



THE UNIVERSITY OF  
MELBOURNE

# DEMENTIA WORKSHOPS 2019

Join the #enablingengagement2019 movement with these **PERSON FOCUSED** dementia workshops.

*Engaging in pleasurable and meaningful activities is vital to the health and wellbeing of those living with dementia. Lack of engagement is associated with many negative outcomes including behavioural and psychological symptoms (BPSD) like aggression, agitation, psychosis, anxiety and depression. These workshops for personal carers, nurses, diversional therapists, lifestyle workers and allied health working in all care settings focus on tailoring engagement to better meet the person's needs, interests and abilities and potentially reduce some BPSDs.*

**Using  
activities to  
enable and  
care for  
People living  
with dementia  
who  
experience  
BPSD**

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

**Content:** A popular choice, this workshop covers: The relationship between activities and BPSD • How to identify and choose activities that meet the person's needs and reduce their BPSD • Culturally specific activities • Technology based activities • Modifying activities to enable engagement • Engaging caregivers in providing and using activities • Using an activities focussed approach to daily care activities • Developing and implementing a menu of activity opportunities.

All participants will be provided with an activities resource toolkit VALUED AT OVER \$100 to take with them and use in their workplace.

**Dates:** Monday 27th May and Monday 28th October 2019, 9AM - 5PM

**Workshop Objective:** To develop practical skills in identifying, selecting and using touchscreen tablets and apps to enable engagement of people with living dementia.

**Content:** This newer workshop covers: Understanding the benefits and risks of using apps • Setting up touchscreen tablets for people with dementia • Identifying and selecting apps appropriate to a persons' interests, background, abilities and severity of dementia • Problem solving commonly experienced challenges when using apps • Setting up a tablet program.

Touchscreen tablets will be provided for participants to use during the workshop.

**Dates:** Monday 24th June and Monday 7th October, 10:30AM - 4PM

**Using Apps  
to enable  
engagement  
for People  
living with  
dementia**

**Reminiscing  
with People  
living with  
dementia**

**Workshop Objective:** To further develop practical skills in using reminiscence to enable and engage the person living with dementia.

**Content:** This new workshop covers: Understanding the benefits and risks of reminiscence • Approaches to reminiscing across the dementia trajectory • Culturally specific reminiscence • Engaging staff and family in using reminiscence • Using life review • Developing and implementing a reminiscence program • Evaluating the use of reminiscence • Developing resources to promote reminiscence • Incorporating reminiscence in the environment.

All participants will be provided with reminiscence toolkit VALUED AT OVER \$100 to take with them and use in their workplace.

**Dates:** Monday 29th April and Monday 18th November 2019, 9AM - 5PM

## Workshop Dates, Locations and Fees

All workshops will be held at the St George's Hospital campus of St Vincent's, located at 283 Cotham Rd, Kew, Victoria. This hospital is on the 109 tram line and is not far from the 72 tram which runs by the Camberwell train station. Limited off street parking available. **Receive a 12% discount by booking early.**

**Workshop are deliberately kept small so places are strictly limited.**



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Academic Unit for  
Psychiatry of  
Old Age  
BPSD and  
Dementia Care

### WORKSHOP: Using activities to enable and care for people living with dementia who experience BPSD

Registration includes morning tea, afternoon tea, lunch, handouts, a USB stick containing resources and an activity toolkit (valued at over \$100) to take home. Get a 12% discount by booking early.

Workshop Date	Discounted registration fee*	Standard registration fee*
Monday 27 May 2019 9AM - 5PM	\$352	\$400 When booked after 13/4/2019
Monday 28 October 2019 9AM - 5PM	\$352	\$400 When booked after 14/10/2019

### WORKSHOP: Using apps to enable engagement for people living with dementia

Registration includes morning tea, afternoon tea, lunch, handouts and a USB stick containing resources to take home. Get a 12% discount by booking early.

Workshop Date	Discounted registration fee *	Standard registration fee*
Monday 24 June 2019 10:30AM - 4:00PM	\$264	\$300 When booked after 10/6/2019
Monday 7 October 2019 10:30AM - 4:00PM	\$264	\$300 When booked after 23/9/2019

### WORKSHOP: Reminiscing with people living with dementia

Registration includes morning tea, afternoon tea, lunch, handouts, a USB stick containing resources and a reminiscence toolkit (valued at over \$100) to take home. Get a 12% discount by booking early.

Workshop Date	Discounted registration fee*	Standard registration fee*
Monday 29 April 2019 9AM - 5PM	\$352	\$400 When booked after 15/4/2019
Monday 18 November 2019 9AM - 5PM	\$352	\$400 When booked after 4/11/2019

\*Registration fee is GST inclusive

### Special Offers:

**Offer 1:** Book in for all 3 workshops and receive a \$120 discount off the total cost of all 3 workshop registrations. A saving of \$40 on each registration fee.

**Offer 2:** Book 4 staff from the same organization to attend one of the workshop dates and save \$40 on each registration fee, a total saving of \$160.

**Additional terms & conditions:** Offer 1 and 2 only apply to the discounted registration fees. They must be applied for before the discounted registration rate expires. Cancellations of any of the registrations (for offer 1) or any of the four registrations (for offer 2) will result in the registration fees reverting back to the discounted registration rates. The cancellation policy also applies.

These offers are subject to availability of places in the desired workshops.

### Conditions of Discounted Registration

To obtain the discounted registration, payment must be made by the specified cut off date for the Workshop.

### Cancellation Policy

For delegate cancellations, an administrative fee of \$40 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.

For further information about the workshop please contact Alissa Westphal on [alissaw@unimelb.edu.au](mailto: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 living with dementia who experience BPSD using non-pharmacological approaches. She actively conducts research, presents nationally and internationally and publishes on various aspects of dementia care.

## Additional Workshop Information

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

## Feedback from Past Workshop Attendees

*Brilliant. Loved it. Going back to work with positive thoughts.*

*Thank-you for such a great & informative day. This has been the best workshop I have attended.*

*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.*

*Necessary for all working in aged mental health & aged care*

*Targeted and practical*

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

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

*Was a great workshop. Most informative. Want more.*

*I have worked in a dementia unit for the past 17 years and have done many training sessions and I have found that the 2 workshops that I have done are beyond expectations and well worth it. Your knowledge is just amazing & so is your passion.*



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## Dementia Workshops 2019 - REGISTRATION FORM

**TO AVOID DISAPPOINTMENT, PLEASE EMAIL ([alissaw@unimelb.edu.au](mailto:alissaw@unimelb.edu.au)) TO CONFIRM AVAILABILITY OF WORKSHOP PLACES BEFORE SENDING YOUR REGISTRATION FORM & PAYMENT**

Given & Surname: \_\_\_\_\_

Position: \_\_\_\_\_

Company/Organisation: \_\_\_\_\_

Street address: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone/mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Access issues or special dietary needs?: \_\_\_\_\_

### Registration Fees:

Select the desired workshop(s):

**Reminiscence Workshop on 29/4/2019**

Discounted rate (received by 15/4/2019) \$352 (incl \$32 GST)

Standard rate (received after 15/4/2019) \$400 (incl \$36.36 GST)

\$ \_\_\_\_\_

**Activities Workshop on 27/5/2019**

Discounted rate (received by 13/5/2019) \$352 (incl \$32 GST)

Standard rate (received after 13/5/2019) \$400 (incl \$36.36 GST)

\$ \_\_\_\_\_

**Apps Workshop on 24/6/2019**

Discounted rate (received by 10/6/2019) \$264 (incl \$24 GST)

Standard rate (received after 10/6/2019) \$300 (incl \$27.27 GST)

\$ \_\_\_\_\_

**Apps Workshop on 7/10/2019**

Discounted rate (received by 23/9/2019) \$264 (incl \$24 GST)

Standard rate (received after 23/9/2019) \$300 (incl \$27.27 GST)

\$ \_\_\_\_\_

**Activities Workshop on 28/10/2019**

Discounted rate (received by 14/10/2019) \$352 (incl \$32 GST)

Standard rate (received after 14/10/2019) \$400 (incl \$36.36 GST)

\$ \_\_\_\_\_

**Reminiscence Workshop on 18/11/2019**

Discounted rate (received by 4/11/2019) \$352 (incl \$32 GST)

Standard rate (received after 4/11/2019) \$400 (incl \$36.36 GST)

\$ \_\_\_\_\_

Special offers (refer to page 2): I would like to take advantage of:

**Special offer 1**

**Special offer 2**

Select payment option:

Payment options include credit card, cheque payment and invoicing (health services only) available.

**INVOICE** my health service. Email this completed registration form to

[alissaw@unimelb.edu.au](mailto:alissaw@unimelb.edu.au) with the following details: **who to make the invoice out to, phone, email, address & ABN.**

**CREDIT CARD.** Please scan and email this completed registration form to

[alissaw@unimelb.edu.au](mailto:alissaw@unimelb.edu.au). You will be sent a link for online payment.

**CHEQUE/MONEY ORDER.** Please make cheques or money orders payable to **The University of Melbourne** and post to: Alissa Westphal, Academic Unit for Psychiatry of Old Age, Royal Melbourne Hospital, Royal Park Campus, Ground Floor, Building 5, 34-54 Poplar Rd, Parkville, VIC, 3052

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



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