2018 DEMENTIA EDUCATION AND TRAINING
Aged Care, Health and Community Services
Flexible education solutions to improve dementia practice for aged care, health and community services staff
Welcome to our 2018 Dementia Education and Training guide. This guide provides details of the professional development and training courses Alzheimer’s WA provides for aged care, health and community services staff.

At Alzheimer’s WA we recognise the challenges and opportunities faced by aged care providers in meeting the growing expectations and needs of people living with dementia and their families. The need to deliver high quality dementia care has never been greater.

Alzheimer’s WA has developed this guide to help you deliver on your practice development or business needs, and ensure your clients continue to choose you because of your service excellence.

After more than 35 years working with those living with dementia and having trained thousands of aged and health care professionals, Alzheimer’s WA is recognised as the State’s dementia training and consultancy experts.

We provide established, high quality education that will have a positive impact on your clients and your front line teams.

We will work with you to help identify your dementia specific training and development needs, review staff knowledge and understanding, improve physical environments and deliver dementia specific transformational projects.

We are pleased to bring you these development opportunities and look forward to working with you and your organisation to support your staff and improve the lives of people living with dementia.

Rhonda Parker
Chief Executive Officer
Alzheimer’s WA

Improving the lives of people living with dementia

Alzheimer’s WA is grateful for support from the WA Department of Health, the Australian Government and the Commonwealth Home Support Program.

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hacc
Continuing Professional Development

Alzheimer's WA has over 35 years experience in providing dementia specialist education to the Western Australian health care community.

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

Informed by research and contemporary practice, Alzheimer’s WA has utilised its expertise as a leader in dementia care to develop a comprehensive suite of products which form part of an integrated learning pathway, from entry level non-accredited courses to the accredited Certificate IV Leadership and Innovation in Dementia Services.

Our Educators

At Alzheimer’s 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 the CHCSS00095 Dementia Skill Set.

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. All participants undertaking one of our nationally recognised courses will require a Unique Student Identifier (USI). Create your USI at usi.gov.au. Nationally accredited programs featured in this guide are marked with the Nationally Recognised Training logo.

DISCLAIMER: The information in this publication was current at the publication date: 2018. Please check our website alzheimerswa.org.au for current information.

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About Alzheimer's WA

As Western Australia’s oldest and largest dementia organisation, Alzheimer’s WA is at the forefront of dementia care services, education and training programs.

Alzheimer’s WA was established in 1982 by a group of carers of people with dementia who saw the increasing need for a dementia-specific support organisation.

Our specialised services including respite, counselling and social support are available to the more than 41,000 people in Western Australia living with dementia as well as their families and carers.

We also offer education, nationally recognised training and advisory services to people working in health and aged care and community education programs for the general public.

Become a member of Alzheimer’s WA

Join Alzheimer’s WA to support our work towards our vision of a world where people with dementia and their families are supported and valued on their dementia journey.

As a member you receive:

- Our Milestones, Member Connect and Dementia Aware newsletters
- Invitations to seminars and special events

Join today at alzheimerswa.org.au/membership or call us on 1300 66 77 88.

- Individual Membership (free)
- Corporate Membership ($50 pa)
YOUR DEMENTIA LEARNING PATHWAY

This pathway will assist you in selecting the most appropriate course for your learning needs and career aspirations.

How to Register

Bookings are essential. Places are limited and subject to our terms and conditions. Registrations can be made online, by phone or by using the enrolment form available on our website.

For course and workshop bookings

alzheimerswa.org.au
education@alzheimerswa.org.au
Phone: 1300 66 77 88
Fax: (08) 9388 2739

Subsidies are available for HACC Service Providers and Staff

1 Level One - FOUNDATION
   » Increase your awareness of dementia
   » Gain a better understanding of the impact on the person
   » Increase your empathy for what it is like to experience dementia
   » Have the opportunity to reflect on your own role in providing a person-centred approach

2 Level Two - SUPPORT
   » Gain more detailed strategies for supporting a person living with dementia and their families
   » Use a reflective approach to further develop your person-centred practice
   » Plan support for the person with dementia based on their strengths and abilities

3 Level Three - EXPLORATION
   » Focus on insights from the latest research that can inform dementia assessment, treatment and support
   » Provide an opportunity to share experiences with experts
   » Further understand the specific forms of dementia
   » Cover complex issues such as choice, decision-making, competency, capacity and advance care planning
   » Suitable for participants with a good foundational understanding of dementia

4 Level Four - LEADERSHIP
   » Gain a comprehensive understanding of contemporary dementia practice
   » Gain the skills and confidence to challenge current dementia practice
   » Be guided through the process of practice improvement
   » Develop ideas for improvement
   » Support the implementation of change
   » Open doors to new career paths
Overview of Dementia

Duration: 3 Hours
Venue: Delivered at your workplace

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

Experiencing Dementia

Duration: Half day
Venue: Alzheimer’s WA Training Centre
9 Bedbrook Place, Shenton Park

Do you wonder how it feels; what it’s like to be that person? Experiencing Dementia is a different concept in dementia education. This workshop is built around simulation and personal experience, giving participants a glimpse into the day-to-day experiences of a person living with dementia.

» Engage in a simulation reflecting what it’s like to have dementia, to better understand the difficulties faced, including visuo-spatial effects

» Listen to a carer or person with dementia tell you about their experience

» Consider how you can be more supportive towards people in your care

“The simulations significantly helped me better understand the impact of being somewhat impaired”
– Course Participant
Positive Dementia Care

Gain a basic understanding of dementia as well as practical strategies to enable positive interaction when supporting a person living with dementia.

Learn and understand:

- Dementia and how it affects a person
- How to support wellbeing
- How to respond to changes over time
- The person-centred care model

Rewriting the Behaviour Story

Shift your thinking from understanding a person's actions as 'behaviours of concern' to understanding them as an expression of experience.

- Look at the current way of working and understanding a person's experience of dementia
- Explore thoughts, feelings, responses and actions - getting to know the human response to dementia
- Cycle of influence process
- Changing practice

This workshop provides a new and dynamic approach, that takes you through self-discovery and commencing a journey through culture change enabling us to listen to the real experts in dementia care - those who are living with it.
CHC33015 Certificate III in Individual Support
(Ageing or Home and Community)

Accredited qualification reflecting the role of workers in the community or a residential setting who provide person-centred support.

Aged care is a growing industry and provides a great opportunity for an ongoing, satisfying and fulfilling career. Undertaking the CHC33015 Certificate III in Individual Support (Ageing or Home and Community) provides you with the perfect starting point to your professional career in the aged care sector. Alzheimer’s WA provides you with the knowledge, skills and work experience required to ensure you are ‘job ready’ when you commence your chosen career.

An opportunity to use Alzheimer’s WA’s specialised library and resources is available for all students. Completing the Certificate III in Individual Support is the first step of your learning pathway. Further develop your skills in providing dementia care by completing one of Alzheimer’s WA’s specialised courses including the Dementia Skill Set or 10719NAT Certificate IV Leadership and Innovation in Dementia Services.

Further information

For details on the accredited training offered by Alzheimer’s WA, call 1300 66 77 88 email education@alzheimerswa.org.au or visit alzheimerswa.org.au/training
Communicating in a Person-Centred Way

Duration: Half day
Venue: Alzheimer’s WA Training Centre 9 Bedrook Place, Shenton Park

Good communication skills are essential in providing support to people living with dementia and their carer. As each person is impacted in a different way, having a broad range of effective communication strategies to utilise in your work is essential.

» Gain a greater understanding of how dementia can impact on communication
» Develop strategies to support a person-centred approach to communication

Meaningful Engagement

Venue: Alzheimer’s WA Training Centre 9 Bedrook Place, Shenton Park

“What I found most useful, was finding ways to interact with people living with dementia that helps with their positive wellbeing and provides them with validation”
– Course Participant

Be guided through the importance of meaningful engagement.

Learn how to best engage the person through activities which are purposeful and pleasurable using a strength based approach.

» Explore the importance of identifying individual needs of people living with dementia
» Examine the relationship of meaningful engagement to wellbeing
» Develop a plan of suitably engaging activities for a person living with dementia

Intellectual Disability and Dementia

Venue: Alzheimer’s WA Training Centre 9 Bedrook Place, Shenton Park

Address the needs of providing support to a person who has both an intellectual disability (such as Down syndrome) and dementia.

» Gain a greater understanding of how dementia affects the person with an intellectual disability
» Develop the skills required to communicate more effectively with people with the dual diagnosis
» Identify and respond to changes over time

Suitable for anyone working in disability services or community care that may need to interact with people with an intellectual disability and dementia.

For details of dates and cost, please visit alzheimerswa.org.au
Contact us if you are interested in running any of these workshops at your workplace.
Younger Onset Dementia

Duration: Half day
Venue: Alzheimer’s WA Training Centre
9 Bedrock Place, Shenton Park

Explore 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 intervention.

» Gain a greater understanding of dementia
» Examine the impacts of dementia on a younger person
» Identify the unique needs of younger people with dementia
» Explore ways to adapt care and service provision to meet the needs of a younger person

CHCAGE005 Dementia Essentials:

Provide support to people living with dementia

Duration: Three day course
Venue: Alzheimer’s WA Training Centre
9 Bedrock Place, Shenton Park

The statement of attainment will be issued by Dementia Australia Limited RTO Code 2512.

“I gained so much understanding and knowledge, it helped with my position as a nurse and my private life... just wanted to say thank you to you all!”

Course Participant

Dementia Essentials is delivered by Alzheimer’s WA on behalf of Dementia Training Australia, a consortium funded by the Australian Government to provide nationwide education on the support and care of people living with dementia. In this accredited course, learn how to incorporate therapeutic communication techniques, apply a person-centred approach and develop useful strategies to respond to changed behaviours. Topics covered in detail include:

» person-centred care
» the nature of dementia
» effective communication
» impact of dementia
» activities for engagement
» supportive environments
» understanding changed behaviours and developing effective responses

By successfully completing this nationally recognised unit, you will gain a comprehensive knowledge of dementia and receive a formal statement of attainment.

Suitable for anyone working in aged care, health or community care services caring for people living with dementia.

Dementia Training Australia is supported by funding from the Australian Government under the Dementia and Aged Services Fund.
Music in Dementia Care

**Duration:**
Half day

**Venue:**
Alzheimer’s WA
Training Centre
9 Bedrook Place, Shenton Park

During this experiential workshop explore music as an effective method of communication, a calming strategy and a reminiscence tool.

Favourite tunes can be used to prompt special memories of people, places and events.

It has been proven that when used as therapy, music has positive effects on our physiology, affecting our heart rate, blood pressure and nervous system. Singing in particular decreases agitation, improves comprehension, lifts mood, builds trust and self-confidence. Learn to:

- Explore the effects of music on the brain
- Determine how to use music to create a positive environment
- Develop music programs, examine the pros and cons of setting up a choir
- Assist with developing an individual play list using a person-centred approach

Art and Creativity in Dementia Care

**Duration:**
Full day

**Venue:**
Alzheimer’s WA
Training Centre
9 Bedrook Place, Shenton Park

“‘The most useful thing I found was the different ideas of activities one can use as therapy and how art can be used to engage people living with dementia’”

- Program Participant

Art can provide an alternative language for communication - through images, symbols and colours. This experiential workshop is for anyone in aged, health or community care services who is involved in planning and facilitating activities for people with dementia.

Participants work with a wide variety of art materials, both 2D and 3D, and gain confidence in offering a creative expression program for people with dementia. Learn:

- 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
- The value of dementia specific guided art tours
Supporting Your Clients Using an Enabling Home Environment

Duration: Half day
Venue: Alzheimer’s WA Training Centre
9 Bedrook Place, Shenton Park

Aimed at community staff working with people with dementia, this workshop provides useful information on how to easily adapt home environments to support a person living with dementia.

Gain practical advice and tips on:

- 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

CHCSS00095 Dementia Skill Set

Duration: Four individual days over four months
Venue: Alzheimer’s WA Training Centre
9 Bedrook Place, Shenton Park

Statement of Attainment will be issued by Alzheimer’s WA RTO Code: 4755.

Accredited training in dementia care for health and aged care professionals working with people living with dementia.

Successful completion of the Dementia Skill Set results in:

- Highly developed dementia specialist knowledge
- Ability to integrate current knowledge into real work situations
- Greater depth of understanding of person-centred care
- Ability to be a culture change agent in your organisation
- Develop support networks with other dementia specialists

To undertake the Dementia Skill Set pre-requisite criteria must be met.
LEADERSHIP

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

Leading Culture Change in Dementia Services
Duration:
Full day
Venue:
Alzheimer’s WA Training Centre
9 Bedrock Place, Shenton Park
“What I found most useful from the course was understanding the culture in my organisation and how it can affect the person living with dementia and their family. It really opened my eyes”
– Course Participant

Further information
If you would like to find out more, please contact us on 1300 66 77 88 or email dpp@alzheimerswa.org.au

The Dementia Change Champion® Program is an exciting initiative that assists organisations to develop leadership in staff in the specialised field of dementia care. The primary aim is to build capacity and expertise within your organisation to support the needs of people living with dementia with an emphasis on the use of a person-centred philosophy.
The program develops staff through providing knowledge, leadership and change management skills and materials to support the development of a person-centred approach within your organisation.
The Certificate IV in Leadership and Innovation in Dementia Services offers the latest in dementia education through a nationally accredited course providing a unique opportunity to become a dementia specialist.

Upon completion of the course, participants will have gained dementia specialist knowledge, have the ability to integrate current knowledge into real life situations and be able to apply their enhanced skills for effective dementia care.

It will not only enhance your ability to implement an expert dementia approach, but may also set you on the path towards a leadership role.

Course Details
This new course consists of 16 units. Whilst participants are required to successfully complete all units to gain the full qualification, individual units can be completed for a statement of attainment.

Topics include:
» Leadership and culture change
» Communication and relationship valuing
» Creating enabling environments
» Developing strategies to reduce stigma
» Providing support to people living with younger onset dementia

Successful course completion consists of:
» Attendance at full day workshops every three weeks for 12 months (16 units)
» Undertake workplace assignments
» Complete assessments for each unit
» Successful workplace assessment
HOSPITAL CARE STAFF

For details of dates and cost, please visit alzheimerswa.org.au
Contact us if you are interested in running any of these workshops at your workplace.

Supporting Patients with Cognitive Impairment to Achieve Better Outcomes in Hospital

Duration: Full day

Hospitals are increasingly busy places. Patients present with more complex needs and are in hospital for shorter stays. Statistics show that patients with cognitive impairment have particularly poor outcomes.

This one day interactive workshop aims to assist staff in gaining skills to achieve optimal outcomes for patients with cognitive impairment.

» Understand cognitive impairment and how to provide quality support and care
» Understand the value of a holistic approach to assessment
» Develop effective engagement skills using a person-centred approach
» Recognise and reflect on risk and quality of life for patients in a hospital setting

Dementia Change Champion® Hospital Program

Duration: Two full day

This program is relevant for all staff who wish to champion better outcomes for people living with dementia during their hospital experience.

This two day program supports participants to undertake a comprehensive train-the-trainer approach to develop expertise in the care of patients with cognitive impairment. The Dementia Change Champion® Hospital Program provides education and reflective practice opportunities to enable participants to become a resource person in their workplace. Participants receive ongoing support, mentoring and education to further develop their skills and knowledge.

Having staff trained as 'Dementia Champions' in hospital facilitates a new paradigm shift in caring for those with cognitive impairment; providing and sustaining best practice dementia care and ensuring optimal outcomes for these patients.
PROFESSIONAL

For details of dates and cost, please visit alzheimerswa.org.au
Contact us if you are interested in running any of these workshops at your workplace.

Design for Dementia: Care Environments

Aimed at design professionals and those within the aged, community and acute care sectors with a focus on design, building, refurbishment or maintenance, this workshop will explore the application of evidence based enabling dementia design principles.

This workshop is full of practical advice and tips, with topic areas including:

» Understanding the impact of the built environment on a person living with dementia
» An overview of the evidence base for dementia enabling environments
» Creating opportunities for meaningful engagement and enhancing quality of life through the built environment
» Colour, lighting and other key design considerations

The workshop also introduces design audit tools and includes an opportunity to visit our dementia specialist day club and respite service to view the principles in practice.

Duration:
Half day

Venue:
Alzheimer’s WA Training Centre
9 Bedrock Place, Shenton Park

Further information

Please contact 1300 66 77 88 or email education@alzheimerswa.org.au

In-house Training

Most of our workshops can be tailored to your requirements and delivered at your workplace, at a mutually suitable time.

Our experienced educators will discuss your learning requirements, and with your input develop a training course which is designed perfectly to meet your unique learning needs. By having a greater understanding of your needs and goals the educators will be able to build the knowledge and skills of your team, inspiring them to provide best practice dementia support within your organisation.
FAMILY AND FRIENDS
INFORMATION AND SUPPORT

For details of dates and further information, please visit alzheimerswa.org.au
Contact us if you are interested in running any of these workshops at your workplace.

Tailored information sessions at your aged care facility

Family and friends of people living in your facility may find it a difficult time when their loved one is diagnosed with dementia. We can help by providing information sessions about the disease, its impact on the person and give them the tools to continue to support their loved one to be meaningfully engaged in life.

These sessions can be provided at your facility at a time convenient for family and friends to attend. Fees apply.

Workshops for families and friends of people living in the community

Alzheimer’s WA offers a wide range of information and education sessions for family and friends of those living with dementia. Our workshops for family and friends present the opportunity to meet and share stories with others undertaking a similar journey.

From Understanding Dementia and Making the Day Meaningful, to Future Planning resources, these workshops are offered regularly throughout the year at our Shenton Park Training Centre. Fees apply.

These programs are supported by funding from the Commonwealth and the Western Australian Governments under the HACC program.

For further information contact us:
alzheimerswa.org.au
education@alzheimerswa.org.au
Phone: 1300 66 77 88

Library and Resource Centre

Located at 9 Bedbrook Place, Shenton Park and open weekdays, 9am-4pm

Alzheimer’s WA’s Library Resource Centre has a variety of resources available for loan. Books and DVDs cover a range of dementia topics including nutrition, environment and design, carers and caring, activities, and alternative therapies. The library also has a number of games, puzzles and other activities suitable for people with dementia, which may be borrowed.

A number of dementia-related items are available for purchase.

The Resource Centre also includes an Assistive Technology Room which is open to the public and displays items that assist with daily living.

Further information

Please contact 1300 66 77 88 or email library@alzheimerswa.org.au
Alzheimer’s WA provides a comprehensive culture change consultancy service, which focuses on empowering your organisation to become a leader in delivering high quality care and support for people living with dementia. We support your organisation to create dementia friendly services that are physically, socially and culturally inclusive.

Dementia Partnership Project (supported by the Commonwealth Home Support Program)

This fully subsidised project works in collaboration with community care organisations, consumers and the wider community to build capacity and promote sustainable outcomes with an emphasis on wellness, enablement, person-centred approaches, carer support and dementia enabling environments. Other key activities the program facilitates includes:

» Dementia Change Champion® Program
» Scholarships for Dementia Change Champions and Cert IV in Leadership and Innovation in Dementia Services students
» Annual community symposium with international and national dementia experts
» Interactive website with public resources and training

Dementia culture and practice transformation

Our evidence-based transformation program uses a change management process and presents the latest innovations, models and philosophies of dementia care. We recognise that each organisation has unique needs, and can therefore customise a flexible consultancy package specific to your services’ goals and desired outcomes. This may include:

» Development of your care philosophy
» Training
» Process enhancements
» Role modelling
» Resource development

For further information visit dementiapartnership.com.au or call us on 1300 66 77 88
Dementia Enabling Environments

Our dementia design consultancy service supports dementia friendly environments through best practice design, and can bring to your project design services that ensure your new build or refurbishment meets your organisational goals and client’s needs.

Our unique dementia design service can provide expertise to aged care organisations, architects, interior designers, landscape designers, commercial businesses and hospitals to maximise your building project’s success. Key activities include:

» Environmental audit and recommendations
» Development of design briefs
» Review of refurbishment or new building plans
» Creating opportunities for meaningful engagement and enhancing quality of life through the built environment

Why utilise our consultancy services?

All programs are based on the latest research into creating engaging and purposeful strengths based programs and outcomes that transform the lived experience of dementia.

Who is involved?

Our dementia specialist consultants have real world experience in dementia care, aged care, research, and design in acute, community and residential services. Consultants work collaboratively with your team, clients and support networks to develop a plan that meets your needs to build capacity and promote sustainable outcomes.

Is there a fee to access these services?

Both subsidised and fee for service programs are available.

Which consultancy service is right for my organisation?

If you would like to speak with someone to learn more about which service is right for you, please contact us on 1300 66 77 88.

For further information visit enablingenvironments.com.au or call us on 1300 66 77 88.
Cancellations with more than five business days notice will receive a full refund.

Cancellations with five or less business days notice will incur a $50 administration fee. Courses at your premises will incur 50% of the scheduled fee or a $50 administration fee for free courses.

Full fees applicable for ‘No Shows’

A minimum number of participants is required for courses to proceed. Course fees will be fully refunded if your course is cancelled by Alzheimer’s WA, and we will offer a rescheduling of the course at the same rate as the current schedule.

No Shows

A ‘No Show’ is a failure to attend while providing no notice to Alzheimer’s WA before the day of the session held at Alzheimer’s WA training facilities, or when group training has been arranged but cancelled on the day of training or participants are not able to attend, this will be regarded as a ‘No Show’.

For further information on our Cancellation and Non Attendance Policy, please contact us on 1300 66 77 88 or by email at education@alzheimerswa.org.au