

# AJDC Journal Club

DISCUSSION GUIDE 11

Vol 10 No 3 Jul/Aug/Sep 2021

## 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](https://dta.com.au/journalclub)

## ARTICLE 1

### AJDC asks: Timely diagnosis of dementia – is it happening in Australia?

by Dimity Pond, Sharon Naismith, Jane Thompson,  
Graeme Samuel, Meredith Gresham and Alzheimer's  
Disease International

Australian Journal of Dementia Care,  
Jul/Aug/Sep 2021, Vol 10, No 3, pp 9-11

#### QUESTIONS

1. If a person has dementia but it is never diagnosed, what do you think are the implications of this for them and their family, in terms of the support and care they receive over time?
2. GPs have a vital role to play in enabling and communicating a timely diagnosis of dementia. What is your experience of working with GPs in relation to diagnosis of dementia?
3. One of the panellists says diagnosis is important, but that what happens next is even more critical. What would ideal post-diagnostic care look like?
4. The panellists all agree about the importance of timely diagnosis of dementia. Why might some health and care professionals not actively support this?



Pages 9-11

#### Useful resources and additional reading

##### Worried About Your Memory

Dementia Australia has recently updated its *Worried About Your Memory* booklet and 'Memory Concerns Checklist'. The checklist is available as a separate document and in over 35 languages for those with early concerns about their memory. <https://bit.ly/WAYMbooklet>



##### Diagnosis, Treatment and Care For People With Dementia

This *Consumer Companion Guide to the Australian Clinical Practice Guidelines and Principles of Care for People with Dementia* explains what to expect when seeing a GP and/or a specialist about a diagnosis, and suggests questions to ask. <https://bit.ly/CDPCGuide>



##### Diagnosis of Dementia in Residential Aged Care Settings in Australia

For those wanting to explore this issue in more detail, read this 2018 Australian study: it found that more than 20% of residential aged care residents in the study had likely cognitive impairment but no diagnosis of dementia recorded. <https://bit.ly/Diagnosisresearch>



##### People with Dementia: A Care Guide for General Practice

This 2019 Cognitive Decline Partnership Centre resource is aimed at GPs and includes detailed advice to GPs about communicating a diagnosis of dementia to a patient and their family carer/s. <https://bit.ly/GP-care-guide>

## ARTICLE 2

### Multicultural providers bridge the gap

by Bianca Brijnath, Josefine Antoniadis and  
Andrew Gilbert

Australian Journal of Dementia Care,  
Jul/Aug/Sep 2021, Vol 10, No 3, pp 15-16

#### QUESTIONS

1. How do you facilitate access to health and aged care services for people with dementia from culturally and linguistically diverse (CALD) communities? List some common barriers you've observed.
2. The authors refer to 'boundary crossers': practitioners who bridge the gap between health and aged care systems and the communities they service. Who in your network are boundary crossers?
3. Give an example of where a cultural expectation may not be helpful for a person with dementia or their family members. How could you discuss this with the family?
4. Suggest ways in which ethno-specific aged care organisations could work with other aged care providers to share knowledge about supporting people with dementia from CALD communities.



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#### Useful resources and additional reading

##### Moving Pictures

Find out more about this project which so far has resulted in 15 films being made about dementia with, and aimed at, Hindi-, Tamil-, Mandarin-, Cantonese- and Arabic-speaking communities (with English subtitles). <https://bit.ly/Movingfilms>



##### It's Not A Disgrace

This set of 12 short films is available on Dementia Australia's YouTube channel. Each film is aimed at a particular diverse community within Australia, and seeks to raise awareness, reduce stigma and dispel myths about dementia. <https://bit.ly/DementiaFilms>



##### Speak My Language

This website offers a huge amount of community radio (audio) content from around Australia about healthy ageing (including on dementia) and about the health and aged care system, in a wide range of languages. <https://bit.ly/SMLwebsite>



##### Information In Other Languages

Dementia Australia has a growing range of its resources now available in other languages. Look here for the full current list. <https://bit.ly/DALanguages>

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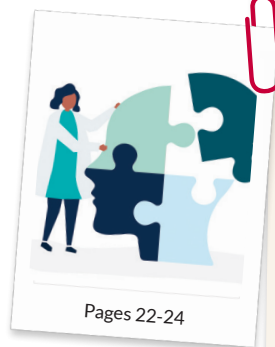


## ARTICLE 3

### How allied health can help

by Clair Langford, Lilliana Barone, Donna Horan and Penny Steele

Australian Journal of Dementia Care,  
Jul/Aug/Sep 2021, Vol 10, No 3, pp 22-24



Pages 22-24

#### QUESTIONS

1. In your day-to-day work with people with dementia, which type of allied health professional do you have most contact with? Which do you have least or no contact with?
2. What sort of practical support might a person with dementia need to be able to make best use of an allied health professional's input?
3. For those health and care staff who are supporting a person with dementia but are unable to access much input from allied health professionals, how could they compensate for this? Are there some strategies that could be tried as alternatives?
4. Can you share a memorable example from your experience of a time when one simple practical adjustment to support a person with dementia made an enormous difference to them in their daily living?

#### Useful resources and additional reading

##### Better Health for People Living With Dementia

This 2016 guide from the NSW Agency for Clinical Innovation and Alzheimer's Australia (now Dementia Australia) is aimed at health professionals and explains the role of allied health professionals in the care of a person living with dementia and their carers. <https://bit.ly/AHPguide>



##### Guiding Occupational Therapy Practice for People Living With Dementia in the Community

This Dementia Training Australia resource sets out practical occupational therapy strategies for supporting people living with dementia with everyday activities, such as shopping, eating and getting dressed. It includes detailed information on assessment tools. <https://bit.ly/OccTh>

##### Information and Resources by Our Allied Health Professionals

Five short films from allied health professionals aimed at people living with dementia and their carers, sharing practical ideas on the following topics: eating well, foot care, physical and general activities at home, and the environment. <https://bit.ly/AHPfilms>



##### Supporting People Living With Dementia Through Reablement

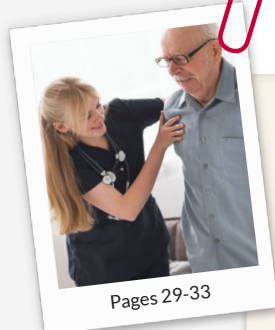
Explore HammondCare's range of resources on reablement for people living with dementia. Some resources are aimed at allied health professionals and others are for consumers. <https://bit.ly/Reable>

## ARTICLE 4

### What works to improve residential dementia care?

by Katrina Anderson and Annaliese Blair

Australian Journal of Dementia Care,  
Jul/Aug/Sep 2021, Vol 10, No 3, pp 29-33



Pages 29-33

#### QUESTIONS

1. What do you think are the three most effective ways to improve residential aged care for people living with dementia in Australia?
2. What sort of training do you find most useful, and most needed, in your day-to-day work with people living with dementia?
3. The authors talk about "having all staff skilled to support meaningful and spontaneous occupation and activity" as an alternative to having dedicated activity staff. What would, or does, this look like in practice?
4. The authors recommend that monitoring, encouragement and physical assistance be offered to residents with dementia at mealtimes. What else do you think helps the mealtime experience for a person living with dementia in residential aged care?

#### Useful resources and additional reading

##### Dementia and Psychotropic Medicines

NPS MedicineWise has developed a range of resources in relation to medication management for people living with dementia including webinars, educational programs, podcasts, articles and links to a range of relevant resources and tools. <https://bit.ly/NPSresources>



##### Minimising the Use of Restrictive Practices

The Aged Care Quality and Safety Commission has a range of resources for aged care providers related to minimising the use of restraints, including decision-making tools, example scenarios, a video presentation and an infographic. <https://bit.ly/ACQSCrestraint>

##### Nutritional Considerations When Supporting Someone With Dementia

This guide presents an enormous number of practical suggestions from dietitians, set out in two parts: one on common difficulties (and what to try), and one answering questions frequently asked by carers, in relation to eating for people with dementia. <https://bit.ly/mealtimeadvice>



##### Empathy Matters and Communication Matters

Two short online courses from Dementia Training Australia, both part of the Dementia Discovery series, introducing learners to key ideas in dementia care, through a range of learning tasks and films – including modules on empathy and communication. <https://bit.ly/DTADiscovery>

### **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](http://journalofdementiacare.com)**



#### **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](http://dta.com.au)**



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