



World Dementia Expert Presents Guest Lecture at UOW

A world expert on dementia care visited the Illawarra and Shoalhaven regions in June during which time she met with community care providers and conducted a series of research seminars.

The Director of the Centre for Applied Research on Aging and Health at Thomas Jefferson University in the United States, Professor Laura Gitlin, visited both regions at the invitation of the Eastern Australia Dementia and Training Study Centre under the directorship of the University of Wollongong's Associate Professor Victoria Traynor.

Professor Traynor said that aged care was one of the fastest-growing industries in Australia and in order to stay responsive to clients' needs it was imperative that health

professionals keep abreast of current best practice and innovations.

Professor Gitlin's expertise is on family caregiving, environmental modifications and adaptation to disability and home-based interventions to improve functional status of older adults and family caregivers.

On June 26, Professor Gitlin presented a special guest lecture at the University of Wollongong's Graduate School of Medicine auditorium entitled: "Can we improve quality of life

in persons with dementia and their family caregivers? The role of environment".

Professor Gitlin also presented a seminar on June 27 to a research masters class entitled 'Community-Based Participatory Research Approaches in Aged Care'.

During her time in the Illawarra, Professor Gitlin visited Warrigal Care: Mackander Village, Albion Park; Kiama Hospital, Transitional and Rehabilitation Care; and Mayflower Village Gerringong.



Professor Gitlin (centre) pictured at her guest lecture at the Graduate School of Medicine auditorium with the Dean of Health and Behavioural Sciences and Head of Nursing, Midwifery and Indigenous Health, Professor Patrick Crookes, and Director of the Eastern Australia Dementia and Training Study Centre, Associate Professor Victoria Traynor

2007 Dementia Awareness Ball

The Eastern Australia Dementia Training and Study Centre will be hosting a Dementia Awareness Ball on Friday, 21 September 2007, at the Novotel Northbeach Wollongong. The event is black-tie and begins at 6.30 pm for 7.00 pm and will be an entertaining evening

that is designed to raise awareness about dementia in society.

The MC for the evening is Sue Pieters-Hawke, daughter of Hazel Hawke who has dementia. Sue will share some of her personal experiences in dealing with a loved-one living with dementia.

If you would like to attend the ball, tickets are \$88.00 per person which includes a three course meal and beverages and can be purchased by contacting Raina Dennis, telephone 02 4221 5927 or email rdennis@uow.edu.au.

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Support and Donate

UOW researchers in the EADTSC are working with practitioners and aged care providers to implement practical strategies to improve the quality of life and prognosis for people living with dementia. This year the *Research & Innovation Fund* will support dementia education and training in the EADTSC.

To donate please contact donations@uow.edu.au or by telephone 02 4221 3918.

"A MIND IS A TERRIBLE THING TO WASTE"

Visiting Professor Laura Gitlin: Linking Philadelphia and Berry



left to right : Dr Nancy Humpel UOW, Eduardo Gitlin, Professor Laura Gitlin (Jefferson University Philadelphia), Tom Derby (Men's Shed), Alison Wicks (UOW Australasian Occupational Scientist Centre).

You may well wonder what a professor from Jefferson University in Philadelphia is doing at the Men's Shed in Berry. Professor Laura Gitlin heads the Department of Occupational Therapy at Thomas Jefferson University and is associated with the Centre in the Park, which is a large aged adult day centre in Philadelphia. Centre in the Park runs groups specifically for men, mainly older African Americans. Professor Gitlin explained how much the two projects had in common : 'Upon my return to Philadelphia, I will be sharing the pictures of the Berry Men's Shed to the Centre in the Park men's group

and I shall present them with a wooden cheese tray that we purchased at the Berry store' said Professor Gitlin.

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The Need for Education

Recently, the EADSTC has been undertaking research to uncover the knowledge and attitudes held by carers of people living with dementia across a wide range of settings. Through this investigation it has been uncovered that what carers find most valuable is education materials that adequately inform them about all aspects of dementia. General health information, diagnosis disclosure, activities, mechanisms to cope with problem behaviour and causes of dementia are just some areas of particular interest.

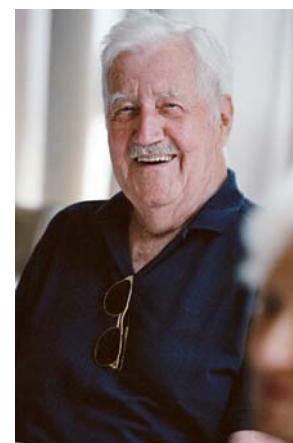
Access to support groups and resources is another way in which carers can improve their knowledge about dementia. With increases in knowledge, it has been found

more positive attitudes towards sufferers can result.

A major barrier to quality of care is not knowing enough about dementia to feel confident in dealing with sufferers. A reoccurring theme throughout this investigation was the need for available, accessible and affordable education materials such as written information, audiovisual information and even university course work.

It is hoped in the future that a standardised information package can be developed and made available for carers. This would present an opportunity for carers to enhance their knowledge about dementia and ultimately improve their confidence in

delivering a high quality of care.



EADTSC Scholarships

The EADTSC is currently advertising scholarship opportunities for 2008. The scholarships are open to health care staff, both Undergraduate and Postgraduate students, who are interested in specialising in aged and dementia care.

The \$5 000 scholarship can be used towards payment of fees and relevant professional development activities.

The scholarships have been made possible through a partnership between University of

Wollongong, Queensland University of Technology, Griffith University and industry organisations, UnitingCare: Ageing, Hammond Care Group, RSL Care and Blue Care.

To apply, please forward your current CV, details of your chosen course and University, a reference from a relevant employer and 500 words supporting your application to:

Associate Professor Victoria Traynor
Director, EADTSC
Faculty of Health & Behavioural Sciences
University of Wollongong NSW 2522.

For further information, please contact the EADTSC on telephone: 02 4221 5927; email: dementia@uow.edu.au , or fax: 02 4221 4718. Alternatively, visit the EADTSC website <http://dementia.uow.edu.au>.



The Who's Who in Dementia News

Associate Professor Andrew Robinson, Aged Care Nursing Research, University of Tasmania.

Andrew deserves the Perseverance Award for delivering a guest lecture against all odds.

Unfortunately Andrew was grounded in Tasmania due to a bird flying into the plane! Congratulations to technicians on both sides of the Tasman who managed to arrange for the lecture to go ahead albeit with no power point presentation.

So impressed were the audience with Andrew's presentation he has been invited back to deliver the sequel in October.



Associate Professor Andrew Robinson, Aged Care Nursing Research, University of Tasmania.

Professor Laura Gitlin, Director of the Centre for Applied Research on Aging and Health at Thomas Jefferson University in the United States hosted a research seminar 'Can We Improve Quality of life in Persons with Dementia and their Family Caregivers? The Role of Environment' which was attended by post-graduate research students in June 2007.



Professor Laura Gitlin (centre) with post-graduate research students.

Professor John Keady is an internationally renowned professor of dementia nursing. He is the Professor of Older People's Mental Health Nursing at the University of Manchester/Bolton and is the founding and co-editor of the journal, 'Dementia: the international journal of social research and practice'.

Professor Keady met with staff in the Illawarra in relation to showcasing their work through this publication and on 24 July 2007, he presented a public lecture at UOW's Graduate School of Medicine .



Dean of UOW's Faculty of Health and Behavioural Sciences, Professor Patrick Crookes (centre) pictured with **Professor John Keady**, **Professor of Older People's Mental Health Nursing at the University of Manchester/Bolton** and **Associate Professor Vicki Traynor of UOW's School of Nursing, Midwifery and Indigenous Health**

Guest Lecture Series

Building on the success of the Guest Lectures conducted in 2006, a further series was rolled out in early 2007. A total of ten lectures will be delivered over the academic year. The lectures are hosted between Brisbane and Wollongong and are video-conferenced to each site. After a few initial hiccups this process is running smoothly and we aim to broaden our audience reach in the future. In NSW the lectures are hosted at the new Graduate School of Medicine, whilst Brisbane varies between Queensland University of Technology and Prince Charles Hospital.

The guest lectures aim to narrow the research/practice gap by bringing latest research findings to clinicians. The lectures also provide valuable networking opportunities for clinicians and academics. The evaluation data has been very positive and attendance levels rewarding.

COMING SOON:

- Wednesday 22 August 2007 - Professor Rhonda Nay 'Should people with dementia receive acute hospital care when resources are already stretched to the limit?'
- Thursday 27 September 2007 - Professor Mark Matthews 'Promoting social engagement in people with dementia.'
- Thursday 11 October 2007 - Professor Barbara Horner 'Responding to the challenge of dementia—an action research perspective.'
- Wednesday 7 November 2007 - Jan Dewing 'Understanding wandering in Persons Living with Dementia.'



For more information on any of the guest lecture series 2007, please contact moira_miller@uow.edu.au or Phone: 02 4221 5062

EADTSC Partners



EASTERN AUSTRALIA DEMENTIA TRAINING AND STUDY CENTRE

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*Training to care for people
with dementia*

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The Eastern Australia Dementia Training and Study Centre is a leading initiative providing a positive impact on Dementia care in Australia. Through the delivery of tertiary based education and training activities, the Centre is increasing the awareness and understanding of Dementia care among health care professionals.

The EADTSC develops and facilitates the following core activities:

- Undergraduate curriculum
- Postgraduate studies
- Scholarships
- Clinical placements
- Guest lectures
- Clinical workshops
- Research activities



Who benefits from the EADTSC?

Community – With an estimated 200,000 Australians affected by some form of Dementia, not including their carers or families, the EADTSC aims to make a positive impact in the community.

Health practitioners – The EADTSC aims to assist nurses, medical students, medical specialists, social workers, diversional therapists and psychologists and other professions deliver Dementia care in the community.

Industry - The EADTSC can help industry organisations up skill their work force, improve the quality of care provided to clients and enhance their accreditation profile.

10 facts about Dementia from Alzheimer's Australia

1. It is estimated that in 2006, more than 210 000 Australians had a diagnosis of dementia.
2. Dementia also affects the lives of nearly 1 000 000 Australians who are involved in caring for a family member or friend with dementia.
3. In Australia there were an estimated 54 000 new cases of dementia in 2006.
4. There are more than 70 diseases that cause dementia.
5. Alzheimer's disease, the most common cause of dementia, accounts for between 50% and 70% of all cases; the second most common form is vascular dementia, which may be preventable.
6. While the risk of dementia increases with age, dementia is not a natural part of ageing.
7. The average rate of moderate to severe dementia amongst Australians is about one in fifteen aged 65+.

Among people aged 80 to 84 the rate is one in nine, and among those aged 85+ it is one in four.

8. Dementia can affect younger people; currently over 9 600 Australians under the age of 65 have early onset dementia.
9. With the ageing of Australia's population, we can expect a significant increase in the numbers of people

affected by dementia - including carers - within the next few decades. By 2050, it is projected that 730 000 people will have a diagnosis of dementia unless there is a medical breakthrough.

10. Between 2000 and 2050, the number of people with dementia in Australia is expected to increase by 327%, while the total population increases by less than 40%.

