

Welcome to 2020

Dementia Tas is celebrating the New Year with a new look! In this newsletter, you will find the Dementia Tas training calendar for 2020 and some information on how your organisation can engage with Dementia Tas to deliver practical, relevant training to your staff, residents and associated family members and friends.



DEMENTIA TAS
GLENVIEW

The importance of dementia training...

In the new Aged Care Quality Standards, it is outlined in Standard 7 that consumers will receive quality care and services from people who are knowledgeable, capable and caring. It is the organisation's responsibility to provide a workforce that is sufficient, and is skilled and qualified to provide safe, respectful and quality care and services.

To achieve this, the workforce must be competent and have qualifications and knowledge to effectively perform their roles so they can deliver the outcomes required by these standards.

By delivering quality training to your staff, behaviour incidents for people with dementia can be reduced, quality of life can be increased and job satisfaction also increases.

Surr, C. A., Smith, S. J., Crossland, J., & Robins, J. (2016). Impact of a person-centred dementia care training programme on hospital staff attitudes, role efficacy and perceptions of caring for people with dementia: A repeated measures study.



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Dementia Tas is owned and operated by Glenview Community Services and Ros Calvert is employed as the trainer and consultant of the business. Ros has extensive experience working with people with dementia in the Aged Care sector since 1992. Ros has worked as a Diversional Therapist for five years and a Dementia Therapist for ten years in aged care facilities and holds a Diploma of Dementia Care as well as a Cert IV in Leisure & Lifestyle and Cert IV in Aged & Community Services as well as a Cert IV in Training & Assessing (TAE 40110). Over the last twelve years Ros has delivered numerous training sessions on dementia and related topics within the Aged Care & Disability sectors as well as to families and supporters of people with dementia. Feedback from these sessions suggests that the training is informative, relevant and easy to understand.

Ros can deliver training sessions to your staff as outlined in this brochure or alternatively a tailored made training package can be created for your particular organisation or training requirement.

Dementia Care Mapping (DCM) is an excellent way to determine training gaps or to evaluate programs and/or care for continuous quality improvement – Ros has completed an Advanced Mapping Course with Bradford University.

Dementia Tas also offers staff mentoring and consultancy – especially to assist workers who are working with people who are experiencing extreme changed responses and actions due to dementia.

For further information and costs:

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Dementia Statistics

- * An estimated 450,000 Australians currently live with dementia. 55% of these people with dementia are women and 43% are aged 65 and over
- * Without a significant medical breakthrough, that is expected to soar to about 589,000 by 2028 and over 1 million by 2058
- * Each week, there are 1750 new cases of dementia in Australia. That is expected to grow to 4,550 new diagnoses each week by 2056
- * In 2019 there were 27,247 people living with Younger Onset Dementia (YOD*) in Australia (*YOD is anyone who is diagnosed with dementia before they turn 65). This figure is expected to rise to 29,353 by 2028 and 41,249 by 2058
- * Dementia is the second leading cause of death in Australia in males, after heart disease and the leading cause of death in females
- * 1 in 10 people over the age of 65 and 3 in 10 people over the age of 85 have dementia
- * Dementia has an impact on every part of the health and care system
- * In 2018, dementia is estimated to cost Australia more than \$15 billion. By 2025, the total cost of dementia is predicted to increase to more than \$18.7 billion in today's dollars, and by 2056, to more than \$36.8 billion
- * Australia faces a shortage of more than 150,000 paid and unpaid carers for people with dementia by 2029
- * Dementia is already the single greatest cause of disability in older Australians (aged 65 years or older) and the third leading cause of disability overall
- * More than half of all nursing home residents in Australian Government subsidized aged care facilities have dementia

Dementia Tas Training 2020

Introduction to Dementia

\$100 per person

- Types of dementia
- Communication
- How the brain works
- Person centred care
- Changed responses & actions
- Problem solving & strategies

This basic course would be beneficial for service staff and maintenance workers as well as a refresher/update for all care staff.

Glenview Community Services
(Windsor Street – Glenorchy)

19th Feb: 10am – 12noon

8th May: 10am – 12noon

Toosey Aged & Community Care (10 Archer Street - Longford)

16th Mar: 10am – 12noon

4th Dec: 10am – 12noon

Understanding Changed Responses & Actions in Dementia

\$100 per person

- What do behavioural expressions mean?
- Causes of changed responses & actions
- Communication
- Person centred approach
- Problem solving & strategies

From this session participants will be able to identify triggers that can cause changed responses for people living with dementia. Suitable for all staff who work with people living with dementia, experiencing changed behavioural expressions.

Glenview Community Services
(Windsor Street – Glenorchy)

23rd March: 10am – 12noon

8th May: 1 – 3pm

11th Sep: 10am – 12noon

Toosey Aged & Community Care (10 Archer Street - Longford)

17th Apr: 10am – 12noon

17th Jul: 1 – 3pm

19th Oct: 1 – 3pm

Positive Behaviour Support

\$120 per person

This training session is about staff keeping safe in the work place. The information will assist staff to understand how people living with dementia may react in situations that they find extremely distressing or confusing, and provide strategies to help them manage these responses.

Glenview Community Services
(Windsor Street – Glenorchy)

27th May: 10am – 1pm
(bring own lunch if required)

28th Aug: 12noon – 3pm
(bring own lunch if required)

Toosey Aged & Community Care (10 Archer Street - Longford)

19th Jun: 11am – 2pm (bring own lunch)

25th Sep: 11am – 2pm
(bring own lunch)

Leisure & Lifestyle Networking Session

\$50 per person (South)

\$75 per person (North)

Light lunch provided
Includes guest speaker

This is an interactive knowledge/skill sharing networking session that is suitable for all staff who are providing activities in residential facilities or community care centres. Feedback from previous sessions has been very positive and those who have participated express the benefit of meeting and talking with like-minded people. The program consists of a guest speaker followed by discussion and sharing of ideas.

SOUTH:

Glenview Community Services
(Windsor Street – Glenorchy)

4th Mar: 11am – 3pm

30th Oct: 11am – 3pm

NORTH:

Toosey Aged & Community Care (10 Archer Street - Longford)

6th Mar: 11am - 3pm

6th Nov: 11am - 3pm

Night Time Care

\$100 per person

Evening and night staff will benefit from this training, which explores the difference between day and night time care and provides strategies for supporting people living with dementia at night.

Glenview Community Services
(Windsor Street – Glenorchy)

8th Apr: 1 – 3pm

Toosey Aged & Community Care (10 Archer Street - Longford)

18th May: 1 – 3pm



DEMENTIA TAS
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Dementia Tas Training 2020

Understanding Dementia with Down syndrome & Intellectual disability

\$100 per person

Provides staff with the knowledge to identify early dementia changes and strategies to assist changed responses and actions for people living with Down syndrome and intellectual disability. Includes DVD 'Supporting Derek'.

Glenview Community Services
(Windsor Street – Glenorchy)

23rd Mar: 1 – 3pm

11th Nov: 10am – 12noon

Toosey Aged & Community Care (10 Archer Street - Longford)

17th Apr: 1 – 3pm

19th Oct: 10am – 12noon

Practical Dementia Care

\$100 per person

This interactive training provides staff with practical strategies to try when working with people who have dementia. Includes brainstorming current care issues and exploring why people with dementia may have certain responses during care.

Glenview Community Services
(Windsor Street – Glenorchy)

8th Apr: 10am – 12noon

12th Oct: 1 – 3pm

Toosey Aged & Community Care (10 Archer Street - Longford)

18th May: 10am – 12noon

4th Dec: 1 – 3pm

Person Centred Care

\$100 per person

Understanding how to deliver Person Centred Care is vital to the new standards in aged care. Staff can learn how to make care relevant to each individual person. Instead of being task focused they will recognise the importance of being person focused.

Glenview Community Services
(Windsor Street – Glenorchy)

15th Jun: 10am – 12noon

11th Nov: 1 – 3pm

Toosey Aged & Community Care (10 Archer Street - Longford)

17th Aug: 10am – 12noon

How to run Activities for people with Dementia

\$100 per person

Activities are not just about entertainment – they are about people undertaking meaningful engagement throughout the day. Being engaged in daily activities that people enjoy increases well-being and reduces changed responses.

SOUTH:
Glenview Community Services
(Windsor Street – Glenorchy)

19th Aug: 1 – 3pm

NORTH:
Toosey Aged & Community Care (10 Archer Street - Longford)

17th Aug: 1 – 3pm

Effective Communication with the older person

\$100 per person

- Why do we communicate?
- How do we communicate?
- Barriers to communication
- Successful communication strategies

This is an interactive workshop, which includes activities to reinforce effective communication.

Glenview Community Services
(Windsor Street – Glenorchy)

19th Feb: 1 – 3pm

10th Jul: 10am – 12noon

Toosey Aged & Community Care (10 Archer Street - Longford)

16th Mar: 1 – 3pm

17th Jul: 10am – 12noon

Please register by emailing ros@dementiatas.com.au

Invoices will be sent out prior to the training day. All these training sessions and others can also be delivered 'in house' at a negotiated rate. Contact Ros for a free training package estimate for your organisation. Thank you for choosing Dementia Tas for your training requirements.

For further information on training please contact Ros. Phone: (03) 6277 8807 Email: ros@dementiatas.com.au



DEMENTIATAS
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Are your staff **feeling overwhelmed** in trying to find solutions to assist people with dementia?

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Dementia Tas can help by providing onsite training adapted for your unique organisational and residential needs.

Dementia Tas also offers consultancy visits to work with carers or assist with problem solving when managing changed responses of people who are living with dementia.

Phone or email Ros now to discuss your options in how to deliver a better quality of dementia care in your organisation.



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DEMENTIATAS
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Dementia Tas Training & Consultancy



HOW DO I DEAL WITH THAT?

Responding to Sexualised Behaviour workshop

2.5 hrs



This interactive training session will equip staff to respond to sexualised behaviour in clients. At the end of the 2hr session they will have an understanding of:

- the sexual rights and sex positivity
- the Sexualised Behaviour Management Cycle
- how attitudes impact on responses to sexualised behaviour
- concrete strategies to respond to sexualised behaviour

This training supports organisations and staff to align with Standard 1: Requirements a), c) and d), in the Aged Care Quality Standards. It also aligns with the Charter of Aged Care Rights and particularly with the responsibilities of: Respect and Safe Environment



By responding to sexualised behaviour in a manner where the individual is supported and informed of various options to manage the behaviour, while being treated with dignity and respect, the safety of all concerned is ensured.

May 25th: 9-11.30am or 12.30-3pm

September 4th: 9-11.30am or 12.30-3pm

**Venue: Glenview Community Services – Boardroom
2-10 Windsor Street, Glenorchy**

RSVP: Please send email to book your place in either of these workshops to

ros@dementiatas.com.au

Dementia -v- Delirium -v- Depression

	DEMENTIA	DELIRIUM	DEPRESSION (20-30% of people with dementia)
ONSET	Insidious (months to years)	Acute (hours to days)	Acute or insidious/recent
ACUITY	Chronic, progressive	Acute illness, medical emergency	Episodic
DURATION	Months/years. Progressive and irreversible - ends in death	Days to months - not always reversible	Variable
COURSE	Stable & progressive - variable speed	Fluctuates - lucid periods during the day/worse at night	Usually worse in the morning - improving during the day
ALERTNESS	Clear until late in the course of the dementia	Reduced, Fluctuates	Clear
HALLUCINATIONS	Often absent in early stages - in later stages may be evident - especially visual	Gross distortions, frequent hallucinations. Usually visual or visual & auditory	May have hallucinations - predominantly auditory
DELUSIONS	Often absent	Fleeting, poorly systematised	May have sustained, systematised delusions
ORIENTATION	May be normal - impaired for time & place as dementia progresses	Usually impaired - time person & place May resolve over time	Usually normal Sometimes selective disorientation
ATTENTION/CONCENTRATION	Normal, but progressively changing over time	Impaired	May be disordered/scattered
MEMORY	Impaired recent/gradually worsening as dementia progresses	Immediate and short term memory impaired	Recent may be impaired/may be selective, concerns about memory
THOUGHTS/THINKING	Slowed. Reduced interests, vague, perseverate, sometimes delusions	Often paranoid & grandiose Disorganised or incoherent	Usually slowed, preoccupied by sad & hopeless thoughts/usually organised
SPEECH	Usually coherent until later stage of dementia/sometimes affected early	Often incoherent; slow or rapid	Variable/ normal to slow or rapid
PHYSICAL ILLNESS OR DRUG TOXICITY	Often absent in Alzheimer's dementia	One or both present	Usually absent, but debatable
PERCEPTION	Sometimes normal/often changing	Hallucinations & delusions are common	Mood congruent. Hallucinations?
EMOTIONS	Variable/Apathetic, labile, irritable	Variable/Irritable, aggressive, fearful	Flat, unresponsive or sad. May be irritable
SLEEP	Often disturbed, nocturnal wandering & confusion/day & night reversal	Disturbed/changes hourly Nocturnal confusion	Early morning awakening Hypersomnia during the day
OTHER FEATURES	Different symptoms for each type of dementia - varying for each person	Other physical disease may not be obvious delirium need to be ruled out	Past history of mood disorder, poor appetite & weight loss



The human brain has 100 billion neurons, each neuron connected to 10 thousand other neurons. Sitting on your shoulders is the most complicated object in the known universe.

[Michio Kaku](#) - American Physicist (born January 24, 1947)