



December 2012

WA Dementia Training Study Centre Newsletter

Recent training and events in 2012

Breakfast with Ita Buttrose, 20 June 2012

Fifty people from private and public sectors including sector directors, senior executives, academics and practitioners interested in influencing quality dementia care attended a breakfast forum co-hosted by Alzheimer's Australia WA and Curtin University on 20 June 2012 at the Hyatt Hotel in Perth.

Ita Buttrose AO, OBE, National President, Alzheimers Australia presented a lively address outlining the role of public policy in influencing quality dementia care and the need for greater research and innovation in care, she was joined by Professor Barbara Horner, Director, Centre for Research on Ageing and Director WA DTSC, Curtin University and Frank Schaper, (recently retired) CEO, Alzheimer's Australia WA on a panel to discuss a unique partnership between both organisations that is preparing WA to meet the anticipated growth in demand for specialist dementia services



From L to R: John Phillimore, Professor, John Curtin Institute of Public Policy (JCIPP), Prof Barbara Horner, Director, WA Dementia Training Study Centre and Clinical Director, Curtin Health Innovation Research Institute (CHIRI), Prof Jill Downie, Deputy Vice Chancellor, Ita Buttrose AO, OBE, Alzheimer's Australia National President, Frank Schaper, (recently retired) CEO, Alzheimer's Australia WA.

The presentation can be viewed at <http://www.youtube.com/watch?v=MyxBABjuaS4>

Front and Centre; celebrating and supporting the role of the carer, 31 October 2012

The October workshop provided a forum for discussion and information sharing about the needs of family carers and how services can address these needs. Lyn Isted, Chair, Carers Advisory Council gave an overview of the rewards and challenges associated with being a carer, with personal anecdotes powerfully emphasising major points. Sessions by Karen Malone, McCusker Nurse and



Anne Deck, Alzheimer's Australia WA followed, providing models of service provision and suggestions for ways to support family carers effectively. Participants from community and residential care services found the day informative and challenging in equal measure.

Ins and outs of Dementia Care; Balancing nutrition, exercise and continence, 7 November 2012

Balancing the nutritional and activity needs of people with dementia as well as providing adequate and discreet support to maintain continence are important issues for any dementia care service.

The workshop in November provided an opportunity for participants to develop their knowledge and explore creative ways to improve their work practice.

Workshop facilitators Professor Alexandra McManus, Curtin Health Innovation Research Institute (CHIRI) and Director Centre of Excellence, Seafood, Science and Health, Dee Sutcliffe, Continence Advisory Service WA and Heather Freegard, OT, WA Dementia Training Study Centre each presented innovative material which encouraged participants to 'think outside the square' and consider alternative solutions.

Living, Loving and Dementia Workshop with Elaine White, 2 August 2012

In August Elaine White, Educator, Hunter Dementia Memory & Resource Centre, Alzheimer's Australia NSW facilitated a thought provoking and practical workshop "Living, Loving and Dementia" that explored the complex and challenging topic of sexuality and sexual expression for people living with dementia.



The workshop provided an opportunity to discuss ways to break down negative barriers, promote understanding of the social and cultural influences on the meaning of sexuality. The impact dementia has on the way a person expresses their sexual drives and desires was also highlighted.



Update on National Priority Areas (NPA)

Recognising that Dementia is a National Health Priority Area, WA DTSC is focussed on three particular aspects of dementia care; firstly care at the end of life and a palliative approach to dementia care; secondly investigating the challenges and

rewards of providing dementia care in an increasingly multicultural workplace, and thirdly, exploring innovative ways to care for Aboriginal people with dementia and their families within mainstream residential aged care facilities.

End of Life – Train the Trainer Project

The principle project in the end of life NPA has been to provide a training package and process that could be used within an organisation independently of external support to forming a Community of Practice to address specific care and training needs within their facility.

The training package is designed to enable users to:

- Identify the end of life needs of staff and families of people with dementia in their facility, and decide upon a specific issue to be addressed;
- Establish and implement a Community of Practice to improve end of life dementia care within their workplace;
- Implement an effective education program to address the identified issue for staff and/or families to improve the care outcomes of people with dementia at the end of life;
- Identify changes in practice that have resulted from the program;
- Identify and manage enablers and barriers to changing practice within the workplace; and
- Document the process as a quality improvement initiative.

Five organisations participated in the first pilot to use and evaluate the usefulness of the package and make suggestions for improvement. A second pilot of the amended resource has just been completed with a further two organisations. The third and final in South Australia to test the process in a National context pilot will commence in the New Year. On completion of any recommended changes the resource will be freely available from the National Dementia training Study centre website.

All participants commented that they had gained from their experience in the pilot studies, particularly enjoying the networking with other organisations. All stated that a barrier to participation was their workloads and responsibilities within the organisations and that much of the reading, research and documenting for the project was carried out after work hours. Some participants commented that once they



'pushed through' and overcame difficulties, they had a great sense of achievement and pride in their outcomes. Some were already noticing the impact of the project only two weeks post-completion. Staff attitudes and interactions with residents improved and families and staff were communicating more effectively. Many participants will use the Training Manual as a template for further projects.

Understanding barriers and incentives to relationship-centred dementia care in an increasingly multicultural workforce

The primary focus for the culturally and linguistically diverse communities has been to investigate benefits and challenges to quality dementia care in the employment of people from multicultural backgrounds within services. The WADTSC joined with Dementia Collaborative Research Centres Consumers and Carers (DCRC CC), to interview families and staff within residential aged care facilities to determine the enablers and barriers to good dementia care.

Forty-nine interviews were conducted, data analysed and preliminary findings discussed with 25 interested residential aged care workers on 5 December 2012. Data from this meeting will be included in the final finding and guide the development of recommendations for practice.

Indigenous Creative Arts Project

The Creative Arts Project is an innovative approach to improve care received by Indigenous people with dementia living in residential aged care facilities through a staff cultural education initiative that builds on the organisation's commitment to care for Indigenous people with dementia and cognitive impairment. Windsor Park Nursing Home in Carlisle (Hall & Prior) has partnered with WADTSC for this project which is based on principles of adult teaching and learning with an emphasis on a process of learning that is context based and collaborative expression of ideas that contribute to the success of the project. It builds capacity within a facility and is therefore more likely to be sustainable.

The project aims to:

- Involve Aboriginal residents and their families in the preparation and production of culturally appropriate pieces of communal art to be located within Coolibah House, Windsor Park Nursing Home.
- Engage staff in cultural awareness education through observation and participation in the Creative Arts Project
- Produce a visual record of the project to demonstrate the use of creative art as a medium to develop staff cultural competence.
- Disseminate results of the project to wider dementia care audience.

Ron Gidgup, noted Nyungar artist, has led the project completing three murals within Windsor Park. Facilitated by Ron, Aboriginal residents, whether Nyungah or not, responded to culturally appropriate ways of making connections with each other. Residents were strongly connected to their cultural roots.



Some challenges to culturally sensitive dementia care have been identified through this project. For example, an Aboriginal person working in the liaison role walks a fine line which entails constant prioritisation and compromise. As an employee he/she is required to fulfil their duty statement which both limits and enables them to provide delineated services. At the same time an Aboriginal person carries cultural relationships, customs, duties, expectations and responsibilities which may exceed and/or contradict their work responsibilities.

The evaluation and production of a DVD documenting the process is in its final stages of recording prior to editing.

New website address

All Dementia Networking Seminars are filmed and can be viewed freely online on the National Dementia Training Study Centre website at <http://dtsc.com.au/category/elearning-lectures/>



DEMENTIA
TRAINING
STUDY CENTRES

You can also access additional online resources and training from the four other Dementia Training Study Centres at our new website <http://dtsc.com.au>

Training and events scheduled for 2013

Dementia Networking Seminars

A flyer advertising the sessions for 2013 is now available on our website. Each presentation will be advertised individually with more detailed information on the topic. We have seminars scheduled for February, March, April, May and June.

Workshops in Perth

We have a knowledge transfer workshop with local and interstate speakers scheduled for April, and also workshops in both March and May with local speakers. Each workshop will be advertised individually when speakers and topics have been confirmed.

Workshop in Bunbury

We have one country workshop booked for May in Bunbury. This will be advertised when the speakers and topic have been confirmed.



Video conferencing

A video conference to several country areas is planned for February with Prof Richard Fleming presenting on Environmental Design. This will be advertised closer to the date.

After July 2013

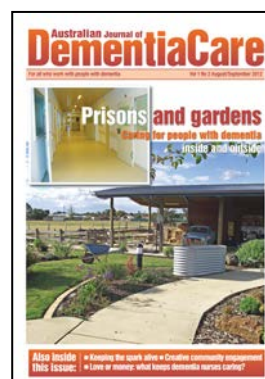
Stop Press!! Good News!!!

The Department of Health and Ageing (DoHA) has announced that all Dementia Training Study Centres (Western Australia, Queensland, NSW/ACT, Vic/Tas and SA/NT) are to be funded for a further 3 years from July 2013 to July 2016. Priorities and focus of the new funding have not been finalised however WADTSC is confident that seminars and workshops addressing important aspects of dementia care will continue. Other workforce development projects are in development.

We will keep you posted via the website <http://dtsc.com.au/> and regular email to those on our data base. If you wish to be included on the emailing list, or update your details please contact Denise Dallimore on 9266 1830 or denise.dallimore@curtin.edu.au.

Australian Journal of Dementia Care

Go to <http://journalofdementiacare.com/> to view and subscribe to the Australian Journal of Dementia Care.



Dementia Enabling Environments Project (DEEP) offers a range of initiatives to translate research and guidelines into practice in the area of dementia and the built environment. Go to <http://www.enablingenvironments.com.au/>.