ALZHEIMER’S AUSTRALIA VIC

DEMENTIA EDUCATION DIRECTORY FOR
HEALTH PROFESSIONALS
AND THE COMMUNITY

JULY TO DECEMBER 2014
Includes pull out wall calendar

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

To book a session go to: fightdementia.org.au/vic
1. Click on education and training
2. Choose a course
3. Click on the link next to the course description to register
4. Complete the online registration form
5. For fee paying courses provide your credit card details

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

For family information and support bookings:
- Email: aav-familycarereducation@alzheimers.org.au
- Call: 03 9815 7822

For general enquiries:
- Email: alz@alzheimers.org.au
- Call: 03 9815 7800

MEMBERS DISCOUNT

Benefits of being an Alzheimer's Australia Vic member
- Quarterly newsletter – The Memory Matters.
- E-news containing updates on research and dementia news.
- Invitation to special events.
- Unlimited use of our dementia library located at Riversdale Road site.
- Discount on selected Learning and Development resources.
- Alzheimer’s Australia Vic members are entitled to 5% discount on most dementia education courses, workshops and forums.
- An additional 5% discount to Alzheimer’s Australia Vic member organisations who send four or more staff to one course.

Want to become a member?
Go to fightdementia.org.au/vic and click on ‘Get Involved - Vic’ to download a membership form.
**TERMS AND CONDITIONS**

**Cancellation policy**

Cancellations or non-attendance at workshops will incur costs as per schedule below:

- Cancellations with less than 5 business days notice – 50% of training credits provided; A cancellation fee may apply.
- Cancellations with 5 or more business days notice – full refund or equivalent training credits provided.

A minimum number of participants is required for courses to proceed. Course fees will be fully refunded if your course is cancelled by Alzheimer’s Australia Vic.

**Training credits**

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

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Alzheimer’s Australia Vic is a Registered Training Organisation (RTO) offering a wide range of contemporary education to the health sector, families and carers of people with dementia and the general community. RTO number 2512.

These courses are endorsed by APEC No 0406288 as authorised by Royal College of Nursing, Australia (RCNA) according to approved criteria. Attendance attracts RCNA Continuing Nurse Education (CNE) points at the rate of one point per hour of training as per the RCNA’s Life Long Learning Program (LLP). CNE points for each course are listed.

**Service quality standards**

To assist participants in maintaining the standards relevant to their area of work we have reviewed all of our courses against the following key service standards.

To review the Accreditation Standards relevant to your health setting please see website links listed below:

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 Riversdale Rd; No 16
or any tram along Glenferrie Rd.
TRAIN: to Glenferrie Station (Belgrave/
Lilydale Line), tram or 10 minute
walk south along Glenferrie Rd: Stop
Riversdale Rd.
CAR: Limited on-street parking.
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 – 4.30pm
c) Glen Street eastern side: all day
d) Glen Street western side: 2 hour limit

Parkville venue:
Alzheimer’s Australia Vic
155 Oak Street, Parkville
Melways reference: 29 C11
TRAM: No 55 Royal Park to Poplar Rd,
then 13 minute walk west along Poplar
Road.
TRAIN: to Royal Park Railway Station
(Upfield Line), then 13 minute walk west
along Poplar Road.
CAR: Limited on-street parking. Car park
access off Oak street.

Geelong venue:
Alzheimer’s Australia Vic
1/318 Pakington Street, Newtown
Melways reference: 451 J6
BUS: Newtown Route 35 and Route 36.
TRAIN: to Geelong South Railway Station
(Geelong Line), then 20 minute walk
north-west along Carr Street then Saffron
Street.
CAR: Limited on-street parking.
a) Clarendon Street:
all day parking, except where signed
b) Bond Street:
all day parking, except where signed
c) John Place: (off Bond Street) car park

LEGEND

Learning pathways
1 LEVEL 1 program
2 LEVEL 2 program
3 LEVEL 3 program
4 LEVEL 4 program
DEMENTIA CONSULTANCY SERVICE

A person-centred approach

As the experts in assisting you to achieve high quality dementia care, we will come to your workplace to observe and analyse the care environment and offer suggestions for improvement if required. Our solutions are tailored to your needs while being mindful of your budget.

<table>
<thead>
<tr>
<th>Type of consultancy</th>
<th>Duration</th>
<th>Estimated costs from:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hourly</td>
<td>Experienced dementia consultant</td>
<td>$130 per hour</td>
</tr>
<tr>
<td>Support</td>
<td>Monthly visits for 6 – 12 months to mentor and develop staff competency in dealing with clients living with dementia</td>
<td>$5,460</td>
</tr>
<tr>
<td>Integration</td>
<td>Practice change and fortnightly visits to assist in creating dementia champions to support staff and clients</td>
<td>$10,920</td>
</tr>
<tr>
<td>Translation</td>
<td>An immersive program which may involve dementia mapping as well as staff education and mentoring to ensure knowledge is put into practice</td>
<td>$16,380</td>
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</tbody>
</table>

We can provide you with quality solutions for:

- Leadership
- Risk management
- Assistive technologies
- Communication and interaction with clients living with dementia
- Restorative and rehabilitative therapies - Montessori approach
- Dementia specific training needs analysis
- Change management for mentoring and support
- Environmental design - building, furniture and landscaping

Please contact Suzanne McMeikin, Customer Relationships Consultant, to find out how we can better support your organisation for clients with dementia.

Tel: 03 9816 5791 or 0438 542 269  Email: suzanne.mcmeikin@alzheimers.org.au
CREATING
DEMENTIA FRIENDLY
ENVIRONMENTS AND
COMMUNITIES

Achieve excellence in dementia practice by accessing the full suite of Alzheimer’s Australia Vic’s services.

Commencing with a no-obligation visit by our Customer Relationships Consultant we develop an understanding of the unique requirements of your organisation. We then tailor an appropriate suite of Alzheimer’s Australia Vic’s services to transform the dementia friendliness of your environment.

Areas we have provided support to other organisations include:
- Leadership in dementia practice
- Organisational culture change
- Mentoring and ongoing clinical support of staff
- Montessori practice
- Environmental design

Achieving excellence in dementia practice
Suzanne entered the aged care sector in 1990 and worked with organisations in the provision of services. Through various roles including working with LASA Vic, she developed a comprehensive understanding of the sector, its diversity and unique needs.

Contact Suzanne to arrange a free visit to your organisation to discuss all aspects of dementia care

Suzanne McMeikin - Customer Relationships Consultant
Tel: 03 9816 5791 or 0438 542 269
Email: suzanne.mcmeikin@alzheimers.org.au
THE PURPOSE OF THE PATHWAY

This pathway has been developed to assist you in selecting the most appropriate program that best meets your needs and where appropriate also informs a career pathway to obtaining formal qualifications in dementia care. All of the programs emphasise the importance of taking a person-centred approach and are suitable for professionals from a wide variety of backgrounds working in a range of settings.

LEVEL 1

Foundational introduction to dementia
Descriptor: These courses provide participants with foundational information on the nature of dementia, the types and causes of dementia, signs and symptoms, risk factors, brain changes and effects on behaviour and communication strategies and promotes effective strategies.
Person-centred approach as well as some insights into what it is like living with dementia.
Introduction to ways to engage a person living with dementia.

LEVEL 2

Providing quality dementia support
Descriptor: This range of programs provides participants with specific knowledge and skills on a range of ways to better support the person living with dementia and assumes that the person already has acquired the foundational level of knowledge of dementia (Level 1) and that these approaches are occurring within the context of a person-centred plan.

Meaningful Engagement
Descriptor: This group of programs introduces participants to a wide range of specific approaches that can promote meaningful engagement with people living with dementia.

Behaviour Requiring Support
Descriptor: This group of programs provides participants with specific skills to assess, understand and respond to behavioural and psychological symptoms of dementia either individually or as part of a team as well as strategies to ensure their own safety.

Supported Clinical Care
Descriptor: This group of programs provides participants with an understanding of the importance of addressing the clinical care needs of someone living with dementia and the importance of a palliative approach.
LEVEL 3

The impact of a dementia diagnosis including other causes of dementia

Descriptor: These programs provide the opportunity to explore more specific forms of dementia and the effects of other factors on the experience of dementia.

LEVEL 4

Leadership in quality dementia care

Descriptor: In order to provide quality support to those living with dementia it is important that there is strong leadership at both a local care level but also at a broader organisational level if the person living with dementia is to be supported in an appropriate person-centred way. This group of programs provides participants with the necessary skills and knowledge to show leadership in their respective position and within their sphere of influence. These programs are suitable not only for those in management or leadership positions in their organisations but also those seeking to positively influence the quality of care provided.
Sensory and immersive therapies

Presenter: Efterpi Soropos  See biography page 43

Thur 3 Jul
Parkville
9.30am – 12.30pm

Efterpi Soropos of Human Rooms, has developed workshops designed to teach staff how to incorporate more sensory elements into the framework of daily care, from the use of simple easy to access ingredients and options to how to redevelop and use your Snoezelen/sensory rooms. Course content and outcomes include:

- Learn relaxing, calming and engaging techniques that can be used alongside your current practice
- Identify elements of a dementia-friendly environment through the senses
- Consider changes that can be made to daily care practice or current environment and sensory rooms

Benefits:
- Participants will have the opportunity to experience and discuss sensory therapy and uses and benefits for people living with dementia.

Cost: $160
Members: $150
Duration: 3hrs
CNE points: 3
Venue: Parkville
Suitable for: Volunteers and health professionals.

Facilitating a carer support group

Thur 17 Jul
Parkville
9.30am – 4.00pm

Learn how to establish and facilitate formal and informal support groups for carers in a variety of settings. Course content and outcomes include:

- Review dementia and support group issues
- Consider the difference between effective and ineffective groups
- Establish the role of the facilitator and identify facilitator styles
- Identify group facilitation techniques and challenges, and the phases of group life

Benefits:
- Understand dementia and support group issues
- Set up groups with a clear understanding of facilitation styles, techniques and challenges
- Learn what makes an effective group, including clear communication, a stable balance between task and process, and preparation for the various group life phases.

Cost: FULLY FUNDED
Duration: 6hrs
CNE points: 6
Venue: Parkville or workplace (limited funding)
Suitable for: Volunteers and health professionals.
# Depression and dementia for health professionals

**Tue 22 Jul**  
*Parkville*  
9.30am – 12.30pm

Understand the impact of depression on people with dementia, how to identify ‘at risk’ individuals, and appropriate strategies and interventions. Course content and outcomes include:

- Overview of dementia: its types, symptoms and role as a risk factor for depression
- The interaction between dementia and depression and the implications for diagnosis and treatment
- The importance of diagnosis, screening tools and the role of the health care professional
- Treatment approaches to depression, including medications
- Strategies to reduce risk of depression and support clients who have dementia

**Benefits:**
- Understand depression co-occurring with dementia
- Learn to identify ‘at risk’ individuals
- Understand how quality dementia care can assist people with depression.

| Cost: $160 | Duration: 3hrs | Venue: Parkville or workplace | Suitable for: Professional staff caring for people living with dementia.
| Members: $150 | CNE points: 3 |

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# Younger onset dementia (YOD)

**Tue 5 Aug**  
*Parkville*  
9.30am – 12.30pm

Understand the impact of dementia on the younger person and their family, and their distinctive care needs. Course content and outcomes include:

- Introduction to the different types of dementia
- Discuss the impact on the person diagnosed with younger onset dementia
- Explore the issues related to driving; personal, family and social relationships; employment; finances; legal considerations and support services

**Benefits:**
- Learn about dementia and younger onset dementia, and the different types of dementia under these definitions
- Explore issues that are specific for people with a diagnosis of younger onset dementia
- Find out about the services available to support people living with younger onset dementia.

| Cost: $160 | Duration: 3hrs | Venue: Parkville or workplace | Suitable for: Professional staff who already have an understanding of dementia.
| Members: $150 | CNE points: 3 |

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# Dementia awareness for professional carers

**Tue 2 Sept**  
*Hawthorn*  
**Thur 7 Aug**  
*Parkville*  
9.30am – 12.30pm

Gain knowledge of dementia, learn practical strategies in effective communication with a person who has a cognitive impairment and identify triggers to behaviour while providing person-centred care. Course content and outcomes include:

- The nature, prevalence and signs of dementia
- Understand how to communicate with people living with dementia using a person-centred approach
- Problem-solving approaches to caring for people with dementia who experience behavioural and psychological symptoms

**Benefits:**
- Identify the main types, risk factors and symptoms of dementia and its progression
- Implement effective strategies for communicating with people living with dementia
- Learn how to support and improve quality of life based on understanding the changes in behaviour using a problem-solving and person-centred care approach.

| Cost: FULLY FUNDED | Duration: 3hrs | Venue: Hawthorn, Parkville or workplace (limited funding) | Suitable for: Professional staff caring for people living with dementia. |
| CNE points: 3 | | | |
Dementia, pain recognition, assessment and management

Thur 14 Aug
Parkville
9.30am – 12.30pm

Understand the pain sensation for the person living with dementia, including the impact of psychosocial experience and cultural beliefs. Course content and outcomes include:
- Explore the definition of pain, and the complexity of the pain experience from the perspective of the person living with dementia
- Understand the impact of dementia on the expression of pain
- Learn to observe pain cues in people with dementia
- Identify and discuss the use of objective measures to aid recognition of pain

Benefits:
- Better understand a holistic approach, using pharmacological and non-pharmacological strategies, to support a person living with dementia.

Cost: $160
Members: $150
Duration: 3hrs
CNE points: 3
Venue: Parkville or workplace

Suitable for:
People working in aged care, community care or disability who provide support for people living with dementia.

Lewy body disease

Presenter: Dr Kathryn Nicholson See biography page 42

Thur 4 Sept
Parkville
9.30am – 12.30pm

Develop an understanding of Lewy body disease and its implications for those with this type of dementia and their carers. Course content and outcomes include:
- The types, nature, prevalence and signs of dementia
- History and diagnosis of the Lewy body spectrum
- Understanding Lewy body disease and its overlapping disorders
- The four major areas affected: cognitive (thinking), motor (physical movement), neuropsychiatric (mood and behaviour), autonomic (involuntary functions) and other features
- Medical management with non-pharmacological interventions

Benefits:
- Knowledge of the overlapping neuro-cognitive disorders of Lewy bodies, Alzheimer’s disease and Parkinson’s disease
- Understand the presentation of changes in cognitive ability and movement
- Gain insights into difficulties in diagnosis and management and treatment options.

Cost: $160
Members: $150
Duration: 3hrs
CNE points: 3
Venue: Parkville or workplace

Suitable for:
People working in aged care, community care or disability who provide support for people living with dementia.

Managing teams to achieve quality dementia care

Wed 10 Sept
Parkville
9.30am – 4.00pm

Explore the effective management and support of staff in developing and delivering care plans that promote quality dementia care. Course content and outcomes include:
- Overview of dementia and associated conditions
- Effective communication and knowing the person
- Relationship building with the person on the journey, primary care giver, family, support staff or organisation
- Management and support of staff in developing and delivering care plans to promote quality dementia care
- Teamwork, reflection and practice development

Benefits:
- Effective development of teams including values and perspectives
- Understanding of effective dementia practice
- Implementation and reflection on practice.

Cost: FULLY FUNDED
Duration: 6hrs
CNE points: 6
Venue: Parkville or workplace (limited funding)

Suitable for:
Care managers, care coordinators and case managers in community and aged care settings.
## Intimacy, sexuality and dementia

**Wed 17 Sept**
- **Parkville**
**Tue 2 Dec**
- **Hawthorn**

9.30am – 12.30pm

Understand how dementia can affect sexual behaviour and the implications for the person with dementia, their primary carers and others involved in care. Course content and outcomes include:

- Sexuality and ageing – taboos and myths
- Sexual expression and dementia, including sexual diversity
- Identify appropriate and inappropriate sexual behaviour, and risks to vulnerable people living with dementia including abuse and harassment
- Ethical issues associated with dementia and sexuality, including capacity to consent

**Benefits:**
- Implement a strategy to respond to sexual behaviour to enhance well-being and protect the vulnerable through problem-solving approach to concerning behaviours.

<table>
<thead>
<tr>
<th>Cost: $160</th>
<th>Duration: 3hrs</th>
<th>Venue:</th>
<th>Suitable for:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members: $150</td>
<td>CNE points: 3</td>
<td>Hawthorn, Parkville or workplace</td>
<td>Health professionals in diverse care settings, including HACC support staff and residential aged care staff.</td>
</tr>
</tbody>
</table>

## Behavioural & psychological symptoms of dementia (BPSD) – a problem-solving approach

**Wed 1 Oct**
- **Parkville**
**Thur 20 Nov**
- **Hawthorn**

9.30am – 12.30pm

Better understand the behaviours associated with dementia and, using the CAUSEd model, learn how to develop practical strategies to minimise these behaviours and their impact. Course content and outcomes include:

- Overview of dementia and its symptoms
- Discuss the brain and associated behaviour
- Identify behavioural and psychological symptoms of dementia and appropriate communication strategies
- Understand the connection between feelings and behaviour
- Learn how to implement the problem-solving approach to the management of BPSDs through practical strategies.

**Benefits:**
- Understand how recognising and treating behaviours requiring support can improve the quality of life for people living with dementia and their caregivers, reducing stress, distress and disability.

<table>
<thead>
<tr>
<th>Cost: FULLY FUNDED</th>
<th>Duration: 3hrs</th>
<th>Venue:</th>
<th>Suitable for:</th>
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</thead>
<tbody>
<tr>
<td>CNE points: 3</td>
<td>Hawthorn, Parkville or workplace (limited funding)</td>
<td>Professional staff caring for people living with dementia.</td>
<td></td>
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</tbody>
</table>

## Ancillary and frontline staff introduction to dementia

**Wed 15 Oct**
- **Parkville**
**Thur 6 Nov**
- **Hawthorn**

9.30am – 4.00pm

Understand dementia, causes and symptoms and how brain changes can affect behaviour and communication. Course content and outcomes include:

- Basic understanding and facts about dementia
- An understanding of the implications of the illness and awareness of communication strategies to use when dealing with people with dementia
- Outline of services and support provided by Alzheimer’s Australia Vic

**Benefits:**
- Describe dementia and some general symptoms
- Identify the common causes of dementia
- Understand behaviour associated with dementia
- Understand the impact of dementia on communication
- Identify strategies for effective communication with a person with dementia.

<table>
<thead>
<tr>
<th>Cost: FULLY FUNDED</th>
<th>Duration: 6hrs</th>
<th>Venue:</th>
<th>Suitable for:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Hawthorn, Parkville or workplace (limited funding)</td>
<td>Staff working in residential care and non-direct care staff i.e. hospitality, maintenance, laundry, reception, cleaning.</td>
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</tbody>
</table>
Alzheimer’s Australia Vic
Dementia Training

Develop an understanding of palliative care for people with dementia in order to achieve improved quality of life, symptom control, and satisfaction with care, for the person with dementia and their families. Course content and outcomes include:

- Understand palliative care and the palliative approach
- Understand quality of life and the importance of advance care planning
- Understand late stage dementia and the challenges encountered for the person living with advanced dementia
- Gain knowledge of end stage dementia and bereavement issues

Benefits:
- Discuss the application of a variety of practical leadership tools
- Consider how the tools can be used to create learning environments, support innovative practice and develop positive workplace cultures.

Leadership tools to support person-centred practice change

Thur 23 Oct
Parkville
9.30am – 4.00pm

Transferring the theory of person-centred care into everyday practice in a way that creates positive cultures of care in dementia services requires effective leadership. Explore a range of leadership strategies that will help to develop teams that support positive dementia practice. Course content and outcomes include:

- Identify the skills and attributes of effective leaders in dementia services
- Discuss opportunities for leading person-centred practice improvement in dementia services
- Explore how these leadership strategies can support practice improvement and culture change

Benefits:
- Discuss the application of a variety of practical leadership tools
- Consider how the tools can be used to create learning environments, support innovative practice and develop positive workplace cultures.

Cost: $240
Members: $225

A palliative approach to quality dementia care

This is an introduction to the Palliative Care Certificate IV Unit CHCPA402B

Wed 19 Nov
Parkville
9.30am – 12.30pm

Develop an understanding of palliative care for people with dementia in order to achieve improved quality of life, symptom control, and satisfaction with care, for the person with dementia and their families. Course content and outcomes include:

- Understand palliative care and the palliative approach
- Understand quality of life and the importance of advance care planning
- Understand late stage dementia and the challenges encountered for the person living with advanced dementia
- Gain knowledge of end stage dementia and bereavement issues

Benefits:
- Implement a palliative approach with empathy to support and care for the person with dementia and their family.

Cost: $160
Members: $150

Dementia Training Study Centres are supported by the Australian Government

www.dtsc.com.au
Alzheimer’s Australia Vic’s experienced facilitators in Barwon South West, Gippsland and Loddon Mallee regions provide education for health professionals and information for community groups.

Please find the relevant regional facilitator name and contact details below and call today to discuss your regional education needs.

**Regional facilitators:**

**Barwon South West:** Ms Rachel Mackinlay  
Telephone: 03 5229 6979, Mobile: 0408 223 659  
E-mail: Rachel.Mackinlay@alzheimers.org.au

**Gippsland:** Ms Michelle Foster  
Telephone: 03 5625 9178, Mobile: 0427 279 153  
E-mail: Michelle.Foster@alzheimers.org.au

**Loddon Mallee:** Ms Carolyne Taplin  
Telephone: 03 5444 5670, Mobile 0447 108 468  
E-mail: Carolyne.Taplin@alzheimers.org.au
Palliative Care Unit CHCPA402B
Plan for and provide services using a palliative approach

Wed 23 Jul
Hawthorn
9.30am – 4.00pm
plus assessment

Understand the knowledge and skills required to contribute to the development, implementation, evaluation and communication of a care plan for clients with dementia in a team environment, using a dementia palliative approach.

Entry requirement:
Participants must have completed CHCAC319A - Dementia Competency or demonstrate equivalent knowledge and experience.

Suitable for:
People working in aged care, community care or disability providing support for people living with dementia.

Cost: FULLY FUNDED
Duration: 6hrs
plus assessment
Venue: Hawthorn
CNE points: 6

"Thank you for a well thought out and informative approach and for your sensitivity to the individual experiences and background of group members."

"I now have a different view and approach to palliative care. It was excellent and well worth attending."

NOTE
Please bring photo ID
Alzheimer’s Australia Vic is offering a Certificate IV qualification dedicated to residential and community care staff supporting people with dementia. The Certificate IV in Dementia Practice will provide participants with the ability to integrate current knowledge and apply enhanced skills for effective dementia care. This qualification will be issued by Alzheimer’s Australia WA.

**Entry requirement:**
Participants must have completed CHCAC319A - Dementia Competency or demonstrate equivalent knowledge and experience.

**Suitable for:**
People working in aged care, community care or disability providing support for people living with dementia.

**NOTE**
Please bring photo ID

**Cost:** $3,000

**Duration:** 12 months

**Venue:** Hawthorn or Parkville

**CNE points applicable**

If you would like to express an interest in this course for 2015 please contact Mary-Lou Doswell on 03 9816 5797 or email Mary-Lou.Doswell@alzheimers.org.au.

Register online for the information sessions:

**Hawthorn:** Tue 21 Oct 5.30pm - 6.30pm

**Parkville:** Tue 25 Nov 5.30pm - 6.30pm

“I greatly appreciated and benefited from the depth of knowledge received whilst attending this course. The facilitators are passionate and dedicated to transforming how people living with dementia are treated and respected. It has been a life changing experience that I would recommend to anyone passionate about dementia care and wanting to ‘make a difference’.”
A copy of *We Can, We Can, We Can* activities book can be purchased from Alzheimer’s Australia Vic on 1800 100 500

**NEW FOR 2014**

**E-learning modules are coming!**
A new approach to Dementia Education

- One hour sessions online
- Accessible to your staff at any time of the day
- 4 Modules:
  1. What is dementia?
  2. How person-centred is your practice?
  3. Communicating in a person-centred way
  4. A problem-solving approach to behaviours

*Contact Suzanne McMeikin on 03 9816 5791 to find out more*

**2 day Montessori workshop**
Implementing a Montessori model of care in your workplace

*A Cameron Camp certified course in Montessori available from July 2014*  
*Suitable for managers and aged care workers*

Day 1: A framework for implementing the Montessori model of care in your workplace  
Day 2 (optional): Planning and implementing Montessori based activities
One of the hardest things that many carers of people with dementia have to face is visiting their loved one in a nursing home and not knowing how to interact or maintain a meaningful connection.

The purpose of these resources is to help carers learn new ways of interacting with their loved ones through activities that rely less on language and more on what their loved one still knows and enjoys. For example: arranging flowers with a relative who was a keen gardener, or spending time together listening to a person’s favourite music from their earlier years.

Relate, Motivate, Appreciate was developed by Alzheimer’s Australia in partnership with Dr Cameron Camp and researchers from Monash University as part of Alzheimer’s Australia’s National Quality Dementia Care Initiative, which is supported by the J.O. & J.R. Wicking Trust and Bupa Care Services.

Dr Camp is Director of Research at the Centre for Applied Research in Dementia in Ohio, USA and he said the benefits of the Montessori approach can be significant for both family carers and people with dementia.

A copy of Relate, Motivate, Appreciate can be purchased from Alzheimer’s Australia Vic.

For more information or to download your complimentary copy of this resource, visit fightdementia.org.au/research-publications/quality-dementia-care-papers.aspx
# Dementia Training for Health Professionals and the Community

**ALZHEIMER’S AUSTRALIA VIC Courses and Workshops**

<table>
<thead>
<tr>
<th>Course title</th>
<th>Level</th>
<th>Cost</th>
<th>Member cost</th>
<th>July</th>
<th>Aug</th>
<th>Sept</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
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<tr>
<td><strong>Dementia Care Programs</strong></td>
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<tr>
<td>Sensory and immersive therapies</td>
<td>3</td>
<td>$160</td>
<td>$150</td>
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<td>Facilitating a carer support group</td>
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<td>FREE</td>
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<td>17 P</td>
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<tr>
<td>Depression and dementia for health professionals</td>
<td>3</td>
<td>$160</td>
<td>$150</td>
<td>22 P</td>
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<tr>
<td>Younger onset dementia</td>
<td>3</td>
<td>$160</td>
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**PAGES 10 - 14**
### ACCREDITED PROGRAMS

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### LIFESTYLE AND LEISURE PROGRAMS

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### COMMUNITY PROGRAMS

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<td>16 P</td>
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<tr>
<td>Worried about your memory?</td>
<td>FREE</td>
<td>14 H</td>
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<tr>
<td>Dementia information for volunteers</td>
<td>FREE</td>
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**For bookings:**

Online  fightdementia.org.au/vic
Email  vic.education@alzheimers.org.au
Call  (03) 9816 5708

**FIGHTDEMENTIA.ORG.AU/VIC NATIONAL DEMENTIA HELPLINE 1800 100 500**
Do you know someone with dementia?
Odds are - you do.
But could you recognise it?

*Is it Dementia* are 12 short films produced by Alzheimer’s Australia SA, highlighting how dementia can impact the everyday work lives of Australians. The series of short films were created in consultation with industry groups, including fire and emergency services, correctional services, retail, banking and transport.

These days we’re all living longer, but an ageing population means we’re more and more likely to meet someone with dementia in our daily lives. Dr Andrew Rochford delivers the message that dementia isn’t always obvious, but we can change the outcomes for people living with dementia through using these resources.

To view the resources visit

www.isitdementia.com.au

If you are interested in receiving some education utilising this resource please contact
Suzanne McMeikin suzanne.mcmeikin@alzheimers.org.au
Life stories workshop

**Tue 15 Jul**
**Parkville**
9.30am – 12.30pm

Life stories are a tool to help see the person living with dementia as an individual and to recognise the importance of memories. This practical workshop focuses on developing life stories and ways to use them to enhance interaction with the person with dementia to create pleasurable opportunities to reminiscence. Course content and outcomes include:

- Introduction to dementia and its impact on the brain and memory
- The importance of communication with the person with dementia
- Promotion of reminiscence, valuing their history, utilising material for reminiscence purposes

**Benefits:**
- Creating life stories in a variety of formats
- Use valued memories to support the person and minimise potential behaviours.

**Cost:** $160  
**Members:** $150
**Duration:** 3hrs  
**CNE points:** 3

**Venue:** Parkville or Workplace

**Suitable for:** People working directly with people living with dementia in a variety of care settings.

Activity programs based on the Montessori method

**Presenter:** Juanita Bekinschtein  See biography page 42

**Wed 23 Jul**
**Tue 23 Sept**
**Wed 5 Nov**
**Wed 17 Dec**
**Parkville**

**Tue 12 Aug**
**Tue 21 Oct**
**Hawthorn**
9.30am – 4.00pm

An introduction to the Montessori approach demonstrating the creation and presentation of meaningful activities for people living with dementia. Course content and outcomes include:

- Understand the Montessori method
- Better appreciate the importance of creating successful activities programs that are relevant for people with dementia
- Understand how to incorporate the Montessori approach to existing activities programs
- Assist families to restore meaningful engagement when visiting someone living with dementia

**Benefits:**
- Understand person-centred care and meaningful activity
- Learn how to apply Montessori-based activities for people living with dementia in any care setting.

**Cost:** $240  
**Members:** $225
**Duration:** 6hrs  
**CNE points:** 6

**Venue:** Hawthorn, Parkville or workplace (limited funding)

**Suitable for:** Diversional therapists, planned activity group staff and lifestyle staff.
Virtual dementia experience

Fri 18 Jul  
Tue 26 Aug  
Tue 16 Sept  
Thur 16 Oct  
Mon 17 Nov  
Tue 2 Dec  
Parkville  
9.30am – 12.30pm

The Virtual Dementia Experience is an interactive environment intended as an experiential learning exercise for professional carers. By experiencing a home environment in the same way a person with dementia would, this experience will be used to assist professional carers in understanding environmental elements that are friendly or adverse to a person with dementia. The experience allows you to:

- Think and feel from the perspective of a person with dementia
- Identify elements of a dementia friendly environment
- Consider changes that can be made to the environment to improve accessibility for a person living with dementia

**Benefits:**

- Experience and discuss the environmental issues facing a person with dementia.
- Consider environmental changes that can benefit the person living with dementia and improve the delivery of person-centred dementia care.

Cost: $110  
Members: $100  
Duration: 2hrs  
CNE points: 2  
Venue: Parkville  
Suitable for:  
Care managers, care coordinators, case managers and all health professionals working in community and aged care settings.

Beyond bingo – living well with iPads® for dementia  NEW for 2014

Tue 30 Sept  
Wed 3 Dec  
Parkville  
9.30am – 12.30pm

As our Baby Boomer population hits the aged care sector, learn about the positive aspects of using an iPad to help interact and engage with a person with dementia in a modern, meaningful way. Course content and outcomes include:

- Understand dementia and the impact on the brain and memory
- Explore the many uses of iPad and the applications
- Understand how engagement in iPad activities can lead to increased interactions with families and staff, and bridge the gap between older and younger generations

**Benefits:**

- Support positive impact on quality of life and social environment
- Support reminiscence, searching for and playing music or appropriate games
- Enable/enhance communication with geographically distant family and friends.

Cost: FULLY FUNDED  
Duration: 3hrs  
CNE points: 3  
Venue: Parkville or workplace (limited funding)  
Suitable for: Diversional therapists, planned activity group staff and lifestyle staff.

Improvisational storytelling for people living with dementia

Wed 27 Aug  
Wed 29 Oct  
Parkville  
9.30am – 12.30pm

This is a program 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 join in without the fear of failing while encouraging the use of the imagination. It is a way for people to grow and connect with their carers by having the role of story teller.

**Benefits:**

- Understand how to effectively engage with the person living with dementia
- Learn how to deliver a safe and enjoyable program
- Aligns with the active service model and person-centered care.

Cost: FULLY FUNDED  
Duration: 3hrs  
CNE points: 3  
Venue: Parkville or workplace (limited funding)  
Suitable for: Diversional therapists, planned activity group staff and lifestyle staff.
Activities for people in various stages of dementia

Thur 28 Aug
Parkville
9.30am – 12.30pm

Understand the capacities and abilities of people in moderate to advanced stages of dementia and learn how to best engage them through activities for meaning and pleasure using a strength-based approach. Course content and outcomes include:

- Strategies for communication and relationship to behaviours requiring support
- Understand the individual needs of people with dementia
- Plan suitably engaging activities encompassing a variety of sensory modalities, incorporating spiritual and cultural expectations

Benefits:

- Identify what is meaningful to the person within their capacities and abilities
- Understand the changing ways of communicating with the person in late stages of dementia
- Evaluate and match activities to a person’s interests and changing abilities.

Cost: $160
Members: $150
Duration: 3hrs
Venue: Parkville or workplace
CNE points: 3
Suitable for: Diversional therapists, planned activity group staff and lifestyle staff.

Meaningful activities for men

Thur 18 Sept
Parkville
9.30am – 12.30pm

Inspiration and support in developing activities that encourage communication and new ways of engaging men living with dementia. Course content and outcomes include:

- Understanding of dementia and changes in abilities while living with dementia
- Effective communication
- Adapting individualised activities of interest to men according to the person’s needs, interests and abilities
- Sourcing activity materials and ideas suitable for men with dementia

Benefits:

- Understand the fundamental principles of successful activities, thereby match appropriate activities to a person’s abilities and interests
- Increase understanding of dementia and effective communication techniques.

Cost: $160
Members: $150
Duration: 3hrs
Venue: Parkville or workplace
CNE points: 3
Suitable for: Diversional therapists, planned activity group staff and lifestyle staff.
Life stories and toolkits for reminiscing

**Tue 7 Oct**
**Parkville**
9.30am – 4.00pm

Life stories and toolkits help us to see the person with dementia as an individual and to recognise the importance of memories. This is a practical workshop to learn how to develop life stories and ways to use stories and reminiscent objects to enhance interaction with the person with dementia and create opportunities to reminiscence. Course content and outcomes include:

- Understanding dementia and its impact on the brain and memory
- The importance of communication with the person with dementia
- The benefits of creating a life story book
- Creating a life story book in several formats, including a life story board utilising reminiscent objects

**Benefits:**
- Understand the necessity to promote reminiscence with the person with dementia
- Understand the value of the unique history of the person with dementia.

**Cost:** $240
**Duration:** 6hrs
**Venue:** Parkville or workplace
**Suitable for:** People working directly with people living with dementia in a variety of care settings.

Garden activities as part of a dementia-friendly built environment

**Presenter:** Sue Foley  See biography page 42

**Wed 15 Oct**
**Hawthorn**
9.30am – 12.30pm

Understand the therapeutic benefits of gardening and garden related activities for recreation, pleasure and well-being. Gain practical ideas to assist people living with dementia to make a positive connection with nature. Course content and outcomes include:

- Overview of dementia combined with person-centred care principles
- Therapeutic benefits and principles of success of garden-related activities
- Considerations when designing garden activities
- The built garden environment

**Benefits:**
- Understand the principles underlying development of successful garden-related activities for people living with dementia
- Understand the therapeutic application of appropriate garden-related activities.

**Cost:** $160
**Duration:** 3hrs
**Venue:** Hawthorn or workplace
**Suitable for:** Diversional therapists, planned activity group staff and lifestyle staff.

Exploring art following Montessori principles of engagement

**Presenter:** Juanita Bekinschtein  See biography page 42

**Wed 22 Oct**
**Parkville**
9.30am – 4.00pm

Develop a deeper understanding of the background of therapeutic use of art and creativity as a form of visual expression. Explore the various art modalities that can be incorporated into successful, practical art-based activities for people living with dementia. Course content and outcomes include:

- The background of therapeutic use of art and creativity
- Elements of a well-constructed art program
- Ways a person living with dementia can express themselves through art
- Using appropriate materials with respect and dignity

**Benefits:**
- Valuing the creative expression of the person
- Seeing the positive effects and transformation of the person.

**Cost:** $240
**Duration:** 6hrs
**Venue:** Parkville
**Suitable for:** Diversional therapists, planned activity group staff and lifestyle staff.
FOR YOUR WORKPLACE

PHONE 03 9816 5708

If you would like any of the following sessions delivered to staff in your workplace, please contact Learning and Development Services: 
vic.education@alzheimers.org.au or 03 9816 5708

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**Behavioural and psychological symptoms of dementia (BPSD) – a team approach**

- **Duration:** 3hrs
- **CNE points:** 3

**Suitable for:**
Aged care staff providing support for people living with dementia in various care settings.

Better understand the behaviours associated with dementia. In a collaborative team environment, learn how to develop practical strategies to minimise the occurrence of these behaviours and their impact. Course content and outcomes include:

- Overview of dementia and its symptoms
- Discuss the brain and associated behaviour
- Identify behavioural and psychological symptoms of dementia and appropriate communication strategies
- Understand the connection between feelings and behaviour
- Working as a team develop practical strategies to implement the problem-solving approach to the management of BPSDs

**Benefits:**
- Understand how recognising and treating behaviours requiring support can improve the quality of life for people living with dementia and their caregivers reducing stress, distress and disability through developing practical strategies in a team environment.

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**Child representational therapy**

- **Duration:** 3hrs
- **CNE points:** 3

**Suitable for:**
Diversional therapists, planned activity staff and lifestyle staff.

Understand the use of child representational therapy as a non-pharmacological intervention and an alternative strategy in reducing behavioural and psychological symptoms of dementia. Course content and outcomes include:

- Overview of child representational therapy
- The nature of dementia including the emotional and psychological needs of the person living with dementia
- The process for appropriate assessment, selection, implementation and review of these therapies

**Benefits:**
- Knowing the person and understanding how they may benefit from child representational therapy.
Child and animal representational therapy and pets

Duration: 6hrs  
CNE points: 6

Suitable for:  
Diversional therapists, planned activity staff and lifestyle staff.

Understand the use of child and animal representational therapy plus pet therapy as a non-pharmacological intervention and an alternative strategy in reducing behavioural and psychological symptoms of dementia. Course content and outcomes include:
- Overview of child and animal representational therapy and pet therapy
- The nature of dementia
- The emotional and psychological needs of the person with dementia
- Knowing the person and understanding how they may benefit from child and/or animal representational therapy plus pet therapy
- Appropriate assessment, selection and implementation processes and review

Benefits:
- Improve the well-being of people living with dementia
- Use of proper assessment and implementation plan to engage the person, families, staff and others to help the person have a meaningful and purposeful experience of representational therapy.

Continence and dementia

Duration: 3hrs  
CNE points: 3

Suitable for:  
Health professionals in diverse care settings, including HACC support staff and residential aged care staff.

Understand how dementia can contribute to incontinence. Promote strategies for continence in people with dementia among health care workers across the aged care sector and continence advisers within the community. Course content and outcomes include:
- What is continence
- Brain changes impacting on continence
- Triggers for incontinence
- The use of problem-solving approaches towards toileting and continence and developing action plans

Benefits:
- Understanding of dementia and how it can contribute to incontinence
- Identify triggers for incontinence in people with dementia
- Administer the problem-solving approach in conjunction with developing a care plan.

Engagement through activity - a creative approach

Duration: 6hrs  
CNE points: 6

Suitable for:  
Diversional therapists, planned activity group staff and lifestyle staff, transition care staff and disability workers in community and residential settings.

Increase appreciation of how to engage people with dementia. Know what is important to them, and create or adapt activities with purpose using a person-centred and holistic approach incorporating physical, intellectual, sensory, spiritual and cultural activities to meet individual needs. Share ideas, facilitate networking opportunities and utilise useful resources. Course content and outcomes include:
- An overview of dementia
- The importance of effective communication
- Elements of successful activity programs
- The relevance of the person’s story and creating well-being
- Practical activities with your scenarios

Benefits:
- The positive impact on people living with dementia and their carers
- Better understand the person’s story and adapt activities to a person’s abilities and interest

A minimum of eight participants is required for this workshop.
Dementia and Down syndrome

Duration: 3hrs
CNE points: 3

Suitable for:
Health professionals in diverse care settings, including HACC support staff and residential aged care staff.

Increase general knowledge of dementia in people with Down syndrome and intellectual disability, including effective communication with a person with dementia and responding to behaviours of concern. Course content and outcomes include:
- The nature of dementia, intellectual disability and Down syndrome
- Identify early signs and differential diagnosis of Alzheimer’s disease and other conditions in Down syndrome
- Utilise effective communication and a problem-solving approach to address behaviours of concern
- Implement a different approach of person-centred care with person with Down syndrome and dementia

Benefits:
- Better understand the signs of dementia and behaviour patterns of a person with Down syndrome or intellectual disability, allowing appropriate communication strategies and a holistic approach to assist with management of the person.

Dementia and elder abuse

Duration: 3hrs
CNE points: 3

Suitable for:
Health professionals in diverse care settings, including HACC support staff and residential aged care staff.

Focus on the aspects and domains of elder abuse in a variety of community and formal care settings with specific references to Victorian jurisdictions and national legislative requirements. Course content and outcomes include:
- Examine the contexts, definition and overview of dementia
- Explore the issues and data around capacity, consent and dementia and elder abuse
- Identify issues of cultural diversity, CALD and customary decision-making practices
- Identify issues and legislative requirements for reporting abuse in formal care settings
- Examine risk factors for elder abuse in people with a variety of dementia diagnoses
- Identify key agencies and resources available to address elder abuse

Benefits:
- Gain insights into the contexts, risk factors and legislative requirements surrounding elder abuse and dementia by identifying different types of elder abuse and their symptoms and possible risk factors, and therefore provide appropriate interventions to address elder abuse.
Effective leadership - the key to person-centred care change practice

Leadership plays an essential role in improving person-centred approaches to dementia practice. Receive practical opportunities to lead the transfer of theoretical concepts of person-centred care into everyday practice, creating positive cultures of care in residential and community dementia care settings.

Participants will have the option of completing two units of competency:
1. CHCORG428A Reflect and improve on own professional practice
2. BSBMGT401A Show leadership in the workplace

Benefits:
- Identify essential skills and personal attributes required for effective leadership in person-centred dementia services.
- Collaborate to identify opportunities for practice improvement
- Use a variety of leadership tools to initiate and lead sustainable practice improvement in dementia services.

Duration: 18hrs
6 x 3hr workshops
CNE points: 18

Suitable for:
Health professionals in diverse care settings, including HACC support staff and residential aged care staff.

Movement and dance workshop

New and innovative workshop! Gain skills to engage clients in movement and dance, in an interactive and practical manner. Learn techniques to explore how movement and dance can enhance client well-being. Course content and outcomes include:
- Introduction of dementia and the impact for engagement
- Collaboration of tools to use to create a positive environment
- Application of observation and experiential learning

Benefits:
- Clients gain self-worth and a sense of value while incorporating some fun
- Regain a sense of identity through creativity
- Advantage of non-pharmacological implementation for BPSD.

Duration: 3hrs
CNE points: 3

Suitable for:
Suitable for lifestyle staff, planned activity group staff and direct care workers.

P3 Prevent, plan, protect

Gain knowledge and skills to understand and effectively respond to various types of workplace aggression and other BPSDs that may be encountered with persons living with dementia. Course content and outcomes include:
- Explore the experience for the person living with dementia with an emphasis on the underlying reasons for behaviours
- Understand risk assessment factors supported by person-centred strategies and interventions
- Experience principles of management and interventions for potential and escalating BPSD or aggressive situations, including defensive and breakaway techniques and post-event crisis management

Benefits:
- Learn consistent strategies to respond to aggressive situations reducing the impact for the workplace by creating supportive environments, utilising holistic management plans with positive outcomes for persons living with dementia.

Duration: 12hrs
CNE points: 12

Suitable for:
Health professionals in diverse care settings, including HACC support staff and residential aged care staff.

Validation

Understand and become confident in using validation - a therapeutic process developed by Naomi Feil in the 1960’s for relating to people at various stages in their dementia. Using scenarios, practice choosing and applying appropriate validation strategies as the person’s dementia progresses. Course content and outcomes include:
- Review of dementia and its likely progression
- An overview of validation including origins, goals and underlying assumptions
- Key principles and techniques of Validation including Naomi Feil’s 4 Phases of Resolution and Techniques

Benefits:
- Recognise and cultivate the qualities and skills of a validating care-giver to better understand how Validation can reduce anxiety in people whose reality is altered due to dementia.

Duration: 3hrs
CNE points: 3

Suitable for:
Health professionals in diverse care settings, including HACC support staff and residential aged care staff.
Your Brain Matters™

Thur 16 Oct
Parkville
10.30am – 12noon

Cost: FULLY FUNDED
Duration: 1.5hrs
Venue: Parkville or at your venue

Suitable for: Anyone in the general community who is concerned about memory changes.

Your Brain Matters is Alzheimer’s Australia’s evidence-based dementia risk reduction program. You will learn about the 5 Simple Steps to Maximise Your Brain Health and get tips on living a brain healthy life to reduce your risk of developing dementia.

Worried about your memory?

Fri 14 Nov
Hawthorn
10.30am – 12.00noon

Cost: FULLY FUNDED
Duration: 1.5hrs
Venue: Hawthorn or at your venue

Suitable for: Anyone in the general community who is concerned about memory changes.

Explore how memory works, common memory changes that occur with ageing and when memory difficulties need to be investigated. This session will also provide tips on how to improve your memory and look after your brain.
8 things you need to know about dementia (CALD)

This education session provides basic information on dementia and services to community groups from CALD backgrounds.

It is delivered with the support of an interpreter.

| Cost: FULLY FUNDED | Duration: 1hr | Venue: For your CALD community organisation or group at your venue | Suitable for: Culturally and Linguistically Diverse (CALD) community groups. |

3 Ways to relate to people with dementia (CALD)

This education session builds on the 8 Things You Need to Know About Dementia program by providing strategies for improving communication with, and including, people living with dementia.

It is delivered with the support of an interpreter.

| Cost: FULLY FUNDED | Duration: 1hr | Venue: For your CALD community organisation or group at your venue | Suitable for: Culturally and Linguistically Diverse (CALD) community groups who have already had an information session on dementia. |

Helping reduce your risk of dementia (CALD)

This program has been specifically tailored to provide older CALD community members with an understanding of the strategies they can implement that may reduce their risk of developing dementia. It is based on the Your Brain Matters™ program and strategies focus on 5 simple steps to maximise your brain health.

It is delivered with the support of an interpreter.

| Cost: FULLY FUNDED | Duration: 1hr | Venue: For your CALD community organisation or group at your venue | Suitable for: Culturally and Linguistically Diverse (CALD) community groups. |
Dementia information for volunteers

Gain an understanding of dementia and how to communicate more effectively with the person living with dementia as part of your volunteer work. This session will also include a discussion of difficult situations volunteers might encounter and how best to respond to these.

**Thur 7 Aug**  
Parkville  
10.00am – 1.00pm

**Wed 15 Oct**  
Hawthorn  
1.00pm – 4.00pm

Cost: FULLY FUNDED  
Duration: 2 - 3hrs  
Venue: Hawthorn, Parkville or at your venue  
Suitable for: Existing volunteers who interact with people who have dementia in a variety of community settings.

Volunteer companions workshop (Formerly Friends and Companions)

Learn how dementia can impact on a person’s physical and psychological well-being and what you, as a volunteer companion, can do to engage and maintain positive connections or friendships.

(Maximum 20 people per workshop. Limited sessions available.)

Cost: FULLY FUNDED  
Duration: 2 or 3 hrs negotiated to suit  
Venue: At your venue  
Suitable for: Volunteers who provide companionship to a specific person living with dementia. Please note this program is not suitable for family carers.
Alzheimer’s Australia Vic offers information and support sessions for family carers and people living with dementia in the community.

These sessions cover a range of topics and are offered at our Hawthorn Family Services venue and Parkville Learning Services venue, as well as in a number of metropolitan and rural areas.

The sessions cover topics such as:
- Introduction to dementia and services
- Effective communication
- Coping with changes in behaviour
- The caring role: a compassionate approach
- Considering residential care

Sessions are also available in Greek, Italian, Cantonese and Mandarin.
For further information contact Lisa Reed on 03 9815 7822

For family information and support bookings:

Call Lisa Reed on 03 9815 7822 or 03 9815 7800
Email aav-familycarereducation@alzheimers.org.au
Online fightdementia.org.au/vic

These programs are supported by funding from the Commonwealth and Victorian Governments under the HACC program.
Introduction to dementia and services
A good place to start

This session will provide an introduction to dementia, causes, symptoms and typical changes that may occur. Also discussed are services available to support the person and the family, including further information and support services.

**Suitable for:**
Family and friends of a person who may have a diagnosis of dementia and for the person who has the diagnosis.

**Duration:**
2hrs

**Venue:**
Hawthorn

**Cost:**
FREE

For sessions at other locations and in other languages, contact Lisa Reed on 03 9815 7822 or check the website www.fightdementia.org.au/vic

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Mild Cognitive Impairment (MCI)
What this diagnosis means for you

**Presenter:** Dr Maree Farrow  Biography page 42

This program discusses differences between normal ageing, MCI and dementia. We identify some of the cognitive difficulties which may be experienced by people with MCI; explore the possible causes of MCI and the changes in brain function that can occur. We also look at current understanding about MCI diagnosis, progression and treatment; and ways you can be better prepared to deal with the impact of MCI.

**Suitable for:**
People who have been diagnosed with Mild Cognitive Impairment (MCI) and their families

**Cost:**
FREE

**Duration:**
2hrs

**Venue:**
Hawthorn

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Alzheimer’s Australia Vic Dementia Training 35
Coping with changes in behaviour

This program deals with some of the changes in behaviour caused by dementia as well as the possible triggers to these behaviours. We teach participants a problem-solving approach which helps carers to understand and better manage these changes.

**Suitable for:**
Family carers who need support coping with changed behaviours.

**Duration:** 2.5hrs

**Venue:** Hawthorn

**Cost:** FREE

**Tue 26 Aug**
6.00pm – 8.30pm

**Thur 27 Nov**
1.30pm – 4.00pm

**Hawthorn**

**Thur 2 Oct**
10.30am – 1.00pm

**Parkville**

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Effective communication

The focus of the session is on how dementia changes communication and possible alternate communication strategies which may be helpful. We also discuss dealing with over-reactions of a person with dementia and how to support the person who is distressed.

**Suitable for:**
Family and friends of a person diagnosed with dementia who already have a basic understanding of dementia and who need assistance with effective communication.

**Cost:** FREE

**Duration:** 2.5hrs

**Venue:** Hawthorn

**Thur 14, 21, 28 Aug & 4 Sept**
1.30pm – 4.30pm

**Hawthorn**

**Tue 12 Aug**
1.30pm – 4.00pm

**Parkville**

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The caring role - a compassionate approach

While this program includes information about dementia, changes and communication it also incorporates the loss and grief associated with becoming a carer. We talk about how to create an environment to facilitate the caring role as well as maintaining and getting support as a carer.

**Suitable for:**
Family carers who are ready to reflect on their new role and relationship with their family member living with dementia and who can participate in a longer (4 week) group program.

**Cost:** FREE

**Duration:** 3hrs over 4 weeks

**Venue:** Hawthorn

**Held over 4 weeks**

**Thur 14, 21, 28 Aug & 4 Sept**
1.30pm – 4.30pm

**Hawthorn**
Coping with carer stress

Held over 8 weeks
Mon 29 Sept, 6, 13, 20, 27 Oct, 10, 17 & 24 Nov
10.00am – 12.30pm
Follow up session
Mon 22 Dec

The group will provide participants with the opportunity to meet other carers in a similar situation and to learn new skills to better manage the emotional demands of being a carer.

Please note: To join this program, participants need to complete an assessment interview with a counsellor. Call the Gateway counsellor on 03 9815 7800

Cost: FREE
Duration: 2.5hrs x 8 weeks
Venue: Hawthorn
Suitable for: Carers ready to learn strategies to improve their well-being.

Considering residential care

Thur 11 Sept
6.00pm – 8.30pm
Tue 11 Nov
1.30pm – 4.00pm
Hawthorn
Wed 26 Nov
1.30pm – 4.00pm
Parkville

In this program we discuss the difficult decision of when to decide that residential care is needed, including the barriers to making the decision and the emotional issues for families regarding placement. Information is also provided about the residential care system, including the different types of care available and where to get information and what services to contact. Important legal issues are also outlined. Discussion of the family’s new role and how they can continue to care is included in this program.

Cost: FREE
Duration: 2.5hrs
Venue: Hawthorn
Suitable for: Family carers at the point of considering residential care for a family member with dementia.

Depression and dementia

Tue 28 Oct
1.30pm – 4.00pm
Hawthorn

This program talks about the distinction and connection between depression and dementia as well as strategies to support a depressed person. Information about where and how to get help is also included as well as self-care for the family carer.

Cost: FREE
Duration: 2.5hrs
Venue: Hawthorn
Suitable for: Family carers who may be concerned that their family member is depressed and who have a basic understanding of dementia.
COMMUNITY SEMINARS

Coming to a location near you

Our FREE community seminars aim to increase public awareness and provide an opportunity to discuss a wide range of issues related to dementia. These seminars are presented by a variety of experts from a range of fields including: social, legal and medical.

Worried about your memory?

**Presented by Laurel Gourlay**
See biography page 42

Join us to explore how memory works, including the different types of memory, common memory changes that occur with ageing, health factors that can impact on memory function and when memory difficulties need to be investigated. This session will also provide tips on how to improve your memory and look after your brain.

**TUE 15 JULY**
**VENUE: PORTLAND**

Portland Golf Club,
Madeira Packet Road,
Portland VIC

10.30am – 12.00noon
10.15am Registration and refreshments

Cost: **Free**
Duration: **1.5hrs**
CNE points: **1.5**

Suitable for:
The general community, health professionals, students, family carers or anyone with memory concerns.

How dementia-friendly is your home?

**Presented by Dr Tanya Petrovich**
See biography page 42

Join us to examine some simple and practical design solutions that you can implement in your own home to create a dementia-friendly environment that will enable the person living with dementia to live independently for as long as possible. Learn how elements such as lighting, sound and colour can be effectively used to create a calm and enabling environment which can make a significant difference to the quality of life and well-being for a person living with dementia.

**THUR 11 SEPT**
**VENUE: LILYDALE**

Lilydale Bowling Club,
5 Hardy Street,
Lilydale VIC

10.30am – 12.00noon
10.15am Registration and refreshments

Cost: **Free**
Duration: **1.5hrs**
CNE points: **1.5**

Suitable for:
The general community, health professionals, students, family carers and people living with dementia.
Is it dementia or just old age?
Getting an assessment and diagnosis

Presented by Bronwyn Feary See biography page 42

Join us to learn:
What’s involved, where to go and how you can encourage a person to have a diagnosis.

Many people, especially as they grow older, become worried that changes they are experiencing to their memory or to other cognitive functions, such as decision-making and daily living skills, may be the beginnings of dementia. It is important to have these changes investigated, so that they can either be treated, or the person can access appropriate support and services that will assist in planning for their future.

Bronwyn Feary, occupational therapist at Bendigo Health, will explain where to go to receive assistance if you, a friend or relative, are concerned about such changes. She will outline the assessment process and explain each stage. In the event that the person does not recognise that there is a problem, or are fearful of what the assessment might reveal, Bronwyn will outline helpful strategies that you can use to encourage an assessment. The seminar provides an opportunity for you to have your questions about the assessment process answered.

TUE 12 AUG
VENUE: SWAN HILL

Italian Social Club
Harrison Reserve
Yana Street,
Swan Hill

11.00am – 12.30pm
10.45am Registration and refreshments

Cost: Free
Duration: 1.5hrs
CNE points: 1.5

Suitable for:
The general community including health professionals, family carers and people concerned about dementia.

The brain, dementia and neuroplasticity

Presented by Dr Alan Rembach
See biography page 42

This engaging presentation will describe, in lay terms, how the brain works and advances in scientific research which are helping scientists to better understand brain function and the impact on the brain of dementia, in particular Alzheimer’s disease. The concept of neuroplasticity and how this relates to dementia will be explored, dispelling some of the myths about what this means.

TUE 7 OCT
VENUE: HAWTHORN

University of Melbourne,
Hawthorn Campus,
442 Auburn Road,
Hawthorn VIC

10.30am – 12.00noon
10.15am Registration and refreshments

Cost: Free
Duration: 1.5hrs
CNE points: 1.5

Suitable for:
The general community, health professionals and family carers.
Leadership in quality dementia support
2 September 2014

Keynote speaker:
Dr. Adam Gazzaley MD PhD
See biography page 43

The use of technology provides us with exciting new opportunities to improve the quality of life for people living with dementia, their families and their carers. This year’s Leadership Forum will explore local and international examples of how technology can complement and enhance the services supporting people living with the disease. Rapidly increasing dementia prevalence and a declining workforce provide an imperative to explore the application of technology. A key challenge is how to best ensure technological developments are informed by, and responsive to, the needs of those living with dementia.

VENUE: MELBOURNE
Hilton on the Park
192 Wellington Parade,
East Melbourne

Full day forum:
Time: 9.30am - 4.00pm
9.00am Registration and networking

Suitable for:
Health professionals in all care settings:- residential aged care, community care, primary health care, sub-acute care services and acute care.

Tickets:
$186 Member
$195 Non member
Includes morning tea and lunch

CNE points: 5.5

BOOKINGS ESSENTIAL at FIGHTDEMENTIA.ORG.AU/VIC
Improving the care of people with dementia in acute hospitals

Keynote Speaker:
Dr Brian Draper
MB BS MD UNSW, FRANZCP
See biography page 43

While acute hospitals are designed to assist people with acute conditions, this environment is far from ideal for patients with dementia who often experience adverse treatment outcomes. Much can be done to improve the care of people with dementia in acute hospitals and this seminar will focus on possible solutions involving clinicians, people with dementia, carers and hospital administrators.

Thursday 7 August
VENUE: Wangaratta

Memorial Hall
Wangaratta Performing Arts Centre
33 - 37 Ford Street

Time: 9.45am - 12.30pm Forum
9.30am - 9.45am Registration & networking

Suitable for:
This half day forum is suitable for the general community which may also include health professionals, family carers and people with dementia.

Cost: Free
Duration: 2.5hrs
CNE points: 2.5

BOOKINGS ESSENTIAL
at FIGHTDEMEN TIA.ORG.AU/VIC

SAVE THE DATES

Alzheimer’s Australia Vic Annual General Meeting
Wed 26 Nov 2014

Dementia Awareness Month Public Lecture
Thur 18 Sept 2014

Melbourne Brain Centre
The Kenneth Myer Building
University of Melbourne, Parkville

Central Melbourne
Venue to be confirmed
Juanita Bekinschtein
Adv Dip Translating & Interpreting, BA (Drama), Cert IV TAE

Juanita is a passionate teacher delivering exciting hands-on Montessori workshops. She is a qualified teacher of drama and has worked in Argentina and Sydney. Following this she studied at RMIT to become a qualified translator and interpreter for English, Spanish. She worked in court rooms, community settings and hospitals as an interpreter. This lead her to her most recent work as an activities worker in aged care. In 2008, with a long standing understanding and admiration for Montessori methodology, she researched and introduced the Montessori philosophy to her activities work.

Dr Maree Farrow
PhD, BAppSc

Maree is a research fellow with Alzheimer’s Australia Vic and the Dementia Collaborative Research Centre – Early Diagnosis and Prevention, and a visiting fellow at the Centre for Research on Ageing, Health and Well-being at the Australian National University. She completed her PhD in cognitive neuroscience at the Brain Sciences Institute, Swinburne University of Technology, and has more than 15 years research experience in this field. Her research has involved studies of cognitive function in development, ageing and brain disorders.

Bronwyn Feary
BAppSc, OcTher

Bronwyn has worked for many years in neurological rehabilitation and as part of the Cognitive Dementia and Memory Clinic team, both at Bendigo Health and Ballarat Health Services. She values the opportunity to work with people with neurological impairments to help them maximize their quality of life. She has been involved in education sessions about dementia for both the general public and health professionals.

Sue Foley
Horticultural Therapist Dip. App. Sci.(Hort), MHTAV

Sue has developed therapeutic horticulture programs in residential aged care in the private and public health sectors over the past eight years, working with low- and high-care residents, and more recently in psycho-geriatric care. Sue has presented at several state Horticultural Therapy Association of Victoria conferences and also at Melbourne University to students studying their Masters of Urban Horticulture and in Therapeutic Gardening at Burnley College.

Laurel Gourlay
BA (Social Sciences), Grad Dip Ed, Grad Dip Arts (Social Sciences), Cert IV in Training and Assessment

Laurel has had over 17 years’ experience as a facilitator in the aged and community care sectors, developing curriculum and resources for a variety of courses and audiences, and facilitating dementia education to a wide range of client groups, including health professionals, family carers, volunteers and the broader community. She has been with Alzheimer’s Australia Vic for 10 years. Laurel commenced her career in Education as an English and social sciences teacher in the Victorian Secondary system and made the transition to adult education in the mid-1990s, specialising in dementia care education as a result of a family experience with dementia. Laurel is currently the Program Manager – Community, within the Learning & Development team.

Dr Kathryn Nicholson
Dip Physio, Grad Cert Ergo, Grad Dip Tr & Dev, M As Ess Eval, PhD

Kathryn has extensive experience as an educator in the health care industry. Kathryn’s PhD explored caring in the presence of dementia with Lewy bodies. She has presented her findings at numerous conferences in Australia and overseas.

Dr Tanya Petrovich
BSc(Hons), PhD, Grad Dip Ed (Vet)

Tanya completed studies in the field of genetics and neurobiology at the University of Melbourne and went on to doctoral studies at the Marie Curie Research Institute, Oxted, Surrey, UK. She has spent many years teaching in the fields of science, naturopathy, and health science. She has also had experience in running her own business, and worked as a commercial property manager. She joined Alzheimer’s Australia Vic in 2008 and has held several roles including traineeship coordinator, coordinator of vocational education and currently holds the role of Business Development Manager. Tanya is passionate about delivering outcomes to improve the lives of those living with dementia.

Alan Rembach
BSc (Hort), PhD

Alan is the manager of the clinical research group at the Florey Institute of Neuroscience and Mental Health and is also the coordinator of the Australian Imaging Biomarker and Lifestyle (AIBL) study of aging. Alan has a background in behavioural neuroscience and biochemistry and has worked on animal models of motor neuron disease and Alzheimer’s disease. Now in his second ‘post-doc’ with this institute, Alan has been working on peripheral blood-based biomarkers, leading to methods to screen the population to identify individuals at risk of Alzheimer’s disease who may benefit from future, early intervention clinical trials.
Adam Gazzaley
MD, PhD

Adam obtained an M.D. and a Ph.D. in Neuroscience at the Mount Sinai School of Medicine in New York, completed clinical residency in neurology at the University of Pennsylvania, and postdoctoral training in cognitive neuroscience at UC Berkeley. He is the founding director of the Neuroscience Imaging Center at the UC San Francisco, an associate professor in Neurology, Physiology and Psychiatry, and principal investigator of a cognitive neuroscience laboratory. His laboratory studies neural mechanisms of perception, attention and memory, with an emphasis on the impact of distraction and multitasking on these abilities. His unique research approach utilises a powerful combination of human neurophysiological tools, including functional magnetic resonance imaging, electroencephalography and transcranial magnetic and electrical stimulation (TMS & TES). A major accomplishment of his research has been to expand our understanding of alterations in the aging brain that lead to cognitive decline. His most recent studies explore how we can enhance our cognitive abilities via engagement with custom-designed video games, and how this can be bolstered by closed loop systems using neurofeedback and TES. Adam has authored more than 80 scientific articles, delivered more than 300 invited presentations around the world, and his research and perspectives have been consistently profiled in high-impact media.

Efterpi Soropos
MA (Community Cultural Development)

Efterpi is a visual artist and performing arts designer. Efterpi has spent many years fascinated by the way combinations of light, sound and image can affect audiences, guiding them through spectrums of emotion and sensation. As part of her Masters research, Efterpi began a creative partnership with Monash Medical Centre as Artist in Residence in 2007, to research the effects of the interior environments of hospitals in palliative care units. She then developed the ‘Disambiguation Room’ in 2008, a permanent multifunctional art space housed in McCulloch House, the palliative care unit at Monash Medical Centre, Clayton, Victoria. Human Rooms™ was founded in 2008 and Efterpi has continued the research and development of the Human Rooms™ concept as an effective interior/spatial and therapeutic intervention for psychological relief of the symptoms of stress, fear and anxiety during mental, chronic or terminal illness with a focus on aged persons. Efterpi was awarded a 2013 Churchill Fellowship to investigate art and sensory programs in Hong Kong, UK and Japan and is now developing the Human Rooms™ concept for aged care, particularly focusing on culturally specific sensory art and design for people living with dementia in Australia.