



## Clients and residents with dementia

We are here to help. Reach out  
to our Customer Service Team  
to find the support you need.  
Call 1800 225 474

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## **Catholic Healthcare clients and residents with dementia**

Catholic Healthcare has been caring for individuals with dementia with empathy and understanding for over 27 years. We offer personalised support to carers and individuals with dementia in their home or in Residential Aged Care.

# Does your loved one have dementia?

## Signs to look out for

Dementia does not distinguish between gender, culture, geography or socio-economic factors.

*'Dementia can happen to anybody, but it's more common after the age of 65,' according to Maree McCabe, CEO Dementia Australia.*

Dementia encompasses a wide range of symptoms caused by disorders affecting the brain. While memory impairment is a symptom of one of the most common forms of dementia Alzheimer's Disease, dementia can also affect mood, mobility, thinking and the ability to complete daily activities.

People with dementia maybe especially sensitive to overstimulating environments. So, they may prefer to avoid shopping centres and noisy family gatherings.

They may have problems with visual perception and have trouble differentiating an object from its background and the distance of the object and be prone to bumping into things or falling over.



# Care in the Home through a Home Care Package

## Case Study

Catholic Healthcare client, Elizabeth is 87 and living with dementia. Elizabeth's daughter and full-time carer, Christine, made the decision five years ago to care for her mum in her own home and has never regretted it.

"Mum has a Home Care Package which provides support and also some respite for myself and my husband."

"Our Care Advisor, Trudy, has worked with us to ensure mum gets what she needs from the funding provided. She has organised fortnightly respite for us as well as personal care for Mum. A physiotherapist had also been arranged to visit the home and assess mum, as she is needs help with flexibility to help her walk."

Trudy also supports Christine with information to better understand dementia and ways to support her Mum.

"We provide a long-term service," says Trudy. "If a loved one is diagnosed with dementia, we counsel clients on support services and support groups available in the community. Everything from liaising with GPs and therapy options available."

In addition, our Care Advisors can provide referral support to dementia specific services or support centres in your local area including counselling, social support, day centres, flexible respite, respite cottage and wellness programs.



## Care in Residential Aged Care

Our Residential Aged Care Homes provide short-term respite care. Carers of individuals need a break from time to time.

For permanent residents, our qualified, expert, care staff develop Care Plans that take into consideration the person living with dementia's life story, culture, likes and dislikes. Our homes are purposely designed to provide supportive home like spaces that encourage independence in a caring and safe environment. Our specialised programs ensure that the person living with dementia can continue to engage in meaningful activities, to support them to remain engaged, active, and stimulated.

Our dedicated Pastoral Care coordinators offer residents and families guidance and spiritual comfort in times of stress, loss or grief. You will also have full access to a range of allied health professionals, such as physiotherapists, podiatrists, dietitians and speech therapists.

# Lifestyle activities in the Home

We cater to residents living with dementia by having an appreciation and understanding of their past and present. We gather information and build knowledge about their lives, memories, families by undergoing lifestyle assessments with residents and loved ones at admission.

This information is incorporated into their Lifestyle Care Plan, to determine activities and experiences that are enjoyable and meaningful to them.

Homes offer a variety of programs on a weekly calendar that are inclusive of 1:1 engagement, group activities and “anytime” activities including:

- Setting up areas within the home for specific daily activities/occupation (e.g. office desk, a corner to fold and sort laundry and socks, shoe polishing, activity nooks, rummage boxes, tool boxes, puzzles etc)
- Different types of Art Therapy
- Exercise
- Pet therapy
- Sensory programs – aromatherapy, massage, music, flower arranging, cooking
- 1:1 engagement that is individual to the person (reminisce with photos and meaningful memorabilia)
- Many of our homes work with DSA (Dementia Support Australia) who offer individual support and resources to assist in improving care for individual residents with dementia.

## Staff training

All staff that work in our residential aged care homes have mandatory and ongoing training covering behavioural management and clinical support.

Additional training is accessed from DTA, Dementia Australia, ADPA (Advance Care Planning Australia) and OPAN Senior Rights Services.

## Home design and functionality

Dementia principles are incorporated in the way we design our homes and exists in some of our newer homes.

The aim is to create a home like environment that is familiar, calming and also stimulating for people living with dementia.

This is exhibited by:

- Small cluster houses of 18 residents with choice of internal social spaces and welcoming porch.
- Thoughtfully designed internal spaces with multiple entry exits to encourage traffic flow and circulation with purpose.
- More homely internal signage
- Thoughtful internal lighting for reading and bathroom identification at night
- Use of colour internally on feature walls and artwork
- Discreet utility and supervisor stations
- Quiet rooms with tactile boards



- Creating flexible social spaces
- Thoughtful colour schemes on walls and furnishings such as contrasting seat fabrics
- Seamless flooring
- Individual touches such memory boxes outside each resident room
- Easily identifiable resident room doors

Outdoor spaces that stimulate the senses, encourage activity and repose outdoors is important for people living with dementia.

Outdoor spaces that provide

- Meaningful activity
- Sensory stimulation
- Safety
- Reminiscence
- Socialisation

This includes:

- Healing garden to create calm and peaceful settings
- Horticultural therapy gardens to allow interactivity and rehabilitation
- Well defined pathways free of obstacles and complex decision points
- Points of interest such as post boxes, sculptures , wall gardens, clothes lines, landscaped walls and visuals
- Workshop areas or men's shed, and outdoor gym to promote achievement, social engagement, exercise
- Gazebos and seating to meet visitors and socialise
- Large visual signage
- Pet areas for visiting pet therapy

## How we can help?

Everyone deserves to be treated with dignity and respect. People with dementia value independence and the ability to feel safe, which can be achieved best when relatives or carers understand their struggles and seek the support they need.

Contact Catholic Healthcare on 1800 225 474 for a confidential conversation about yourself or a loved one.

## Other places to seek help

- Your doctor
- Your local council
- Your local community health centre
- National Dementia Helpline – Dementia Australia [www.dementia.org.au](http://www.dementia.org.au) or 1800 100 500
- Aged Care Assessment Services  
Tel. 1300 135 090
- My Aged Care (Australian Government information line) Tel. 1800 200 422
- Cognitive Dementia and Memory Service (CDAMS) clinics Tel. 1300 135 090
- Gateway Counselling Service  
[www.carergateway.gov.au](http://www.carergateway.gov.au)  
or call 1800 422 737
- Commonwealth Carelink and Respite Centres (Australian Government)  
Tel. 1800 059 059
- Dementia Behaviour Management Advisory Service (DBMAS)  
Tel. 1800 699 799 – for 24-hour telephone advice for carers and care workers





Contact us:

1800 225 474

[catholichealthcare.com.au](http://catholichealthcare.com.au)