

Dementia Education & Information for Families, carers and the community



2011

July to December Program



Alzheimer's
Australia Vic
Living with dementia



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These workshops are suitable for families, friends and carers of people living with dementia, and the general community



- Sessions are facilitated by professional, experienced educators
- Bookings are essential as numbers may be limited
- Interpreters can be provided for these sessions



Tea/coffee is provided at all family, carer and general community sessions

For further details and to register contact

Alzheimer's Australia Vic

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Telephone: **(03) 9815 7808**

Some programs are funded by the Australian Government or jointly funded by the Victorian and Australian Governments through the Home and Community Care program.

Venue maps

Riversdale Road venue:

Alzheimer's Australia Vic
98-104 Riversdale Rd, Hawthorn

Melways reference: 45 D12

Use of public transport is recommended. Very limited parking available at rear, via Glen Street.

TRAM: No 70 or 75 Riversdale Road, Hawthorn: Stop: Glenferrie Road

TRAIN: to Glenferrie Station (Belgrave/ Lilydale Line), tram or 10 minute walk south along Glenferrie Road: Stop Riversdale Road

CAR: Limited on-street parking. Please allow extra time if you are bringing your own car

- a) Riversdale Road southern side:
all day parking from 9am
- b) Riversdale Road northern side:
2 hour parking 9am – 4.30pm
- c) Glen Street eastern side:
all day
- d) Glen Street western side:
2 hour limit

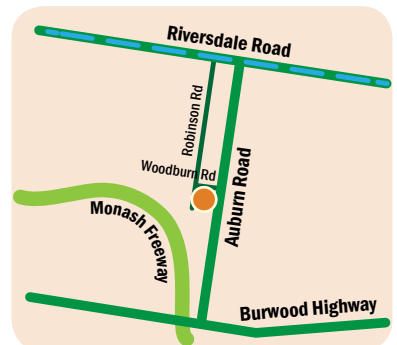
Auburn Road venue:

(for evening seminars)

University of Melbourne
Cinema Level 2
442 Auburn Road, Hawthorn

Melways reference: 59 E2


Parking available in Woodburn Rd and off street parking via Robinson Rd.



Workshops for family carers

Introduction to dementia and services


Understand dementia, its causes and symptoms and learn strategies for communicating with the person who has dementia. Become familiar with the support services available to the carer of a person with dementia.

Tue 5 Jul	1.00pm–3.00pm	Cost: FREE	Venue
Tue 19 Jul	6.00pm–8.00pm	Duration: 2hrs	Riversdale Rd
Wed 10 Aug	1.00pm–3.00pm		Hawthorn
Tue 30 Aug	6.00pm–8.00pm		
Tue 13 Sep	1.00pm–3.00pm		
Wed 12 Oct	6.00pm–8.00pm		
Thu 10 Nov	1.00pm–3.00pm		
Thu 8 Dec	6.00pm–8.00pm		
Tue 20 Dec	1.00pm–3.00pm		

Sessions to follow the 'Introduction to dementia'

Effective communication

Understand why the person's behaviours and emotions change with dementia and learn techniques to effectively communicate with the person living with dementia. *Follows on from the Introduction to Dementia course*

Wed 27 Jul	1.00pm - 4.00pm	Cost: FREE	Venue:
Tue 20 Sep	6.00pm – 9.00pm	Duration: 3hrs	Riversdale Rd
			Hawthorn

Responding to behaviours of concern

Understand the nature of dementia and the behavioural and psychological symptoms associated with dementia. Learn how to manage and respond to changing behaviours and communicate effectively with the person with dementia. *Follows on from the Introduction to Dementia course*

Tue 26 Jul	10.00am – 12 noon	Cost: FREE	Venue:
Wed 28 Sep	10.00am – 12 noon	Duration: 2hrs	Riversdale Rd
			

Workshops for family carers

Other useful sessions without prior dementia knowledge

Depression and dementia for family carers

developed in collaboration with *beyondblue*



Understand the impact of depression on the person with dementia and why timely diagnosis and treatment is important. Explore ways you can reduce the risk of depression and positively support your relative.

Tue 23 Aug

10.00am–1.00pm

Cost: **FREE**

Duration: 3hrs

Venue:

Riversdale Rd
Hawthorn or
at your venue



The caring role: a compassionate approach

Learn practical self-care strategies for you as a carer. Discover ways to respond to the behaviours associated with dementia; learn practical communication strategies and ways to create a dementia-friendly home environment.

Another useful session with no prior dementia knowledge required

Wed 31 Aug & 7,

14 & 21 Sep

10.00am – 1.00pm

Cost: **FREE**

Duration: 4 x 3hrs

Venue:

Riversdale Rd
Hawthorn
or at your venue



Mild cognitive impairment (MCI)

Understand what this diagnosis means, how the diagnosis is made, and how Mild Cognitive Impairment differs from normal ageing and dementia.

Suitable for people with a diagnosis of MCI and/or their families and friends.

Thu 20 Oct

10.00am -12 noon

Cost: **FREE**

Duration: 2hrs

Venue:

Riversdale Rd
Hawthorn



Considering residential care

Having to make a decision about residential care can be a stressful and difficult time. Gain an understanding of the residential care system in this highly beneficial session. Discuss when a person with dementia may require residential care and how and when to access these types of aged care facilities.

Thu 18 Aug
Wed 19 Oct

6.00pm - 9.00pm
10.00am – 1.00pm

Cost: **FREE**
Duration: 3hrs

Venue:
Riversdale Rd
Hawthorn



“I found everything helpful especially the contact numbers and referral sources”

Workshop participant

Community sessions

Friends and companions of a person with dementia

Learn how dementia can impact on a person’s physical and psychological well-being and what you can do (as a friend or volunteer companion) to engage and maintain a positive connection or friendship with that person. *Suitable for friends, volunteer companions or fellow club members of a person with dementia.*

Thu 4 Aug

10.00am – 1.30pm

Cost: **FREE**
Duration: 3.5hrs

Venue:
Riversdale Rd
Hawthorn
or at your club
or venue



Dementia information for volunteers

Gain an understanding of dementia and how to communicate more effectively with the person with dementia as part of your volunteer work.

Suitable for existing volunteers working with people with dementia.

Thu 29 Sep

10.00am – 1.00pm

Cost: **FREE**

Duration: 3hrs

Venue:

Riversdale Rd
Hawthorn



Mind your Mind

Become familiar with the seven Mind your Mind signposts and learn practical ways to potentially reduce your risk of developing dementia.

Suitable for anyone in the general community who is interested in learning what they can do to keep their brain healthier as they age and potentially reduce their risk of developing dementia.

Thu 6 Oct

10.30am – 12 noon

Cost: **FREE**

Duration: 1.5hrs

Venue:

Auburn Road
Hawthorn
or at your venue



Seniors week 2 - 9 Oct

Worried about your memory?

Explore how memory works, common memory changes that occur with ageing and when memory difficulties need to be investigated.

This session will also provide tips on how to improve your memory and looking after your brain.

Suitable for anyone in the general community who is concerned about memory changes.

Tues 22 Nov

10.30am – 12 noon

Cost: **FREE**

Duration: 1.5hrs

Location:

Riversdale Rd
Hawthorn
or at your venue



NEW

Leadership in quality dementia support

Mon 11 Jul

9.30pm – 4.00pm All day forum

Tea/coffee and
lunch provided



Cost: **\$140**

Members: **\$133**

Duration: 6.5hrs

CNE points: 6.5

Key international speaker:

Baroness Professor Susan Greenfield

Professor of Synaptic Pharmacology since 1996 at Oxford where she continues to head a multi-disciplinary research group. Director of the Institute for the Future of the Mind. She was awarded a CBE in 2000 and granted a non-political Life Peerage in 2001. Susan has written a number of books exploring topics including the basis of consciousness and human nature.

Venue: Leonda by the Yarra, Wallen Road, Hawthorn (Mel Map Ref 45A11)

Led by Alzheimer's Australia Vic, this forum provides a unique opportunity to hear examples of quality dementia care and support from a range of residential and community providers. These presentations will highlight the "lived" experience of developing and implementing quality dementia care with particular attention to people sharing what worked and didn't work. This event is as much about learning from mistakes as sharing success stories.

Suitable for aged care managers, community care managers and health professionals working with people with dementia

NEW

Living with dementia - how the environment, technology and you can help

Mon 7 Nov

4.00pm Expo
5.00pm – 6.30pm Evening seminar

Cost: **FREE**

Duration: 1.5hrs

CNE points: 1.5

Presenter:

Marleina Fahey

Registered Nurse with 25 years experience in supporting people living with dementia in clinical, education, management, research and consultancy roles in acute, residential and community aged care



Tea/coffee
provided

Venue: Auburn Road, Hawthorn (see map page 2)

In this presentation, you will learn about technologies that can assist with independence. You will also learn about technologies that can assist with safety and security, and devices that can assist with leisure and lifestyle for people living with dementia.

Suitable for the general community, families and friends caring for a person with dementia, and health and aged care workers.