

**UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA**
FIGHTDEMENTIA.ORG.AU

SERVICES FOR PEOPLE WITH DEMENTIA, THEIR FAMILIES AND FRIENDS



Provided by Alzheimer's Australia WA

ABOUT ALZHEIMER'S AUSTRALIA WA

Since 1982, Alzheimer's Australia WA has been working to improve the lives of people with dementia and their families. We are the peak dementia organisation providing leadership in care, advocacy and education to people living with dementia and the health and aged care industry.

OUR PURPOSE

To promote the interests of people living with dementia, by advocating on their behalf and maximise the quality of their life by building community capacity through the provision of quality dementia care, education and research.

OUR PHILOSOPHY

We believe that dementia is a human experience rather than just a biological condition. We therefore offer a holistic approach in the care provided which respects the individuality of people living with dementia.

Acknowledgements

Alzheimer's Australia WA acknowledges the funding support from the Australian and WA Governments as well as other funding sources.



An Australian Government Initiative



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

Who can benefit from our services?

- People diagnosed with dementia, their families, friends and carers;
- Health and allied professionals;
- Care and support workers;
- Aged care service providers;
- Students and researchers;
- Volunteers and members of the general public; and
- Business and community organisations.

Our services include:

- Dementia helpline - 1800 100 500; 2
- In-home respite and social support; 3
- Day centre support; 4
- Friendship and host clubs; 6
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DEMENTIA HELPLINE 1800 100 500

This free helpline is for people with dementia, their carers, family and friends, and anyone with a concern about their memory. It is also available for health professionals, community organisations and students.

This state-wide service operates five days a week from 8.30am to 5pm and is available for people throughout WA. A crisis call service is available after hours.

The Helpline is staffed by qualified health professionals who can provide:

- Understanding, support and specialist information about memory loss and dementia;
- Practical information and management strategies;
- Up-to-date written material on dementia;
- Information on all of Alzheimer's Australia WA services and other services in your community;
- Information on how to reduce your risk of developing dementia; and
- Referrals to other internal and external services as needed.

IN-HOME RESPITE AND SOCIAL SUPPORT

Alzheimer's Australia WA provides a range of respite options for families and carers of people with dementia. Respite gives carers the opportunity for regular support or short breaks. In-home respite and social support is provided either in the person with dementia's home or in the local community on a one-to-one basis by a trained support worker.

In-home respite and social support is available throughout the:

- Perth metropolitan area;
- Great Southern;
- Goldfields;
- Central Wheatbelt; and
- Mandurah and Peel regions.

For more information, please call (08) 9388 2800.



DAY CENTRE RESPITE

Alzheimer's Australia WA runs two day centres for people with dementia. Located at Shenton Park and in Albany, both centres embody our person-centred philosophy of dementia care.

Mary Chester Centre, Shenton Park

The Mary Chester Centre (MCC) is a dementia-specialist service suitable for people of all ages with a diagnosis of dementia. The service operates Monday to Saturday (except public holidays) and is guided by the principles of the Eden Alternative.

MCC club members are encouraged to participate in the daily events at the centre, including tasks associated with running a home. To foster a feeling of club ownership, members are welcome to assist in the kitchen, garden and the Men's Shed and to participate in weekly meetings, where they can decide on their activities.

The MCC has a lush sensory garden complete with a vegetable patch and resident pets. It also hosts a weekly intergenerational playgroup, providing club members ample opportunities to connect with nature and children.

Each day's activities are varied and spontaneous as the service is tailored to members' needs rather than a schedule.

Reminiscing and life story work is also incorporated and plays a significant part in the daily events at the MCC.



Hawthorn House, Albany

Hawthorn House is a world-renowned model environment aimed at meeting the needs of people living with dementia in the Great Southern. The home like environment encourages staff, families, volunteers and people with dementia to contribute to its running.

This includes cooking the lunch, plant the vegetables, walk the dog or just have a restful nap.

Family carers can enjoy respite from their caring role and can spend time with the Hawthorn House community if they wish.

For more information about accessing respite through Alzheimer's Australia WA, please call (08) 9388 2800.

FRIENDSHIP AND HOST CLUBS

Friendship and Host Clubs provide a safe environment for people living with dementia to socialise and maintain relationships.

A sense of membership and club ownerships is fostered amongst clients by including their input during meetings where they are given the freedom and choice to decide the day's activities.

Friendship and Host Clubs are available in the metropolitan area, including Mandurah, as well as some regional offices.

Note:

- Friendship clubs are suitable for clients with insight into their dementia and needing minimal assistance with daily living activities.
- Host clubs are suitable for clients with middle stages of dementia and with a lower level of mobility.

For more information about these services, please call us on (08) 9388 2800.

CREATIVE INTERVENTION SERVICES

Creativity has been shown to play a significant part in supporting the wellbeing of people with dementia. It allows people to communicate and express themselves through artistic activities which can be important for many people.

Alzheimer's Australia provides the following creative intervention services:

- **Art Therapy**

Our experienced Art Therapist can come to you for a one-to-one consultation at your home or in a care facility. It includes an assessment of needs and abilities of the person with dementia and the use of suitable art materials in an enabling environment. Families and carers are also assisted and encouraged to continue with the creative process (note: fees may be applicable for this service).



CREATIVE INTERVENTION SERVICES

- **Artistic Adventures**

This HACC funded social support group is for people with dementia and their support person. It is held twice a month at the Art Gallery of WA and includes hands on art sessions, guided tours of the Gallery collections and touch tours of sculptures.

Clients receiving care packages or living in residential care may also attend on a 'fee for service' basis.

- **Friends in Harmony Choir**

People with early stage dementia who love to sing can now join the Alzheimer's Australia WA 'Friends in Harmony' choir together with their support person. This highly successful weekly program can help improve self confidence and the quality of life for a person with dementia.

For further information about these creative services, please call (08) 9388 2800.



SUPPORT PROGRAMS

EARLY INTERVENTION PROGRAM

A diagnosis of dementia can leave a person and their family feeling extremely isolated. Our early intervention support includes the Living with Memory Loss program which gives the person with dementia and their carer an opportunity to learn more about dementia.

The program is available at a number of metropolitan and regional locations and provides the opportunity to meet others in a similar situation which can be reassuring and help with the feeling of isolation.

CARER SUPPORT PROGRAM

Our dementia specific carer support groups meet once a month in various metropolitan and regional locations in Western Australia.

These sessions allow family carers to come together for mutual support and to share and exchange ideas in problem solving. The groups offer education and information to family carers with guest speakers focussing on relevant topics.

For more information, please call (08) 9388 2800 or visit www.fightdementia.org.au/wa

COUNSELLING

Confidential counselling sessions are available for anyone with dementia, their family and friends and can cover a wide range of issues, such as loss and grief, stress management, conflict resolution, future planning and practical advice.

Sessions are flexible and can be arranged for an individual or as a family, and can be held either face to face or over the telephone through our helpline 1800 100 500.

VOLUNTEERING PROGRAM

People with a recent diagnosis of dementia often feel a loss of meaning and purpose in their lives due to the changes associated with their dementia. While they may feel they are no longer able to contribute, this is rarely the case.

Alzheimer's Australia WA has developed a volunteering program for people with early dementia to volunteer with a community organisation. With our assistance and the client's input, we identify suitable organisations the client is interested in volunteering with. A support worker is engaged to support the client in his or her volunteering role.

A sense of purpose is key to one's self-esteem and quality of life. By participating in the volunteering program people with dementia can still make a meaningful contribution to society and feel valued and included, increasing their self-esteem and quality of life.



YOUNGER ONSET DEMENTIA (YOD)

Alzheimer's Australia WA acknowledges that it can be difficult for younger people with dementia (aged under 65) to access age appropriate services.

Due to the general assumption that dementia is an "older person's" disease, dementia-specific services are usually designed for people who fall into the older age brackets and often do not meet the needs of younger people who are at a different stage of life.

Alzheimer's Australia WA has developed a number of services specifically for younger people living with dementia:

The YOD Living with Memory Loss Program is for people under 65 in the early stages of dementia to attend with a support person (family member or friend). The program is delivered in a 3-day retreat format and participants get the opportunity to learn more about younger onset dementia and meet others who are in a similar situation.

The Young Ones Monthly Support Group follows on from the Living With Memory Loss Program and offers practical help, information and emotional support that is tailored to younger-aged clients in the early stages of dementia.

Younger Carer Support Group offers practical help, information and support to carers of people with younger onset dementia. The group meets on the first Wednesday evening of every month in our Shenton Park office.

The Saturday Club meets every Saturday at the Mary Chester Centre, in Shenton Park. This program allows younger people with dementia to continue engaging with the local community through outings decided by club members.

YOD Friendship Club (Rockingham) provides opportunities for younger people with dementia and their partners to socialise and participate in activities that enhance their self esteem and general sense of well being.

YOD Reference Group provides a forum for consumer input on issues and services relating to people with younger onset dementia and their family carers.

WORKSHOPS AND COURSES

Alzheimer's Australia WA offers a range of free workshops and courses aimed at supporting families and carers of people with dementia.

These include:

- **Family members and friends** – this two-day workshop will help you to understand dementia; what it is and what happens to a person when they develop dementia, and how to achieve better communication and care strategies.
- **Reminiscence and Life Stories** – this one day workshop will show you how to create a life story book and how to use reminiscing to connect and communicate with the person with dementia you care for.
- **Caring for a younger person with dementia** – this four session workshop is designed specifically to assist families and friends who are supporting a younger person (under 65) with dementia.
- **Depression and dementia** – this one-day workshop will help families understand the impact of depression on people with dementia, how to identify if the person you care for is 'at risk' and learn appropriate strategies and interventions.
- **Loss and Grief** – these workshops are designed to respond to issues facing family carers, allowing them to explore the impact of loss and grief in a safe environment. A range of strategies are discussed to assist the carer to work through grief.
- **Mind your Mind** – this workshop covers the seven lifestyle changes you can make now to reduce your risk of developing dementia later in life.

For more information about these workshops and other courses we run, please call us on (08) 9388 2800 or visit www.fightdementia.org.au/wa

DEMENTIA BEHAVIOUR MANAGEMENT ADVISORY SERVICES

The Dementia Behaviour Management Advisory Services (DBMAS) program aims to assist families and carers in their support of people with dementia where the behaviour of the person with dementia may be impacting on their care.

Our DBMAS team provides a range of services including information and advice, undertaking assessments and short-term case management and delivering tailored information and education workshops.

Carers can contact this free 24 hour service on the telephone assistance line **1800 699 799**

For more information, visit www.dbmas.org.au



TECHNOLOGY TO ASSIST DAILY LIVING

Alzheimer's Australia WA provides specialist information and advice on the use of assistive technology to support people living with dementia.

Our demonstration area contains a range of sample equipment and information on its uses to support daily living for people with dementia. Families and carers can book in for a guided tour of the demonstration room, view the equipment and speak to a consultant on choosing the right product.

To find out more, speak to a consultant on (08) 9388 2800 or visit **www.fightdementia.org.au/wa**

Safe2Walk

The Safe2Walk service provides users with an easy to use mobile phone specifically designed for people with dementia.

The device has an in-built GPS locator which allows a person with dementia to be found quickly and safely should they become lost.

Safe2Walk is available for a low cost weekly hire fee. For more information about this service, visit **www.safe2walk.com.au**



CONSUMER ADVISORY COMMITTEES

The Alzheimer's Australia WA Consumer Advisory Committees represent and advocate the interests of people with dementia and their carers in Western Australia.

The committees discuss and investigate issues and concerns raised by individuals or groups and consider the wider ramifications of such issues while trying to resolve them. This may be done by advocating at a local and national level. The groups also actively canvasses the opinions of consumers when lobbying politicians at a State and Federal level.

The committees' key responsibilities are to:

- Provide a forum for consumer feedback;
- Present a consumer perspective to the organisation's Board on strategic direction, service quality and the management of the organisation's services;
- Make recommendations on issues raised by consumers, management and the Board;
- Gather information about issues or feedback received; and
- Provide responses to consumers on issues raised.

Some of the issues handled by the committees include:

- Acute hospital care for people with dementia and their carers;
- Dealing with Centrelink and other government agencies;
- The perceived lack of publicity for dementia issues and events; and
- Scam protection education and the importance of carer education.

To raise an issue affecting people living with dementia or to nominate for the committees, please contact a representative on (08) 9388 2800.

GET INVOLVED

Membership

A strong membership base provides Alzheimer's Australia WA with the strength in numbers to tackle advocacy issues and to argue a stronger case for people with dementia and their carers.

Individual membership is free and as a member, you will receive:

- Our newsletter Milestones up to four times a year;
- Notification of our upcoming events;
- Discounts on selected event registration fees;
- Our monthly e-newsletter;
- Our Annual Report; and
- Exclusive access to a wide range of dementia education resources such as books, DVDs and journals offered through our Library.

Donate

Alzheimer's Australia WA is a not-for-profit organisation that relies heavily on public donations to continue our vital work. Your tax deductible donation will help fund quality dementia support and education programs for people living with dementia and will assist Alzheimer's Australia WA to continue conducting vital research into positive dementia care.

Ways to donate:

- By telephone – (08) 9388 2800
- By post – please make cheques payable to Alzheimer's Australia WA and send to PO Box 1509, SUBIACO WA 6904
- Online – www.fightdementia.org.au/givewa
- You can remember Alzheimer's Australia WA in your will and leave a lasting legacy

To find out more about memberships and how you can get involved and support the work of Alzheimer's Australia WA, please call (08) 9388 2800.

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Regional Offices

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DEMENTIA HELPLINE
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