



## Master Class: Responding to the Behavioural Symptoms of Dementia during Personal Care Activities

### Master Class Facilitators:

**Ms Robyn Attoe**, Lecturer in Behavioural and Psychological Symptom Management, RPN, Academic Unit for Psychiatry of Old Age, The University of Melbourne

**Ms Alissa Westphal**, Lecturer in Dementia Care, Accredited OT, Academic Unit for Psychiatry of Old Age, The University of Melbourne

### Master Class Outline

Personal care activities such as showering, dressing and toileting are the primary triggers for behavioural symptoms of dementia (BPSD). These symptoms which include physical, verbal aggression and resistiveness place significant stress on caregivers who endeavour to meet the person's care needs. The International Psychogeriatric Association (IPA) suggest that non pharmacological interventions for the management of BPSD should be the frontline treatment. However, many Doctors, Nurses, Allied Health, and Care staff have no formal training in this area, nor are they aware of how to implement such treatments in a person-centred framework to reduce BPSD in the care setting. Understanding, assessing and effectively responding to these behaviours is necessary in order to reduce the often negative impact these symptoms have on the person with dementia and those providing care.

### Master Class Objectives:

- ◆ Provide attendees with a comprehensive framework for assessing, understanding and responding to BPSD during ADLs using non pharmacological strategies
- ◆ Further develop practical skills in developing and implementing person-focussed strategies to assist in the management of behavioural symptoms of dementia during ADL's, including the use of activities and environmental changes.
- ◆ Enhance attendees confidence in selecting, utilising and suggesting non-pharmacological interventions for behavioural symptoms during ADL's
- ◆ Build attendees practical knowledge in developing, implementing and evaluating individualised plans to manage BPSD non-pharmacologically during ADL's

### Method of learning

Interactive learning methods, small group work, role plays, case examples and practical exercises will be used to explore and illustrate the material discussed. Opportunities will be provided for networking with other attendees through sharing and discussing case studies, experiences and outcomes of strategies implemented.

Examples of non-pharmacological interventions and activities will be available for participant interaction during the workshop. Attendees will be invited to participate in teleconferences with other participants during the 3 months following the workshop. These teleconferences will be facilitated by the trainers and provide an opportunity for attendees to share successes and problem solve difficulties that have experienced in using the workshop material within their workplace.

1 March 2011  
9.00—16.30

Intercontinental Adelaide  
North Terrace,  
Adelaide  
SA 5000

(located between the  
convention centre & the  
casino)

Change Champions:  
taking fresh ideas to  
health professionals

Master Class:  
Responding to the Behavioural Symptoms of  
Dementia during Personal Care Activities

**Facilitator Background:**

**Robyn Attoe** is a Registered Psychiatric Nurse with a Graduate Diploma in Gerontology. She has worked extensively in the field of aged psychiatry across a number of settings. Robyn is currently working as a Lecturer in Behavioural and Psychological Symptoms of Dementia in the Academic Unit for Psychiatry of Old Age at the University of Melbourne. She has conducted evaluative research with her colleague Alissa Westphal and has provided education workshops locally, interstate and internationally in the management of behavioural and psychological symptoms of dementia. She has won two awards for her contribution to nursing, the St Vincent's Mental Health Nurse of the Year (2005) and the Victorian Nurse of the Year in the field of mental health and drugs (2007). Robyn has published abstracts in the International Psychogeriatrics Journal and has presented numerous papers at national and international conferences.

**Alissa Westphal** is an Accredited Occupational Therapist with a Graduate Diploma in Applied Statistics. She has extensive experience in the management of behavioural and psychological symptoms of dementia using non-pharmacological approaches. Alissa is currently working as a Lecturer in Dementia Care in the Academic Unit for Psychiatry of Old Age at the University of Melbourne and as Senior Occupational Therapist in the Cognitive Dementia and Memory Service at the Royal Melbourne Hospital. In 2003, she founded the Residential Support Program at St Vincent's Aged Psychiatry Service with her colleague Robyn Attoe through which they provided expertise and management of behavioural and psychological symptoms to the residential aged care setting. Alissa has completed an honours research thesis titled "The effects of a Snoezelen environment on the well-being of people with severe dementia" and continues to conduct research and publish papers on various aspects of dementia care. In 2008 she established the first resource library in Australia specifically for the provision of leisure activity products for use in residential aged care. Alissa has presented at national and international conferences.

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**Registration Form**

**Delegate No.1 Details** Prof/Dr/Mr/Mrs/Ms/Miss:

Surname: \_\_\_\_\_  
Given Name: \_\_\_\_\_  
Company/Organisation: \_\_\_\_\_  
Position: \_\_\_\_\_  
Address: \_\_\_\_\_  
State: Postcode: \_\_\_\_\_  
Country: \_\_\_\_\_  
Telephone: \_\_\_\_\_  
Facsimile: \_\_\_\_\_  
Email: \_\_\_\_\_  
Preferred Name for Badge: \_\_\_\_\_  
Special Diet: \_\_\_\_\_  
Disability Assistance: \_\_\_\_\_  
Do you agree to have your name and details on the seminar delegate list?     Yes / No    

**Delegate No.2 Details** Prof/Dr/Mr/Mrs/Ms/Miss:

Surname: \_\_\_\_\_  
Given Name: \_\_\_\_\_  
Company/Organisation: \_\_\_\_\_  
Position: \_\_\_\_\_  
Address: \_\_\_\_\_  
State: Postcode: \_\_\_\_\_  
Country: \_\_\_\_\_  
Telephone: \_\_\_\_\_  
Facsimile: \_\_\_\_\_  
Email: \_\_\_\_\_  
Preferred Name for Badge: \_\_\_\_\_  
Special Diet: \_\_\_\_\_  
Disability Assistance: \_\_\_\_\_  
Do you agree to have your name and details on the seminar delegate list?     Yes / No    

**Delegate No.3 Details** Prof/Dr/Mr/Mrs/Ms/Miss:

Surname: \_\_\_\_\_  
Given Name: \_\_\_\_\_  
Company/Organisation: \_\_\_\_\_  
Position: \_\_\_\_\_  
Address: \_\_\_\_\_  
State: Postcode: \_\_\_\_\_  
Country: \_\_\_\_\_  
Telephone: \_\_\_\_\_  
Facsimile: \_\_\_\_\_  
Email: \_\_\_\_\_  
Preferred Name for Badge: \_\_\_\_\_  
Special Diet: \_\_\_\_\_  
Disability Assistance: \_\_\_\_\_  
Do you agree to have your name and details on the seminar delegate list?     Yes / No    

**1 March 2011**

**Intercontinental Adelaide, North Terrace SA 5000 Times: 9.00—16.30**

Early Bird: Full day workshop paid before 15 Feb 2011           @ \$440 pp (inc GST) \$     

Standard: Full day workshop paid after 15 Feb 2011           @ \$499 pp (inc GST) \$     



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**Payment Methods**

**1. PREFERRED: Register Online at [www.changechampions.com.au](http://www.changechampions.com.au)**

Simply visit [www.changechampions.com.au](http://www.changechampions.com.au), find the seminar of your choice and click on REGISTER. It's easy.

When you register on line, you can select your preferred payment option of:

- Generate an invoice that will be instantly emailed to the nominated responsible person
- Pay by EFT or cheque
- Pay online with a credit card

**OR Fax or mail the registration form and**

**2. Pay on your Credit Card**

Cardholders Name (PLEASE PRINT) \_\_\_\_\_

MasterCard  Visa ONLY

Card No.

Expiry Date: \_\_\_ / \_\_\_ Amount to be charged: \$ \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_ Date: \_\_\_ / \_\_\_ / \_\_\_

**3. Pay by cheque/money order**

Please make cheques/money orders for your **registration fees only** payable to Change Champions P/L

**4. EFTPOS**

Account name: Change Champions P/L  
BSB: 033 058

Bank: Westpac Ref No: R&A (Your surname)  
Account No: 198 743

**5. Request an invoice**

Name and position title of person responsible for the payment of the invoice: \_\_\_\_\_

Email address: \_\_\_\_\_ Ph: \_\_\_\_\_

All invoices must be paid prior to the Master Class.

**MAIL:** Change Champions P/L  
PO Box 668  
The Junction NSW 2291  
ABN 67 093 954 413

**FAX:** 02-9518 6898  
From overseas: +61 2 9518 6898  
**PH:** 02-9692 0533  
From overseas: +61 2 9692 0533

**EMAIL:** [info@changechampions.com.au](mailto:info@changechampions.com.au)

**Your registration will be confirmed by email.**

**Delegate Cancellation Policy**

A 50% refund will be offered for cancellations up to 28 days prior to the seminar.

As we are contracted for a specific number of delegates, no refunds will be given after this date. However, an alternative delegate name may be submitted. Applications for cancellations and substitutions of delegates are **only accepted in writing** by email to [changechampions@bigpond.com](mailto:changechampions@bigpond.com). The cancellation policy also appears at <http://www.changechampions.com.au> on the home page under terms and conditions.

I have read and understand the conditions and delegate cancellation policy.

\_\_\_\_\_ signed \_\_\_ / \_\_\_ / \_\_\_ date.

