Community Care Services - Central Coast Ltd

CCS is a leading provider of dementia and frail aged support services on the Central Coast, since 1986.

MEMORY LANE
Doing Things Together
ORGANISATIONAL BACKGROUND

- CCS is a Not-for-Profit organisation on the Central Coast of NSW, since 1986

- Funded under Home and Community Care & National Respite Carers Program - *Annual $2.6 million budget*

- Target group: Frail aged, disabled and people with a dementing illness and their carers

- Services delivered:
  - Dementia Day Centres
  - Dementia Social Support
  - Social Support
  - Dementia Respite
  - Domestic Assistance
  - Lawn and Garden Maintenance
**DEMOGRAPHICS OF CENTRAL COAST**

- Central Coast midway between Sydney and Newcastle
- The region is a mecca for young families and retirees
- The Central Coast has one of the fastest growth rates in NSW
  - Approx. 300,000 residents
- People 65 & over *(Source ABS 2011)*:
  - Central Coast Average: 18.2%
  - National Average: 14.1%
- People with dementia on Central Coast: Approx. 5,000
  - Increase by 2050 (300%): Approx. 14,500
RESPITE ........ by any other name !!!

• Survey of Family Carers

• Concept of MEMORY LANE – *Doing Things Together*

• Non-traditional model of respite

• Funding bodies – Definition or perception
MEMORY LANE - Doing Things Together

Four elements to the program:

1. Memory Lane Restaurant
2. Memory Lane Café
3. Memory Lane Leisure Club
4. Memory Lane Coffee Club
1. Memory Lane Restaurant
2. Memory Lane Cafe
3. Memory Lane Leisure Club
4. Memory Lane Coffee Club
**RESEARCH STUDIES - to date**

- Project sponsored by Dementia Collaborative Research Centre - UNSW June 2012

- Project is centered on restaurant activity only

- Ethics Application approved Oct 2012

- Formal research commenced Oct 2012
RESEARCH STUDIES - to date

- Carers: Female - 92% Male - 8%
- Clients: Female - 26% Male - 84%
- Carers average age: Female - 74 Male - 67
- Clients average age: Female - 85 Male - 80
- The program could be duplicated anywhere in Australia
- Advantages/Disadvantages of using a Day Centre
- Restaurants are fully booked
- Cafes and Leisure Club building numbers
Preliminary findings:

“My husband really enjoys it, he loves the social side of it and has always been a very social person. He is slowly changing and it is so sad to see him like this. When we are out at the restaurant and enjoying ourselves it’s a break from the illness”

“It is nice to go out and be accepted without criticism and be supported with friendship”

“To see my husband unable to be in the moment, is very sad for me, but we both enjoy coming to the restaurant, it’s something we stopped doing, going out together”
Key messages from research:

• **Decrease in Isolation;** Carers report a decrease in isolation, expanding their network of acquaintances and potential friends.

• **Alleviate Stress;** Carers receive comfort from the outing, it alleviates some of the stress they feel, it’s a break from the illness.

• **Willing to go out;** Carers are willing to go out to a safe environment where they can relax, and their loved one is settled and calm.

Evidence has not been established the Restaurants improve the quality of life of people with dementia and their carers, as there are too many variables, however, relief from carer stress is evident ‘in the moment’.
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• Australian Government – DoHA

• Community partnerships:
  o Central Coast Community Transport
  o Central Coast Meals on Wheels - Better Foods Program
  o Dementia Advisory Service Team - Central Coast
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