

DEMENTIA WORKSHOPS 2018

For personal carers, nurses, diversional therapists, lifestyle workers and allied health working in acute, sub-acute, community & residential aged care settings.

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 focus on tailoring engagement to better meet the person's needs, interests and abilities and potentially reduce some BPSDs.

BACK BY POPULAR DEMAND

**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.

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 30th April 2018, Monday 30th July & Friday 12th October 2018, 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.

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: Friday 9th November 2018 10AM - 3:30PM

NEW WORKSHOP

**Using apps to
enable
engagement
for people
living with
dementia**

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

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 12th November & Monday 10th December 2018, 9AM - 5PM

NEW WORKSHOP

**Reminiscing
with people
living with
dementia**

Workshop Dates, Locations and Fees

All workshops will be held on site 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. Off street parking available.

Workshop are deliberately kept small so places are strictly limited.

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 30th July 2018 9AM - 5PM	\$352	\$400 When booked after 16/7/2018
Friday 12th October 2018 9AM - 5PM	\$352	\$400 When booked after 28/9/2018

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*
Friday 9th November 2018 10AM - 3:30PM	\$264	\$300 When booked after 26/10/2018

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 12th November 2018 9AM - 5PM	\$352	\$400 When booked after 29/10/2018
Monday 10th December 2018 9AM - 5PM	\$352	\$400 When booked after 26/11/2018

*Registration fee is GST inclusive

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



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

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.

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.

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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**Dementia Workshops 2018
REGISTRATION FORM**

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

Given Name: _____

Surname: _____

Position: _____

Company/Organisation: _____

Street address: _____

Suburb: _____ State: _____ Postcode: _____

Telephone/mobile: _____

Email: _____

Access issues or special dietary needs?: _____

Registration Fees:

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

Select the desired workshop:

Activities Workshop on 30/7/2018
Discounted rate (received by 16/7/2018) \$352 (incl \$32 GST) \$ _____
Standard rate (received after 16/7/2018) \$400 (incl \$36.36 GST) \$ _____

Activities Workshop on 12/10/2018
Discounted rate (received by 28/9/2018) \$352 (incl \$32 GST) \$ _____
Standard rate (received after 28/9/2018) \$400 (incl \$36.36 GST) \$ _____

App Workshop on 9/11/2018
Discounted rate (received by 26/10/2018) \$264 (incl \$24 GST) \$ _____
Standard rate (received after 26/10/2018) \$300 (incl \$27.27 GST) \$ _____

Reminiscence Workshop on 12/11/2018
Discounted rate (received by 29/10/2018) \$352 (incl \$32 GST) \$ _____
Standard rate (received after 29/10/2018) \$400 (incl \$36.36 GST) \$ _____

Reminiscence Workshop on 10/12/2018
Discounted rate (received by 26/11/2018) \$352 (incl \$24 GST) \$ _____
Standard rate (received after 26/11/2018) \$400 (incl \$27.27 GST) \$ _____

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

Invoice for payment by my health service. Scan and email this completed registration form to alissaw@unimelb.edu.au with details of who to make the invoice out to: **name, phone, email, address & ABN.**

Credit card. Please scan and email this completed registration form to alissaw@unimelb.edu.au

Cheque or 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 conditions and cancellation policy detailed on this registration form.

Signature: _____ Date: _____



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