



## Welcome

Well 2008 is certainly shaping up to quite a year of achievements and changes within the EADTSC.

The year started with the launch of 'Dementia Education Online' in February. This fully online resource, which while developed for undergraduate health students, is freely available to anyone interested in learning about three essential elements of good quality dementia care. We are extremely pleased with the very positive feedback the website has been receiving, not only from a broad variety of health students and professionals, but from informal carers and the wider community as well.

The first half of 2008 has also seen the EADTSC hold 6 Guest Lectures and 4 Clinical Workshops. These activities, along with the EADTSC Scholarship program, Work Based Placements and Research Projects, provide invaluable dementia care education and experience for both current and future health professionals from a wide variety of health backgrounds. The articles inside this newsletter will highlight some of the EADTSC's achievements during the year so far. Achievements we are sure to continue into 2009 and beyond. A big thank you to EADTSC Industry Partners, Advisory Groups and Database Contacts for all your support to date.

Picture left to right: Prof David Conn, Prof Patrick Crookes, Prof Dawn Brooker, Prof Jennifer Abbey, Prof Elizabeth Beattie, and Prof Andrew Robinson presenting at the Hammond Care Group Conference June '08



The EADTSC develops and facilitates the following core activities:

- Undergraduate Curriculum
- Postgraduate Studies
- Scholarships
- Clinical Workshops
- Guest Lectures
- Research and Consultancy

EADTSC Website:

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## Launch of Dementia Education Online

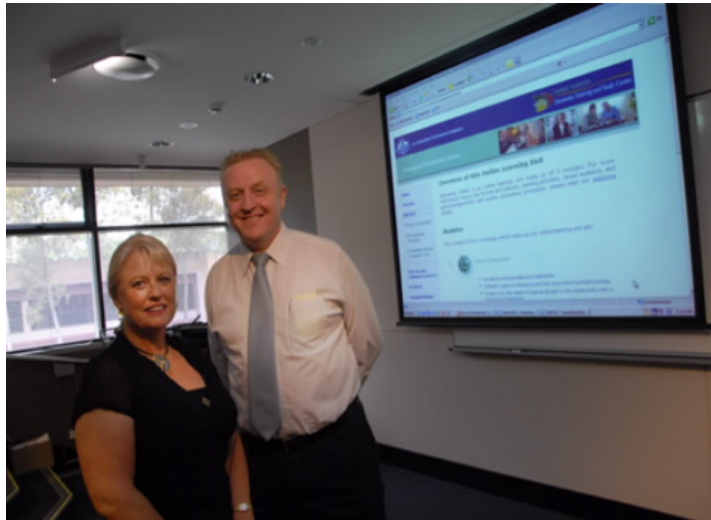
The Eastern Australia Dementia Training and Study Centre (EADTSC) on 27 February officially launched its "Dementia Education Online" resource at the University of Wollongong. The education initiative is the result of extensive collaboration between experts in dementia education at the EADTSC including leading academics at the University of Wollongong, Queensland University of Technology, and Griffith University. The EADTSC is funded as part of the Australian Government's Dementia Initiative. The resource is made up of three learning modules and the focus is on facilitating flexible learning which can be integrated into existing education modules or used as a stand-alone package.

The resource content includes: Types of dementia and the impact of dementia on both the person with dementia and his/her carer; Assessment and screening for dementia, and; Communication in dementia.

The EADTSC Project Officer, Dr Nancy Humpel, said that these are the three essential elements of good quality dementia care.

The target audience for the new resource is undergraduate students, but the resource could also be used by registered practitioners or support workers as part of their ongoing professional development. "This education initiative responds to the changing needs

of the workforce. The modules, which allow practitioners, support workers and students access to evidence-based dementia education, can be completed either within the structured framework of an existing education/training programs, or independently at the participant's own time and pace," Dr Humpel said.



The Minister for Ageing, Justine Elliot, has welcomed the new online resource noting that "as Australia's population ages, skilling the aged care workforce to provide high quality dementia care is vital". "The establishment of Dementia Training Study Centres as part of the Dementia Initiative, not only supports the care of people with dementia, but also provides a career path, including post-graduate study and scholarships for health care professionals," the Minister said.

Immediately following the launch of the new online resource, the EADTSC conducted a special guest lecture in the Graduate School of Medicine Auditorium. The lecture was titled

"Complementary Therapies: Do They Have a Role in the Treatment of Disruptive Behaviours". It was delivered by Professor Wendy Moyle (pictured left with Prof Patrick Crookes) from Griffith University in Queensland.

Disruptive behaviours among people with dementia are distressing to family and carers and are often cited by families as one of the main reasons for placement of the person with dementia into residential care. The use of complementary therapies for disruptive behaviours has grown in popularity in Western culture over the past decade.

Part of Professor Moyle's presentation reviewed evidence from the literature on several popular complementary therapies such as massage/touch, aromatherapy, exercise, carer support and music. Professor Moyle is acknowledged as a leader in aged care research both national and internationally.

**To access the Dementia Education Online website, please go to:**

[http://  
dementia.uow.edu.au/  
activities/education-  
online.html](http://dementia.uow.edu.au/activities/education-online.html)

# Guidelines and Pathways - A resource being developed – at the Dementia Collaborative Research Centre: Consumers, Carers and Social Research (DCRC-CCSR):



The demand for access to high-quality care for people living with dementia in the community will rise exponentially over the coming decade. In Australia, it is estimated that by 2050, the total number of people with dementia will exceed 730,000 (2.8% of the projected population) – a fourfold increase since 2000 (Access Economics Report, March 2003, The Dementia Epidemic: Economic Impact and Positive Solutions for Australia).

According to Elizabeth Palk, Senior Research Assistant at the DCRC-CCSR in the School of Nursing at the Queensland University of Technology (QUT), 'The anticipated increase in the number of people with dementia and the associated need for carer support, highlights the need for a readily accessible system of dementia related support. Our industry partners in the Aged Care Sector and family carers have identified that the quality of care for people with dementia and their carers in the community could be enhanced through a more cohesive support system. Some of the difficulties that have been identified are: high levels of carer burden, limited access to information about services and obstacles to the sharing of information across sectors such as general practice, acute care hospital settings, community and residential aged care'. In response to this identified need, the DCRC-CCSR is working closely with staff from the Home and Community Care Program to develop evidence-based guidelines and clinical pathways to aid in the detection, diagnosis, post-diagnosis care and end of life care for people living with dementia. The project is funded through the J.O. and J.R. Wicking Trust.

**To learn more about the Research Projects being undertaken by the EADTSC, please go to:**

**[http://  
dementia.uow.edu.au/](http://dementia.uow.edu.au/)**

The guidelines focus on the needs of people with dementia who are living in the community. For this group, care is often required from a range of health professionals across a variety of settings. Care pathways are helpful as they optimise continuity of care; clarify responsibilities/resources; and help involve the person, families and carers in the care process. The pathways are a series of colourful, diagrammatically presented flow charts that allow for easy reference to all actions and services that should be undertaken or provided by any staff - medical, nursing, allied health or care worker - at any point over the course of the dementia. It is expected that the guidelines and pathways will achieve the following outcomes:

- Facilitate more appropriate referral practice and consequently resource utilisation e.g. day care facilities
- Improve coordination of care for people with dementia and their carers across the health system
- Increase carer satisfaction with services provided
- Reduce carer burden
- Improve quality of life for both the person with dementia and the carer
- Improve opportunities for people with dementia to stay in the community when appropriate, by reducing or deferring admission to residential care facilities or hospitals
- Increase choice of environment at the time of death

For further information on this initiative approach and to access the pathways resource, please contact Elizabeth Palk (Project Coordinator) on [elizabeth.palk@qut.edu.au](mailto:elizabeth.palk@qut.edu.au).

The DCRC website is: <http://www.dementia.unsw.edu.au/>.

# Launch of Multicultural Aging in Residential Care Project



An important part of the UnitingCare NSW/ACT service approach is to work in partnership with other organizations to develop innovative programs and projects that enhance the lives of the people they serve.

Together, the UnitingCare Ageing and the Australian Multicultural Foundation have embraced this challenge by working collaboratively to create this manual: *Providing Culturally Appropriate and inclusive Aged Care*. This project was made possible through the 'UnitingCare Ageing Bequest Fund', and resulted in the two organizations sharing their vast knowledge and experiences. Ms Gillian McFee, Director of UnitingCare Aging, paid special tribute to the staff of their Western Region who was involved in the project, for their passion and drive.

The resource was designed to assist organizations in under-

standing the needs of our culturally diverse community and apply this to the care of older people in our community. The manual provides increased understanding and knowledge



Above (left to right): Elsy Brammesan, Victoria Traynor, and Gillian McFee

of working in a multicultural aged care environment through information, practical activities and case study analysis. Relevant to all workers in aged care who care for clients in culturally and linguistically diverse environments, this recourse will as-

sists in helping aged care workers to: develop skills working in a multicultural environment to meet the needs of clients in a culturally sensitive manner; Reduce misunderstanding due to lack of cultural competence; Increase confidence and effectiveness working in the multicultural aged care environment, and; Increase confidence and effectiveness working in the multicultural aged care environment.

On 22<sup>nd</sup> October, UnitingCare NSW/ACT celebrated the launch of this manual. Those attending were lucky

to be entertained with various cultural performances, including Irish dancing, Bollywood dance routines, and a didgeridoo performance.

To learn more about the EADTSC Scholarships and obtain an application form, please go to our website

<http://dementia.uow.edu.au/activities/>

care workers interested in undertaking further studies or professional development to enhance their skills and knowledge in aged or dementia care.

For more information, please refer to the above website, or contact the Scholarship Coordinator, Yvonne White on [Yvonne.White@uow.edu.au](mailto:Yvonne.White@uow.edu.au) or (02) 4221 3337

## Graduating Scholarship Students



Congratulations to Nicole Britten & Miriam Coyle (above left & right), the first graduates with an EADSTC Scholarship, who graduated in December 2007 with a Graduate Certificate "Gerontology & Rehabilitation Studies" at the University of Wollongong.

"We're more motivated for learning and development now than when we started the course which is an extraordinary accolade considering the hard work at home, on the computer, and at work, which we needed to complete our studies. We're in a different place now and one really important skill we've learnt is to find a research journal article on any dementia topic you could name".

The EADTSC provides 30 \$5000 scholarships a year for students, practitioners and

# 'It Takes Time to Save Time': Intranet approaches to improving the care of People with Dementia in Hospital.



Recently, the EADTSC hosted a guest lecture by Dr David Lie (left), who is Director of the Aged Care Mental Health Service at Prin-

cess Alexandra Hospital in Brisbane. The talk, 'Challenges of Behavioural and Psychological Symptoms of Dementia (BPSD) in Hospitals: Development of an intranet -based educational strategy for busy staff' introduced the work being undertaken by Dr Lie through the University of Queensland and Princess Alexandra Hospital, who are about to launch a new intranet dementia training site for acute care hospital staff. The STEADI Project looks at the utility of websites for hosting dementia-related information and in particular short multimedia files (e.g. like movie trailers).

Two of four videos have been produced - both have a short scenario of a person with de-

mentia with common care problems followed by a set of tips for care with an emphasis on communication techniques. The video shown ("It Takes Time to Save Time") looks at refusal of care and medication refusal is highlighted. The second video is called "Pennywise" and features a man becoming aggressive when staff don't understand his request to "spend a penny" as a need to go to the toilet.

**Dr Lie's talk is available from the EADTSC website <http://dementia.uow.edu.au> For further information on the project, please contact: Sue Austin on [s.austin1@uq.edu.au](mailto:s.austin1@uq.edu.au).**

The content of the videos was developed by the Project Manager, Susan Austin and in consultation with nurses in medical and surgical wards and others caring for people with dementia. The aim was to identify those clinical situations which nurses find most challenging and might also be amenable to online modelling

and provision of information. Launch of the intranet site at the Princess Alexandra Hospital is planned for 1<sup>st</sup> July this year. The team hope to prepare additional videos looking at behavioural emergencies and dealing with the emotional side of dealing with behaviours of concern. According to Sue Austin, many of the most difficult situations find under-prepared staff facing emergency situations feeling isolated and vulnerable.

The internet, health service intranets and multimedia devices are being used at an increasing rate amongst health care workers and Dr Lie believes their potential is only just being explored in terms of decision-making processes that would result in better care for patients with dementia. The intranet resources will consist of short vignettes, references, and links to other sources of information - in 'bite sized chunks' - to provide quick and accurate guidance for busy hospital staff and eventually perhaps the home-based or aged care-based carer 24 hours a day.



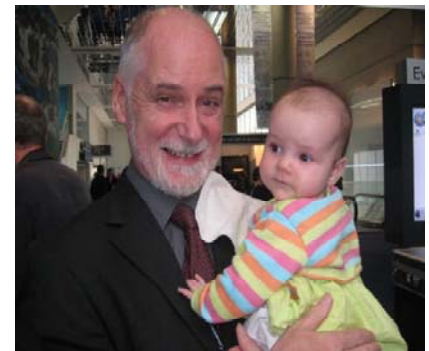
## Welcome Baby Isla

A big congratulations to Director Assoc Prof Victoria Traynor and husband Gideon, who welcomed their first child, a beautiful little girl on the 13th of February. And after much debate, the lovely Scottish name Isla was chosen, to represent Victoria and Gideon's Scottish backgrounds. Isla, who has a lovely, gentle inquisitive nature, is proving to be quite her mothers child, and loves being out and about. Her travels so far have

even included attending the HCG conference (June '08), and she is currently accompanying mum on a study-leave trip overseas.

Victoria has resumed work with the centre one day a week to supervise research, and will be returning to her centre Director role in September '08.

Please contact Jennifer Lowe, [jennyl@uow.edu.au](mailto:jennyl@uow.edu.au) for further enquiries.



Above: Isla at her first conference, pictured with Richard Fleming at the HCG Conference June '08



## Guest Lectures



Above (left to right): Dr Margaret Wallace, Dr Adrienne Withall, and Prof Patrick Crookes at Dr Withalls presentation on Younger Onset Dementia April '08

One of the core activities of the dementia centre is to provide a forum for practitioners and academics to hear first-hand the latest developments in dementia research. The EADTSC guest lectures were developed to fulfill this role, and to ensure access, these monthly lectures are routinely video-conferenced between

Wollongong and Brisbane. Last year we were pleased to have added Shoalhaven UOW Campus and the Stirling Dementia Centre in Scotland to our venues. 2008 will see us expand the number of venues to which we video-conference, which to date also includes Alzhiemers Australia, Ryde and Cumberland Hospital. This could not have occurred without the patience and expertise of the many technical staff involved in these activities. Thank you to John Rickleman, Oliver Kutzer and their colleagues at UOW and to QUT AV Support Services contact Ross Hutton.

The successful 2007 series of guest lectures demonstrated the vast array of current interesting research on dementia. The calibre and quality of the lectures has been in keep-

ing with the dementia center's aim for excellence. The Australian researchers come from universities across the country and the international presenters have included Professor Laura Gitlin (USA) and Dr Jan Dewing (UK). Many areas of research were examined, with topics such as multicultural and indigenous issues, acute and residential care, education and workforce issues, wandering and the environment representing just a few of the topics presented. Our guest lecturers have all very generously agreed to share their presentations and they are all available on our website: <http://dementia.uow.edu.au/>.

The 2008 guest lecture series is shaping up as one that will meet the high expectations of our participants.

Final dates and venues are available on the EADTSC Guest Lectures series, available to download from our website:

## Scholarship Mentorship Programs

Those completing an EADTSC Work Based Placement are supported by Work Based experts specifically nominated as mentors, who assist the student by (i) help them to plan their work placement so that it meets their learning and career objectives, and (ii) advice and support during their placement.

It is not easy to find a whole day or evening free in a busy schedule so attendance at a workshop requires a big commitment from participants. Thus, the EADTSC Clinical Workshop Mentorship Programme has been built on the recognition of this, and offers participants access to experts who not only know their field but who can share their pas-

sion and show that working with people with dementia is a rewarding experience. The workshop programme offered over the last six months is part of an overall strategy that targets key groups, nurses, medical practitioners, psychologists and 'activity' staff. The content of the programme has been worked out in collaboration with expert groups in these fields. The schools of nursing in UOW and QUT for nurses; the NSW Institute of Medical Education and Training (IMET) for medical practitioners; the Australian Psychological Society, particularly the Psychology of Ageing Interest Group (PAIG), for psychologists and internationally recognized experts in communication, John

<http://dementia.uow.edu.au/activities/pdfs/eadtsc-series-flyer08.pdf>

Killick and Kate Allan, for the activity staff. The Mentorship Program has received positive reviews from participants, who have found the overall experience interesting and worthwhile.

For more information on EADTSC Clinical Workshops please go to: <http://dementia.uow.edu.au/activities/clinical-workshops.html>



## Goodbyes

The past year has seen many changes in the EADTSC UOW team. In December 2007 the EADTSC said farewell to Kirsty Carr, Deborah Palermo and Nancy Humpel.

Kirsty, who had been a research assistant since with the centre since 2007, left to take up an internship with the De-

partment of Health & Ageing. Deborah, who worked as an administrative assistant with the centre since 2006, gave birth to her third child, Samuel Eric, on Monday 14<sup>th</sup>. Then in March 2008, Dr Nancy Humpel, who had been with the centre since the opening, accepted a Research Associate

position with University of New South Wales.

We would like to greatly thank all three ladies for all their invaluable contribution to the EADTSC throughout the past years, and wish them all the best of luck in the future.



Above (left to right): Nancy Humpel, Jennifer Lowe, Victoria Traynor, Michele Prior, Kirsty Carr, Raina Dennis, Deborah Palermo, Belinda Fabrianesi, Moira Miller and Loren De Vries. Below right: Dr Margaret Wallace.



## Welcomes

On a happier note, the EADTSC is excited to welcome new staff in 2008 - Dr Margaret Wallace, Ms Yvonne White and Ms Michele Prior.

Dr Wallace (above left), who works as a senior lecturer in Nursing at UOW, has accepted the role of Guest lecture coordinator.

Ms Yvonne White, who is also a lecturer at UOW, will undertake co-ordination of EADTSC scholarships.

While Ms Michelle Prior, a dementia consultant at Hammond Care, will co-ordinate the Work based placements (previously known as clinical placements).

We would like to acknowledge and thank the valuable contribution of both past and present EADTSC staff, in sharing their skills, knowledge and passion in the development of training and education resources in dementia care.



*Training to Care for People with Dementia*

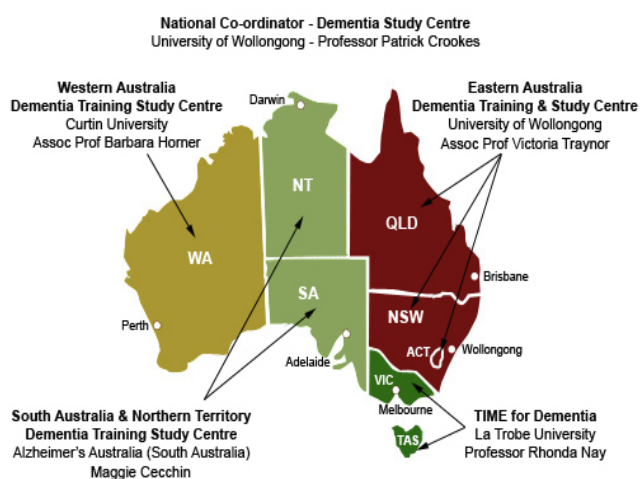


## About The EADTSC

The **Eastern Australia Dementia Training and Study Centre (EADTSC)**, which is funded by the Department of Health and Ageing, 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.

Communication Research) at the University of Wollongong, there is also an EADTSC Queensland node based within the School of Nursing at the QUT. The EADTSC provides services to metropolitan, regional, rural and remote areas of New South Wales, Queensland and the Australian Capital Territory.

### DTSC Locations and Regional Coverage



### 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 pro-

The EADTSC supports coordination and promotional activities that will raise the profile of dementia studies, focusing on the development and support of specialist dementia education and training opportunities and increase the number of health professionals competent in this area, including nurses, medical practitioners, physiotherapist, occupational therapists, indigenous health workers, psychologist, social workers, and population health students.

The EADTSC develops and facilitates the following core activities:

- Undergraduate Curriculum
- Postgraduate Studies
- Scholarships
- Clinical Workshops
- Guest Lectures
- Research and Consultancy

Located within the School of Nursing, Midwifery & Indigenous Health in conjunction with the Centre for Health Initiatives (CHI) (formally known as the Centre for Health, Behaviour and



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