



Support people with dementia and their carers

Overview of services available were provided by these speakers;

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DEMENTIA AUSTRALIA RESOURCES

REFERRALS

Phone: contact National Dementia Helpline 1800 100 500 8am-8pm Mon-Fri
Webchat: <https://www.dementia.org.au/helpline/helpline-webchat>
Online referral for client or service provider:
<https://www.dementia.org.au/support/service-enquiry>

INFORMATION AND RESOURCES

Website: <https://www.dementia.org.au>
Library: <https://www.dementia.org.au/library>
Free information kit:
<https://www.dementia.org.au/helpline/free-dementia-kit>
Dementia Guide: PDF or to order hard copy
<https://www.dementia.org.au/resources/the-dementia-guide>
Dementia Help sheets: PDF and printable
<https://www.dementia.org.au/resources/help-sheets>
Videos: <https://www.dementia.org.au/resources/videos>

OTHER RESOURCES – other languages, CALD, ATSCI, LGBTI, Younger Onset Dementia, Lewy Bodies Dementia, other websites
<https://www.dementia.org.au/resources>

TO ORDER PRINTED RESOURCES

Enquiries: NT.QLD.WA.Resources@dementia.org.au

EVENTS

Dementia Australia education events for the public, people living with dementia and their caregivers.
<https://www.dementia.org.au/events>

PROFESSIONAL DEVELOPMENT

Professional Development courses:
<https://www.dementia.org.au/education/about-you/for-health-professionals>

Dementia Australia
ABN 79 625 582 771

National Dementia Helpline
1800 100 500

Support for your loved ones

The McCusker Nurse Service is funded by the McCusker Charitable Foundation and Amana Living Anglican Foundation.

This innovative program was developed by Amana Living Inc, one of Western Australia's largest not-for-profit providers of care and services for older people.

Amana Living also offers a home care service, residential care, short-term respite, and day clubs providing social activities and friendship for people living with dementia.



The biggest difference the McCusker Nurse has made:

"Has helped me to understand the problems with coping with Alzheimer's"

"The McCusker Nurse was able to support the family during a very difficult time with practical suggestions and care for the whole family as we are all part of the disease"

"Someone to ring and talk to"



About Amana Living

Amana Living is one of the largest providers of aged care services and retirement living for Western Australians.

We provide a full range of aged care including affordable housing for seniors, residential aged care, home care, day clubs, and dementia services.

As a not-for-profit organisation established by the Anglican Church in 1962, our aim is to provide the highest quality services in the communities we serve.

Professionally trained. Naturally kind.

AMANALIVING.COM.AU

McCusker Nurse Service

Supporting Western Australians living with dementia



Memory Aids for a New Room

Information for Families and Friends



Moving into a new house is stressful at the best of times, but can be especially unsettling when a person has dementia, is confused and disorientated.

In a new environment, a person with dementia needs extra support in understanding the daily routine as well as reassurance that loved, familiar people know they are there and are still part of their lives. There are a variety of ways this can be done, ranging from the simple, to the use of technology. Some of the most common are discussed below.

It is important to note, that, as a person moves through their experience of dementia the use of these tools will change as needs change. It can be a challenge at times to find tools that suit a person's specific needs and this is when the expertise of trained staff can provide very useful advice.

Memory Aids can be used for:

- Finding things
- Remembering to do things and appointments
- Remembering when people have visited and things have been done
- Using telephones and appliances
- Remember people and their place in the scheme of things

Things to Consider when Choosing a Memory Aid:

- What is it you want the person to be assisted to remember?
- How important is remembering that to them and then how important is it to you?
- What is the simplest way to solve the problem?
- Where is the best place to put it so it can be most clearly seen?
- How big and clear does it need to be?

A "What's On" Board:

- Used to communicate what is most vital for that person on that day
- Needs to be at least A3 in size in order to be able to use large enough print on it.
- Always print, don't write
- Get rid of out of date messages to avoid confusion
- For extra visual impact a board can be covered with bright yellow contact



Setting up a New Room

Information for Families and Friends



Moving into a new house is stressful at the best of times, but can be especially unsettling when a person has a diagnosis of dementia and, is confused and disorientated.

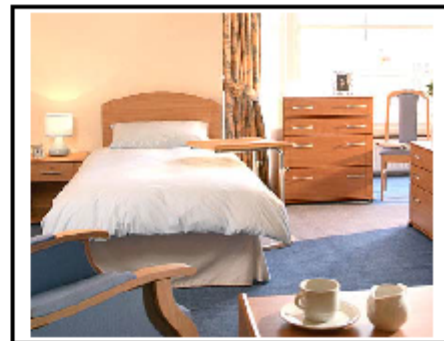
Setting up a room as far as possible before someone moves in can assist in helping them feel familiar with their new environment from the outset. Sometimes though having the room ready before moving in is not possible. At this time it is worth considering how much involvement in setting up the room is appropriate for the person moving in. Some people settle best with the family "taking control" of the room and familiar things are appearing whilst others flourish by participating in aspects such as the choosing of pictures to hang.

A well set up room will:

- Be familiar and comforting
- Maximize safety
- Provide choices of activities

Things to consider when setting up the room:

- How to promote comfortable good quality sleep.
- How to set up a clear walking path with minimal clutter.
- What furniture to bring from home.
- What to hang on the walls.
- Music and TV.
- Other activities.



Promoting sleep: Starting with the Bed:

- A favorite quilt cover or rug from home can provide a sense of familiarity.
- Contrasting bedding that stands out against the floor and walls can help a person identify the bed
- See the information sheet on furniture if buying a bed to best match the bed to new residents needs.

Other Things that can Promote Good Sleep:

- Think about the persons sleeping habits and have the room reflect that.
- If the person is used to sharing a bed, consider a "body pillow".
- Consider appropriate "settling" music or nature recordings to reflect a familiar sleeping environment

Tips for Going into Respite

Information for Families and Friends



This information is aimed at giving families and friends some extra information that will assist in making the respite experience as successful as possible.

Although the person who is receiving the respite care may not fully understand why they have to go away and may feel confused, or may say they don't want to go, it is important to remember that taking an occasional break is good for both the carer and the person with dementia, as time apart will enable the carer to "recharge" their batteries and feel refreshed.

Although everyone who uses respite experiences it differently there are some general ideas that can help make the experience more successful and enjoyable all round. They need to be thought about in the context of your loved one and what may suit their individual needs.

Things to consider when setting up a respite room:

- Before you go to respite
- The day you arrive.
- What to bring from home that will provide comfort.
- Music and TV.
- Keeping your loved one informed whilst you are on a break.
- Going home again

Before You Go Into Respite:

- Avoid discussing arrangements too far ahead of the planned date.
- Have a look at the room if possible, in order to plan what to bring.
- When the time comes, talk about the break in the context of a "little holiday" and be positive in your explanation.
- Reassure your loved one they will be well cared for and they will be coming home again.
- Write up some information for the care facility about your loved one's routine likes and dislikes, the things to do try if

The Day That You Arrive:

- Stay calm and give information in a clear and simple manner. Stress is infectious but so is calm.
- Try and have most of the room set up especially for them before they arrive
- Consider having a bunch of flowers or bowl of fruit waiting in the room as a welcome gesture.
- Give the staff your information on their particular care needs.
- For some people it works well to time your arrival around the start of an activity or a meal so they can get caught up in the routine and you leave unobtrusively.