

AJDC Journal Club

DISCUSSION GUIDE 9

Vol 10 No 1 Jan/Feb/Mar 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

ARTICLE 1

Dementia-inclusive theatre

by Althea Gordon and Tina Firth

Australian Journal of Dementia Care,
Jan/Feb/Mar 2021, Vol 10, No 1, pp 9-11



Pages 9-11

QUESTIONS

1. The authors emphasise the significance of the theatre performance being conducted *with* residents – rather than *for* residents. Can you share an example of when you have seen a person living with dementia perform in front of others, and what care staff may have learnt from the experience?
2. This project led to new relationships forming between residents and members of the local community. How does, or can, your dementia care service develop ongoing links with local people and community groups?
3. The authors describe strategies that facilitated the involvement of people living with dementia in the project. In your experience, what else can help people with dementia to participate in activities?
4. The production involved people from the community spending considerable time within the care home environment and working together with care home residents to put on the show. What other sorts of activities or events could encourage local community members to spend time within a care home?

Useful resources and additional reading

Arts On Prescription

HammondCare's guide to setting up an Arts On Prescription project is based on its two Sydney projects. It shares practical detail about how to deliver positive arts engagement opportunities and includes case examples.

<https://bit.ly/arts-on-prescription>



Creative Homes

This guide explores how the arts can contribute to quality of life in residential care homes, especially when a participatory approach is put into practice. The resource includes extensive case studies, practical tips sheets (one for care home managers, the other for arts practitioners) as well as links to other resources.

<https://bit.ly/creative-care-homes>

The Arts As A Medium For Care And Self-Care In Dementia

This article by Justine Schneider presents evidence from systematic reviews on the arts in dementia in general, and looks in detail at the evidence for music, visual art and dance in dementia care.

<https://bit.ly/arts-as-a-medium>



Increasing Dementia Knowledge In Children

Watch this film to learn about an intergenerational project in South Australia called Forget Me Not which brought together an aged care home, a primary school, the local council and the University of South Australia to deliver a dementia education program in a school.

<https://bit.ly/film-forget-me-not>

ARTICLE 2

New beginnings: design to support engagement

by Samantha Neylon and Ruth Payne

Australian Journal of Dementia Care,
Jan/Feb/Mar 2021, Vol 10, No 1, pp 12-15



Pages 12-15

QUESTIONS

1. The design changes described in the article aimed to give residents easy access to the outdoors. What practical things can care providers do to help people with dementia access the outdoors?
2. Cluny House staff have noticed positive changes among residents since the move to the new care environment. Can you share an example of when you observed a person with dementia respond well to a change in their environment?
3. What sorts of things can care providers do to involve people with dementia in consultations or evaluations of projects (and not just design projects)?
4. What could your service do to share the learning from its work more widely with other dementia care practitioners? What might be some benefits from this?

Useful resources and additional reading

Environments: Meaningful Engagement Outdoors

This 45-minute presentation from Dementia Training Australia's Environments Team looks at strategies to create more supportive outdoor areas for people living with dementia.

<https://bit.ly/DTA-environments>



Purposeful Activities For People With Dementia

This Dementia Australia resource includes six films showcasing the Montessori approach to care and how it can enrich the lives of people living with dementia. It comes with a workbook with key points for reflection.

<https://bit.ly/DA-purposeful-activities>



Dementia Enabling Environments Project

The Dementia Enabling Environments Virtual Information Centre looks at a range of settings in detail (homes, apartments, care homes, public buildings and gardens), and presents practical tips, guides and resources to help make places more enabling for people living with dementia.

<https://bit.ly/DEEP-project>



Collecting The Views Of People With Dementia

This guide from the Dementia Engagement and Empowerment Project looks at a range of ways organisations might engage with people with dementia and presents lots of practical suggestions for running a discussion with a group of people with dementia.

<https://bit.ly/DEEP-guide-views>

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



ARTICLE 3

A rights-based approach to dementia-inclusive public spaces

by Carmela Leone, Rachel Winterton and Irene Blackberry

Australian Journal of Dementia Care, Jan/Feb/Mar 2021, Vol 10, No 1, pp 24-26



Pages 24-26

QUESTIONS

1. The authors say that people living with dementia and family carers often experience social exclusion due to the social stigma of dementia. Can you share an example of when you have seen this in practice?
2. Public spaces have not been adapted or designed to enable people living with dementia and carers to remain active and engaged, according to the authors. Can you think of places and spaces in your neighbourhood that are clearly not dementia-friendly?
3. The article says that there is no single model for what a dementia-friendly community looks like. What types of dementia-friendly communities activity have you heard of or been involved with?
4. The authors list some challenges for people living with dementia in rural areas: distance, isolation, access to services, resources, and fear of stigmatisation. Can you suggest any others? What are some positive aspects of rural living for people with dementia?

Useful resources and additional reading

Dementia Friendly Community – Environmental Assessment Tool This resource from Dementia Training Australia explains how to conduct an environmental assessment of a dementia-friendly community. The tool can be used in collaboration with a group of people with dementia to review a facility (for example a shopping centre) and establish how 'dementia-friendly' it is. <https://bit.ly/DTA-EAT>



Verily Connect

Visit the website of the Virtual Dementia Friendly Rural Communities (Verily) Project (mentioned in the article) to find out more about this project's findings, outputs (eg, a Toolkit to develop a Virtual Dementia Friendly Community, and the Final Report), plus films about the project. <https://verilyconnect.org.au/>

Dementia Friendly Communities: Global Developments This Alzheimer's Disease International 2016 report presents short summaries of key dementia-friendly initiatives around the world. <https://bit.ly/DFC-global>



Ensuring A Human Rights-Based Approach For People Living With Dementia

This four-page information leaflet from the World Health Organization explains what is meant by a human-rights based approach to supporting people living with dementia and shares case studies of this approach in action. <https://bit.ly/WHO-human-rights>

ARTICLE 4

Rethinking rural dementia care

by Marita Chisholm, Kaye Knight, Catherine Ramsdale, Jo Martin and Wendy James

Australian Journal of Dementia Care, Jan/Feb/Mar 2021, Vol 10, No 1, pp 30-31



Pages 30-31

QUESTIONS

1. During the pandemic, this health service set up a new role within its residential aged care homes, called a 'Keeping in Touch Coordinator', to help families stay connected with residents. What might be the benefits of having this role? What might be some challenges?
2. The authors discuss the importance of the health service having trusting relationships with community-based consumers. How can a dementia care provider build trust with its local community?
3. The health service distributed 'person-centred COVID packs' to people living with dementia in the community, with the contents based on each person's unique interests. What steps would be required to create this individualised resource? What would you want included in a COVID pack created just for you?
4. The authors say that the COVID-19 lockdown meant finding new ways of doing things – and that this was a positive opportunity. What new ideas have been tried within your service during the pandemic? How can dementia care providers support innovation?

Useful resources and additional reading

Dementia Australia Tips Sheets On COVID-19 Four tips sheets, each aimed at a different audience (people with dementia, family carers, residential aged care providers, and home care providers), offering information and tips related to supporting people living with dementia during the pandemic. <https://bit.ly/36RrAt4>



Learning And Sharing Following The COVID-19 Lockdown This online information from the UK's Social Care Institute for Excellence (SCIE) is aimed at supporting care homes emerging from COVID-19 lockdown, with examples and links to related resources. <https://bit.ly/311R5vq>



Living With Dementia In Regional NSW

This resource looks at some of the issues in rural and remote communities: social and cultural issues, working with Indigenous communities, diagnosis and ongoing management of dementia, access to care services, building capacity, and the challenge of distance and remoteness. <https://bit.ly/dementia-regional-NSW>



Partnerships In Nursing Homes

Read this study to find out what helps or hinders families collaborating with care home staff; communication, trust and dependency, and involvement are key themes to support family involvement. <https://bit.ly/36TZKwj>

Notes

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 (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



Send us your questions / feedback and
download the Journal Club Discussion Guides at
dta.com.au/journalclub