

**Notes from...** the Nurse Educator **Linda Graham** - Contact: (03) 6224 3077 or Mobile: 0407 822 787



Firstly, a few words about the training sessions advertised in our first newsletter—the numbers enrolled in the sessions for the North West were insufficient for us to proceed with these—we will be repeating them later in the year. One of the reasons that may have caused the low numbers was the fact that many people did not see the first newsletter. We sent out reminder notices which has enabled us to go ahead with the other advertised sessions.

**Because of the difficulty in getting the message to the right people we request that the Nurse Educator or the person responsible for education at each care facility sends us their e-mail contact, please. You can send this directly to me via e-mail — linda.graham@alztas.asn.au—or phone it through to our Admin staff—this will enable us to send the newsletter via e-mail as well as other interesting articles or notices.**

We had a good number of participants for the Hobart P3 Aggression Management Program with 22 staff attending from various care facilities. Feedback from the group was that they found the training beneficial for their work giving them more confidence in caring for those people living with dementia (PLWD).

‘Managing Symptoms of Dementia’ session at The Grange (Campbell Town) attracted 19 participants and was non-stop all day—great venue & lovely food and plenty of sharing of knowledge & skills all of which were enjoyed by those who attended.

Training for staff who deliver the EACH-D packages on the North/West was arranged by Jenny Freeman the Community Care Co-ordinator for Southern Cross Care. I delivered training of 4 hours over 2 days. Below are some of the participants. The session generated interesting discussion regarding the care of PLWD in the community.



We have started delivering the self-directed learning packages to various care facilities. Please contact us if you are interested in using this tool for your staff, especially the ECA's. The package is titled “Communication and the Person Living with Dementia” which I believe is the stepping stone to delivering high quality care to those PLWD.

If there is a topic you would like to see as a self-directed learning package please let one of the staff of DBMAS know.



An Australian Government Initiative



NEWS

## Dementia Behaviour Management Advisory Service (DBMAS) Newsletter

**Words from...** Jackie Morling State-wide Coordinator for Dementia Behaviour Management Advisory Services (DBMAS) Contact: (03) 6230 7541 or Mobile: 0419 395 170



Hello & welcome to the second edition March/April of the Tasmanian DBMAS newsletter.

We have had a very busy and exciting couple of months at the DBMAS.

The Statewide coordinators position that I had been acting in was advertised and I was fortunately the successful applicant.

The Psychogeriatric Liaison positions in the three regions were advertised but unfortunately not filled. Watch out as the positions will be re-advertised with an amended ‘Statement of Duties’ in the next couple of weeks.

Until the DBMAS is fully operational, Matthew Aston will continue to act as the Psychogeriatric Liaison Officer in the North/South, I will, as part of the Coordinators role, have a fifty percent clinical role. Allan Lobwein (Older Persons Mental Health Services – North West) will assist DBMAS if time constraints permit on a case to case basis. Please be aware there may be some delays in referrals been actioned and we apologise for any inconvenience this may cause.

On a brighter note the DBMAS 1800 assistance number is fully operational.

### **The number is 1800 699 799.**

The number is a 24 hour assistance number.

The number operates 7 days per week including public holidays.

During Business hours (9am – 5pm) Monday to Friday the Tasmanian DBMAS will answer all calls and at other times the number will divert to the South Australian DBMAS.

Please find enclosed in this newsletter the guidelines for DBMAS referrals and a Referral Form.

For further information please do not hesitate to contact DBMAS on: Phone: **62 307 541** Email:

[dbmas@dhhs.tas.gov.au](mailto:dbmas@dhhs.tas.gov.au)

Here is Jackie looking very hopeful that those attending the Alzheimer's Australia Tasmania Conference at Rokeby Academy in February 2008 would stop by the DBMAS stall to find out the latest news.

Matthew helped with the rush of enquiries too.



**Musings from...** **Matthew Aston** A/Liaison Officer—Contact: (03) 6230 7541 or Mobile: 0419 556 486.



For more than ten years now, in my role as a community nurse with Older Persons Mental Health Services and more recently for DBMAS, I have enjoyed being a frequent visitor to Tasmanian aged care facilities. In fact, having spent such a huge amount of time with residents and staff of these facilities, I now consider myself a connoisseur of nursing homes. I've worked in three psychiatric hospitals, having commenced my nursing education at the time of the dawning of de-institutionalisation, the principles of which I fully support. This has required a major culture change with the emphasis now firmly on community based care.

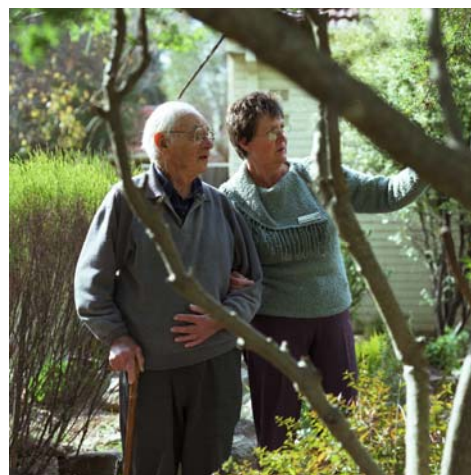
I have also been observing a growing culture change in the aged care facilities where I spend much of my working life, particularly in the past year or two. It is satisfying to see some excellent leadership from DOC and other senior staff in recent times and I have been privileged to share insights with these people and admire their dedication to residents and staff as well as their keenness to embrace positive changes in their facilities. These innovators, knowingly or unknowingly, are proponents of The Eden Alternative.

The Eden Alternative was founded in 1991 by US Geriatrician Dr. William Thomas. It is a “culture-change” model that seeks to modify the care environment for elders, based on ten principles, the text of which is too long to reproduce here. It identifies three “plagues”, loneliness, helplessness and boredom, as the main causes of suffering for elders in aged care environments and it aims to eliminate these by changing the physical and social environments of aged care facilities. To achieve this culture change a facility makes a long term commitment to changing its’ care philosophy with a journey to creating a human habitat that contains variety, spontaneity, companionship and meaning. It includes a mission and a vision developed to encompass the change to a true care environment. Research has proven that facilities utilizing The Eden Alternative will achieve: reductions in behavioural difficulties; reduction in the use of psychotropic medications; lower occurrence of falls and incontinence; reduction in staff turnover and sick leave; increased bed occupancy and improved accreditation results.

I would like to encourage everyone reading this to take some quiet time to find out more about The Eden Alternative, a thought provoking approach to “person centred” aged care. Keen googlers will not have any trouble obtaining more information. Alternatively, visit the website:

[www.alzheimers.asn.au/index.php?page=viewStory&id=8209](http://www.alzheimers.asn.au/index.php?page=viewStory&id=8209) From there follow the links to the 10 principles and The Eden Alternative website, [www.edenalt.org](http://www.edenalt.org)

Keep up the good work for our deserving elderly people. Regards from Matthew Aston.



**Jottings from...** **Julia Zantuck** - Admin Support Officer P/T.- Contact: (03) 6230 7541



Myself & Danielle have been kept extremely busy with the preparation of numerous reports required by the Australian Govt., in addition to the daily running of the office. We have revised and revamped all of the old Dementia Support Unit file forms i.e. Referral Forms, Assessment Forms, etc. and developed new ones that conform to the DBMAS guidelines. Most of these forms have not been changed since the commencement of the Dementia Support Unit project in 1996. All aged care facilities should have received the new DBMAS Referral Form via email sent mid March and hopefully destroyed any old forms as requested.

**Introducing...** **Danielle Cranage**- Admin Support Officer P/T.—Contact: (03) 6230 7541



Job sharing with Julia Zantuck two days a week and also working one day a week with Older Persons Mental Health Services. Since starting with DBMAS in November 2007, I have enjoyed learning and contributing to the care management of people living with dementia along side a dedicated team.

**Just a Reminder—If you are Professional Staff (RN, Social Worker etc.) don't forget the following training which is available to you, on-line or paper based and FREE!**

The Victorian and Tasmanian Dementia Training Study Centre is an initiative of the Australian Government in line with its recognition of dementia as a national health priority.

TIME *for dementia* is coordinated by the Australian Centre for Evidence Based Aged Care (ACEBAC); a research centre of La Trobe University, Bundoora.

TIME *for dementia* will offer on-line and paper based training packages to health care professionals from all disciplines.

TIME *for dementia* will provide registered participants with access to experts in the field of dementia care through the mentorship program.

TIME *for dementia* will promote dementia related research through provision of PhD scholarships.

TIME *for dementia* will provide education packages to undergraduate health care students.



Further information regarding scholarships and registration to access the education package can be found on the TIME *for dementia* website at: [www.timefordementia.org](http://www.timefordementia.org) or by contacting on (03) 9495-3141

Linda Graham is one of the Tasmanian mentors for nurses undertaking the course and can be contacted on 6224 3077 or 0407 822 787.