

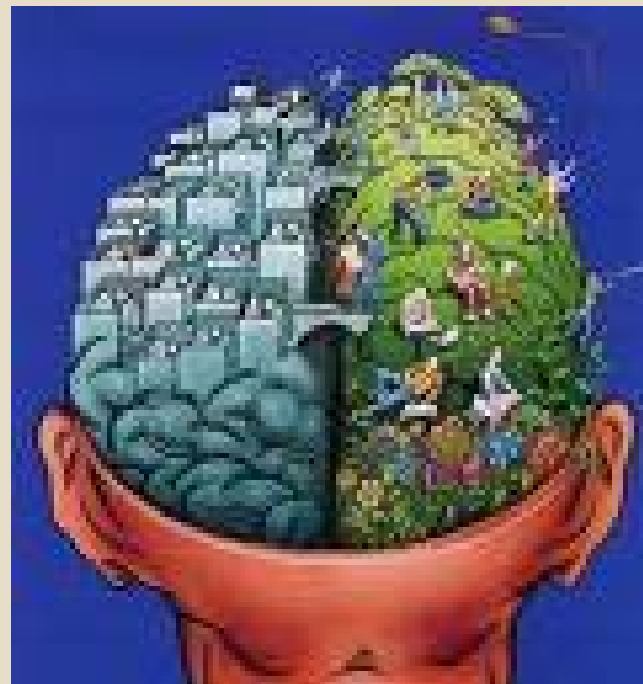


creative
ways to care

*strategies for carers of
people living with dementia*

Impact of dementia

- What is dementia?
 - Umbrella term for a large group of illnesses causing brain damage & progressive functional decline
- Common symptoms
 - Memory loss
 - Language difficulties
 - Changes in personality & behaviour
 - Less able to adapt to change
 - Poor judgement
- Impact on families



Program Concept

Aims:

- Reduce behaviours of concern
- Increase quality of life

Benefits

- Reduces stress
- Strengthens relationships
- Maintains abilities, enhances self-esteem and wellbeing
- Improves quality of life of carers and people living with dementia



Program Content



Dementia, Behaviour and Activities

Education Services, Alzheimer's Australia Victoria

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Reminiscence

Susan Drewery, Diversional Therapist, Baptistcare

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Stimulating and Soothing the Senses

Kirsten James, Complementary Therapies & Behaviour Consultant at
Dementia Behaviour Management Advisory Service (DBMAS) Vic
Professor Trisha Dunning, Chair in Nursing, Deakin University

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Music

Loretta Quinn, Registered Music Therapist & PHD Student - National Ageing Research
Institute

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Creative Arts

Dr Patricia Baines, Art Therapist, Alzheimer's Australia Tasmania

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Review

Workshop Structure

- Share experience of using strategies learnt the previous week
- Introduction to this week's topic
- View DVD - carers and experts
- Workshop activities - learning by doing
- Review of the day's learnings



Training Resources

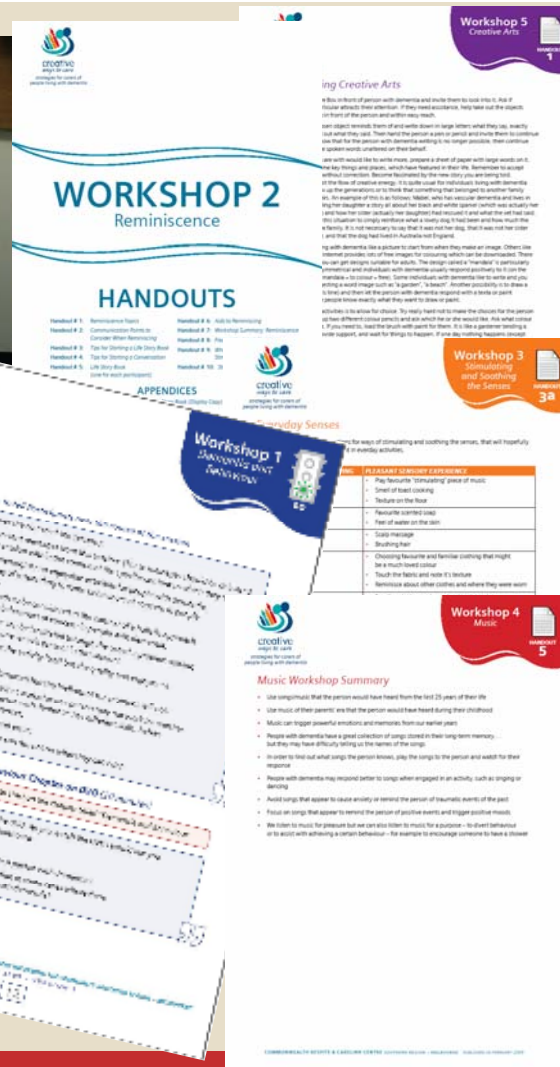


Resources for carers

- Workshop information
- Strategies Diary
- Grab Bag

Resources for facilitators

- Facilitator's Guide & Training Manual
- Orientation to the package
- Individual Workshops
- Supplementary resources
- DVD



Cross-Cultural Redevelopment



- Project funding - Victorian Dept of Health
- Aim: *Improve the program's sensitivity and relevance to carers and people with dementia from diverse cultural backgrounds*
- Project partners - CRCCSR, SERMRC, SICMAA, FCA, VASS, AAV
- Project stages:
 - Consultations
 - Trials
 - DVD



Community Consultations

- 4 Reference Groups
 - Cross cultural
 - 3 ethno-specific - Vietnamese, Chinese, Arabic
- Found the program is broadly relevant to carers across cultures
- All recommendations adopted:
 - *Cultural Notes* for facilitators
 - New discussion on cultural beliefs & attitudes to dementia
 - Able to adapt writing activities
 - Simplification & translation of Workshop Summaries
 - Cultural links and resources added to Handouts

Cross-Cultural Redevelopment

Trials

- Redeveloped program successfully delivered to Vietnamese, Chinese & Arabic carers
- Co-facilitated by CRCCSR & bilingual staff from:
 - Vietnamese - SICMAA
 - Chinese - SERMRC
 - Arabic - SERMRC
- Endorsed Reference Group recommendations

DVD

- New footage of added of Vietnamese, Chinese & Arabic carers
- New language option - Vietnamese, Chinese or Arabic subtitles

Workshop 1: Dementia, Behaviour & Activities



- Overview of dementia, behaviour and activities
- Problem-solving approach
 - Identify
 - Understand
 - Respond
- Activities - pleasure & purpose
- Using activities successfully
- Case study



Workshop 2: Reminiscence



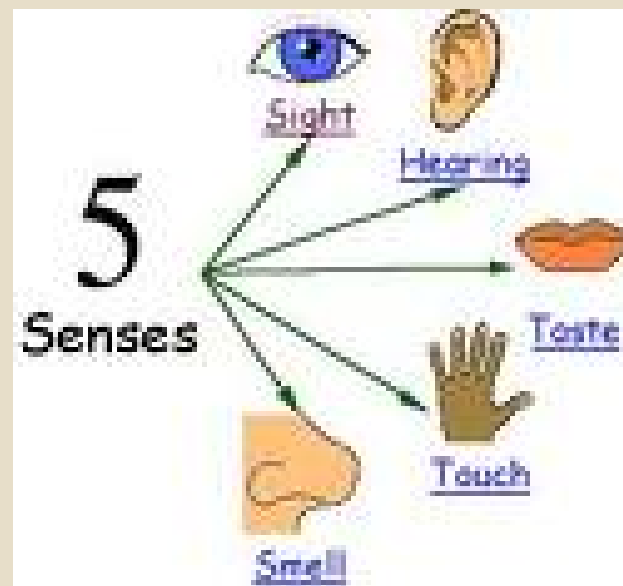
- Reminiscence & its benefits
- Beginning a conversation
- Aids, mementos and activities
 - Collections
 - Everyday activities & the senses
 - Outings
- Feelings not facts



Workshop 3: Stimulating & Soothing the Senses



- The senses, ageing & dementia
- Sensory activities - Building a person-centred repertoire
- Sensory morning tea
- Aromatherapy - principles and use
 - Making an essential oil blend
- Hand massage



Workshop 5: Creative Activities



- Being creative
- Setting up the space
- Starting from something
 - Treasure box
 - Sentence beginnings
- Making an image
- Valuing and honouring the image



Workshop 6: Review



- Review learnings
- Repeat key messages
 - Simple & easy to use
 - Person-centred & meaningful
 - Problem-solving approach
 - Flexibility is important
 - Activities for pleasure and purpose
- Reflect on carers' experiences
- Celebrate with each other



Acknowledgements



Victorian Department of Health

Advisory Group

Cross Cultural Reference Group

Vietnamese Reference Group

Chinese Reference Group

Arabic Reference Group

Solid Media

Special thanks...



Carers & volunteers who appeared in the DVD

Facilitators, Bilingual staff

Accessing the program

Internet: www.carersouth.org.au

Email: creativewaystocare@cgmc.org.au