

AJDC Journal Club

DISCUSSION GUIDE 15 Vol 11 No 3 July/August/September 2022

Welcome

Welcome to the **AJDC Journal Club! The Australian Journal of Dementia Care (AJDC) Journal Club** is – like the Journal itself – aimed at all staff working with people with dementia in your service, facility or centre.

The purpose of the **AJDC Journal Club** is to offer an opportunity to step back from the day-to-day pressures of work, reflect on practice and to consider whether any of the ideas shared in the AJDC could be useful in your service.

We hope that you find the AJDC a valuable resource and will use these questions to stimulate discussion on the needs of people with dementia and care practice at weekly, fortnightly or monthly team meetings within your service or organisation.

Scan our QR Codes!

We have added Quick Response (QR) codes next to all our useful resources and additional readings. Scan the QR codes with your internet enabled device e.g. smartphone, to open the URL.

No scanner? Download a free App in your store e.g. QR Reader for iPhone



Some tips for your AJDC Journal Club

Decide who will organise and facilitate the discussion and distribute copies of the articles to be discussed.

Discuss 1 article / set of questions per meeting (say, every fortnight).

We have suggested 4-5 questions per article. If this seems too many (given time constraints), or some are not applicable to your service, pick 2 or 3 and focus on these.

Ideally all participants will have read each article before the group discussion. In practice, this may be unrealistic or impossible – so the questions have been written in such a way that people should still be able to contribute, even if they haven't read all the articles completely.

If possible, ask one of the participants to write brief notes during the discussion. These can be distributed to colleagues who attended as well as those unable to make it.

This **AJDC Journal Club** initiative is supported by Dementia Training Australia.

dta.com.au

Download the **Journal Club Discussion Guides** at dta.com.au/journalclub

ARTICLE 1

Taking action to support veterans with dementia

by Claudia Meyer, Xanthe Golenko and Judy Lowthian

Australian Journal of Dementia Care
Jul/Aug/Sep 2022, Vol 11, No 3, pp 14-16



Pages 14-16

QUESTIONS

1. What is your experience of supporting veterans with post-traumatic stress disorder (PTSD) and dementia? What have you observed in relation to their presentation of dementia?
2. The authors talk about 'sensory modulation': not under- or over-stimulating a person with dementia. How might a person with dementia respond if they are overstimulated?
3. What might be some potential triggers for responsive behaviours among veterans with dementia?
4. In this project, reminiscence and sensory modulation were offered daily. How do you think this was possible?

Useful resources and additional reading

PTSD and Dementia Care

This help sheet from Dementia Support Australia introduces PTSD and explains its implications for those living with both PTSD and dementia.

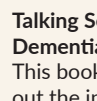
<https://bit.ly/DAPTSD>



Trauma and Dementia

Phoenix Australia's help sheet offers tips to care staff to help manage distress in those living with dementia who have past experiences of trauma.

<https://bit.ly/PATADhelpsheet>



Talking Sense: Living with Sensory Changes and Dementia

This book looks at each of the senses in detail, spells out the impact of ageing and of dementia, and shares tips for self-management and strategies for carers.

<https://bit.ly/HCTalkingSense>



Veterans' Mates resources

One of a set of resources aimed at veterans, this help sheet introduces dementia, in particular its effect on behaviour and non-medication-based strategies to consider.

<https://bit.ly/VMHOD>

ARTICLE 2

Green Scripts: prescribing nature as therapy

by Caroline Gibson and Mark Yates

Australian Journal of Dementia Care
Jul/Aug/Sep 2022, Vol 11, No 3, pp 17-18



Pages 17-18

QUESTIONS

1. What can you do to support people with dementia to have more access to nature, even in very small ways?
2. What difficulties do you face in supporting a person with dementia to get more access to nature and green spaces? Any solutions?
3. What can be done to help GPs know more about community-based activities and services available for people living with dementia?
4. Can you share an example of when supporting a person with dementia to access the outdoors and fresh air has been transformative for them?

Useful resources and additional reading

Community Gardening and Dementia

This Australian guide co-produced with people with dementia shares tips and a film on how to involve people with dementia in gardening projects.

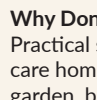
<https://bit.ly/THACGD>



Is It Nice Outside?

This report presents findings from a major UK study which involved asking people with dementia and carers for their views on accessing nature.

<https://bit.ly/Natureresearch>



Why Don't We Go Into the Garden?

Practical suggestions for how to better support care home residents to get more time out in the garden, based on research on this topic.

<https://bit.ly/GardensInCH>



Dementia Green Care Handbook

A guide for promoting use of outdoor spaces by care home residents with dementia; includes activities, training exercises and guidance for creating risk-free gardens.

<https://bit.ly/GreenCareHandbook>

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ARTICLE 3

A family's perspective on care

by Ben Johnston

Australian Journal of Dementia Care
Jul/Aug/Sep 2022, Vol 11, No 3, pp 19-20



Pages 19-20

QUESTIONS

1. 'Care was the saviour for our family,' says this author. Can you share a positive story of your own, when a relative was appreciative of the support you offered?
2. Incontinence, lack of social awareness and getting lost: these were some of the big care challenges in this situation. Which issues do you see that come up regularly for family carers?
3. How can care staff help families to accept that they need support too – not just the person living with dementia?
4. What ideas do you have for a situation like the one described in this article, where a person with dementia refuses to go into a respite care facility (day or residential)?

Useful resources and additional reading

Living Grief and Bereavement

This booklet shares carers' stories about feelings of loss and grief – while the person with dementia is still alive. One version is aimed at carers, the other at professionals.
<https://bit.ly/TIDELG>



Forward With Dementia

Find resources here for different audiences (people living with dementia, carers and professionals) to support living well with dementia following diagnosis.
<https://bit.ly/FWDementia>



Dementia Carers Australia

This website, developed by family carers of people living with dementia in Australia, offers a place for carers to share ideas, challenges and strategies with other carers.
<https://bit.ly/DCarersAust>



ReThink Respite

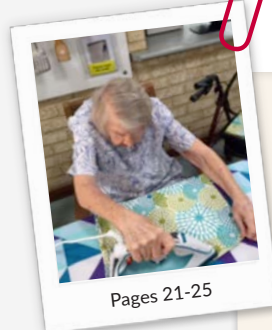
Find resources here on respite care for people with dementia, including a decision guide and checklists of things to consider when choosing respite care.
<https://bit.ly/RRespite>

ARTICLE 4

Montessori-inspired care: changing lives for the better

by Jade Cartwright, Elizabeth Oliver, Anne Kelly and Anne Whitworth

Australian Journal of Dementia Care
Jul/Aug/Sep 2022, Vol 11, No 3, pp 21-25



Pages 21-25

QUESTIONS

1. What do you think about the Montessori approach for supporting people living with dementia?
2. The authors talk about encouraging care staff to involve residents in everything they do, including everyday jobs. Can you share an example of doing this too?
3. How could a 'prepared environment' promote positive interactions with a person with dementia? What would be needed to implement this?
4. What practical ideas did you take away from reading the article, specifically in terms of creative ways of addressing responsive behaviours in people with dementia?

Useful resources and additional reading

Relate, Motivate, Appreciate

One of several resources from Dementia Australia on the Montessori approach, this book sets out instructions for delivering 28 activities for people with dementia.
<https://bit.ly/DARMAguide>



Montessori for Ageing and Dementia Charter

The Association Montessori Internationale sets out here what good Montessori care looks like for people living with dementia.
<https://bit.ly/MASSACharter>



Origins of Montessori Programming for Dementia

Read this article by Dr Cameron Camp to learn more about how the Montessori method was first applied in dementia care and the resulting research.
<https://bit.ly/Camparticle>



Montessori Mealtimes

Watch this one-hour seminar by two of the article authors, speaking about improving mealtimes for people with dementia, using the Montessori approach.
<https://bit.ly/DTAMealtimes>

Australian Journal of DementiaCare

The Australian Journal of Dementia Care (AJDC)

The Australian Journal of Dementia Care is a subscription-only multidisciplinary journal for all professional staff working with people with dementia, in aged care homes, hospitals, day units and the community. The journal is committed to improving the quality of care provided for people with dementia, by keeping readers abreast of news and views, research, developments, practice and training issues. The Australian Journal of Dementia Care is grounded firmly in practice and provides a lively forum for ideas and opinions. We also welcome submissions of articles and letters to the editor from people involved in the dementia care sector.

journalofdementiacare.com



Dementia
Training
Australia
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Dementia Training Australia (DTA)

Dementia Training Australia (DTA) is a consortium funded by the Australian Government to provide nationwide education and training on the care of people living with dementia. Established in October 2016, its mission is to improve the care and wellbeing of both the people living with dementia and the staff delivering their care. DTA combines the expertise of four universities (the University of Wollongong, La Trobe University, QUT, the University of Western Australia) and Dementia Australia to deliver a coordinated national approach to dementia training for individuals and organisations. Central coordination is provided by consortium lead, the University of Wollongong.

dta.com.au



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