

AJDC  
**Journal Club**

DISCUSSION GUIDE 4 Vol 7 No 6 December 2018/January 2019

## Welcome

Welcome to the fourth issue of 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 or fortnightly 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

Work out ahead of time who will take a lead in organising and facilitating the discussion and distributing 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](http://dta.com.au)

## ARTICLE 1

# Virtual dementia-friendly rural communities

by Irene Blackberry and colleagues

Australian Journal of Dementia Care,  
Dec/Jan 2019, Vol 7, No 6, pp 11-13



Pages 11-13

### QUESTIONS

1. What sorts of changes are you seeing in the use of computers and the internet by older people?
2. In their consultation with the community, the researchers identified key issues facing family carers of people with dementia. What sorts of issues do family carers face in your area?
3. For those carers who are very reluctant to use technology, how could you or your organisation support them to become involved in a project like this?
4. What sorts of positive, practical outcomes do you think may come from a project like this?
5. How do family carers find out about your service? Can you think of one or two new ways or places where you could distribute information about your service?

### Useful resources and additional reading

#### First Steps To A Dementia-Friendly Australia

This Alzheimer's Australia\* 2014 publication shares 16 stories about work done in specific communities to become more dementia-friendly, including some in rural and regional settings.



[bit.ly/firststeps-JC](http://bit.ly/firststeps-JC)



#### Living With Dementia In Regional NSW

This 2013 discussion paper from Alzheimer's Australia (NSW)\* examines key issues for regional and remote communities including social and cultural issues, diagnosis and ongoing management, access to services, and the challenge of distance and remoteness.

[bit.ly/regional-JC](http://bit.ly/regional-JC)

#### Creating Dementia-Friendly Communities: Community Toolkit

This toolkit from Alzheimer's Australia\* (2014) is aimed at any community which is interested in becoming more dementia-friendly and sets out practical steps to achieve this.



[bit.ly/DFCtoolkit-JC](http://bit.ly/DFCtoolkit-JC)



#### Dementia-Friendly Rural Communities Guide

This 2018 UK Alzheimer's Society resource explores issues arising in developing dementia-friendly rural communities and parts of this are helpful and relevant to Australian communities.

[bit.ly/rural-JC](http://bit.ly/rural-JC)

\*Now Dementia Australia

## ARTICLE 2

# Supported decision-making: human rights and emerging practice

by Craig Sinclair

Australian Journal of Dementia Care,  
Dec/Jan 2019, Vol 7, No 6, pp 13-15



Pages 13-15

### QUESTIONS

1. What do you think about dementia being referred to as a 'cognitive disability'? How does it change the way dementia might be seen?
2. What sorts of things can service providers do to help people with dementia keep in touch with their friends and family? How might this help with supported decision-making?
3. The author lists practical strategies to support people with dementia in decision-making. Which of these might be useful to you and the people living with dementia you care for? Are there other ways you can use to support a person with dementia who may be making a critical decision?
4. What support is available in your area or organisation to learn more about supported decision-making strategies and policies?

### Useful resources and additional reading

#### Supported Decision-Making

This Cognitive Decline Partnership Centre (CDPC) research has resulted in a number of new resources on supported decision-making: videos, webinars, a consumer guide and policy guidelines for aged care providers. [bit.ly/CDPC-JC](http://bit.ly/CDPC-JC)



#### Older Person's Advocacy Network

Start here to find out about your state-based advocacy organisation (as each state's legislation on this topic will differ slightly) and access their resources on capacity. [bit.ly/OPAN-JC](http://bit.ly/OPAN-JC)

**Start2Talk** Dementia Australia's website includes this hub on planning ahead, with separate information aimed at people with dementia, family carers and professionals. The site includes state-specific information and a workbook designed to help guide conversations about decision-making. [bit.ly/talk-JC](http://bit.ly/talk-JC)



#### Capacity Australia

This not-for-profit national organisation works to promote autonomy in decision-making or, if needed, support to make decisions. Look here for its wide range of resources on capacity. [bit.ly/capacity-JC](http://bit.ly/capacity-JC)

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## ARTICLE 3

# The reliability and meaning of a dementia diagnosis

by Kate Swaffer

Australian Journal of Dementia Care, Dec/Jan 2019, Vol 7, No 6, pp 21-24

### QUESTIONS

1. What do you think of the comparison between cancer in the 1970s and dementia now, with respect to stigma and ignorance in society? Is there anything we can learn from the de-stigmatisation of cancer to help people living with dementia?
2. What do you think about providing rehabilitation to people with dementia? What sorts of services are available currently that could be described as rehabilitation?
3. Kate Swaffer talks about 'dementia doubters' – where others doubt a diagnosis of dementia in an individual – and how painful this is for the person with dementia. Have you come across examples of this? What do you think the effect might be on the person with dementia?
4. Do you know anyone living with dementia who has become an advocate and argues for better services for people living with dementia? If you do, do you think their experience has helped them?
5. How can you or your organisation offer support to people with dementia to share their story and become dementia advocates, if this is something they are interested in doing?



Pages 21-24

### Useful resources and additional reading

#### Dementia Diaries: Diagnosis And Dementia

This UK website brings together a huge number of audio diary recordings from people with dementia; one of the big themes that people want to discuss is their experience of diagnosis. [bit.ly/diaries-JC](http://bit.ly/diaries-JC)



#### DAI Webinar: 'But You Don't Look Like You Have Dementia'

This 2-hour webinar begins with a short presentation from Professor Rhonda Nay and explores the painful phenomenon of a dementia diagnosis being queried or disbelieved. [bit.ly/DAI-JC](http://bit.ly/DAI-JC)

#### Allied Health Professionals And You: A Guide For People Living With Dementia And Their Carers

NSW Agency for Clinical Innovation and Alzheimer's Australia 2016 guide explaining the role that allied health professionals can play in supporting people with dementia after diagnosis. [bit.ly/allies-JC](http://bit.ly/allies-JC)



#### Supporting Independence And Function In People Living With Dementia: A Handbook Of Reablement Programs For Service Providers

This 2018 HammondCare handbook presents the outline for eight reablement programs around key areas of everyday living activities, mobility and physical function, and cognition and communication. See also HammondCare's technical guide and consumer guide on reablement. [bit.ly/support-JC](http://bit.ly/support-JC)

## ARTICLE 4

# Integrating ASCOT in care planning

by Ann-Marie Towers, Karn Nelson, Nick Smith and Kamilla Razik

Australian Journal of Dementia Care, Dec/Jan 2019, Vol 7, No 6, pp 31-35

### QUESTIONS

1. The ASCOT tool refers to 'lower-order needs' (accommodation, food, safety, personal care) and 'higher-order needs' (social interaction, occupation, control over daily life, dignity), and says the 'lower-order needs' are usually much easier for care providers to support. What's your view of how these needs are categorised? How does it fit with your experience?
2. What ideas does this article give you for making sure that people with dementia and their family members are properly involved in care planning?
3. How do you think people with dementia can be supported – by the whole care team, and family and friends – to have more of a sense of control over their daily life?
4. What ideas do you have for making sure that issues raised in care planning meetings are followed up on reliably?



Pages 31-35

### Useful resources and additional reading

#### Dementia Outcomes Measurement Suite (or DOMS)

This Australian resource is the gateway to an extensive range of validated tools for the assessment of six aspects of dementia – including quality of life – by health care professionals. Each tool is compared and rated, and includes links to accessing the tool (and seeking permission if necessary). [bit.ly/DOMS-JC](http://bit.ly/DOMS-JC)



#### Using One-Page Profiles To Create Care Plans

This 2015 AJDC article shares the learning from using 'One-Page Profiles' to guide conversations about care planning with people with dementia. [bit.ly/onepage-JC](http://bit.ly/onepage-JC)

#### Dementia Care 3: Evaluating The Effects Of Wellbeing Reviews On Residents And Staff

This *Nursing Times* article reports on the implementation of 'wellbeing reviews' within a care facility, in which staff reflected in detail on a particular resident each week with a view to enhancing the wellbeing of that resident. [bit.ly/care3-JC](http://bit.ly/care3-JC)



#### Staff-Resident Communication: Strategies For Enhancement

This resource booklet from the National Ageing Research Institute includes practical suggestions for improving communication between staff and residents in care settings. [bit.ly/communicate-JC](http://bit.ly/communicate-JC)

