



**Alzheimer's  
Australia SA**  
Living with dementia

# Training and Education Workshop and Short Course Series 2010

## **Understanding the person with dementia (3 hours)**

This introductory workshop will give answers to the question "What is dementia," and explore the impact on a person and the imperative for maintaining wellbeing and quality of life. Participants will explore what dementia is and what it is not; examine the brain, its functions and how dementia impacts upon a person and consider the experience of dementia from the perspective of a person with dementia.

**Wednesday 24th February 2010 9.30am — 12.30pm**

## **Introduction to a person-centred approach to dementia care (3 hours)**

A person-centred approach to care is recognised internationally as being significant in enabling wellbeing of persons who have dementia. Participants will be introduced to the concepts of a person-centred approach to care of persons with dementia, They will examine ill being and wellbeing indicators and their impact on a person with dementia and develop strategies that support positive person work.

**Wednesday 10th March 2010 1.30pm — 4.30pm**

## **Effective Communication in dementia care (3 hours)**

This workshop examines the ways to maintain effective communication and a meaningful relationship with the person who has dementia. Participants will identify their own personal and professional communication styles and gain an understanding and recognising their client may be communicating an unmet need. Role plays and scenarios will give participants the opportunity to use empathy and a person-centred approach to ensure the needs of a person with communication changes are met.

**Wednesday 24th March 9.30am — 12.30pm**



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## **Meaningful activities (3 hours)**

This workshop examines the importance of activities and introduces a framework for implementing activities that are meaningful for people with dementia. Participants will define what an activity is and their role in the lives of people with dementia in order to plan, design and offer appropriate activities that will assist persons with dementia to maintain their abilities, functioning and wellbeing.

**Wednesday 31st March 2010 9.30am — 12.30pm**

**Repeat workshop 1.30pm — 4.30pm**

## **Younger onset dementia (3 hours)**

This workshop examines the types of Younger Onset Dementias, the impact on the person, carers and family, from diagnosis through progression. It explores the social, psychological and behavioural aspects to develop effective strategies for positive outcomes for the person with dementia their carer/s and family.

**Wednesday 14th April 2010 1.30pm — 4.30pm**

## **Intimacy and sexuality in dementia (3 hours)**

Intimacy and sexuality are part of life. Why not the person with dementia? This workshop will explore the myths surrounding sexuality and the person with dementia, and discuss meaningful expressions of intimacy and relationship building that supports the person with dementia. Participants will define and reframe thinking on intimacy and sexuality in a person with dementia and develop effective strategies to sexual responses.

**Wednesday 5th May 2010 1.30pm — 4.30pm**

## **Dementia and depression (3 hours)**

This workshop presents the causes, risk factors and symptoms of depression associated with dementia. It will identify key principles in creation of an environment that reduces the risk of depression in the person with dementia.

**Wednesday 2nd June 2010 1.30pm — 4.30pm**

**Venue: Alzheimer's Australia SA Inc  
27 Conyngham Street  
Glenside 5065**

**Cost: No charge to participants  
Registration on accompanying form is essential**



# REGISTRATION FORM



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**PARTICIPANT DETAILS:** (PLEASE PRINT IN BLOCK LETTERS)  
One form per person, please photocopy for multiple use.

Name:.....Position:.....

Workplace:.....

Daytime phone no.:..... Mobile:.....Fax:.....

Email:.....

Address:.....

.....Post Code:.....

Special requirements—health / physical:.....

### Wednesday 24th February 2010

9.30am – 12.30pm Understanding the person with dementia

### Wednesday 10th March 2010

1.30pm - 4.30pm Introduction to a person-centred approach to dementia care

### Wednesday 24th March 2010

9.30am – 12.30pm Effective communication in dementia care

### Wednesday 31st March 2010

9.30pm – 12.30pm Meaningful activities  
 1.30pm – 4.30pm (choose one Session)

### Wednesday 14th April 2010

1.30pm—4.30pm Younger Onset Dementia

### Wednesday 5th May 2010

1.30pm – 4.30pm Intimacy and Sexuality in Dementia

### Wednesday 2nd June 2010

1.30pm – 4.30pm Dementia and Depression

**Please return registration form to:**  
**27 Conyngham Street Glenside SA 5065**  
**Fax: 08 8338 3390**  
**Email: [dtsc@alzheimerssa.asn.au](mailto:dtsc@alzheimerssa.asn.au)**

The Privacy Policy ensures any personal information you provide will be managed in accordance with the