



2008

COURSE GUIDE

Alzheimer's Association
QUEENSLAND

DEMENTIA EDUCATION

- Advanced Dementia Care
- Elder Abuse
- Team Building
- Dementia Care Naturally
- Depression in the Aged
- Dementia and Mental Illness
- Successful Activities
- Understanding Behaviour



Professional Development Programs have been endorsed by Royal College of Nursing, Australia, according to approved criteria.

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Alzheimer's Association of Queensland Inc

The Alzheimer's Association of Queensland is a Registered Training Organisation, offering a range of education and training products and services to meet the varying needs of all those involved in the care of people with dementia, from family carers through to professional service providers.

To enrol, please use the enclosed Registration Form.

One form per participant, please photocopy for multiple use, and retain a copy for your records.

In order to accommodate the varying needs of participants, our training programs may be available in any of the following formats, as specified in course descriptions:

CODE

D	Distance packages	FF	Face to face
OL	On line study	CD	CD Rom

NATIONALLY RECOGNISED TRAINING



Dementia Australia, the competency based training unit of the Alzheimer's Association of Queensland Inc delivers selected nationally endorsed units of competency from the Community Services Training Package CHC02.

APEC ENDORSED PROGRAMS



All our Professional Development Programs have been endorsed by APEC No 04112246 as authorized by the Royal College of Nursing, Australia, according to approved criteria.

Nurses can earn CNE points as part of the Royal College of Nursing, Australia, Lifelong Learning Program.

Nationally Recognised Training

Nationally Recognised Training Programs are exempt from GST. Successful completion of these modules entitles the participant to a Statement of Attainment.

The Association encourages applications for the Recognition of Prior Learning (RPL). RPL is a form of assessment that enables students to be given credit for what they already know and can do, in other words their competencies.

If a student believes they have achieved competency in a particular learning outcome, they may apply for RPL. An RPL kit guiding the student through the process, is available on request.

CHCAC15A

Provide care support which is responsive to the specific nature of dementia

Participants will gain knowledge and skills to deliver quality dementia care to clients in a variety of settings, including family houses, community day settings and residential care.

Elements within this unit include:

- Use communication strategies which take account of the progressive and variable nature of dementia
- Provide appropriate activities to maintain client's dignity, skills and health at an optimum level
- Develop and implement strategies which minimize the impact of challenging behaviour

Available: FF: \$326 (2 full days), **D:** \$200

11 CNE points

HLTCSD6A

Respond effectively to difficult or challenging behaviour

This unit focuses on responding effectively to difficult or challenging behaviour of patients, clients and others and is suitable for Care Assistance Workers and others exposed to such behaviour.

Elements within this unit include:

- Plan responses
- Apply responses
- Report and review incidents

Available: FF: \$163 (one full day), **D:** \$77

5.5 CNE points

CHCGROUP2C

Support group activities

This unit focuses on participating in and providing general support for a range of informal and formal groups in a variety of settings.

Elements within this unit include:

- Identify the purpose of the group
- Establish relationship with the group
- Organise resources for group activities

Available: FF: \$163 (one full day), **D:** \$77

5.5 CNE points

New Courses for 2008

Advanced Dementia Care for Respite Services

All people need to feel included, to belong, to engage in meaningful activities and maintain a sense of personal identity. Dementia does not lessen these needs but may provide some challenges in meeting these needs. The challenge is to know the person beyond the dementia, focus on the positive aspects of their lives and provide a service that is responsive to individual

needs, circumstances and preferences. This program will explore some best practice examples of respite care and assist staff to provide useful, meaningful individual care for people experiencing dementia.

Available: FF: \$180 (one day) GST inclusive
5 CNE points

NEW COURSE FOR 2008

Advanced Dementia Care for Residential Services

This advanced course focuses on the physical, psychological and social assessment of aged people in residential care. Participants learn how to document assessment information to inform useful meaningful individual care planning, assist staff to change care practices and evaluate

changes to ensure quality cost effective care. This information will assist staff to meet accreditation standards and maximize funding.

Available: FF: \$180 (one day) GST inclusive
5 CNE points

NEW COURSE FOR 2008

Elder Abuse

This program uses real life scenarios to discuss the meaning of elder abuse, risk factors and how staff can protect the client. The impact of mandatory reporting in residential aged care and staff obligations

under the amended Aged Care Act 1997 will be discussed.

Available: FF: \$88 (half-day) GST inclusive
3.5 CNE points

NEW COURSE FOR 2008

Together We Achieve More – team building in aged care

This workshop looks at the realities of working in a team focusing on the role and importance of each team member. Practical exercises are used to highlight ideas and knowledge to gain a better

understanding of team work and its importance in aged care.

Available: FF: \$88 (half-day) GST inclusive
3.5 CNE points

NEW COURSE FOR 2008

Communication Skills in Aged Care

Communication is vital to the provision of care for aged people. This session uses practical activities to give care staff simple and effective strategies to use in the care of aged people especially those

experiencing dementia.

Available: FF: \$88 (half-day) GST inclusive

3.5 CNE points **NEW COURSE FOR 2008**

Successful & Appropriate Activities for Dementia Care

All people need to engage in meaningful activities and maintain a sense of identity. This session discusses the purposes and goals of activities and how to decide which activities may succeed. It illustrates the process of task analysis and functional

assessment for the implementation of an activity program.

Available: FF: \$88 (half-day) GST inclusive

3.5 CNE points **NEW COURSE FOR 2008**

Current Research & Innovative Models of Dementia Care

Find out the latest information on the prevention, diagnosis and treatment of Alzheimer's disease and innovative models of dementia care.

health priority. This session will focus on the practical application of current dementia research to improve the care and support of people experiencing dementia.

Research into the cause, cure and care of people with dementia has become a national

Available: FF: \$88 (half-day) GST inclusive

3.5 CNE points

Developmental Disabilities & Dementia – Assessment, Care and Planning Issues

The average life expectancy for people with an intellectual or physical disability has increased dramatically over the last few decades. As in the general population, an increased life expectancy brings with it, the risk of developing diseases of older age such as dementia. This half day workshop

examines the issues of assessment and symptom progression of dementia, developing care practices to preserve independence and planning for future care needs.

Available: FF: \$88 (half-day) GST inclusive

3.5 CNE points

Understanding Behaviour in Dementia Care

This program uses a person-centered approach to understanding the behaviour of individuals experiencing dementia. The aim is to maximise signs of well-being and minimise symptoms of ill-being such as anger, fear, despair or distress. Presented as a half and full day workshop, both programs outline the common causes of behavioural change and interventions to support and

enable the person with dementia. Within the full day program, participants have the opportunity of applying strategies to case studies or workplace scenarios.

Available: **FF:** \$180 (one day), or **FF:** \$88 (half-day) GST inclusive

3.5 CNE points

Dementia Care Naturally 'A Journey Through the Senses'™

Our senses stay relatively intact until the end of our lives, even in the presence of dementia. It is through our senses that we experience and communicate with the world. While verbal skills may decrease in dementia, our needs to communicate and relate do not. Sensory stimulation techniques are the keys which unlock the doorways of communication when verbal communication is impaired.

This innovative course teaches practical, non-invasive and complementary techniques for inclusion in the daily care routines for the aged, with special emphasis on people with dementia.

Dementia Care Naturally course participants are trained to use massage, aroma-

therapy, movement and music therapies, nutrition, light and colour and multi-sensory techniques, to optimise the care and well being of people with dementia.

Participants develop a framework by which all the techniques learnt in this course are drawn together for the design and implementation of individualised multi-sensory stimulation programs.

The program is designed to be used alongside conventional medical treatments with the aim of slowing the rate of mental and functional decline in people with a dementing illness.

Available: **FF:** \$180 (one day) GST inclusive

11 CNE points

Dementia & Mental Illness

Mental illness is one of those taboo subjects, stigmatised and spoken about in whispers, yet affecting one in five individuals at some time in their life. Left untreated, mental illness concurrent with dementia is devastating. Without timely treatment, there is an immediate loss of life quality and a rapid decline in the life expectancy of the person with dementia.

Learn the early recognition of mental health problems and appropriate and timely interventions: the keys to symptom reduction and optimising life quality.

Available: **FF:** \$180 (one day), **D:** \$85 GST inclusive

5.5 CNE points

Medication Use & Dementia

A 'must do' for registered nurses and endorsed enrolled nurses who administer medications to people with dementia. Common medications prescribed for dementia will be discussed, identifying

side effects, adverse drug reactions and medication-induced behaviours.

Available: FF: \$88 (half-day) GST inclusive
3.5 CNE points

Aggression Minimisation in Dementia Care

Aggressive behaviour within aged care impacts on the quality of life for clients and staff and contributes to poor staff morale. By understanding the causes of agitation and aggression for people experiencing dementia and developing responsive strategies, aggression can be minimised in care settings. This session provides a

balance between clinical best practice, quality of life issues and the safety of staff.

Available: FF: \$88 (half-day), **D: \$85**
GST inclusive
3.5 CNE points

Dementia Management in Acute Care

Hospitalisation can be a most frightening experience for the person with dementia. The program educates staff in the causes of the behavioural responses of people with dementia and outlines appropriate interventions and management plans for acute care settings.

Available: FF: \$88 (half-day), **D: \$85**
GST inclusive
3.5 CNE points

Stress Management for Staff

Stress in the workplace reduces productivity, increases sick leave and impacts on the quality of care delivered to clients. By making some minor lifestyle changes, care staff can dramatically increase their resistance to stress.

warning signs of stress, relaxation techniques, the impact of exercise and attitude on our bodies, minds and soul, looking on the bright side of life and food for the body and mind.

This program focuses on a number of simple and effective strategies.

Available: FF: \$88 (half-day) GST inclusive
3.5 CNE points

Stress Management for Staff is based on the REAL FUN brain wellness program and includes topics such as: identifying the

Mental Health in the Elderly

This program gives participants the essential knowledge and skills to meet the complex needs of an aged person with mental health concerns. A person-centered philosophy of care approach is applied.

Units may be selected and completed independently of each other.

Available: D: \$85 p/unit GST inclusive

5.5 CNE points each unit

UNIT 1

Depression in the Aged

Depression can be difficult to recognise in the aged. Carers who can identify symptoms of depression and deliver appropriate care can vastly improve the quality of life of clients. This program explores the numerous issues surrounding depression in the aged: causes, symptoms, the link between depression and dementia and treatment options.

Unit 1 only is also available

FF: \$180 (one day) **FF:** \$88 (half-day)

GST inclusive

UNIT 2

The Helping Relationship

The effectiveness of the helping relationship is dependent on both the qualities of the carer and the quality of communication between carer and client.

The carer's ability to develop a helping relationship with their client will depend on their qualities as a carer and their capacity to respond. This unit will explore all these issues and more, allowing the participant the opportunity to practice specific techniques and skills that will enhance the relationship between their clients and themselves.

UNIT 3

Mental Health and Assessment in the Aged

The mental health needs of older people have been identified as a priority at both the state and federal level of government. This unit explores the risk factors, myths, stigma and cultural influences that impact on an aged person's mental health. A comprehensive framework to assess the mental state of an aged person will be presented.

UNIT 4

Anxiety in the Aged

Anxiety in the aged may be difficult to recognise because of medical problems and the use of prescription medications. This unit uses real life case studies to explore the causes, symptoms and treatment of anxiety in the aged.

UNIT 5

Psychosis in the Aged

The older person can suffer from psychotic illnesses or develop psychotic symptoms as a consequence of dementia, delirium, medical illnesses and medication use.

This unit discusses the common illnesses associated with psychosis in the aged and outlines relevant symptoms and interventions.

UNIT 6

Suicide and the Older Person

Older people are more at risk of self-harm or suicide than any other age group. Learn early recognition of the warning signs, risk assessment and appropriate intervention for older people at risk of self-harm or suicide.

Please refer to the brochure for course name, format, date, location and cost and register below:

COURSE NAME	FORMAT*	DATE	COURSE LOCATION	COST	+GST (OFFICE USE ONLY)
* D = distance packages, FF = face to face, CD = CD Rom				TOTAL: \$	
TOTAL PAYMENT ENCLOSED: \$					

PAYMENT DETAILS

Cheque/money order (payable to Alzheimer's Association of Queensland Inc.)

Bankcard Mastercard Visa

Cardholder's Name: _____

Card no: _____ Exp date: ____/____ Signature: _____

COURSE CONDITIONS

Payment: To be made in full and must accompany the registration form.

Enrolments: Registration is essential as participant numbers in each course is limited.

Recognition of Prior Learning: For all Nationally Recognised Training, an RPL kit is available on request.

Award: A Statement of Attainment will be issued on successful completion of Nationally Recognised Training listing the units of competency achieved. A Statement of Attendance will be issued listing the course content covered, following successful completion of professional development programs.

Student Support: A full range of welfare and guidance services is available:

Cancellations and Refunds: Applies to face to face courses only. NO refunds given on distance packages, CD Roms or online courses. A full refund will only be issued if:

- (a) Payment is received and the course is cancelled by the Alzheimer's Association of Queensland Inc.
- (b) A 10% administration charge will be deducted if the participant cancels eight (8) or more days before commencement of the course. Monies will not be refunded if participant cancels within seven (7) days of commencement of course or for missed sessions.

We reserve the right to cancel sessions if there are insufficient numbers.

I have read and understand the conditions set out on this form

Please return registration form with payment to:

**Alzheimer's Association of Queensland Inc., 2/43 Tryon Street, Upper Mt Gravatt Qld 4122
or fax to: (07) 3422 1488**

Please note: your registration is not confirmed until you receive a confirmation letter.

further course enquiries to: 1800 1800 23 or www.alzheimersonline.org

OFFICE USE ONLY

Date received: _____ Receipt number: _____



Registration Form

TAX INVOICE – This form becomes a tax invoice upon payment. ABN 74 688 640 790

PARTICIPANT DETAILS (PLEASE PRINT IN BLOCK LETTERS)

One form per person – please photocopy for multiple use

Name: _____

Name of workplace: _____

Position: _____

Daytime phone no: _____ Fax: _____

Email: _____

Do you wish correspondence to be sent to home or work? (Please tick)

Address: _____

_____ Post Code: _____

Parent or guardian's name: _____

(if participant is under 18 years of age)

Parent or guardian's signature: _____

Special requirements – health/dietary/physical: _____

Where did you hear about the course? _____

Please add me to your mailing list

PLEASE TURN OVER

On-Site Dementia Education

Are you looking for quality on-site dementia education for your staff?

The Alzheimer's Association of Queensland provides dementia specific on-site education and training for aged care staff. The education provided by the Association is based on practical experience and the latest in aged care research. As a provider of community, respite and residential care services, we understand the unique challenges and rewards of providing care that is responsive to the needs of people with dementia, both from a clinical and management perspective.

As a Registered Training Organisation, we can offer a range of education and training products to meet the varied needs of those involved in the care of people with dementia.

These services include:

- A number of nationally endorsed units of competency from the Community Services Training Package CHC02.
- All professional development programs are endorsed by APEC No 04112246 as authorised by the Royal College of Nursing, Australia. Nurses can earn CNE points as part of the RCNA 3LP program.
- On-site staff development sessions can be tailored to meet the specific concerns of your organisation. Topics can be packaged for a two hour, half or full day workshop and include both clinical and management issues using evidence based research within a person-centered approach to dementia care.

Please contact the Alzheimer's Association of Queensland on **1800 1800 23** or fax **(07) 3422 1488** for further information or to arrange a quote and in-service date.

Alzheimer's Association of Queensland Inc



CERTIFIED QUALITY
MANAGEMENT SYSTEM
— ISO 9001 —



Alzheimer's Association QUEENSLAND



Our Professional Development Programs have been endorsed by APEC No 04112246 as authorized by the Royal College of Nursing, Australia, according to approved criteria.

Nurses earn CNE points as part of the Royal College of Nursing, Australia, Lifelong Learning Program. The College recommends that nurses should aim to achieve 30 CNE points per year.

For further details, please contact:

Alzheimer's Association of Queensland Inc

visit our website:

www.alzheimersonline.org

Education Hotline – Free Call:

1800 1800 23

Telephone: (07) 3857 4043 Fax: (07) 3857 3693

7 Eveleigh Street, Woolloowin, QLD 4030



CERTIFIED QUALITY
MANAGEMENT SYSTEM
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