

# Caring for People who Display Behavioural and Psychological Symptoms of Dementia

## A Series of One-Day Workshops for Occupational Therapists in

**Dates for 2016**

**BACK BY POPULAR DEMAND**

*The majority of people with dementia experience associated behavioural and psychological symptoms (BPSD) during the course of their illness. These symptoms which include aggression, agitation, psychosis, anxiety and depression are often the most distressing part of the disease for the person experiencing them and for those providing care. Non-pharmacological interventions are recommended as the first line in treating these symptoms. Occupational Therapists (OTs) have a unique theoretical foundation upon which effective practical interventions may be built. This series of one-day workshops aims to further develop skills that OTs can use in effectively managing BPSD in acute, sub acute, community and residential aged care settings.*

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

### **WORKSHOP 1 - 11/09/2015**

#### **Effectively Managing Behavioural and Psychological Symptoms of Dementia - Foundation Workshop**

This workshop introduces OTs to an expanded PEO model which is used throughout the 4 workshops as a comprehensive foundation for the assessment and management of BPSD. The primary aetiological models used to understand and treat BPSD will be covered, in addition to an overview of current evidence for non-pharmacological interventions. OTs will be involved in completing an assessment and developing an individually tailored plan aimed at more effectively responding to the needs and abilities of those with dementia and their carers. Case examples will be used to throughout facilitate practical application and problem solving.

### **WORKSHOP 2 - 13/11/2015**

#### **Advanced Management of the Person with BPSD**

This workshop builds further skills in the assessment and management of the person with BPSD including a more detailed look at BPSD assessment tools and the use of these tools in assessing intervention outcomes. OTs will also be introduced to the range of assessment tools used to assess the person with dementia and their carer. Participants will be involved in selecting appropriate assessment tools, interpreting assessment results and developing interventions that are responsive to the person with BPSD and reflective of their individual abilities, interests, preferences and routines.

### **WORKSHOP 3 - 10/6/2016**

#### **Advanced Management of BPSD using Occupational Approaches**

This hands-on workshop builds further practical skills in the development and use of occupation approaches in managing BPSD and caring for the person with dementia. OTs will be provided with opportunities to take home individually tailored occupational orientated resources that can be used in BPSD management including reminiscence resources, sensory based resources and games.

### **WORKSHOP 4 - 29/7/2016**

#### **Advanced Management of BPSD using Environmental Approaches**

This workshop provides a more detailed look at the current evidence for environmental interventions in BPSD management and builds further skills in the use of these approaches. OTs will be engaged in developing environmental strategies including completing simulated environmental modifications in response to given case studies. Participants will also develop skills in designing best practice dementia environments with particular focus on the use of cueing for improved functioning.



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For further information, contact Alissa Westphal on [alissaw@unimelb.edu.au](mailto:alissaw@unimelb.edu.au)

## About the Workshop Facilitators

**Wendy Hall** is an Occupational Therapist with more than 20 years experience in various aspects of occupational therapy practice. She currently works as a Senior Occupational Therapist and Behaviour Consultant for the Dementia Behaviour Management Advisory Service Victoria at St Vincent's Hospital, Melbourne. In her private practice she consults in all areas of dementia care including home based functioning, mainstream aged care and dementia in the context of intellectual disabilities. She has a strong interest and passion for the use of occupational based approaches in enabling functioning in dementia care and managing BPSD.

**Alissa Westphal** is an experienced Occupational Therapist who has completed honours research in the use of multisensory therapy in dementia care in addition to a Graduate Diploma in Applied Statistics. Alissa is employed as a Lecturer in Dementia Care in the Academic Unit for Psychiatry of Old Age at the University of Melbourne and has extensive experience and interest in the management of BPSD using non-pharmacological approaches. She actively conducts research, presents nationally and internationally and publishes on various aspects of dementia care.

## Feedback from Past Attendees

*Great series of workshops. Well presented and learnt heaps and have excellent resource to take away. Thoroughly covered topics. Has given me more confidence in working in this area.*

*Having a summary of the literature and all the resource info is fantastic and will be a great future reference.*

*The handouts are far beyond my expectations.*

*Thank-you. I have thoroughly enjoyed this workshop series. I have gained valuable knowledge. This also further established my interest and desire to specialise in this field.*

*The small and large group activities are fantastic.*

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

*I found all of it very useful! The folder of assessment tools will be a valuable resource for many years to come. Wish I had have had this workshop earlier in my career.*

*Great to look at assessment results in detail and interpret what they meant.*

*Thank-you it was a great day. Can't wait for the next one.*

*The combination of lecture style and practical sessions was very effective. Loved the display tables so that I could touch and look through resources.*



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Dementia Behaviour Management  
Advisory Service (DBMAS) Vic.

E-mail: [alissaw@unimelb.edu.au](mailto:alissaw@unimelb.edu.au)

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please contact Alissa Westphal on [alissaw@unimelb.edu.au](mailto:alissaw@unimelb.edu.au)

## 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. Workshop fees are being subsidised by the Dementia Behaviour Management Advisory Service Victoria for 2015 & 2016. Save up to 44% and \$100s on 2014 prices by booking today for workshops 3 and 4.**

**Included in the registration fees:** Morning tea, afternoon tea, lunch and handouts are provided at each workshop. Additional resources are provided to participants attending the advanced workshops.

	Registration Fee* early bird	Registration Fee* after early bird	Workshop Date	Location
<b>Workshop 1:</b> Effectively managing BPSD Foundation 9AM-5PM	\$110	\$176 When booked after 28/8/2015	11/9/2015	St George's Hospital, Kew, Vic
<b>Workshop 2:</b> Advanced management of the Person with BPSD 9AM-5PM	\$154	\$220 When booked after 30/10/2015	13/11/2015	St George's Hospital, Kew, Vic
<b>Workshop 3:</b> Advanced Management of BPSD using Occupational approaches 9AM-5PM	\$154	\$220 When booked after 27/5/2016	10/6/2016	St George's Hospital, Kew, Vic
<b>Workshop 4:</b> Advanced Management of BPSD using Environmental Approaches 9AM-5PM	\$154	\$220 When booked after 15/7/2016	29/7/2016	St George's Hospital, Kew, Vic

\*Registration fee is GST inclusive

Workshops do not need to be completed in order and the foundation workshop is not a pre-requisite for participating in the advanced workshops.



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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 \$60 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 OT 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.

For further information about the workshops

please contact Alissa Westphal on

[alissaw@unimelb.edu.au](mailto:alissaw@unimelb.edu.au)

**Caring for People who Display BPSD: A Series of One-Day Workshops for Occupational Therapists in 2016  
REGISTRATION & EXPRESSION OF INTEREST FORM**



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**TO AVOID DISAPPOINTMENT, PLEASE EMAIL ALISSA TO CONFIRM AVAILABILITY OF A 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 available.*

Select the desired workshop(s):

Workshop 3 (10/6/2016): Advanced management of BPSD using occupational approaches

Payment received by 27/5/2016 \$154 (incl \$14 GST) \$ \_\_\_\_\_

Payment received after 27/5/2016 \$220 (incl \$20 GST) \$ \_\_\_\_\_

Workshop 2 (29/7/2016): Advanced management BPSD using environmental approaches

Payment received by 15/7/2016 \$154 (incl \$14 GST) \$ \_\_\_\_\_

Payment received after 15/7/2016 \$220 (incl \$20 GST) \$ \_\_\_\_\_

**TOTAL** Payment Enclosed: \$ \_\_\_\_\_

Select payment option:

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](mailto: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](mailto: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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