DEMENTIA EDUCATION COURSES AND WORKSHOPS

January – June 2016 Program

UNDERSTAND ALZHEIMER'S EDUCATE AUSTRALIA
FIGHTDEMENTIA.ORG.AU
The artwork images in this calendar are examples of the work being created as part of Alzheimer’s Australia WA’s ‘Artistic Adventures’ program. We would like to acknowledge and thank the artists for sharing their artwork.
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 236 specialist staff including physiotherapists, occupational therapists, educators and specialist support workers to provide services in WA for more than 32,000 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.

Registered 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
- Specialist Dementia Behaviour Management Advisory Service - 1800 699 799

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

“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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## Accredited courses for people working in health and aged care

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## Programs, courses and workshops for people with dementia, families and the general public

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OUR EDUCATION PROGRAM

WHAT IS 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?
If you would like to register, contact us via:
Phone: (08) 9388 2800 during business hours;
Email: wa.education@alzheimers.org.au; or
Online at wa.fightdementia.org.au

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.

SUPPORTED BY:
COURSES AND WORKSHOPS FOR PEOPLE WORKING IN HEALTH AND AGED CARE

FOR ADVICE OR SUPPORT, CALL THE DEMENTIA HELPLINE ON 1800 100 500
**POSITIVE DEMENTIA CARE**

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)

Thursday 28 January
Monday 22 February
Monday 14 March
Wednesday 13 April
Friday 20 May
Friday 24 June

**EXPERIENCING DEMENTIA**

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
- Listen to a carer or person with dementia tell you about their experiences
- Consider how you can be more supportive towards people in your care

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

Friday 26 February
Tuesday 19 April
Friday 17 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
Friday 18 March

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)
Wednesday 6 April
DESIGN FOR DEMENTIA

**Care Environments**
This workshop explores the application of 10 evidence based principles of enabling dementia design across a variety of environments such as hospitals, day centres and residential aged care facilities. Full of practical advice and tips, topic areas include:

- Architectural design, signage and choosing furniture
- Use of colour and 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 19 February
Friday 13 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

Tuesday 29 March
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 included)

Monday 4 April

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

Thursday 25 February
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 across a number of hospitals. Please contact (08) 9388 2800 for more information.

This program is endorsed by ACN according to our Continuing Professional Development Endorsed Course Standards. It has been allocated CPD hours according to the Nursing and Midwifery Board of Australia – Continuing Professional Development Standard.

REWrittINg thE ‘BEHAVIOUR’ story

Thoughts, Feelings, Responses & Actions

This workshop aims to shift the paradigms from understanding a person’s feelings, thoughts and actions as ‘behaviours of concern’ to understanding them as an expression of experience. This paradigm may help us rewrite the ‘behaviour’ story, to adjust our perceptions and the way we relate to people and ourselves.

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, – 9.00am to 12.30pm, Cost: $85

Thursday 24 March
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, – 1.00pm to 3.00pm
Cost: $85

Tuesday 3 May

MEANINGFUL ENGAGEMENT IN DEMENTIA CARE

This workshop will explore the importance of meaningful engagement for the individual and address the following:

• How to plan in a person-centred way
• The role of variety and spontaneity in tackling boredom
• How to create an engaging physical environment

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

Wednesday 10 February
Tuesday 10 May
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 is involved in planning and facilitating activities for people with dementia. Participants will work with a wide variety of art materials and gain confidence in offering a creative expression program for people with dementia.

Participants will receive additional information and will gain an understanding of:

- How to set up and organise a therapeutic 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

For more information, please contact Art Therapist Jackie Lewis on (08) 9388 2800 or email: jackie.lewis@alzheimers.org.au

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

Monday 29 February

MUSIC IN DEMENTIA CARE

Music is an effective method of communication, a calming strategy and reminiscence tool. It has been proven that when used as therapy, music has positive effects on our physiology, affecting heart rate, blood pressure and nervous system. Singing in particular decreases agitation, improves comprehension, lifts mood, builds 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 and 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, – 2.00pm to 4.00pm, Cost: $85

Friday 11 March

Tuesday 14 June
LEADING CULTURE CHANGE IN DEMENTIA SERVICES

Are you a manager or coordinator of your community service, day centre or residential home? Wondering how you can support the shift from task focussed to person centred care? Join us for this innovative and challenging workshop to get practical ideas on leading the change in your care culture and the steps to make sustainable change.

During the workshop you will explore:

- Changing paradigms - why we do what we do and how we can change it
- Barriers to change - why is it so hard and what can we do to overcome the barriers?
- A person-centred approach - what does a person-centred service look like?
- Recruitment - choosing the right staff and how to attract them
- Leadership - how to lead a culture change in your service

Alzheimer’s Australia WA, 9 Bedbrook Place, Shenton Park, 9.00am to 4.00pm, Cost: $148 (lunch included)

Thursday 10 March

Art by the members of the Artistic Adventures group.
ACCREDITED COURSES FOR PEOPLE WORKING IN HEALTH AND AGED CARE (RTO NO.4755)

FOR ADVICE OR SUPPORT, CALL THE DEMENTIA HELPLINE ON 1800 100 500
DEMENTIA CARE ESSENTIALS

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.

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 in dementia care are taken into account, as well as a sound knowledge of English, both verbal and written.

• 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.

To book a place, visit www.dementia.acswa.org.au or phone (08) 9244 8233.
CERTIFICATE IV IN DEMENTIA PRACTICE

This comprehensive qualification exclusive to Alzheimer’s Australia 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 leaders 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 included)

Commencing Tuesday 15 March

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

Art by the members of the Artistic Adventures group.
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<td>• CHCPRP003 - Reflect on and improve own professional practice</td>
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<td>Week 2</td>
<td><strong>Leadership and culture change</strong></td>
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<td>• BSBMGT401 - Show leadership in the workplace</td>
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<td>• BSBLDR403 - Lead team effectiveness</td>
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<td>Week 3</td>
<td><strong>Creating effective networks</strong></td>
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<td>• ALZDEM401B - Analyse concepts of ageing and dementia to support care and service delivery</td>
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<td>• ALZDEM407B - Maintain effective networks to support dementia care and delivery</td>
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<td>Week 4</td>
<td><strong>Palliative care and caring legalities</strong></td>
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<td>• CHCPAL002 - Plan for and provide care services using a palliative approach</td>
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<td>• CHCLEG001 - Work legally and ethically</td>
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<td>Week 6</td>
<td><strong>Assessment awareness and cultural influences</strong></td>
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<td>• ALZDEM405B - Develop an awareness of valid assessment processes of persons living with dementia</td>
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<td>• CHCDIV001 - Work with diverse people</td>
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<td>Week 7</td>
<td><strong>Dynamics of communication and behaviour</strong></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 dementia</td>
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<td>Week 8</td>
<td><strong>Consumer directed care and personal enablement</strong></td>
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<td>• ALZDEM402B - Apply enabling strategies for persons living with dementia</td>
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<td>• CHCCCS008 - Develop strategies to address unmet needs</td>
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<td>Week 9</td>
<td><strong>Supporting wellbeing in the caregiver</strong></td>
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<td>• ALZDEM406B - Maintain the wellbeing of informal and formal care givers</td>
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<td>The Observation Checklist should be signed by your supervisor on two separate occasions</td>
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For more information, please ring (08) 9388 2800.
REGIONAL TRAINING

Mandurah Workshops
All workshops will be presented at Ella’s House, 11 Candelo Loop, Greenfields 6210. For more information on the content of some of these workshops, please refer to the front section of the booklet.

For people working in Health and Aged Care
Positive Dementia Care - lunch provided
Tuesday 23 February - 9.30am to 4.00pm

Meaningful Engagement in Dementia Care
Thursday 17 March - 1.00pm to 4.00pm

Intellectual Disability and Dementia - lunch provided
Tuesday 12 April - 9.30am to 4.00pm

Reminiscence and Life Stories
Thursday 12 May - 1.00pm to 4.00pm

Music in Dementia Care
Tuesday 7 June - 2.00pm to 4.00pm

Albany Workshop
Hawthorn House - 40 Henry Street, Albany WA 6330

For people working in Health and Aged Care
Positive Dementia Care - lunch provided
Friday 18 March - 9.30am to 4.00pm

Meaningful Engagement
Friday 6 May - 9.30am to 12.30pm

Reminiscence and Life Stories
Friday 20 May - 9.30am to 12.30pm

For bookings or more information, please ring (08) 9388 2800 or you can book online at wa.fightdementia.org.au
DEMENTIA BEHAVIOUR MANAGEMENT ADVISORY SERVICES (DBMAS)

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 this year.

Supporting People with Dementia who are Refusing Care
Friday 19 February

Managing Pain in People Living with Dementia
Friday 11 March

Understanding Sexualities and Dementia
Friday 18 March

Dementia in Aboriginal Communities
Monday 11 April

Identifying Triggers to Changed Behaviours
Wednesday 27 April

Speaking my Language (CALD Perspectives in Dementia Care)
Wednesday 11 May

Sensory Workshop
Friday 27 May

Mental Health and Dementia
Thursday 9 June

For further details, please phone 1800 699 799.
ONLINE LEARNING

Dementia Practice Improvement Series
Developed by Alzheimer’s Australia Victoria, we can offer you the Dementia Practice Improvement Series, an innovative online learning resource that can be accessed anywhere at anytime.

At the click of a button, improve your dementia knowledge in aged care. Our four interactive modules cover a range of topics that encourage participants to reflect on their practice and identify areas for individuals and organisational improvements.

The four module package includes:
1) What is Dementia? (Free)
2) How Person-Centred is your Practice? ($25)
3) Communicating in a Person-Centred Way ($25)
4) A Problem Solving Approach to Behaviour ($25)

Professional Development Certificates
Download and print your Continuing Professional Development (CPD) certificate on the completion of each module.

Informed by current research and contemporary practice, this comprehensive suite of program forms part of an integrated learning pathway, incorporating both accredited and non-accredited courses with online learning.

Take a look at all of our dementia online learning offerings at: www.dementialearning.org.au

For more information, please phone (08) 9388 2800.
PROGRAMS, COURSES AND WORKSHOPS FOR PEOPLE WITH DEMENTIA, FAMILIES AND THE GENERAL PUBLIC

FOR ADVICE OR SUPPORT, CALL THE DEMENTIA HELPLINE ON 1800 100 500
CARER EDUCATION WORKSHOPS

Carer education offers a range of workshops each of two hours. We strongly suggest that people attend the first workshop before considering any of the other workshops. The workshops are free, but require pre-booking.

Understanding Dementia
Covers dementia in a general sense, how it affects people, statistics, risk factors, medications and information on the various types of dementia.

Interacting with a Person with Dementia
Discusses communication techniques and how to respond to concerns related to behaviour.

Dementia Services and Future Planning
Provides you with general information on future planning and the range of services that are available both by ourselves and other organisations.

Making the Day Meaningful
Adjusting to changing needs with activities that have purpose and meaning for the individual. Apathy can be a concern and frustrating. Let us show you how to create an active day that will engage the person with dementia.

Family Workshops at Mary Chester Centre, Shenton Park

Understanding Dementia
Saturday 6 February - 10.00am to 12noon
Saturday 5 March - 10.00am to 12noon
Saturday 9 April - 10.00am to 12noon
Saturday 7 May - 10.00am to 12noon
Saturday 11 June - 10.00am to 12noon

Interacting with a Person with Dementia
Saturday 6 February - 1.00pm to 3.00pm
Saturday 5 March - 1.00pm to 3.00pm
Saturday 9 April - 1.00pm to 3.00pm
Saturday 7 May - 1.00pm to 3.00pm
Saturday 11 June - 1.00pm to 3.00pm
Dementia Services and Future Planning
Saturday 20 February - 10.00am to 12noon
Saturday 19 March - 10.00am to 12noon
Saturday 23 April - 10.00am to 12noon
Saturday 21 May - 10.00am to 12noon
Saturday 25 June - 10.00am to 12noon

Making the Day Meaningful
Saturday 20 February - 1.00pm to 3.00pm
Saturday 19 March - 1.00pm to 3.00pm
Saturday 23 April - 1.00pm to 3.00pm
Saturday 21 May - 1.00pm to 3.00pm
Saturday 25 June - 1.00pm to 3.00pm

We are also offering four workshops in the following suburbs:
Joondalup Library, 102 Boas Ave, Joondalup
Monday 4, 11 & 18 April and 2 May, 10.00am to 12noon

Armadale Library, 64/10 Orchard Ave, Armadale
Friday 22 & 29 April and 6 & 13 May, 10.00am to 12noon

Guildford Mechanics Hall, 20 Meadow St, Guildford
Monday 2, 9, 16 & 23 May, 10.00am to 12noon

Family Workshops in Mandurah
For Families and Friends of People with Dementia
The following workshops are offered by our education services.

Understanding Dementia
Tuesday 16 February - 10.00am to 12noon
Covers dementia in a general sense, how it affects people, statistics, risk factors, medications and information on the various types of dementia.

Interacting with a Person with Dementia
Tuesday 29 March - 10.00am to 12noon
Discusses communication techniques and how to respond to concerns related to behaviour.

Dementia Services and Future Planning
Tuesday 26 April - 10.00am to 12noon
Provides you with general information on future planning and the range of services that are available, both from ourselves and other organisations.
Making the Day Meaningful
Tuesday 31 May - 10.00am to 12noon
Discusses adjusting to changing needs with activities that have purpose and meaning for the individual. (Refer to back to page 23 for details)

Sessions offered by our Support Services

Considering Transition to Residential Care
Tuesday 22 March - 10.00am to 12noon

The Uncertain Journey
Tuesday 5 April - 10.00am to 12noon

Family Workshops in Albany
For families and friends of people with dementia

Course for Families and Friends - lunch provided
Friday 26 February - 9.30am to 2.30pm
Friday 4 March - 9.30am to 2.30pm

**CARER SUPPORT PROGRAM**
The Carer Support and Information Program which runs over five weeks and is a prerequisite to attending the monthly Carer Support Groups. The groups are facilitated across the metropolitan area and meet once a month. They assist attendees to build a support network and link in with our staff members who can then link them with the support and services they need at different points in their journey.

Topics covered include:
- Understanding dementia, behaviour and impacts
- Stress management and coping
- Looking after yourself
- Support networks
- For the future me

The Carer Support Program provides a holistic support service to people who are caring for a loved one. The program attends to the psychological, social and emotional needs of family carers throughout their journey and encourages members to share stories and information, as well as offering empathetic validation and support whilst gaining information about dementia.

For dates, please contact (08) 9388 2800.
MORE FREE WORKSHOPS FOR CARERS

Considering Transition to Residential Care
Tuesday 23 February - Shenton Park, 10.00am to 12noon

Our life journey is all about transitioning - we move from one experience to the next - life is not stagnant. Transitions also occur in the journey with dementia from diagnosis, through the caring role, working alongside others involved in the practical, social and emotional aspects of the journey. Transitions and periods of change are usually characterised by increased stress.

This workshop will provide information and strategies to support you through this process and include information on things to consider when choosing a residential facility. It will address your rights and those of the person with dementia in residential care.

The adjustments required for family, carers and the person with dementia, (before, during and after the decision on placement), will be addressed in this workshop.

Loss and Grief - The Uncertain Journey
Wednesday 4 May - Shenton Park, 10.00am to 12noon

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 like this. This 2 hour workshop will provide strategies for understanding and coping with loss and grief.

The Workshop explores:

- Ambiguous loss and grief associated with the caring role
- Strategies to increase self-compassion
- Being mindful
- Caring for the carer

To register your interest in attending these workshops, please phone our Education Administration Assistants at AAWA on (08) 9388 2800.
LIVING WITH MEMORY LOSS

This group program is specifically designed for people living with early stage dementia and their support person. The program is free 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
- Focus on maintaining and enhancing skills and abilities
- Explore ways of managing now and into the future

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

If you are interested in attending, please contact the Early Intervention Team on (08) 9388 2800.

DEMENTIA AWARE

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
- Risk Reduction

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

REDUCING THE RISK OF DEMENTIA

This 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. This workshop can be delivered in your workplace or community group for a small charge.

To find out more, please ring (08) 9388 2800.
ONLINE RESOURCES

Alzheimer’s Australia provides a wide range of information and learning opportunities online. With full webinar capabilities at our Mary Chester Centre, we can deliver training and one off education sessions online for your organisation and regional or remote staff. To enquire about this, please contact (08) 9388 2800.

Useful online links:
National Website
fightdementia.org.au

Dementia Enabling Environments
enablingenvironments.com.au

Presentations from Dementia Experts
youtube.com/AlzheimersAusWA

Dementia Partnership Project
dementiapartnership.com.au

Dementia Online Training
dementialearning.org.au

Identifying Dementia
detectearly.org.au
alzheimersgpresource.org.au

Is it Dementia?
isitdementia.com.au

Art by the members of the Artistic Adventures group.
Alzheimer’s Australia WA provides extensive information and resources with centres in Shenton Park, Albany & Mandurah in WA. Opening hours: 8.30am - 4.00pm, Monday - Friday.

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 centres
- Phoning us on (08) 9388 2800

Lending Libraries
Alzheimer’s Australia WA has an extensive lending library service. Books, DVDs 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: www.fightdementia.org.au/services/library.aspx
The library is open normal office working hours (8.30am - 4.00pm)

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. To subscribe, please visit: https://wa.fightdementia.org.au/wa/research-and-publications/reports-and-publications/enewsletters

Design and Technology Showroom (Shenton Park Only)
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 is the most common cause of dementia. It’s 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 342,800 Australians diagnosed with dementia with the number expected to reach almost 900,000 by 2050.

In WA, more than 30,700 people have dementia and this is projected to rise to 68,708 by 2050.

In Australia today there are 1,800 new cases of dementia every week.

There are approximately 25,100 people in Australia with Younger Onset Dementia (a diagnosis of dementia under the age of 65, including people as young as 30).

Three in ten people over the age of 85 have dementia.

ACKNOWLEDGEMENTS

Alzheimer’s Australia WA
9 Bedbrook Place, Shenton Park, WA 6008
PO Box 1509, Subiaco WA 6904
Tel: (08) 9388 2800
Fax: (08) 9388 2739

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DEMENTIA HELPLINE

1800 100 500