

MILESTONES

AUTUMN 2017, ISSUE 19



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- Living with memory loss
- Christine and John's story
- Mary Chester Club
- A Home away from Home
- Unravelling and understanding support and care packages

The Alzheimer's Australia WA newsletter. Autumn 2017. Issue 19.

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"Those with dementia are still people and they still have stories and they still have character and they are all individuals and they are all unique. And they just need to be interacted with on a human level."

CAREY MULLIGAN

Issue Editor

Stuart Smith

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Front Cover Photos

Top: "Alzheimer's Australia WA CEO Rhonda Parker and our dementia advocates - Keith and Wendy Glance, help launch the much anticipated 'Guidelines for Dementia Friendly Communities'

Bottom from Left: "Alzheimer's Australia WA's Community Development and Consumer Engagement Coordinator - Althea Gordon leading the group warm up at the 2016 Memory Walk and Jog that saw 600 participants help support those living with dementia at Perry Lakes Reserve in October.

CEO'S COMMENTS



Alzheimer's Australia WA
CEO, Ms Rhonda Parker

Change, change, change. Never before has the unpredictable been so predictable!

Alzheimer's Australia WA has a proud 35 year history of passionately valuing, advocating for and supporting people living with dementia and their families, but like never before it is essential we affirm our mission as your experts in the area and be prepared for the ever-changing world.

The current aged care reforms should create a better aged care system to give people living with dementia more choices, more control and easier access to a range of services. It will bring wide scale change and a more commercial environment in the care sector. In this change, it is our commitment to be as efficient and as effective as the best whilst delivering an unwavering commitment to and passion for supporting those living with dementia. The consumer will remain the focus and *raison d'être* of this organisation.

We accept and embrace change, but in change our consumers must only see improvements in the support they receive, not backward steps. The reforms will see more organisations offering services to people with dementia. Alzheimer's Australia WA will be more vigilant to impress person-centred care as the preferred, best practice dementia response to all providers in the sector. In terms of the range of services and support Alzheimer's Australia WA provides, we remain committed to providing services where the person with dementia would benefit from direct input from the dementia experts, whether that is by direct service or by building capacity in other care providers.

The aged care changes have left some people confused about how packages will work, especially in regard to continuing to receive services from us. To better understand our packages, please go to our article 'Unravelling Packages' on page 12. As you will see, nothing needs to change, as we can increase our services and support to you in new and improved ways.

This year has seen great changes in how workforce dementia education is to be delivered. Alzheimer's Australia has partnered with five Australian universities to deliver a new standard of dementia training. We have already had a huge response for this. If you work in aged care and you haven't trained with us, please see the page 15.

If you need to book a service, or have an enquiry about what we have available or where support can be found, don't hesitate to call us on 9388 2800. We also welcome feedback, especially if you think we can do better. Meeting the information, care and support needs of those living with dementia and those caring for them is why we are here.

Finally, since the last edition of Milestones we have sadly said good bye to a founding member, lifelong friend and inaugural Medical Director- Professor Richard Lefroy, often thought of as the father of geriatric medicine in WA, who passed away in 2016. His forward thinking was one of the catalysts for the formation of the Alzheimer's disease and Related Disorders Association of Western Australia 35 years ago and his commitment to people living with dementia was widely acknowledged and admired. Farewell old friend.

There remains much yet to be done to fulfil the vision that Prof Lefroy had for those with dementia. Thank you for being a supporter and partner with us as we work with you and all those living with dementia to fulfil that vision.

Rhonda Parker

MARY CHESTER CLUB

“A HOME AWAY FROM HOME”



The Mary Chester Club is one Australia’s best dementia hubs which provides much needed respite for families and carers who need a short break from care of their loved ones.

Dementia is human experience, not just a biological or medical condition, therefore Alzheimer’s Australia WA believes that any care environment should see the person first and not the disease.

At the Mary Chester Club (MCC) located in Shenton Park, care provided is based on the world renowned Eden care philosophy.

The staff goal is to look at eliminating loneliness, helplessness & boredom for members by introducing companionship, the opportunity to give and receive and variety and spontaneity in their lives. Our team work with members to raise their self-esteem, feel a sense of belonging and to embrace navigating through an environment whilst doing things that they actually find meaningful.

Alzheimer’s Australia WA CEO Rhonda Parker states “Research shows that Person centred care achieves really strong clinical outcomes for people with dementia. Shifting from more of a medical model to a person centred model has seen some hugely successful outcomes and when you see the positive impact it has on the personhood of people with dementia, we wouldn’t want to do it any other way”

What sets MCC apart from other respite centres?

Compared to other respite centres, MCC staff and carers use a strong holistic approach to care and focus on the individual, not the group. Instead of coming to work to care for a member by doing everything for them, staff aim to ensure that they increase and support independence and encourage members to make

their own choices. Combined with this are the other principles applied which focus on autonomy & ownership and provides members with a strong sense of security and belonging.

MCC care staff understand that as support workers their job is to help facilitate club members to do things for themselves or even help others. Staff say they get the most satisfaction when they see the MEMBERS help each other out, as it helps contribute to building independence and companionship.

MCC Staff and volunteers believe it’s paramount that they spend a lot of time getting to know the members, their identity and what they want to remain connected to. With the team doing this, the members feel more secure in the club environment, get a sense of belonging and feel more autonomous, navigating through the club environment and looking for things to do, that have more meaning & purpose to them individually.

Staff always try to welcome variety and spontaneity at the club -the club doesn’t work on a routine or structure.

There are always external activities the club members can choose to participate in including lawn bowls, music concerts, gym and Art Gallery visits. Members have a choice whether they would like to go out on trips with the group or stay at the club and take part in a number of enjoyable activities there. There are also special events members can choose to participate in including boat cruises, dinner dances and other event functions. These social activities assist members make strong and lasting connections with other members and the staff caring for them.



MCC care staff understand that as support workers their job is to help facilitate club members to do things for themselves or even help others. Staff say they get the most satisfaction when they see the members help each other out, as it helps contribute to building independence and companionship

The club also features a men's shed, art programs, a lovely garden to work in and a "Friends in Harmony choir."

The team learn each member's life story and what they enjoy doing. To assist with this life story, members, staff and families all contribute to putting together a "A little bit about me" book which has detailed profile sheets on each member for staff to utilize, in their care. It features information about what each member likes to do, their family and topics they like.

Julie Szczurowski and Angela Pothan who are the club's dedicated coordinators shared the story of a new member – Bonnie, who commenced as a member at MCC in late October last year and who was extremely nervous about coming along. Julie states "I still remember the relief on Norman's (Bonnie's husband) face when he picked Bonnie up on her first day and

she told him what a wonderful day it had been."

Norman wrote to Julie and Angela shortly after to confirm how Bonnie enjoyed her first day and how he couldn't have been happier with the care she received.

"Just wanted to say thank you so much for a truly wonderful day, far exceeding our expectations. There is no doubt that you are all so committed to your work and profession. Not only have you been able to give Bonnie support and friendship but also enabled me to have a better understanding of how to deal with Dementia and realise that I am not alone and can get extra support when needed"

MCC really is a special place where the members can feel safe, have a sense of belonging and the opportunity to grow which really makes the person's life worth living.



CHANGING THE WORLD - BECOMING AND BEING A DEMENTIA CHAMPION

Certificate IV Industry Course Training - the Trainer and the Student



The Student

Tells us about your training

In 2015, I completed the Dementia Champion Course and achieved Certificate IV in Dementia Practice through Alzheimer's Australia WA.

What did you enjoy most about the course?

The first topic was Showing Leadership in the Workplace which was also combined with promoting team effectiveness. I enjoyed these at the time of learning. Once I started applying their strategies, I realised how much I had learnt and how leadership plays an important role, especially if done correctly and diplomatically, in teaching others about Dementia and how we can all make a difference not only in the workplace but in the community as well.

What special skills do you feel you received from the training?

The skills and encouragement to work closer with my team, which includes staff, volunteers, carers and to be an effective leader. I have also been able to conduct in-house training for staff, volunteers and carers and will conduct further ongoing training in the future.

What do you feel the greatest value from the training was?

Planning and implementing leisure activities and healthcare programs, of which my favourite part was art and music. This topic was fun and it is fun bringing it to my clients who live with Dementia through our Dementia Specific Group.

What would you say to other potential students?

I cannot stress enough how invaluable the course has been for me and how it has given me the scope and fuel for my passion to continue learning more about dementia now and into the future and implementing it into my work.

**WENDY AKKERMAN, DEMENTIA CHAMPION,
COMMUNITY HOME CARE**

"I cannot stress enough how invaluable the course has been for me and how it has given me the scope and fuel for my passion to continue learning more about dementia now and into the future and implementing it into my work."

The Trainer

What types of students attend this course?

It's quite a range but people from providers in Community Care and Residential aged care with customers who have dementia really benefit. As more people end up in hospitals we are seeing more of their staff.

What are they hoping to get from the course?

Individuals want to change the world and make a positive difference in care for people living with dementia. Organisations who nominate their staff want to see them supported to be more effective in their roles and have sustainable skills to help them confidently work with people with dementia and improve the well-being of customers, but just as importantly their personal well-being.

How do organisations benefit from their staff attending the training?

These days, many organisations want to deliver the best dementia care, this course directly helps lift their standards to the highest level possible and empowers their teams.

What do you enjoy most about delivering this training?

I think seeing students discover how easy it is for them to deliver the best level of care whilst enjoying it, how simple this can be and how small things make big differences. I like when students can't wait to get back to work and practice their new skills full of confidence and ideas.

SHARYN TRENT, SENIOR EDUCATION COORDINATOR

LEARN TO LIVE LIFE TO THE FULL



If there were a slogan for the ‘Living With Memory Loss’ Program this might well be it. Early Intervention Consultant Holly explains how participants are engaged, enabled and empowered but more than anything, they are connected.

After starting her career in the justice system, Holly found joy in working on the program developed to help people with a diagnosis of dementia, take the next step.

“I feel privileged to be invited into people lives and share their experiences and to see the difference a program like this can make to their wellbeing,” she said.

The program, sometimes mistaken as a ‘course’ is in fact an essential step toward living well with dementia. It is unlike anything else that people will have done in their lives and was uniquely developed with an understanding of lived experiences of people who have had a diagnosis.

“After a diagnosis people don’t always know where to begin or to turn,” according to Holly. “They can end up home alone and isolated from many of the things they love. People can be understandably anxious about even attending. Everything is upside down after a diagnosis. This why we spend some time one on one with those who are coming before the program and talk about how this will help that person.”

The Living with Memory Loss Program helps people achieve a great many things with one of the most important being a better understanding of what next? “We get to watch people relax, make what are often lasting meaning connections and friendships and be reassured. Some things may have changed with dementia but a lot hasn’t and life can still be fulfilling, meaningful and fun.”

Living With Memory Loss is highly focused on helping people live life to the full and looks to engage, enable and empower

those who attend to do all the things they can that will bring joy and fulfillment. There are a great many ways the program shows people how to bring out their best and do things that are important to them. It demonstrated it is possible to live a good quality life with dementia.

Connecting with others who have the same experience as you and working with professionals who can show you how to cope after a diagnosis are critical. Lifelong bonds are often formed with those who come along as they share experiences with each other, discuss coping strategies, learn to work to maintain and enhance skills and abilities, consider future option and say how you really feel.

When asked about what would surprise people about the program Holly tells us about all the laughter and fun.” So many people have loved attending which is why we love delivering the program. It shows people that despite a diagnosis they are not alone, and there is still much living to do.”

The Living with Memory Loss Program begins with a one-on-one with one of our team and then provides a weekly two hour session for 5 weeks for those who have had a diagnosis or are obtaining one and who are aware of the symptoms and changes. It is strongly recommended to bring a support person. Registrations are open for groups in early 2017.

For more information, or to register for a group, please contact our Early Intervention team on 9388 2800 or email lwmlwa@alzheimers.org.au

CHRISTINE AND JOHN'S STORY

Making the most of the time you and your loved one have together...



Shortly before Christmas I had an opportunity to chat with one of Alzheimer's Australia WA's 'Dementia Advocates' Christine Thompson, whose husband of 24 years, John, was diagnosed with dementia back in 2014. She first began to see a decline in John's health about 10 years before his diagnosis.

John and Christine Thompson were both born in the UK, in Yorkshire and Lancashire respectively and only a short drive from each other, however they did not meet until after they immigrated to Australia and both attended a mutual friend's party in Perth in 1993.

Christine, thinking back to that initial meeting, tells me with a cheeky smile "John was a very handsome and popular young man- I noticed him straight away." They exchanged phone numbers at the party and well, have now been married for close to 24 years, which Christine's gushes with pride "It has been 24 brilliant and amazing years together."

Christine tells us of her husband, "John has a really strong interest in history, he enjoyed telling me about how much he loved working at the world renowned 'British Library' in London and looked back at his time there with a fondness and pride. Once moving to WA, John worked for the WA Fire Brigade (now EFES) where he was the Manager for their Breathing Apparatus equipment, proudly working there for number of years.

John was also a strong long distance runner in his younger days and enjoyed bushwalking as well, which is an activity that both Christine and John greatly enjoyed doing together around their 5 acre property in Gidgegannup- where John also developed a strong interest in permaculture.

Christine herself had a 30 year career as teacher, with ages varying from kindergarten through to late primary school. However, she had to leave her career after John's health began to slowly decline to become his full time Carer.

"Before 2014 I noticed my beloved husband wasn't as active or sociable as before and over time I became more and more concerned. Eventually he was diagnosed with the early stages of 'What is possibly Alzheimer's' said his Doctor after numerous tests and scans"

Christine goes on to tell me that she is no stranger to the effects that dementia can have on a loved one, as 13 members of her extended family, have also received a diagnosis of some form of Alzheimer's or dementia. Yes, you read that right, 13

family members, and to see her beloved husband receive the same diagnosis, it almost beggars belief.

As devastated as she was after John's diagnosis in 2014, Christine was determined for John to still enjoy his life and they managed to complete a trip of lifetime later that year. "At the time we were ready, booked using our frequent flyer points and all set to go on our holiday of a lifetime around the world for three months. We had planned this trip for two years so despite what we knew, we decided to go ahead and had the most wonderful time together touring throughout the United Kingdom, France, Spain, Italy, Switzerland, Canada and the USA with some highlights including seeing Niagara Falls and the Grand Canyon."

This determination and willingness to not let John's diagnosis stop them from achieving their dreams and the subsequent ticking off items on their 'bucket list' before it's too late, is truly what resonates strongly with myself throughout our chat. In 2015, they had some unforgettable times away traveling together along the coral coast of northern WA in a motorhome. She tells me that this was an item on both of their bucket lists and she is so ever grateful they got to share it together. "I am so glad we pushed ourselves to fulfil our lifelong goals before it was too late. We spend hours reminiscing and looking over photos. If you have a dream, a goal or a wish.....DO IT NOW, don't say can't just do it, find a way you will be so glad you did. That time together was so precious and you don't know what the future may hold."

As it became obvious John's health was getting significantly worse, he was eventually diagnosed with Lewy Body Dementia and also Parkinson's which meant that Christine could no longer care for John at home by herself and although it broke her heart, she had no choice but to place John in residential care - she states "it happened so fast I am still recovering from relief and grieving."

After a frantic search across Perth for a quality care facility and after almost giving up hope of finding John a place, she visited the last care home on her list, St Vincent's where they luckily had a place available. John was then admitted into the facility within days and she tells me "John now has a journal next to his bed for visitors to add comments. He has lots of family pictures on the walls and a photo album of the olden days." I get the sense that Christine is now safe in the knowledge that John is in good hands and can now receive the care he needs.



Christine and John enjoying the lovely garden surrounds on one of their adventures

"If you have a dream, a goal or a wish.....DO IT NOW, don't say can't just do it, find a way you will be so glad you did. That time together was so precious and you don't know what the future may hold."

CHRISTINE THOMPSON

Christine continues "Shortly after admitting John, I managed to find a lovely and rustic rental cottage only 3 minutes away from John's residence so I can still be near to him." This has meant she had to move out from the home they loved and shared in Seville Grove.

"As carer to my husband John I have experienced many highs and lows over time but most of all the love between us has been uppermost in my mind"

"It's never going to be the way we planned and it was just the first Christmas in 24 years that we were not living under the same roof, however the time we spend together now is quality time and we value every minute of it. I will always love John, he is my hero."

To other carers Christine says, "In 2016, things were becoming more challenging and I would have found coping very difficult if not for the support of Alzheimer's Australia WA and other services. I urge people with Dementia and their carers to go and seek all the support and care that is available to them, it may be a lifesaving step."

BY STUART SMITH

VALE - DR RICHARD (DICK) LEFROY



The pioneer of Geriatric medicine in WA

It is with sadness that we recognise the passing of the very first Medical Director of Alzheimer's Australia WA and prominent physician, Professor Richard Bruce Lefroy, who died in July 2016, aged 97.

Current AAWA Medical Director, Dr Sean Maher confirms the importance Dr Lefroy's work in not only the formation of AAWA but also the care and diagnosis of those living with dementia in Western Australia " Richard was instrumental in recognising the need for an association to support people with dementia, their carers, and encourage research. He was also one of the key driving forces behind the formation of our association and geriatric medicine in Western Australia."

Dr Richard Lefroy was born in Perth in 1918 and graduated in medicine at Melbourne University in 1946. Returning to Perth he was an RMO at Royal Perth Hospital from 1946 to 1948, a general practitioner from 1948 to 1950 and re-joined Royal Perth Hospital staff in 1951 as Assistant Medical Superintendent, the year he also became a Fellow of the Royal Australasian College of Physicians. Practising as a physician since 1951, he became associated with the developing University Department of Medicine in 1957 as its Associate Professor of Medicine and a consultant to Royal Perth Hospital. Seeing the need of the community for a geriatric medical service, he joined the medical administration of the Hospital and Health Department of the State in 1964. From then until 1982, he pioneered the development of geriatric medicine in WA.

The vision for a dementia specific support organisation in

WA was first cast in December 1980 when Dr Lefroy gave a presentation to the WA Association of Mental Health (WAAMH) on the issue of dementia in older patients.

His talk, entitled *Geriatrics: A Useless Term*, discussed the need for care services for older patients and how Alzheimer's support organisations have been formed in other parts of the world so that families living with Alzheimer's disease could receive proper support from the hospital and the community.

Challenged by Dr Lefroy's address, WAAMH began to focus their attention on the mental health of the elderly, particularly those who were undergoing changes of behaviour and explored the possibility of forming an Alzheimer's Association in WA.

Dr Lefroy held a number of prominent positions throughout his career including the President of the Australian Geriatric Society and President of the Australian Association of Gerontology.

He was also a published author with books including *Medical Care of Elderly and Disabled People*, *Changing Disease Patterns and Human Behaviour*, *History of the Australian Geriatric Society* and *To Follow Knowledge*.

In his private life he was greatly supported by his first wife Betty and after her death, is survived by his second wife Jennifer and their five children.

Dr Maher concludes "Dr Lefroy was also an example to us all of healthy ageing, remaining physically and cognitively active until his last few weeks. ...Vale, Dick.

REMEMBERING HAROLD

REMEMBERING OTHERS



A great story of how the money that was so kindly given to us changed so many lives and brings joy to so many.

A hardworking farmer called Harold joined us at Hawthorn House, Albany in 2008.

Ever working, Harold always wanted something to do with his hands and it wasn't long before we converted the back verandah of the Old Hawthorn House into a men's area where they had all the tools of the trade. Harold loved to go and get stuck into some woodworking, making wooden toys to sell and fixing things around the house. As you can imagine, the weather in Albany was not always kind and the wind and rain took its toll at times swirling along the verandah. It was very much an outdoor shed, and not always a great place to be.

If he couldn't work on the verandah then he was in the kitchen, helping to prepare meals, peeling vegetables and doing the dishes. Harold needed to be doing something with his hands, and projects that were meaningful and had a purpose.

He knew several of the men in the club and the farming background they had in common. They did lots of reminiscing about life on the farm.

When the new Hawthorn House was built Harold's wonderful wife Nancy donated the money to build a Men's Shed. A men's shed makes such a contribution to people living with dementia, bringing joy, mateship, fun and meaning to its members. Some of the lads in the shed don't talk as much as they used to but

a great project helps them remain who they are and find some peace and happiness.

It is a wonderful shed for the men who come and do some terrific projects and spend some great time with their mates. Harold enjoyed all sporting activities and was a very good sportsman, so we have in the shed a pool table and dartboard. As Harold was a fanatic fan of cricket and football, the radio in the shed is always on the ABC with the Cricket and Footy, especially when the Ashes series is on, a big favourite of Harold's. This wonderful shed is a far cry from our verandah shed at the old Hawthorn House, when we had to deal with rain, hail and wind. Nancy also donated a wood fire before she passed away which is alight in the winter months, making it such a warm and comfortable environment for all people who come to Hawthorn House to enjoy.

Harold and Nancy are no longer with us now but Harold's Shed will bring joy to hundreds of families living with dementia over its lifetime thanks to their generosity. If you can afford to help, please remember people living with dementia when you consider helping out or making a will.

Find out more at <https://wa.fightdementia.org.au/wa/support-us/> donate or ring the giving team on 9388 2800 and we'll tell you how much of a difference you will make.

UNRAVELLING AND UNDERSTANDING SUPPORT AND CARE PACKAGES



The future of services offered by Alzheimer's Australia WA

The latest changes to aged care will affect most families who support a person living with dementia, however they will also see a bigger range of service options and choices. Alzheimer's Australia WA will also be offering you more choices.

Alzheimer's Australia WA is also expanding its services for you. We can maintain services you are already receiving, provide the expert dementia specialised support you need or even add new services you don't currently have.

Keep these points in mind:

- 1 If you are receiving services from Alzheimer's Australia WA, or returning to services after some time away, nothing will change and we will continue to support you.
- 2 Top up services- if you are receiving the maximum number of hours allocated through government funded programs, but could benefit from increased support, you can now access more hours at a competitive cost. We are able to offer further support, on a fee for service basis, which will give you more control and flexibility over the support you receive. Please see our examples on the next page so you understand how this will work.

If you choose Top up Services there is no long-term contract, you could use our services for as long or as frequently as you need them and terminate them when you choose. The services will be designed to meet your changing needs.
- 3 All Home Care Packages must be delivered using a Consumer Directed Care (CDC) approach. A CDC approach gives consumers greater choice about the types of service they access and after February 2017, funding for a Package will follow the consumer allowing them to choose the provider that is best suited to their needs. Other service providers currently engage us through a brokerage arrangement to provide services to people with a diagnosis of dementia and this will continue.

Alzheimer's Australia WA is also expanding its services for you. We can maintain services you are already receiving, provide the expert dementia specialised support you need or even add new services you don't currently have.



There are a whole range of services we can provide like 'your' time away from each other, social groups for your special interests and loves, counselling, family support & education and one-on-one care, along the many changes in life after receiving a diagnosis.

Please call our customer service team on 9388 2800 and find out about ways Alzheimer's Australia WA can help you or a loved one live with dementia whilst having the best life possible, surrounded by people who understand and continually strive to make a positive change in your lives.

Example of new services

Some consumers have opted to use our service to keep a familiar support worker to support them through services provided by their home care package or to continue visiting following the transition to residential aged care.

We are also able to provide overnight respite so your loved one can stay at home.

Example of tailored services

With the new fee paying private services we are able to tailor services to meet your specific needs and preferences. We can also support your loved one to attend a social group setting, but with the added comfort of a dedicated support worker who can support them while empowering interaction with others.

With over 30 years' experience providing services that are specifically for people living with dementia, we employ trained, experienced staff who understand the challenges. We always aim to achieve familiar staff delivering the service to ensure it is someone you know and trust. If you want to change, just let us know.

If you would like to discuss your options further, please contact our Customer Service Officer by calling 9388 2800.

The Referral Process

If you feel that it is time to access some additional support and the person with dementia chooses to continue to live at home and participate in the community, Home and Community Care (HACC) may be able to offer the support you need. By phoning the Aged Care Gateway on 1800 200 422 (free call if phoning from a land line) their staff will be able to provide you with information about the HACC program and any other community program. They will then refer you to an appropriate assessment to identify your level of need. If you wish your services to be provided by staff at AAWA, this could be discussed at the time of the assessment. After this assessment they will refer you to a service provider to discuss the support you would like and the fees that will apply. Although the cost of services have been subsidised by the Government there will be a co-contribution. Further information is available on the My Aged Care website www.myagedcare.gov.au

There are still two programmes in which you can access services for dementia. The Commonwealth Home Support

Programme (CHSP) provides entry level services, whilst the Home and Community Care programme (HACC) provides a more comprehensive and tailored range of care and services.

We suggest people avoid trying to second guess their entitlement. Don't try and work this out on your own, call My Aged Care and talk to one of their team. They can discuss your personal situation and arrange a face-to-face assessment. Once you have this, you can make plans from there.

If you have higher care needs and are considering accessing home care My Aged Care will likely refer you to an Aged Care Assessment Team (ACAT) to help identify your care needs. ACATs cover all of Australia and are based in hospitals & in the local community and assessments are free of charge.

You should keep in mind that The Australian Government subsidises a range of aged care services, although you will need to pay a part of your costs depending on your income.

Once you have received the approval for what you are entitled to, you can look for a care provider in your local area who can provide the care you need.

Your ACAT member can help you find a home care provider that suits you or you can go to the website and see what your

choices are. You are able to work with providers like Alzheimer's Australia WA directly, work out what fees might apply, then choose the one that is right for you.

You can contact my aged care via their website myagedcare.gov.au or by calling 1800 200 422.

ALZHEIMER'S AUSTRALIA WA SERVICES FOR YOU



DAY RESPITE COMMUNITY CENTRES

Based around a household model, our community wellbeing centres in Perth, Albany and Mandurah provide an evidence based therapeutic environment that seeks to maximise wellbeing in the person with dementia. Providing a wide range of meaningful activities based on the person's strengths, identity and interests, the centres provide meaningful engagement, stimulation and friendship in specially designed dementia enabling environments.

Our centres give the family a short break whilst providing an enriching experience for the person with dementia.

HOME AND COMMUNITY RESPITE AND TIME OUT

We provide a range of respite options for families and carers of people with dementia. In-home respite is provided in the person with dementia's home and our social support service accesses their local community on a one-to-one basis.

Services focus on providing the person living with dementia with meaningful engagement, social interaction and providing the carer with respite. Services can be tailored to suit every individual's circumstance and needs.

We will work closely with you to understand your situation and provide the quality support that you need. This can be provided through a home care package or disability package or be individually funded.

If you have reached your limit or are not eligible for government funded services, or wish to pay for additional support tailored to your needs, we have a range of services to assist you. You do not need a referral and there is no waiting list.

To find out more, talk to our customer service team on (08) 9388 2800 or email supportwa@alzheimers.org.au.

CARER SUPPORT AND INFORMATION PROGRAMME

This programme enables carers to better understand dementia, meet other carers in similar situations and learn strategies to best support themselves and their loved one. The Programmes are psycho-educational groups that offer mutual aid, that is, groups that encourage members to share stories and experiences, offer empathic validation and support as well as receiving information about dementia.

This programme runs regularly throughout the year over five-weeks at sites around the Metropolitan area.

The topics to be presented include understanding dementia and its impacts, stress management and coping strategies, self-care, services and support.

The carer must be caring for someone who has received a diagnosis of dementia or be in the process of obtaining a diagnosis. **To join a group, please contact the Carer Support Team on 9388 2800 or email csgwa@alzheimers.org.au**

COUNSELLING

Our counselling service provides short-term dementia-specific counselling across the state to people with a diagnosis and their carers. This service can be offered in one-to-one and group counselling sessions delivered by qualified counsellors.

The focus of the service is on the particular needs of the individual/family living with dementia in relation to their experiences. Assistance may be provided on a one-off basis or over a number of sessions. The counselling focus is on such issues including areas like stress management, self-care, loss, depression and anxiety.

The service operates face-to-face, via telephone and on occasion via other modalities during standard business hours.

Face-to-face counselling is provided in the metropolitan area of Perth. It can also be provided with prior arrangement in regional areas across the state and is often scheduled around the community workshops delivered by counsellors whilst they are in a suitable location. Telephone counselling is an option for those who are isolated or simply prefer this mode of counselling.

To find out more, talk to our customer service team on (08) 9388 2800 or email supportwa@alzheimers.org.au

DEMENTIA EDUCATION



Alzheimer's Australia WA is the leading dementia training organisation in Western Australia.



Alzheimer's Australia WA has 35 years of experience in providing the highest quality dementia specialist education to the WA aged care, health care and community services sectors.

Our learning programs are suitable for the professional development of all health care workers, tailored to meet the needs of registered nurses, enrolled nurses, support workers and other health professionals.

Our highly skilled team has extensive experience in a wide range of areas, facilitating learning experiences which touch, move and inspire participants to transform their practice. Informed by current research and contemporary practice, our comprehensive suite of education form part of an integrated learning pathway incorporating both accredited and non-accredited courses as well as online.

OUR EDUCATORS

At Alzheimer's Australia WA our highly professional educators are all qualified with a minimum of workplace training and assessment (TAE 40110 Certificate IV) and have vast and varied experience in providing support to people living with dementia and their families in both community, hospital and residential

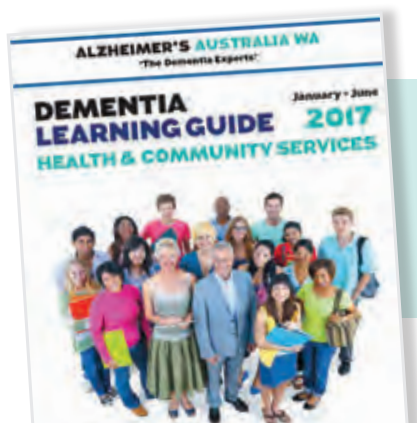
settings. Our educators are passionate about improving the standard of dementia knowledge in the care arena. The contemporary industry skills of our educators enables them to offer positive and engaging learning experiences with practical application into the working environment. All educators participate in ongoing professional development and have access to experts in dementia practice and current research to inform their presentations.

ACCREDITED PROGRAMS

As a Registered Training Organisation RTO code: 4755, we provide nationally accredited courses, including a dementia specific unit 'CHCAGE005' Dementia Essentials.

We also deliver the 12 month 10341NAT Certificate IV in Dementia Practice, only available with Alzheimer's Australia WA, be sure to check out the article on page 6 for further insights into the course.

All courses have an applied focus on skills development and reflective practice, enabling course participants to transform their own practice, and potentially that of their colleagues, enhancing quality of life for people living with dementia.



For a full list of our flexible education solutions to improve dementia practice, simply visit our website to view and download our Dementia Learning Guide for January to June 2017.

[Click here to view and/or download.](#)



Many people living with dementia are unaware of the person centred services that are available to them from Alzheimer's Australia WA. We have three decades of experience helping families with dementia. Give us a call 9388 2800 if you need us.

■ **Free services for those who require support anywhere in Western Australia.**

Free counselling

For people living with dementia and their friends and family call 9388 2800.

In home respite and social support

In home support or community activities with a number of clubs. Perth and regional services available.

Carer support groups

Free meetings monthly in various locations for carers to spend time with peers and share experiences call 9388 2800.

Art therapy, choir and volunteering

Innovative programmes for meaningful engagement for those living with dementia call 9388 2800.

Day centre respite

Care centres for people with dementia in Perth, Albany and Mandurah.

Younger Onset Dementia Key Worker Programme

Support for people under the age of 65 including links to services.

■ **Living with Memory Loss**

Email lwmlwa@alzheimers.org.au or call 9388 2800

Free programme supporting both the person with a diagnosis of dementia and those in the process of receiving a diagnosis, and their support person, helping navigate practical and emotional support matters.

■ **Education**

Register online fightdementia.org.au/wa or call 9388 2800

Industry and family / carer focused training courses.

■ **Carer Education Support Programme**

Call 9388 2800

Psycho-educational support service to family members providing care for someone with a diagnosis of dementia, and still living in the community.

■ **Volunteering**

This program enables people to connect with communities and break down stigmas associated with dementia whilst also keeping physically, mentally and socially active.