



A publication of
Alzheimer's Queensland.

Dementia Matters

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Alzheimer's Queensland

Alzheimer's Queensland is Queensland's largest not-for-profit community organisation whose primary aim is to maintain the quality of life of people with dementia and their caregivers. We support the desire of most people to remain living in their own home as long as possible and assist families and caregivers to facilitate this.

We aim to do this by offering the following:

Statewide Information, Education and Support Services:

- 24 hour 7 days per week professionally staffed Dementia Helpline (ph: 1800 639 331)
- Community education
- Library resources
- Interactive website at www.alzheimersonline.org
- Professional education
- Family carer education
- Support groups – face to face and telephone support groups
- Individualised support
- Fact sheets and specific information requests posted as required
- Dementia Matters newsletter

Alzheimer's Queensland

47 Tryon Street
Upper Mt Gravatt Qld 4122
Telephone: (07) 3422 3000
Fax: (07) 3343 2557
Email: helpline@alzheimersonline.org
Website: www.alzheimersonline.org
Dementia Helpline: 1800 639 331

Upcoming Education:

North Queensland Free Education

Free for service providers, managers and family carers. Topics covered include Understanding Dementia and Behaviours, and Developing Meaningful Activities

Venues and Dates:

Cairns Education Forum

Date: Thursday 12th June 2014

Venue: Rydges Tradewinds

Townsville Education Forum

Date: Friday 13th June 2014

Venue: Tony Ireland Stadium

Paid Education Series

For service providers, this series is held at the Alzheimer's Queensland Resource Centre at \$40 per person per topic.

Topics and Dates:

Activities for People with Dementia

Date: Tuesday 17th June

Falls Prevention for People with Dementia

Date: Tuesday 8th July 2014

Communication and Dementia

Date: Tuesday 19th August 2014

Dementia & Intellectual Disabilities

Date: Tuesday 9th September 2014

Dementia & Behaviours of Concern

Date: Tuesday 14th October 2014

For more information about or to register for any of the above education sessions, please phone the Help Line on **1800 639 331**

What are our staff up to?

Innovative Program at Garden City

A novelty falls prevention program has just commenced at our residential facility, Garden City Aged Care Services. It looks at a functional activities intervention for falls reduction in people with severe cognitive impairment. Alzheimer's Queensland's occupational therapist and Director of Care Elaine Bray have teamed up with the Metro South Brisbane Medicare Local for this innovative program. The outcome we are reviewing within this project are;

- Falls
- Incidents of aggression
- Sleep patterns
- Falls risk
- And qualitative impressions around engagement and quality of life

Feedback and observations from week one of the project have been positive with no falls, no aggression and residents reported to be sleeping better.

National Dementia Exposure

Our speech pathologist, Gemma Willis, attended and presented at the Australian Aged Care Quality Agency Better Practice conference held in Melbourne on the 30th of May. The topic of her presentation was "Turning the tables: Improving social engagement at mealtimes for people with dementia". This presentation was based on the current best practices at Rosalie Nursing Care Centre.

Marnie Combes, one of Alzheimer's Queensland's Occupational Therapists, presented a half day Dementia Education Session in Townsville in March for Anglicare staff. Topics presented included Understanding Dementia and Managing Challenging Behaviours.

Sanjeeta Mackrani, our Business Development Manager, is passionate about the area of smart assistive technologies. Sanjeeta participated as a panelist at the 5th Annual Dementia Congress held in February in Melbourne in the debate on "To What Extent will Assistive Technologies Replace One-to-One Interaction?" Additionally, Sanjeeta attended and presented at the Assistive Technology Suppliers Australasia (ATSA) Daily Living Expo that occurred on in May in Melbourne. The topic of her presentation was "Smart Assistive Technologies: The new Wave in Dementia Care".

Excellence Award goes to Kristina Baillie

Kristina Baillie is a quiet and fairly shy person who cooks for the ladies at Rosalie with a passion. Every meal at Rosalie is a treat, and Kristina does an extraordinary job to coordinate her team and cook with such passion. We believed that she deserved recognition for the excellent job she and her team do. The residents, staff and families all very willingly supported her nomination for the Leading Age Services Australia (LASA) "Excellence in Care" award and were overjoyed when she won.

This award recognises the dedication and contribution of an individual employee in the delivery of services to older people. It highlights the excellent care Kristina provides and also her demonstrated commitment and dedication to the ladies at Rosalie.

Kristina was unaware that she was nominated. We were advised on Tuesday 8th April that she was a finalist, and she was informed of our secret nomination. Kristina and Rosalie's Director of Care, Marion Gill, attended the LASA Conference dinner on the following Thursday night. Kristina was awarded the winner in front of 300 people, in the category of "Individual" "Excellence of Care". As Barry Ashcroft, the deputy CEO of LASA Queensland said –"there are 20,000 workers in aged care in Queensland and tonight you are number one!"

We celebrated with a luncheon where staff and families all brought a plate and we joined with the residents for their lunch-time festivities. We are all very proud of her. It was well deserved.



AAQ Physiotherapists are using Low Level Laser Therapy (LLLT) to treat a variety of conditions.

Low Level Laser Therapy (LLLT) treats various conditions using laser light. It involves the application of infrared light to the specific area of injury. The infra-red laser light penetrates deeply into tissues where it is absorbed by the body's cells. It increases the energy within the cells and therefore promotes healing processes.

Laser Therapy is recognised and used by Physiotherapists world-wide for the effective treatment of numerous injuries such as:

- Swelling (oedema)
- Slow healing skin wounds and scars
- Sprained and strained ligaments
- Tendon injuries
- Muscle soreness



The laser beam does not produce any heat in the tissues or change the structure of the body's cells. It will not burn or raise the skin temperature. Treatments are surgery-free, pain-free and drug-free. The length of time of the treatment depends on the nature of the injury or condition being treated.

The Laser we have is a hand-held unit and we currently use it in our Physiotherapy home visiting service. We have had particular success treating tight, painful muscles and reducing swelling around surgical scars.

Alzheimer's Queensland Occupational Therapists help develop 'Oedema Clinic' with St Paul De Chartres

St Paul de Chartres Residential Aged Care has just commenced a new program called the Oedema clinic with clinical support from Alzheimer's Queensland Occupational Therapist (OT). Clinical staff noted that within the facility many residents had lower limb Oedema and each of them was having varied treatments such as bandaging or support stockings. This treatment required many hours of nursing involvement on a daily basis. The skill and expertise of clinical staff was varied, and although the treatment was diligently done each day it was questionable whether it was appropriate for their specific condition. There were also a significant number of these residents who had skin conditions such as extremely dry skin or cellulitis.

Funding was sourced from Greater Metro South Brisbane Medicare Local to enable the facility to proceed with

the idea of establishing a clinic to collaborate with Alzheimer's Queensland as the industry experts in assisting the facility to move forward with this initiative. Education was delivered to staff which included bandaging techniques and application of stockings, and this was well received by them.

With the information and support from the Alzheimer's OT we were able to establish a pathway for the appropriate assessments and diagnosis through to the treatment and correct form of management for the Oedema. Once the resident is referred to the OT, the resident's GP conducts relevant assessments and in consultation with the GP the OT commences whatever treatment is recommended.

The program has just commenced and feedback from both staff and residents is extremely positive.

Gordon Park Respite Centre

45 Shamrock Street, Gordon Park • (07) 3857 2191

The Gordon Park Respite Centre aims to improve the quality of life and wellbeing of those with dementia by respecting the individual as a unique individual. Maintaining dignity and independence is of a high priority and opportunities are given to continue valued social roles within the Centre and greater community. This is a lovely old Queenslander, and the Centre offers a very home-like environment. You will often find some of the ladies helping in the kitchen, folding the washing or baking cakes whilst the men might tend to the garden, repaint the outdoor furniture or cook some sausages on the BBQ for lunch.

Maintaining links with the community is an important part of the Centre's program and our clients are encouraged to participate in social activities, hobbies and past-times that are of interest them.

Facilities & Services

The Centre operates seven days a week with flexible hours, providing a familiar, secure and welcoming environment where carers can confidently leave their family members.

Centre-based respite provides a break for the carer and offers social interaction for the person with dementia.

Respite may be for a day or a few separate days in the week. In-home respite provides an in-home companion to interact with the person with dementia, in their own home, for a period whilst the carer takes a break.

Overnight respite in the Centre's home-like environment is also available; this can be from one night only or a few nights allowing carers to have an extended break from their carer's role.



Services available include:

- 24 Hour Helpline
- Support Groups
- Overnight Respite
- In Home Respite
- Centre-based Respite
- Occupational Therapy Intervention
- Case Management
- Installation of Smart Assistive Technology, e.g. door and bed alarms

The Gordon Park Multi-Service Centre is funded by Home and Community Care (HACC) and the National Respite for Carers Program (NRCP).

Please contact the 24 Hour Dementia Help Line for more information on 1800 639 331 or the Respite Centre directly on (07) 3857 2191.





Alzheimer's
QUEENSLAND



Pin on your notice board

Alzheimer's Queensland Services and Contacts www.alzheimersonline.org

Helpline

1800 639 331

Open 24 hours a day, 7 days a week.

Free call from landline and public phones.

Or email: helpline@alzheimersonline.org

For information and emotional support for people with dementia, staff and anyone interested. The

Helpline has a database of services in Queensland to provide information and referrals.

Call for free information

e.g. fact sheets or brochures to be mailed out.

AQ Rehab

In home - Physiotherapy

Occupational Therapy

Speech Therapy

1800 180 023

Respite and Care Services

Seven days per week including:

- Centre Based Day Respite
- Overnight Respite
- Respite for Working Carers
- Emergency Respite
- Personal Care
- Home Maintenance
- Allied Health
- Social Support

Multi-Service Respite Centres located at:

- Gordon Park
- Mt Gravatt
- Ipswich
- Toowoomba

Residential Care

- Garden City Aged Care Services
- Rosalie Nursing Home
- Windsor Aged Care Services

Call the Helpline for vacancies
for permanent and respite care

Carer Support Groups - 2014

Providing information and support for those caring for a friend or family member with dementia.

Toowoomba: 1st Monday of every month
1.30pm – 3.30pm: Jacaranda Room, Grand Central
Shopping Centre, Toowoomba
2 June, 7 July, 4 Aug, 1 Sept, 13 Oct (NB: 2nd week
due to public holiday), 3 Nov, 1 Dec

Qld Wide Telephone Support Group

Last Wednesday of every month 1.00pm – 2.00pm:
AQ organises telephone link up at no cost to members
25 June, 30 July, 27 Aug, 24 Sept, 29 Oct, 26 Nov, 17 Dec
(NB: 3rd week due to public holidays)

Evening: 2nd Wednesday of every 2nd month
6pm – 8pm: 47 Tryon Street, Upper Mt Gravatt
9 July, 10 Sept, 12 Nov

Ipswich: 3rd Wednesday of every month
10am – 12 noon: Calvary Baptist Church,
83 Chermerside Road, Ipswich
18 June, 16 July, 20 Aug, 17 Sept, 15 Oct, 19 Nov, 17 Dec

Newmarket: 1st Thursday of every month 10am – 12 noon:
LifeTec, Cnr Enoggera & Newmarket Rds, Newmarket
5 June, 3 July, 7 Aug, 4 Sept, 2 Oct, 6 Nov, 4 Dec

Redcliffe: 1st Thursday of every month
2pm – 4pm: Redcliffe RSL, Irene Street
5 June, 3 July, 7 Aug, 4 Sept, 2 Oct, 6 Nov, 4 Dec

Mt Gravatt: 1st Friday of every month
10am – 12 noon: 47 Tryon Street, Upper Mt Gravatt
6 June, 4 July, 1 Aug, 5 Sept, 3 Oct, 7 Nov, 5 Dec

Young Onset Dementia: 2nd Saturday of every
2nd month 10am – 12 noon: LifeTec, Cnr Enoggera &
Newmarket Rds, Newmarket
14 June, 9 Aug, 11 Oct, 13 Dec

For further details or to register please contact the
Dementia Helpline.