

Using Activities to Enable and Care for People who Display Behavioural and Psychological Symptoms of Dementia

A workshop for personal carers, nurses, diversional therapists, lifestyle workers and allied health

NEW WORKSHOP 2015 - 2016



THE UNIVERSITY OF
MELBOURNE

*BPSD Management
& Dementia Care
Academic Unit for
Psychiatry of Old
Age*

In Collaboration with



Dementia Behaviour Management
Advisory Service (DBMAS) Vic.

The majority of people with dementia experience associated behavioural and psychological symptoms (BPSD) like aggression, agitation, psychosis, anxiety and depression. Tailoring activities to better meet the person's needs, interests and abilities may assist in reducing some BPSD and increasing purposeful engagement.

This one-day workshop has been specifically designed to for professional carers working in acute, sub-acute, community and residential aged care settings.

Workshop Objective:

To further develop skills in identifying, selecting and using activities in many care environments to enable and engage the person with dementia who is experiencing BPSD.

Workshop Overview:

This workshop covers:

- ◆ The importance of activity engagement for people with dementia
- ◆ Activities and BPSD: How are they related?
- ◆ Identifying and choosing activities to meet the person's needs, and reduce their BPSD
- ◆ Activities for engaging those with dementia who experience BPSD
- ◆ Culturally specific activities
- ◆ Using technology based activities
- ◆ Modifying activities to enable the person's engagement within specific care environments
- ◆ Engaging carers in providing and using activities
- ◆ Using an activities focussed approach to daily care activities
- ◆ Developing and implementing a menu of activity opportunities

Interactive learning methods, small group work, role plays, case examples and practical exercises will be used throughout each workshop to explore and illustrate the material discussed. Examples of interventions will be available during the workshops for participants to interact with.

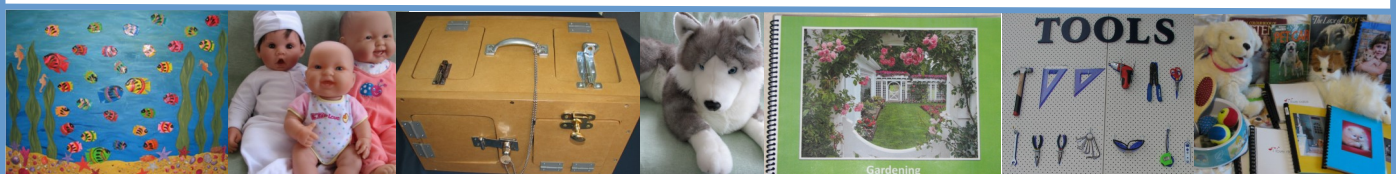
All participants will be provided with an activities resource toolkit to take home.

Workshop Dates:

Friday 9th October 2015, 9AM - 5PM **BOOKED OUT**

Friday 15th April 2016, 9AM - 5PM **BOOKED OUT**

Friday 27th May 2016, 9AM - 5PM



For further information, contact Alissa Westphal on alissaw@unimelb.edu.au

About the Workshop Facilitator

Alissa Westphal is a Lecturer in Dementia Care in the Academic Unit for Psychiatry of Old Age at the University of Melbourne and has extensive clinical experience and interest in engaging, enabling and caring for people experiencing BPSD using non-pharmacological approaches. She actively conducts research, presents nationally and internationally and publishes on various aspects of dementia care.

Behaviour Consultants from the Dementia Behaviour Management Advisory Service (DBMAS Vic) will present some of the topics covered in this workshop and be available during the workshop for your convenience.

Workshop Dates, Locations and Fees

Workshops will be held on site at the St George's Hospital campus of St Vincent's which is located at 283 Cotham Rd, Kew, Victoria. This hospital is conveniently located on the 109 tram line and is not far from the 72 tram which runs by the Camberwell train station. Off street parking available.

Workshop places are limited to 30 places each. Workshop fees are being subsidised by the Dementia Behaviour Management Advisory Service Victoria for these two workshop dates.

Registration includes morning tea, afternoon tea, lunch, handouts and an activity toolkit to take home.

Workshop Date	Registration Fee* early bird	Registration Fee* after early bird	Location
Friday 15th April 2016 9AM - 5PM	\$99	\$143 When booked after 1/4/16	St George's Hospital, Kew, Vic
Friday 27th May 2016 9AM - 5PM	\$99	\$143 When booked after 13/5/2016	St George's Hospital, Kew, Vic

*Registration fee is GST inclusive

Feedback from Past Workshop Attendees

Well delivered and provided a lot of strategies to prevent behaviours

Best value for money workshop

Completely satisfied. Very informative both in theory and practical examples, literature and information. Very happy. Thank-you.

The small and large group activities are fantastic.

Great mix of activities, speaking, power-points. Amazing amount of resources.

Alissa Westphal – A pleasure to listen to. Very well conducted.

Was a great workshop. Most informative. Want more.

Loved the display tables so that I could touch and look through resources.



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Conditions of Early Bird Registration

To obtain the early bird registration, payment must be made by the specified early bird cut off date for the Workshop(s).

Cancellation Policy

For delegate cancellations, an administrative fee of \$30 will be incurred for each registration cancelled up to 7 days prior to the workshop. Refunds will not be given for cancellations within 7 days of the workshop. A substitute delegate is welcome to attend.

The Academic Unit for Psychiatry of Old Age reserves the right to cancel or postpone any of the workshops. If this occurs, registration fees will be refunded in full.

E-mail: alissaw@unimelb.edu.au

For further information about the workshop
please contact Alissa Westphal on
alissaw@unimelb.edu.au

Using Activities to Enable and Care for People who Display
Behavioural and Psychological Symptoms of Dementia
Workshops in 2016
REGISTRATION FORM

**TO AVOID DISAPPOINTMENT, PLEASE EMAIL (alissaw@unimelb.edu.au) TO
CONFIRM AVAILABILITY OF WORKSHOP PLACE BEFORE SENDING PAYMENT**

Registrant Details:

Given Name: _____

Surname: _____

Position: _____

Company/Organisation: _____

Address: _____

State: _____ Postcode: _____ Country: _____

Telephone: _____ Facsimile: _____

Email: _____

Any access issues?: _____

Special diet requests: _____

Registration Fees:

Registration includes lunch, and morning and afternoon teas. Payment options include credit card, cheque payment and invoicing (for health services only) available.

Select the desired workshop:

- Activities Workshop on 27/5/16
Early bird rate (received by 13/5/2016) \$99 (incl \$9 GST) \$ _____
Standard rate (received after 13/5/2016) \$143 (incl \$13 GST) \$ _____

Select payment option (**one option only**):

- I would like an **invoice** to be raised for payment by my health service. Please scan and email this completed registration form (to alissaw@unimelb.edu.au) with details of who to make the invoice out to and the organisation's ABN.
- I would like to pay online by **credit card**. Please scan and email this completed registration form to alissaw@unimelb.edu.au
- I would like to pay by **cheque or money order**. Please make cheques or money orders payable to: The University of Melbourne and post to Alissa Westphal, c/o DBMAS Vic, Karrimbi Building, St George's Hospital, 283 Cotham Rd, Kew, Australia, 3101

I have read and understand the conditions and cancellation policy detailed on this registration form.

Signature: _____ Date: _____



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