



**Alzheimer's  
Australia SA**  
Living with dementia

## Training and Education Workshop and Short Course Series 2009

### **Understanding the person with dementia (3 hours)**

This introductory workshop will give answers to the question "What is dementia," and explore the impact on a person and the imperative for maintaining wellbeing and quality of life. Participants will explore what dementia is and what it is not; examine the brain, its functions and how dementia impacts upon a person and consider the experience of dementia from the perspective of a person with dementia.

**Thursday 16th April 2009 9.30am — 12.30pm**

### **Introduction to a person-centred approach to dementia care (3 hours)**

A person-centred approach to care is recognised internationally as being significant in enabling wellbeing of persons who have dementia. Participants will be introduced to the concepts of a person-centred approach to care of persons with dementia, They will examine ill being and wellbeing indicators and their impact on a person with dementia and develop strategies that support positive person work.

**Thursday 28th May 2009 9.30am — 12.30pm**

### **Changed behaviours in dementia (1 day)**

This course explores models of thinking relevant to dementia-related behaviour. Participants will develop person-centred strategies to minimise behaviours that cause concern and to support positive behaviours to promote wellbeing, strategies will specifically:

- define four models of possible causes of behaviour in persons with dementia.
- describe environments that assists the person to feel emotionally secure, relaxed and confident,
- develop creative interventions to support the person with dementia that maximises wellbeing.

**Friday 12th June 2009 9.30am— 4.00pm**

### **Meaningful activities (3 hours)**

This workshop examines the importance of activities and introduces a framework for implementing activities that are meaningful for people with dementia. Participants will define what an activity is and their role in the lives of people with dementia in order to plan, design, evaluate and document activities that are appropriate and will assist persons with dementia to maintain their ability and wellbeing.

**Monday 27th July 2009 9.30am — 12.30pm**



**An Australian Government Initiative**

*Funded by the Australian Government as part of the National Dementia Support Program*

**DEMENTIA IS A NATIONAL HEALTH PRIORITY**

### **Dementia and depression (3 hours)**

This workshop presents the causes, risk factors and symptoms of depression associated with dementia. It will identify key principles in creation of an environment that reduces the risk of depression in the person with dementia.

**Monday 27th July 2009 1.00pm — 4.00pm**

### **Intimacy and sexuality in dementia (3 hours)**

Intimacy and sexuality are part of life. Why not the person with dementia? This workshop will explore the myths surrounding sexuality and the person with dementia, and discuss meaningful expressions of intimacy and relationship building that supports the person with dementia. Participants will define and reframe thinking on intimacy and sexuality in a person with dementia and develop effective strategies to sexual responses.

**Tuesday 11th August 2009 2.00pm — 5.00pm**

### **Younger onset dementia (3 hours)**

This workshop examines the types of Younger Onset Dementias, the impact on the person, carers and family, from diagnosis through progression. It explores the social, psychological and behavioural aspects to develop effective strategies for positive outcomes for the person with dementia their carer/s and family.

**Thursday 27th August 2009 1.00pm — 4.00pm**

### **Activity workers' course (2 days)**

This course presents an overview of dementia and explores both theory and the practical implementation of activities for persons with dementia in the home, community or residential settings. Participants will:

- examine the benefits of activities taking into consideration the needs of persons with dementia; their ability, life history, culture and family relationships,
- applying sensory experiences to prevent sensory deprivation, and implement a range of activities with creativity and confidence
- develop strategies and skills in planning and programming, evaluating and documenting activities to suit individual and group needs in line with care planning and Aged Care Standards.

**Friday 4th September & Friday 11th September 2009  
9.30am — 4.00pm**

**Venue: Alzheimer's Australia SA Inc  
27 Conyngham Street Glenside  
Cost: No charge to participants**

**Registration on accompanying form is essential**



# REGISTRATION FORM



An Australian Government Initiative

**PARTICIPANT DETAILS:** (PLEASE PRINT IN BLOCK LETTERS)  
One form per person, please photocopy for multiple use

Name:.....Position:.....

Workplace:.....

Daytime phone no.:..... Mobile:.....Fax:.....

Email:.....

Address:.....

.....Post Code:.....

Special requirements—health / dietary / physical:.....

## Thursday 16th April 2009

- 9.30am – 12.30pm Understanding the person with dementia

## Thursday 28th May 2009

- 9.30am — 12.30pm Introduction to a person-centred approach to dementia care

## Friday 12th June 2009

- 9.30am – 4.00pm Changed behaviours in dementia (Light lunch will be provided)

## Monday 27th July 2009

- 9.30am – 12.30pm Meaningful activities
- 1.00pm – 4.00pm Dementia and depression
- Light lunch for participants attending both workshops

## Tuesday 11th August 2009

- 2.00pm – 5.00pm Intimacy and sexuality in dementia

## Thursday 27th August 2009

- 1.00pm – 4.00pm Younger onset dementia

## Friday 4th September & Friday 11th September 2009

- 9 30am – 4.00pm Activity workers course (Light lunch will be provided)

**Please return registration form to:**  
**27 Conyngham Street Glenside SA 5065**  
**Fax: 8338 3390**  
**Email: [fiona@alzheimerssa.asn.au](mailto:fiona@alzheimerssa.asn.au)**

The Privacy Policy ensures any personal information you provide will be managed in accordance with the Australian Government Privacy Amendment Act 2000

