Dementia education courses and workshops

2014 January – June Program

Dementia education courses and workshops provided by Alzheimer’s Australia WA
OUR VISION
A society committed to preventing dementia, while valuing and supporting people who live with it.

OUR PURPOSE
To advance the interests of people living with dementia through advocacy, education, support and research.

OUR PHILOSOPHY
Dementia is a human experience rather than just a biological condition. We therefore offer a holistic approach in our care that respects the individuality of people living with dementia.

OUR VALUES
- Understanding the unique needs of people living with dementia.
- Recognising people as our greatest strength.
- Investing in partnerships.
- Treating people with respect and dignity.
- Encouraging innovation and creativity.
- Being transparent, accountable and sustainable.

AlzheimersAustraliaWA
AlzheimersWA
ABOUT ALZHEIMER’S AUSTRALIA WA

For over 30 years, Alzheimer’s Australia WA has been working to improve the lives of people living with dementia.

Today, we are Australia’s oldest and largest dementia organisation employing over 210 specialist staff including physiotherapists, occupational therapists, educators and specialist support workers to provide services in WA for more than 29,600 people with dementia, their families and carers.

We are at the forefront of dementia care services and our high quality dementia education and training programs are designed to provide the knowledge and skills required to improve the care and support of people living with dementia.

Registration Training Organisation

Alzheimer’s Australia WA Ltd is a specialist organisation offering a range of comprehensive workshops, courses and talks on dementia and dementia care. We also offer a range of accredited courses as a Registered Training Organisation (RTO ID 4755).

WHAT WE DO

Our wide range of services for people living with dementia includes:

- respite, counselling and social support services;
- library and resource centre;
- a free dementia helpline (1800 100 500)

Services for the health and aged care sectors include:

- training and education courses;
- dementia consultancy services in areas such as the built environment, culture change, assistive technology and art therapy; and
- specialist Dementia Behaviour Management Advisory Services.

For the general community, we provide education on reducing the risk of dementia as well as awareness raising talks.

To find out more visit:

www.fightdementia.org.au/wa
“Very helpful, informative and friendly...”
I was desperate for information on how to cope as a carer for someone with dementia. Alzheimer's Australia WA has been very helpful, informative and friendly. Their services are important to those with dementia, carers and leading the general public on how to accept and interact with those who live with dementia.
Lynn Blenkinsop - Perth, Western Australia

“I can’t imagine our journey without the help of Alzheimer’s Australia WA...”
Just go for it, I don’t know what holds people back from accessing help. There will be breakthroughs, support, and changes and choices. I can’t imagine the journey without the help of Alzheimer’s WA. The best thing you can do is get in touch with them.
Jayne Surry - Perth, Western Australia

“AAWA is such a wonderful support...”
I cannot speak highly enough of the services and support provided by Alzheimer’s Australia WA to those who contact them. It is such a big help to know we have someone to ask for help and advice when we need it. We have been connected to AAWA for about six years and they have been a wonderful support.
Dorothy Bennie - Perth, Western Australia

“Alzheimer’s Australia WA means a lot to me...”
When mum was diagnosed, we didn’t know much about dementia. Things happened and we just didn’t know how to handle situations. Alzheimer’s Australia WA is an organisation that understands us and is a tremendous support for mum.
Stefania Muscara - Former My Kitchen Rules Contestant, Dianella, Western Australia

“Amazing organisation with such a worthy cause...”
When my grandmother was diagnosed with dementia, I came across Alzheimer’s Australia WA. They helped us cope as a family and provided us with a wealth of resources and information that everyone in this situation needs.
Josh Catalano - Former Masterchef Australia Contestant, Doubleview, Western Australia

“Alzheimer’s Australia WA is the biggest help...”
Since Bob was diagnosed with dementia, Alzheimer’s Australia WA has been the biggest help for us. They have numerous resources, brochures, helpful trained staff, support groups and an easy to use website with lots of hints and tips for helping out in situations.
Bob and Val Jenner - Perth, Western Australia
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OUR EDUCATION PROGRAM

WHAT’S THE COST?
• Courses for carers and families are free.
• Most courses for people working in health and aged care attract fees – these are detailed in this booklet and are inclusive of GST.
• Acute care workshops are free for hospital staff.
• Awareness talks and memory van visits are free.

HOW DO I REGISTER?
Staff from HACC-funded agencies may wish to register via CommunityWest on (08) 9309 8180.
Staff from residential or acute care agencies and the general public can register by contacting us via:
Phone: (08) 9388 2800 during business hours;
Email: alzwa@alzheimers.org.au; or
Online at www.fightdementia.org.au/wa

WORKPLACE TRAINING
Many of our workshops can be delivered at your workplace, in metropolitan or regional areas. We are able to offer tailored training programs to meet your organisation’s needs. Workshops can be arranged to suit your staff roster and shift requirements, including evenings. For more information, please contact us on (08) 9388 2800

REFUNDS
Fees and charges will be refunded to participants in the following circumstances:
• Alzheimer’s Australia WA Ltd will refund course fees to participants if a course is cancelled or discontinued for any reason.
• Participants may also be eligible for a refund if they withdraw from the workshop/course for a good reason and are unable to accept a place in an alternative session.
• A refund will not be available if the participant fails to turn up without 24 hours prior notification of their inability to attend and alternative arrangements cannot be made.
COURSES AND WORKSHOPS FOR PEOPLE WORKING IN HEALTH AND AGED CARE

FOR ADVICE OR SUPPORT, CALL THE DEMENTIA HELPLINE ON 1800 100 500
This foundation workshop will provide a basic understanding of dementia as well as practical strategies to support positive interaction when supporting a person with dementia.

Participants will gain an understanding of:

- Dementia and how it affects a person
- How to support wellbeing
- How to respond to changes over time
- The person centred care model

**Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park – 9.30am to 4.00pm**
**Cost:** $148 (lunch included)

Monday 3 February
Wednesday 5 March
Thursday 10 April
Friday 9 May
Monday 16 June

A different concept in dementia education! This workshop is built around simulation and gives you the opportunity to experience and explore how it may feel to have dementia.

Participants will:

- Engage in a simulation reflecting what it may be like to have dementia
- Discuss how this experience may affect understanding of what it is like to have dementia
- Consider how they can be more supportive towards people in their care

**Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, – 9.30am to 4.00pm**
**Cost:** $148 (lunch included)

Friday 21 February
Wednesday 30 April
Friday 13 June
REMINISCENCE AND LIFE STORIES

This workshop will provide participants with the knowledge and skills to engage in reminiscing and compiling a life story with a person with dementia, with the support of families and friends.

You will have the opportunity to:

• Learn strategies to encourage and support reminiscing
• Identify key points for creating a life story
• Identify opportunities for using life stories as a person centred communication tool

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, – 1.00pm to 4.00pm
Cost: $85

Thursday 20 March
Monday 19 May

INTELLECTUAL DISABILITY AND DEMENTIA

This workshop will provide participants with the knowledge and skills needed to interact effectively with people who have an intellectual disability (ID) such as Down syndrome and dementia.

Participants will:

• Gain an understanding of how dementia affects the person with ID
• Develop the skills required to communicate with people with the dual diagnosis
• Respond to changes over time

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, – 9.30am to 4.00pm
Cost: $148 (lunch included)

Monday 5 May
DESIGN FOR DEMENTIA

This workshop explores the application of 10 evidence based principles of enabling dementia design across a variety of environments like hospitals, care homes and day centres. Full of practical advice and tips, topic areas include:

- Signage
- Use of colour
- Architectural design
- Choosing furniture
- Lighting
- Creating meaningful engagement opportunities
- Creating therapeutic garden space

The workshop will also provide information on use of design audit tools and an opportunity to visit a dementia specialist day centre to view the principles in practice.

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, – 1.00pm to 4.00pm
Cost: $85

Friday 28 February
Friday 27 June

MUSIC IN DEMENTIA CARE

Music is an effective method of communication, a calming strategy and reminiscence tool. Favourite tunes can be used to prompt special memories of people, places and events.

It has been proven that when used as therapy, music has positive effects on our physiology, affecting our heart rate, blood pressure and nervous system. Singing in particular decreases agitation, improves comprehension, lifts mood, build trust and self-confidence.

This half day experiential workshop is for anyone working in health, aged or community care services and will explore:

- Developing music programs
- Setting up a choir
- Using a playlist in a person centred approach
- Use of music in the environment

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, – 1.00pm to 4.00pm
Cost: $85

Friday 23 May
SUPPORTING YOUR CLIENTS USING AN ENABLING HOME ENVIRONMENT

This three hour workshop will provide community staff working with people with dementia with useful information on how to easily adapt home environments to support a person living with dementia.

• How to carry out an assessment of the home environment

• Practical ideas, advice and tips that can make the home more enabling for the person living with dementia

• Exploration of ideas for creating meaningful activities in and around their home environment

• An invitation to visit our showroom to learn how assistive technology can support an enabling environment for your client by reducing risk, supporting independence and creating more choices

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, – 1.00pm to 4.00pm
Cost: $85

Friday 7 March
Friday 4 April
Friday 30 May

www.enablinenvironments.com.au
DEMENTIA CARE IN HOSPITALS

This workshop provides information and strategies for all staff working in acute care settings to provide effective care to patients with dementia.

Participants will explore ways to:

- Understand dementia causes and symptoms
- Interact effectively with patients with dementia and families using a person-centred approach
- Recognise and respond to delirium and other causes of acute cognitive deterioration

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, – 8.30am to 3.30pm Cost: Free for staff working in acute care (lunch provided)

Thursday 13 March

Wednesday 25 June

This workshop has been endorsed by APEC No 090428002 as authorised by Royal College of Nursing, Australia (RCNA) according to approved criteria.

Attendance attracts 6 RCNA CNE points as part of RCNA’s Life Long Learning program (3LP)

SPECIALITY DEMENTIA TOPICS IN HOSPITALS

This workshop is designed for staff working in acute care settings with previous education in dementia care.

Participants will learn strategies to:

- Encourage patients to use remaining skills
- Support continence
- Recognise and manage pain relief
- Incorporate a palliative approach

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, – 8.30am to 12.30pm Cost: Free for staff working in acute care

Wednesday 14 May

This workshop has been endorsed by APEC No 090428002 as authorised by Royal College of Nursing, Australia (RCNA) according to approved criteria.

Attendance attracts 4 RCNA CNE points as part of RCNA’s Life Long Learning program (3LP)
DEMENTIA HOSPITAL CHAMPIONS PROGRAM

This program will support participants to undertake a comprehensive train-the-trainer approach to develop expertise in dementia care of patients. The Dementia Hospital Champions will be provided with dementia education and reflective practice opportunities to become a dementia resource person in their workplace. Participants will receive ongoing support and mentoring to further develop their skills and knowledge, access to information resources and further education opportunities in order to lead the development of best practice and optimal dementia care.

The program will be available during 2014 across a number of hospitals. Please contact (08) 9388 2800 for further information.

This workshop has been endorsed by APEC No 090428002 as authorised by Royal College of Nursing, Australia (RCNA) according to approved criteria.

Attendance attracts RCNA CNE points as part of RCNAs Life Long Learning program (3LP)

DEMENTIA BEHAVIOUR MANAGEMENT ADVISORY SERVICE WORKSHOPS

The DBMAS program supports care workers and health professionals in the care of a person with dementia in the acute and primary health care sectors and will be running several workshops again in this period.

The workshop ‘Speaking my Language’ is expected to be offered twice in this six month period.

Other workshops include:

Pain Management
February

Sensory Workshop for the South West
March

Speaking My Language Workshop in Albany
May

For further details, please ring 1800 699 799
DEMENTIA AND GRIEF: CHALLENGES ALONG THE JOURNEY

This workshop explores the complexity of psychosocial issues related to dementia, not only for the person with a diagnosis of dementia, but also for their family carers or support persons and loved ones. It takes into account the long and variable illness trajectory from pre-diagnosis, to possible placement for some in care facilities, to death and bereavement beyond.

Following the workshop, participants will be able to:

• Understand dementia and the challenges faced by both people with dementia and their family and/or support persons across the trajectory of the illness

• Identify the various losses that are associated with dementia

• Have a background knowledge of various theories of grief and bereavement and how they may inform our support of people dealing with dementia

• Identify assessment measures that may be useful in screening grief and support needs and the issues related to their use

• Have knowledge of a variety of theoretical perspectives in dealing with grief, both for the person with a diagnosis of dementia and for their family carers and support persons

• Identify a variety of strategies to engage with people dealing with dementia, both for the person with a diagnosis of dementia and family carers and support persons

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, – 9.00am to 4.30pm
Cost: $148 (lunch provided)

Tuesday 4 March
Tuesday 6 May
DEMENTIA EXPLAINED

This workshop explores the different types of dementia, clinical presentations and how to set up support programs for an individual whilst considering impact of neurological impairment.

Participants will gain a great understanding of:

- Dementia as a condition
- Different types of common dementias and their effect on brain function
- Clinical symptoms associated with different types of dementia

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, – 9.30am to 11.30am
Cost: $85

Wednesday April 9

YOUNGER ONSET DEMENTIA

This workshop explores the unique experiences of people (under 65) diagnosed with dementia, how to support them in a person centred model and the skills needed for effective interventions.

Participants will gain an understanding of:

- Dementia as a condition
- The impact of dementia on a younger person
- The unique needs of younger people with dementia
- Ways to adapt their care and service provision to these needs

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, – 9.30am to 11.30am
Cost: $85

Thursday 27 March
**SEXUALITY IN DEMENTIA CARE**

This workshop will openly explore the needs of people with dementia in regard to sexuality and intimacy. It will focus on sense of identity, the importance of personhood and the role of relationships.

- Does sexual expression have a place in the life of a person with dementia?
- Attitudes of staff and family members
- Understanding sexual expression

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, – 1.00pm to 4.00pm
Cost: $85

Wednesday 26 March

**MEANINGFUL ENGAGEMENT AND ACTIVITY PROGRAMMING FOR PEOPLE WITH DEMENTIA**

This practical workshop will explore the importance of meaningful engagement, how to activity plan in a person centred model, the role of variety and spontaneity in tackling boredom and how to create an engaging physical environment.

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, – 1.00pm to 4.00pm
Cost: $85

Monday 23 June
ART AND CREATIVITY IN DEMENTIA CARE

Art can provide an alternative language for communication - through images, symbols and colours. This full day experiential workshop is for anyone in aged, health or community care services and who are involved in planning and facilitating activities for people with dementia.

Participants will work with a wide variety of art materials, both 2D and 3D and gain confidence in offering a creative expression program for people with dementia. Participants will receive additional printed information.

Participants will gain an understanding of:

- How to set up and organise a therapeautic art group whilst addressing physical and psychological safety
- How to choose suitable, good quality art materials and stay within a budget
- How to identify appropriate themes and activities

The day will also include DVD information on the Art Gallery access project and other creative programs.

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, – 9.30am to 4.00pm
Cost: $148 (lunch included)

Monday 31 March
Tuesday 27 May
ACCREDITED COURSES FOR PEOPLE WORKING IN HEALTH AND AGED CARE

FOR ADVICE OR SUPPORT, CALL THE DEMENTIA HELPLINE ON 1800 100 500
Alzheimer’s Australia WA is able to offer the following accredited courses at no cost:

**CHCAC319A - ‘Provide support to people living with dementia’** *(Core unit in Certificate III in Aged Care)*

- Person centred care and effective communication
- The nature of dementia and its impact on the person
- Signs of ill-being and effective responses
- Meaningful engagement
- Workplace issues, community support and services available

A written assessment and workplace reports need to be completed satisfactorily before competency is achieved.

This workshop has been endorsed by APEC No 090428002 as as authorised by Royal College of Nursing, Australia (RCNA) according to approved criteria.

Attendance attracts 10 RCNA CNE points as part of RCNA’s Life Long Learning program (3LP)

**CHCAC416A - ‘Facilitate support responsive to the specific nature of dementia’** *(Core unit in Certificate IV in Aged Care)*

Whilst there are no prerequisites for this unit, each participant's experience, skills and achievements will be taken into account prior to applying for registration.

- Plan support essentials for the specific nature of dementia, taking into account care, social and emotional needs
- Provide guidance and support to care workers in the implementation of care plans
- Offer guidance and support to family members
- Develop and implement strategies to minimise ill-being and understand behaviour
- Maintain documentation according to industry and organisational requirements

Satisfactory written assessment and workplace reports are required for participants to gain competency.

This workshop has been endorsed by APEC No 090428002 as as authorised by Royal College of Nursing, Australia (RCNA) according to approved criteria.

Attendance attracts 18 RCNA CNE points as part of RCNA’s Life Long Learning program (3LP)

To book a place, please visit [www.dementia.acswa.org.au](http://www.dementia.acswa.org.au) or telephone (08) 9244 8233.
CERTIFICATE IV IN DEMENTIA PRACTICE

This comprehensive qualification exclusive to Alzheimer’s Australia WA consists of 14 units as detailed on the following page. Whilst you will need to complete all units in order to gain this qualification, you can choose to just complete one or two units (details overleaf).

This qualification can be a pathway for those wishing to pursue leadership roles and be innovative in their workplace. Participants will develop dementia specialist knowledge and may be regarded as dementia champions within their organisation.

The Certificate IV in Dementia Practice will provide participants with the ability to integrate current knowledge and apply enhanced skills for effective dementia care and will be an energising experience with experts from industry contributing as guest speakers.

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, – 8.30am to 5.00pm, Cost: $2,500 (lunch and refreshments provided)

Commencing Tuesday 11 March

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<td>• CHORG428A - Reflect on and improve own professional practice</td>
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<td>Leadership and Culture Changes</td>
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<td>• BSBMGT401A - Show leadership in the workplace</td>
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<td>• BSBMGT402A - Promote team effectiveness</td>
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<td>W3 - 29 April</td>
<td>Creating effective networks</td>
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<td>• ALZDEM401B - Analyse concepts of ageing and dementia to support care and</td>
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<td>• ALZDEM407B - Maintain effective networks to support dementia care and</td>
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<td>W5 - 10 June</td>
<td>Palliative care and caring legalities</td>
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<td>• CHCPA402B - Plan for and provide care services using a palliative approach</td>
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<td>• CHCCS400C - Work within a relevant legal and ethical framework</td>
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<td>W6 - 1 July</td>
<td>Assessment awareness and cultural influences</td>
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<td>• ALZDEM405B - Develop an awareness of valid assessment processes of persons</td>
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<td>• HLTHIR403C - Work effectively with culturally diverse clients and</td>
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<td>W7 - 22 July</td>
<td>Dynamics of communication and behaviour</td>
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<td>• ALZDEM403B - Communicate with and relate to persons living with dementia</td>
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<td>• ALZDEM404B - Respond holistically to changed behaviour in persons with</td>
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<td>W9 - 2 September</td>
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<td>• ALZDEM402B - Apply enabling strategies for persons living with dementia</td>
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<td>• ALZDEM404B - Plan implement and monitor leisure and health programs</td>
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<td>W10 - 23 September</td>
<td>Supporting wellbeing in the caregiver</td>
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<td>• ALZDEM406B - Maintain the wellbeing of informal and formal care givers</td>
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The following units of Certificate IV in Dementia Practice can be undertaken independently. Completion of these units may contribute to full completion of the Certificate IV at a later date.

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<th>Date</th>
<th>Session Title</th>
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<tr>
<td>1 April</td>
<td>Leadership and Culture Changes (two units)</td>
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<td>• BSBMGT401A - Show leadership in the workplace</td>
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<td>10 June</td>
<td>Palliative Care and Caring Legalities (two units)</td>
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<td>• CHCPA402B - Plan for and provide care services using a</td>
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<td>• CHCCS400C - Work within a relevant legal and ethical</td>
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<td>2 September</td>
<td>Consumer Directed Care and Personal Enablement (two units)</td>
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<td>• ALZDEM402B - Apply enabling strategies for persons</td>
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<td>• ALZDEM404B - Plan, implement and monitor leisure and</td>
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<td>health programs</td>
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<td>23 September</td>
<td>Supporting wellbeing in the care giver (one unit)</td>
<td>$180</td>
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COURSES, WORKSHOPS AND SERVICES FOR FAMILIES AND FRIENDS OF PEOPLE WITH DEMENTIA AND THE GENERAL PUBLIC

FOR ADVICE OR SUPPORT, CALL THE DEMENTIA HELPLINE ON 1800 100 500
FAMILY MEMBERS AND FRIENDS COURSE

This free course is for people who know or care for a person with dementia. It is designed to give an understanding of dementia, what happens to a person when they develop dementia and how to communicate with and support a person with dementia.

Format One (two full day sessions)

- Saturday 8 February
- Saturday 15 February
- Saturday 8 March
- Saturday 15 March
- Saturday 5 April
- Saturday 12 April
- Saturday 17 May
- Saturday 24 May

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, - 10.00am to 3.30pm (lunch provided)

Format Two (four evening sessions)

- Thursday 5 June
- Thursday 12 June
- Thursday 19 June
- Thursday 26 June

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, - 6.00pm to 8.00pm
WORKSHOPS FOR ENABLING AND ENGAGING FAMILY MEMBERS AND FRIENDS

These free one day courses consist of two workshops and are for people who know or care for a person with dementia.

Enabling the Home Environment and Using Assistive Technology

This free two hour workshop will provide families and friends of people with dementia with useful information, advice, ideas and tips on how to easily adapt home environments to support a person living with dementia.

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, - 10.00am to 12.00pm
- Friday 28 March

Life Stories for Families and Friends

This free two hour workshop will provide families and friends of people with dementia with the knowledge and skill to engage in reminiscing and creating a life story for a person with dementia. Reminiscing helps us to make connections with a person - their past, present and future - and life stories can help unlock the ‘voice’ of a person with dementia.

Participants in this workshop will have an opportunity to:
- Learn strategies to encourage reminiscing
- Identify key points for creating a life story
- Identify opportunities for using life stories as communication tools

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, - 1.00pm to 3.00pm
- Friday 28 March

Please note: Lunch will be provided if both workshops are attended.
ARTISTIC ADVENTURES

This innovative program for people with dementia and their care partners is run in conjunction with the Art Gallery of WA.

Sessions are run twice a month from 10.00am to 12.15pm. This includes:

- A guided one hour tour of the Art Gallery on a Thursday morning; and
- A ‘hands on’ art session at the Gallery studio on a Tuesday morning.

Cost: There is a charge for each session and refreshments are at your own cost.

Numbers for this workshop are strictly limited. For more information, contact Jackie Lewis on (08) 9388 2800 or email: jackie.lewis@alzheimers.org.au

YOUNGER ONSET DEMEN TIA (YOD) INFORMATION NIGHTS

We invite people under 65 years of age and living with dementia and their families/friends to learn about services for people living with YOD and our new YOD keyworker service. Nibbles will be provided.

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, - 6.30pm to 7.30pm

Wednesday 12 February
Wednesday 9 April
Wednesday 11 June

Please register your interest by calling 1800 100 500

THE UNCERTAIN JOURNEY: LOSS AND GRIEF ASSOCIATED WITH CARING

Many of the losses we experience are not clear cut, and there is often no acknowledgement, validation or official recognition of these losses. Caring for a person diagnosed with dementia can be one of these losses. This two session workshop provides strategies for understanding and coping with loss and grief.

For more details, please ring our helpline on 1800 100 500
LIVING WITH MEMORY LOSS

This group program is specifically designed for people living with early stage dementia and their support person. The program is delivered over a five week period (with one two hour session per week) or as a two day workshop. The program is free to attend and is delivered across various metropolitan and regional locations.

During the program, participants have an opportunity to:

• Obtain information and have questions answered
• Meet with others who are in a similar situation
• Share experiences and express feelings in a safe environment
• Focus on maintaining and enhancing skills and abilities
• Explore ways of managing now and into the future

At the completion of each program/workshop, participants have the opportunity to join an ongoing monthly support group.

Dates and locations for 2014:

January/February          Shenton Park
March/April              Warwick
April                    Mt Pleasant
May                      Mandurah
June/July                Shenton Park

Please note: Dates and locations are subject to change depending on demand. If you are interested in attending a group, please contact the Early Intervention Team on (08) 9388 2800.

The following eligibility criteria must be met to join a group:

• The person has a diagnosis of dementia or is in the process of obtaining a diagnosis
• The person is aware of the changes they are experiencing and wishes to attend a group
YOUR BRAIN MATTERS

This free two hour workshop will help you to understand how you can modify your lifestyle and possibly reduce your risk of dementia. It is based on the latest Australian and international research and is suitable for people of all ages.

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, - 10.00am to 12.00pm

• Friday 11 April

DEMENTIA AWARE

Talks on dementia

Alzheimer’s Australia WA is able to provide talks related to dementia and risk reduction at clubs, organisations and the workplace. We are also able to attend events, expos and shows with our information Memory Van.

Topics include:

• Difference between dementia and forgetfulness
• Recognising early symptoms of dementia
• Relating to a person with dementia
• Your Brain Matters - Risk Reduction

To find out more or make a booking, please call: (08) 9388 2800.
REGIONAL TRAINING

A range of workshops for both professionals and families will be offered in the regions. For more information, please ring your nearest regional office.

Bunbury:  (08) 9721 2682
Kalgoorlie:  (08) 9091 1644
York:  (08) 9641 2865

Mandurah

The following workshops are available in Mandurah:

• Friends and Family  -  Saturday 1 and 8 March  Free
• Positive Dementia Care  -  Friday 6 April  $148
• Enabling Environments  -  Tuesday 6 May  $85
• Engaging Activities  -  Tuesday 3 June  $85

For further details, please ring (08) 9388 2800.

Albany

The following workshops are available in Albany:

• Younger Onset Dementia
  Tuesday 11 February, 10.00am to 12.00pm
• Family and Friends Workshops
  Thursday 6 and 20 March
• Living with Memory Loss  -  February
• Positive Dementia Care
  Thursday 1 May
• Dementia Care Essentials 3 & 4

For further details, please ring (08) 9388 2800 or visit our website: www.fightdementia.org.au/wa
THE CARE AND THE CURE PUBLIC LECTURE SERIES

During 2014, Alzheimer’s Australia WA will again be running a series of public lectures by local and international dementia experts.

The lecture series will cover a wide range of topic areas including the latest research and care innovations.

For more information, call (08) 9388 2800 or visit: www.fightdementia.org.au/western-australia/events—wa

DVDs of the 2013 public lecture series are available to loan from the AAWA library.
INFORMATION AND RESOURCE CENTRE

Alzheimer’s Australia WA provides an extensive information and resource centre based at: 9 Bedbrook Place, Shenton Park, Perth.

Information Helpsheets
A wide range of information helpsheets are available on a number of topics. These informative and practical helpsheets are available free of charge and in a number of languages. They can be accessed by

- Visiting the information and resource centre
- Telephoning Alzheimer’s Australia WA on (08) 9388 2800

Lending Libraries
Alzheimer’s Australia WA has an extensive lending library. Books, DVD’s and resources are available for loan to members free of charge. The library covers a wide range of dementia topic areas. Loans may also be requested online via the Alzheimer’s Australia website: http://www.fightdementia.org.au/services/library.aspx
The library is open normal office working hours (8am-5pm)

E-Newsletter
Subscribe to Alzheimer’s Australia WA’s free newsletter “Dementia Aware”. Delivered monthly to your inbox free of charge, the newsletter highlights latest research findings, up and coming events and all the latest news and views about dementia.

Store
Visit our retail store within the library for books, orientation calendars, reminiscence toolkits, communication aids and other useful dementia related products.

Design and Technology Showroom
Visit our Dementia Enabling Environment room to view the latest in assistive technology and dementia design. A guided tour for professionals or families is available. Please phone (08) 9388 2800 to book an appointment.
ABOUT DEMENTIA

Dementia is now the 2nd leading cause of death in Australia. Alzheimer’s disease, the most common cause of dementia, accounts for about 70 percent of all cases. It is a progressive, degenerative disease that attacks the brain.

Dementia is not a normal part of ageing. It can happen to anybody, but it is more common after the age of 65 years.

INCIDENCE OF DEMENTIA

There are more than 320,000 Australians diagnosed with dementia with the number expected to reach almost 900,000 by 2050.

In WA, more than 29,600 people have dementia and this is projected to rise to 109,000 by 2050.

In Australia today there are 1,700 new cases of dementia every week.

There are approximately 24,400 people in Australia with Younger Onset Dementia (a diagnosis of dementia under the age of 65, including people as young as 30).

One in four people over the age of 85 have dementia.

ACKNOWLEDGEMENTS

An Australian Government Initiative

Alzheimer’s Australia WA

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facebook.com/alzheimersaustraliawa
twitter.com/alzheimerswa

DEMENTIA HELPLINE

1800 100 500