



creative
ways to care

*strategies for carers of
people living with dementia*

The Concept

creative ways to care

strategies for carers of people living with dementia

***A six session education and training program
for family carers***

Commonwealth Respite and Carelink Centre Southern Region



The History

2005

- Germination of an idea

2006

- Dementia Community Grant

2007

- One day Workshop: '*Come & Try Creative Ways to Care*'
 - 35 carers sampled 5 diversional strategies
 - Diversional Therapy Kit & Behaviour Management Diary were provided
- Evaluation

2008

- Reference Committee established
- Development of a 6 session education and training program
- Development of facilitator's training package
- Focus groups trial the new concept
 - Facilitator's Training Manual
 - DVD

2009 +

- Launch of Creative Ways to Care Education and Training Program
- Facilitation of Creative Ways to Care in the community
- Evaluation and Research

The Participants

- Family or friends caring for someone living with dementia
- Family carers who are concerned about behaviours including:
 - Wandering
 - Restlessness
 - Repetition
 - Lack of motivation
 - Boredom
 - Social isolation

The Facilitators



- Carer Support Workers
- Case Managers
- Social Workers
- Community Health Organisations
- Allied Health Professionals
- Carer Support Group Facilitators

The Design: Six Workshops



Introduction Session

Commonwealth Respite & Carelink Centre Southern Region

Dementia, Behaviour and Activities

Education Services, Alzheimer's Australia Victoria

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Reminiscence

Susan Drewery, Diversional Therapist, Baptistcare

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Stimulating and Soothing the Senses

Kirsten James, Complementary Therapies & Behaviour Consultant at

Dementia Behaviour Management Advisory Service (DBMAS) Vic

Professor Trisha Dunning, Chair in Nursing, Deakin University

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Music

Loretta Quinn, Registered Music Therapist & PHD Student - National Ageing Research Institute

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Creative Arts

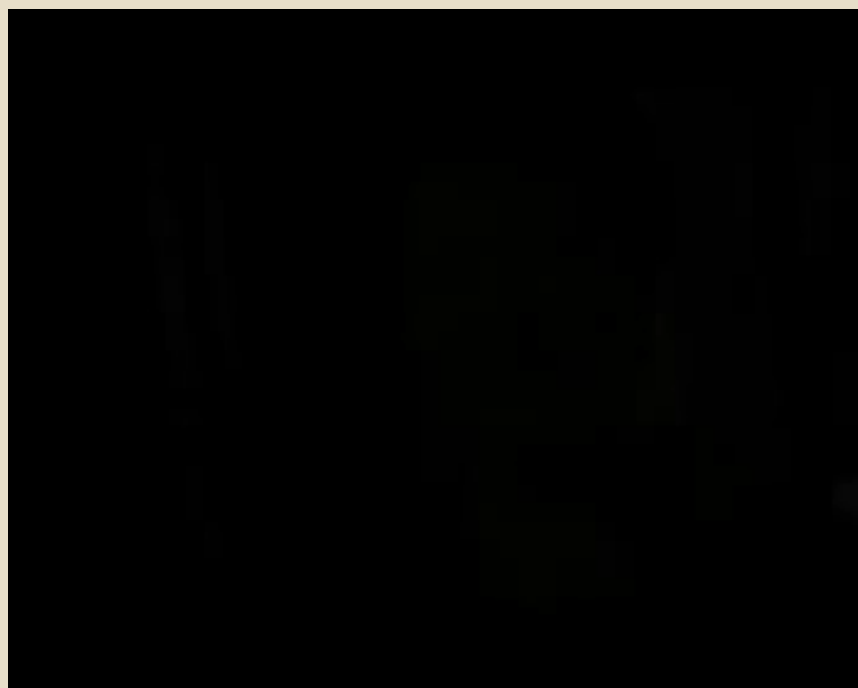
Dr Patricia Baines, Art Therapist, Alzheimer's Australia Tasmania

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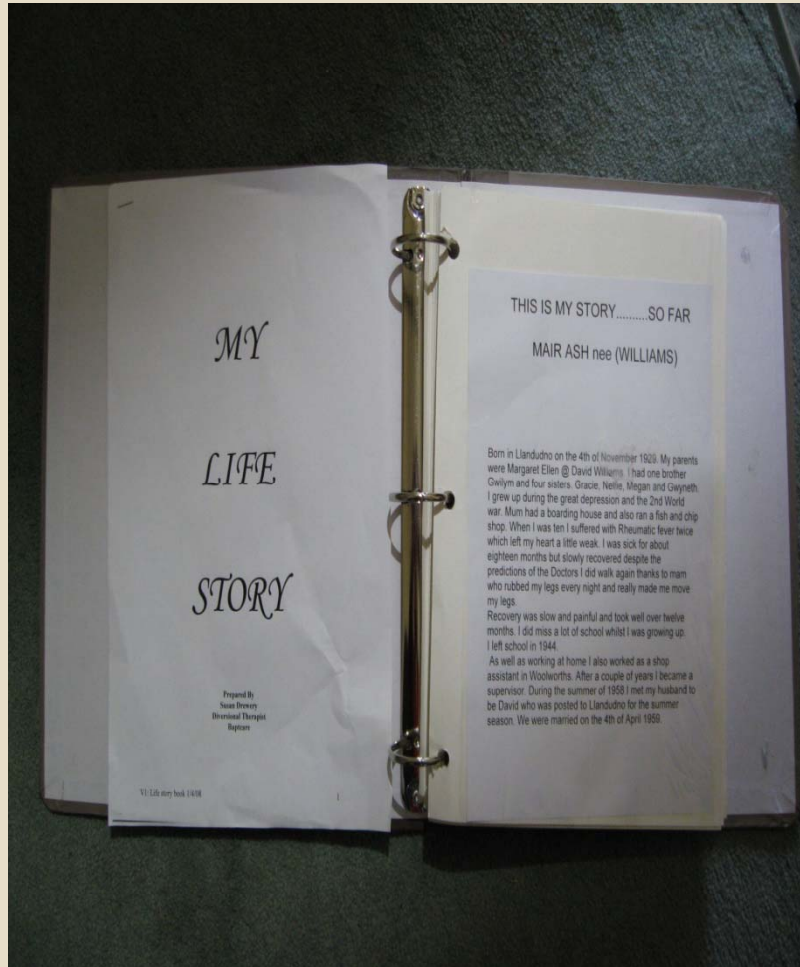
Review Session

Commonwealth Respite & Carelink Centre Southern Region

The Design: DVD



The Design: Activities



Key Messages



- Valuing Carer's expertise
- Activities must be person-centred
- Problem-solving approach
- Activities are for purpose and for pleasure
- The carer is an essential ingredient

Strategies Diary



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Workshop 3
Stimulating
and Soothing
the Senses



HANDOUT
14

Strategies Diary

This is designed to help you practice using CAUSE(d), the problem solving approach and to help you identify and respond to behaviours of concern in the person you are caring for.

Choose one behaviour or incident per sheet to focus on.

Identify the behaviour. How does the person with dementia behave?

When does the behaviour occur? (i.e. time of day, during a certain task)

Where does the behaviour occur? (try to be specific)

What do you think was the cause? (use the CAUSE(d) handout to assist you)

C _____

A _____

U _____

S _____

E _____

(d) _____

Which strategy did you try?

What was the outcome?

Your comments/notes

Remember to always look at what works and what doesn't. What works today may not work tomorrow. Be flexible and prepared to change and try something new.

The Design: Grab Bag



The Design: Facilitator's Guide and Training Manual

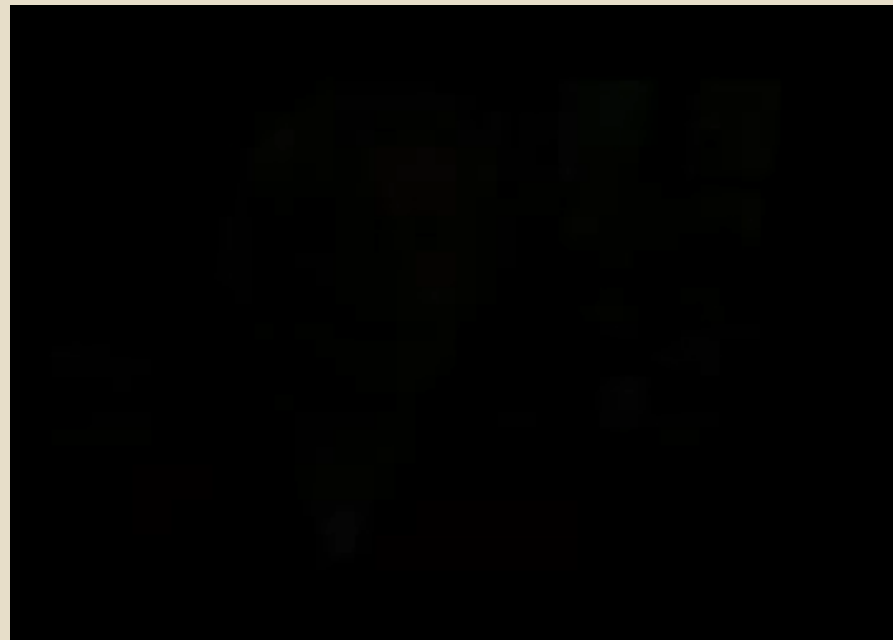
- Section 1: Orientation to *Creative Ways to Care*
 - Part A: Background Information
 - Part B: Facilitating the Program
 - Part C: Supplementary Resources
- Section 2: Facilitator's Training Manual
 - The 6 Workshops
- Supplementary Resources for Facilitator's
 - Brochure
 - Registration Form
 - Resource List
 - Evaluation Form
 - Facilitator's Evaluation Form

The Website

Internet: www.carersouth.org.au

Email: creativewaystocare@cgmc.org.au

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