DEMENTIA LEARNING GUIDE: COMMUNITY AWARENESS

JULY TO DECEMBER 2015

PUBLIC INFORMATION SESSIONS TO BUILD A DEMENTIA-FRIENDLY COMMUNITY

NATIONAL DEMENTIA HELPLINE 1800 100 500
FIGHTDEMENTIA.ORG.AU/VIC
As Australia’s aged population increases, dementia is everybody’s business.

Our community awareness sessions are designed primarily to raise awareness of dementia and reduce the stigma surrounding it. The sessions may also have a more specific focus such as providing strategies to maintain brain health, helping people better understand how memory works and when memory changes need to be investigated. Our community sessions are presented in everyday language and can be tailored in content and length, to suit a variety of audiences and needs. As well as community groups and clubs, audiences can include community volunteers or groups where English is a second language.

As part of our community education sessions, we also provide a series of four community seminars biannually. These include more targeted topics presented at various locations around Melbourne and Victoria which are open to all. All education offerings are presented by highly qualified, professional facilitators, while our community seminars may also include specialist guest speakers.

I therefore invite you, or your community group, to experience our community education by registering to attend one of our calendared sessions or a community seminar, or requesting that we come to you. Together we can work toward a community that is informed about dementia, inclusive of people living with the condition and more dementia-friendly.

Dr David Sykes
General Manager, Learning & Development

Currently 342,800 people are living with dementia, with more than 25,000 with younger onset dementia
How to register

Registrations for our education sessions are essential and can be made immediately online or over the phone.

For seminar bookings:

- [fightdementia.org.au/vic](http://fightdementia.org.au/vic)
  - Education and consulting menu
- vic.education@alzheimers.org.au
- 03 9816 5708
- 03 9816 5733
- Alzheimer’s Australia Vic, Locked Bag 3001, Hawthorn 3122

Some programs are funded by the Australian Government or jointly funded by the Victorian and Australian Governments through the Home and Community Care program.

DISCLAIMER: The information in this publication was current at the publication date, June 2015. Please check our website www.fightdementia.org.au/vic for current information.

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ABN 14 671 840 186

## Community Awareness

### Worried about your memory?

This interactive session will provide an overview of how memory works, the common memory changes that occur with ageing and factors that can impact on memory. It will also explore practical ways of improving memory and looking after the brain, as well as when memory difficulties need to be investigated.

**NB: This is not a session about dementia**

At this session, you will:

- understand that memory is a process
- identify common memory changes that occur with ageing
- understand factors, other than dementia, that can impact on memory
- identify a number of memory strategies
- recognise when memory concerns need to be investigated and what to do
- understand the services provided by Alzheimer’s Australia Vic.

**Cost**

No fee – fully funded

**Venue, date and time**

Alzheimer’s Australia Vic (Parkville)

Tuesday 8 September

2.00 pm – 3.30 pm

Alzheimer’s Australia Vic (Hawthorn)

Wednesday 7 October

10.00 am – 11.30 am

Note: Sessions can be arranged for your group or organisation (conditions apply)

### Your Brain Matters™

Your Brain Matters™ is Alzheimer’s Australia’s evidence-based dementia risk reduction program.

You will learn about the five simple steps to maximise your brain health and get tips on living a brain healthy life to potentially reduce your risk of developing dementia.

At this session, you will be introduced to:

- key functions of the brain
- what dementia is
- non-modifiable versus modifiable dementia risk factors
- brain strategies and impact on brain reserve
- strategies for body including exercise and diet
- strategies for heart and impact on risk
- benefit of combining all three approaches
- Alzheimer’s Australia Vic’s services

**Cost**

$15

**Venue, date and time**

Alzheimer’s Australia Vic (Parkville)

Friday 30 October

10.00 am – 11.30 am

Alzheimer’s Australia Vic (Hawthorn)

Wednesday

2 December

2.00 pm – 3.30 pm

Note: Sessions can be arranged for your group or organisation. Contact us for costs and conditions.
Dementia information for volunteers

Gain an understanding of dementia and how to communicate and interact more effectively with a person living with dementia.

At this session, we will address:

- what dementia is, including main causes, key signs and symptoms, and changes to behaviour
- effective communication strategies
- responding to changed behaviours
- making the most of the moment
- Alzheimer’s Australia Vic services available

Volunteer companions workshop

In this interactive workshop, 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 the person with dementia and build on their remaining skills and interests.

NB: This program is not suitable for family carers.

At this session, you will gain:

- an understanding of dementia and its effect on the person living with dementia
- an understanding of the important role of the volunteer companion
- some effective communication strategies
- knowledge of ways to engage the person with dementia and build on their remaining skills and interests

Cost
No fee – fully funded
Venue, date and time
Alzheimer’s Australia Vic (Hawthorn)
Wednesday 22 July
10.00am–1.00pm
Alzheimer’s Australia Vic (Parkville)
Thursday 8 November
1.00pm–4.00pm
Note: Sessions can be arranged for your group or organisation (conditions apply)

CULTURAL DIVERSITY

Alzheimer’s Australia Vic is committed to ensuring that the needs of people from culturally and linguistically diverse (CALD) backgrounds are met in all aspects of dementia service provision, information, support and education.

8 things you need to know about dementia

This education session has been specifically tailored to provide CALD community members with basic information on:

- what dementia is including main causes, key signs, symptoms and risk factors
- how dementia is diagnosed
- the importance of seeking help
- services available including those provided by Alzheimer’s Australia Vic.

3 ways to relate to people with dementia

Building on the 8 things you need to know about dementia session, this program looks at simple ways to communicate, connect and include the person with dementia in various social situations and community settings.

Helping reduce your risk of dementia

Based on the Your Brain Matters™ program

This program has been specifically tailored to provide CALD community members with an understanding of the strategies they can implement that may reduce their risk of developing dementia. A number of health and lifestyle factors are associated with brain function and this session addresses these issues.

Cost
No fee – fully funded
Venue, date and time
At your community venue
Suitable for CALD community groups

NB: These sessions are delivered with the support of an interpreter.

Note: Sessions can be arranged for your group or organisation (conditions apply)
PUBLIC SEMINARS

Dementia – Breaking down the myths
Presented by Michelle Foster, Facilitator
Join us to find out what dementia is and what it is not. This seminar will explain, in simple terms, what dementia is including main causes, especially Alzheimer’s Disease, key signs and symptoms and risk factors. It will also explain why changes to behaviour occur.
Common myths and misconceptions about dementia will be addressed as well as concerns you might have. In addition, the seminar will explain the importance of seeking a diagnosis if noticing changes and how you can access further information as well as appropriate support and services if and when needed.

At this session, we will discuss:
• dementia, including main causes, key symptoms and risk factors
• myths and common misconceptions about dementia
• relationship between brain changes and behaviour
• support services available and how to access these

Cost
No fee – fully funded
Venue, date and time
Neerim District Cricket Club
17 Neerim East Road, Neerim South VIC, 3831
Wednesday 2 December
3.00 – 4.30pm
Registrations from 2.45pm
Bookings
fightdementia.org.au/vic
vic.education@alzheimers.org.au
03 9816 5708

Worried about your memory?
Presented by Laurel Gourlay, Coordinator Community Education
There is a difference between forgetfulness as a part of normal aging and memory loss as a symptom of dementia.
This seminar describes how memory works, common memory changes that occur with ageing, health factors that can impact on memory function and when memory difficulties need to be investigated.
This seminar will also provide tips on how to improve your memory.

Covered in this seminar:
• how memory works
• common memory changes with ageing
• factors that can impact on memory
• tips for improving memory and looking after the brain
• what to do if you have concerns

Cost
No fee – fully funded
Venue, date and time
The Wodonga Cube
118 Hovell Street, Wodonga
Wednesday 21 October
3.00 – 4.30pm
Registrations from 2.45pm
Bookings
fightdementia.org.au/vic
vic.education@alzheimers.org.au
03 9816 5708

Your Brain Matters™
Research shows you may reduce your risk of developing dementia through Five Simple Steps to maximise brain health.
Werribee session presented by Andrew Italia, Facilitator
Cranbourne session presented by Emma Dabb, Facilitator
Your Brain Matters™ is Alzheimer’s Australia’s evidence-based dementia risk reduction program. You will learn about the five simple steps to maximise your brain health and get tips on living a brain healthy life to potentially reduce your risk of developing dementia.

At this session, you will be introduced to:
• key functions of the brain
• what dementia is
• non-modifiable versus modifiable dementia risk factors
• brain strategies and impact on brain reserve
• strategies for body including exercise and diet
• strategies for heart and impact on risk
• benefit of combining all three approaches
• Alzheimer’s Australia Vic services

Cost
No fee – fully funded
Venue, date and time
Werribee
Quantin Binnah Community Centre
61 Thames Boulevard, Werribee
Tuesday 4 August
7.45 – 9.15pm
Registrations from 7.30pm

Cranbourne
Balla Balla Community Centre
Building 03, Casey Indoor Leisure Complex, 65 Berwick Cranbourne Road, Cranbourne East
Thursday 8 October
10.15 – 11.45am
Registrations from 10.00am

Bookings
fightdementia.org.au/vic
vic.education@alzheimers.org.au
03 9816 5708
**OUR FACILITATORS**

Our highly-skilled facilitators possess multidisciplinary expertise with clinical and educational qualifications and employment experiences in education, community and health disciplines. Along with hands-on experience in the provision of care to people with dementia and their families, our facilitators hold the TAE 40110 Certificate IV Training and Assessment qualification.

**Emma Dabb, Facilitator**

Emma has more than 15 years’ experience in the private and public sector, more recently providing consulting services in a variety of roles, including counselling and psychotherapy, facilitating and working as a therapist with children with autism.

Emma has facilitated a range of accredited and non-accredited courses, including a Certificate II in Business, Certificate I in Vocational Education and workshops teaching Mindfulness. She has a passion for educating and empowering individuals which led Emma to Alzheimer’s Australia Vic in early 2014 as a Facilitator.

**Qualifications**
- Bachelor of Commerce
- Graduate Diploma of Psychology
- Graduate Diploma in Counselling and Psychotherapy
- Certificate IV Training and Assessment (TAE40110)

**Michelle Foster, Facilitator**

Michelle has more than fifteen years’ experience within the aged care and disability sectors. A registered nurse, she is currently in the process of completing her Masters of Nursing in Education, reflecting her keen interest in education.

Michelle has worked in many health care settings, such as orthopaedics, gynaecology, oncology, special care nurseries and palliative care. In her former position she was an Educator/Coordinator for a private Registered Training Organisation involved in the Initial Registration for Overseas Nurses (IRON) program.

A passion for education and aged care led her to join Alzheimer’s Australia Vic to work as a Facilitator in the Gippsland region. Michelle desires to make a difference in the lives of people living with dementia and believes this can be achieved by adopting a person-centred approach and providing good quality education to communities and health care providers.

**Qualifications**
- Bachelor of Nursing
- Certificate III in Aged Care
- Certificate IV in Health (Nursing)
- Certificate IV Training and Assessment (TAE40110)

**Laurel Gourlay, Coordinator**

**Community Education**

Laurel has more than 19 years’ experience working as a facilitator within the aged and community care sectors. She has developed curriculum and resources for a variety of courses and audiences, and facilitated dementia education to a wide range of client groups including health professionals, family carers, volunteers and the broader community. Twelve years have been with Alzheimer’s Australia Vic.

Her work with Alzheimer’s Australia Vic includes overseeing community education programming as well as ensuring that community programs are accurate, current and meet the needs of community groups and organisations. Laurel has presented at a number of conferences, including the national Alzheimer’s Australia conference on various community education projects and topics.

**Qualifications**
- Bachelor of Arts (Social Sciences)
- Graduate Diploma in Education
- Graduate Diploma in Arts (Social Sciences)
- Certificate IV Training and Assessment (TAE40110)

**Andrew Italia, Facilitator**

Andres has more than seven years’ experience at Alzheimer’s Australia Vic working as a facilitator and consultant. He has developed curriculum and delivered education to a wide range of client groups including nursing staff, personal care workers, allied health professionals, family carers, volunteers and the broader community.

Andrew commenced his career in educational psychology within the Department of Education and Training, before consolidating his experience for five years within the British education system. On his return from the UK, Andrew began to specialize in dementia care education. Andrew’s commitment to quality dementia care developed out of his own family experience.

**Qualifications**
- Bachelor of Arts (Psychology & Sociology)
- Graduate Diploma in Education (Social Sciences)
- Graduate Diploma in Information Technology
- Certificate IV Training and Assessment (TAE40110)

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**FAMILY INFORMATION AND SUPPORT**

Sessions for families

Caring for someone living with dementia can be challenging. To assist families on this journey, we offer information and support sessions across a wide range of topics. Sessions may run for up to two hours, or last a number of weeks, and are run in many locations around Victoria. Sessions are regularly scheduled at Hawthorn, Parkville, Geelong and Sunshine.

**Topics include:**
- Introduction to dementia and services
- Effective communication
- Coping with changes in behaviour
- The caring role: a compassionate approach
- Considering residential care
- Coping with carer stress
- Mild cognitive impairment
- Depression and dementia

Some sessions are also available in Greek, Italian, Cantonese and Mandarin.

If you would like any of these programs delivered at your service or carers group, please contact Lisa Reed:

- 03 9815 7822 or 03 9815 7800
- aav-familycarereducation@alzheimers.org.au
- www.fightdementia.org.au/vic

All sessions are free – tea and coffee is provided.

These programs are supported by funding from the Commonwealth and Victorian Governments under the HACC program.
LOCATE US

Hawthorn venue

Alzheimer’s Australia Vic
104 Riversdale Rd, Hawthorn
Melways reference: 45 D12
Use of public transport is recommended.
TRAM: No 70 or 75 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
b) Riversdale Rd northern side: 2 hour parking
c) Glen St eastern side: all day
d) Glen St western side: 2 hour limit

Parkville venue

Alzheimer’s Australia Vic
155 Oak St, Parkville
Melways reference: 29 C11
TRAM: No 55 Royal Park to Poplar Rd, then 13 minute walk west along Poplar Rd.
TRAIN: to Royal Park Railway Station (Upfield Line), then 13 minute walk west along Poplar Rd.
CAR: Limited on-street parking. Car park access off Oak St. (after 9.00am)
RECEPTION: opens at 9.00am. Parkville entrance is via front entrance in Oak St only.

Regional offices

We offer a range of dementia support services and group programs in regional locations.
These are offered free-of-charge to families, friends and carers of people living with dementia. Contact us for more information.

National Dementia Helpline
Phone: 1800 100 500
Translating and Interpreting Service:
131 450

RESOURCES

Alzheimer’s Australia Vic offers a range of resources which may assist in understanding the many aspects of dementia. Our extensive research and practical experience has resulted in the development of help sheets, books, videos, DVDs, online resources, identity, early stage and companion cards, plus much more.

Relate, Motivate, Appreciate
A practical resource promoting positive interaction with people with dementia the Montessori way.
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 Relate, Motivate, Appreciate 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.
To obtain these, or any of our other resources, please contact us. NB: Resources may incur a fee and be subject to postage and handling.

Dementia and Chronic Conditions Series Toolkits
There is increasing evidence that a number of different chronic conditions are associated with the development of cognitive impairment and dementia.
The Dementia and Chronic Conditions Series Toolkits are designed to improve support for people living with cognitive impairment or dementia and other chronic conditions.
Through our research, we look at links between dementia and HIV and HIV-associated neurocognitive disorders (HAND), dementia and diabetes as well as dementia, stroke and coronary heart disease.
The development of these toolkits is jointly funded by the Commonwealth and Victorian Governments under the HACC program.

Purposeful Activities for Dementia
People with dementia are often confronted with what they can no longer do. Engaging in activities that provide people with purpose and pleasure can help promote a sense of identity, self-worth and improve quality of life.
This online video resource demonstrates practical ways to support the engagement of people with dementia in social groups and at home and has been developed for staff and families.
If your organisation would like to see how this resource can improve how your service engages people living with dementia please contact
03 9816 5708
vic.education@alzheimers.org.au

vic.fightdementia.org.au/purposeful-activities

vic.education@alzheimers.org.au
16TH Biennial Dementia Seminar
Previously known as Biennial Benalla Dementia Seminar

LIVING POSITIVELY WITH DEMENTIA SEMINAR

Presented by Alzheimer’s Australia Vic, Living Positively with Dementia is a seminar for professionals, people with a diagnosis of dementia, their family and carers.

THURSDAY 6 AUGUST 2015
TIME: 9:30am - 3:30pm
VENUE: Wangaratta Performing Arts Centre
33-37 Ford St, Wangaratta 3677
COST: Professionals $90
People with dementia and their families $20

FOR MORE INFORMATION OR TO BOOK
Contact Debra Wickens on 03 9815 7874 or visit wangaratta.eventarc.com/30242