<td>Doorway to Dementia + Applying person-centred communication</td>
<td>11x12</td>
<td></td>
<td>$120</td>
<td>G 13th</td>
<td>E</td>
<td>D 13th</td>
<td>B 19th</td>
<td>E</td>
<td></td>
</tr>
<tr>
<td>Doorway to Dementia + Person-centred practice–applied principles</td>
<td>11x13</td>
<td></td>
<td>$120</td>
<td>B 19th</td>
<td>E</td>
<td>D 24th</td>
<td>G 25th</td>
<td>E</td>
<td></td>
</tr>
</tbody>
</table>

### Key

- **H**: Hawthorn
- **P**: Parkville
- **B**: Bendigo
- **D**: Drouin
- **G**: Goulburn
- **NGV**: National Gallery of Victoria

### Times

- **A**: 9:30-11:30am
- **B**: 9:30-12:30pm
- **C**: 9:30am-3:30pm
- **D**: 9:30am-4:00pm
- **E**: 9:30am-4:30pm

### For Information and Bookings

- Call [03 9816 5708](tel:03%209816%205708) or email vic.education@alzheimers.org.au

### Sign Up

Stay connected! Sign up to our Dementia Learning newsletter.