

AJDC Journal Club

DISCUSSION GUIDE 13

Vol 11 No 1 Jan/Feb/Mar 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

AJDC Asks: behaviour support plans

by Christine Bigby, Steve Macfarlane, Colin McDonnell, Garrie O'Toole and Elizabeth Beattie

Australian Journal of Dementia Care
Jan/Feb/Mar 2022, Vol 11, No 1, pp 8-9



Pages 8-9

QUESTIONS

1. How are behaviour support plans new or different from your organisation's previous approach to care planning?
2. One contributor says that building meaningful relationships with people with dementia is the best form of behaviour support. What do you think about this?
3. What strategies do you think are needed to bring about a reduction in the use of restrictive practices?
4. What concerns do you have about the implementation of behaviour support plans?

Useful resources and additional reading

Behaviour Support Plans

Dementia Support Australia (DSA) offers a substantial collection of resources, including a comprehensive guide, forms and templates, related to the implementation of behaviour support plans on this website hub.

<https://bit.ly/DSABSP-JC>



Behaviour Support Plans

This 19-page fact sheet for residential aged care providers explains key elements of a behaviour support plan and includes relevant sections of the Quality of Care Principles 2014 (which detail the specific requirements for a behaviour support plan).

<https://bit.ly/BSPFactsheet-JC>

Dementia and Behaviour Support Plans

In this Dementia Training Australia (DTA)-hosted webinar, a panel of experts from DTA, Dementia Support Australia (DSA) and Dementia Australia discuss the important elements of good practice as well as programs and resources to assist providers and staff.

<https://bit.ly/DTAwebinar-JC>



Restrictive Practices In Aged Care: A Last Resort

The Australian Department of Health website includes a substantial section exploring the latest information, guidance and resources on restrictive practices in aged care.

<https://bit.ly/ResPr-JC>



ARTICLE 2

COPE strategies offer practical at-home support

by Kate Laver, Sally Day, Miia Rahja, Jennifer Culph and Lindy Clemson

Australian Journal of Dementia Care
Jan/Feb/Mar 2022, Vol 11, No 1, pp 17-19



Pages 17-19

QUESTIONS

1. How can you adapt a hobby or activity to make it more suitable for a person living with dementia? Pick an activity and share some ideas.
2. How do you collaborate with family carers in your care planning? Can you think of ways in which this could be improved?
3. What strategies would you suggest for when Gail is trying to help Bob to have a shower?
4. Can you share an example of when you observed a family carer become more confident after learning more about dementia?

Useful resources and additional reading

COPE Stories

Watch five short films here, on the COPE website, where family carers and people living with dementia talk about their involvement in the COPE program.

<https://bit.ly/COPEfilms-JC>



Guiding Occupational Therapy Practice For People Living With Dementia In The Community

This Dementia Training Australia (DTA) resource sets out practical occupational therapy strategies for supporting people living with dementia with everyday activities, such as shopping, eating and getting dressed. It also includes detailed information on assessment tools.

<https://bit.ly/OccTh-JC>

The COPE Randomised Trial

Read in full the original major US study which inspired the Australian researchers to replicate this program here.

<https://bit.ly/COPE-RCT-study>



Supporting People Living With Dementia Through Reablement

Look here to explore HammondCare's range of resources on reablement for people living with dementia. Some resources are aimed at allied health professionals and others at consumers.

<https://bit.ly/dementia-reablement-JC>



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ARTICLE 3

At-home arts program a 'prescription' for wellbeing

by Claire O'Connor, Roslyn Poulos, Michelle Heldon, Linda Barclay, Elizabeth Beattie and Christopher Poulos

Australian Journal of Dementia Care
Jan/Feb/Mar 2022, Vol 11, No 1, pp 20-22



QUESTIONS

1. What are the benefits for a person with dementia and their family carer to be able to have an artist come into their own home? What are the losses with this arrangement?
2. If a person living with dementia is unable to attend group activities in the community, what other options do they have for support and social engagement? Suggest some ideas that could work or are available in your area.
3. The AoP@Home program advisory group involves people living with dementia and family carers. How does your service involve people with dementia in service review and improvements? Could it be done better?
4. The AoP@Home program offers the person with dementia and their family carer support to enjoy leisure time together. What other activities or groups offer this opportunity? What support might carers need to facilitate this to happen?

Useful resources and additional reading

Arts on Prescription Sector Guide
HammondCare's guide to setting up an Arts On Prescription project shares practical detail about how to deliver positive arts engagement opportunities, including with people living with dementia.
<https://bit.ly/HCAOP-JC>



Treasury Of Arts Activities For Older People
This engaging two-volume resource contains over 100 different arts activities suitable for older people, in any setting, with many marked up as being suitable for people living with dementia (and some on a one-to-one basis).
<https://bit.ly/ArtsActivities-JC>



Artful: Art And Dementia Toolkit
This substantial online resource can be used to guide 10 arts sessions in any setting, and is based on the Artful project conducted with people with dementia at the Museum of Contemporary Art in Sydney. (Note: available to purchase only).
<https://bit.ly/Artful-JC>



Enablers And Barriers
What are some of the challenges for people living with dementia being involved in participatory arts activities, and how can these be tackled? This blog post on the Meaningful Ageing Australia website shares results from recent Australian research.
<https://bit.ly/MAABlog-JC>

ARTICLE 4

The Specialist Dementia Care Program two years on

by Robert Day, Cathy O'Brien, Marie Alford, Gregory Buckley and Madeleine Healy

Australian Journal of Dementia Care
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QUESTIONS

1. In your experience, how common is it for a person with dementia to show severe physical aggression? What strategies do you use to respond in these situations?
2. How do you think it would feel to be told that your relative (living with dementia) was 'uncooperative and combative with care'? What do you think you would do in response to being told this?
3. What sorts of strategies do the SDCP providers use to avoid difficult situations from escalating? Can you suggest some more?
4. How can people with dementia be supported well when they are relocating into a new aged care placement (from hospital, respite care or home)?

Useful resources and additional reading

Specialist Dementia Care Program: Reflecting On The First Twelve Months
Watch this 30-minute presentation from Dr Steve Macfarlane and Arsh Katoch from Dementia Support Australia (DSA), produced in late 2020, speaking about their involvement in the first 12 months of the SDCP.
<https://bit.ly/SDCPfilm-JC>



Needs Based Assessment: Understanding Eligibility And Access To The Specialist Dementia Care Program
This is an accessible guide from Dementia Support Australia (DSA) explaining eligibility and the assessment process in order for a person with dementia to be able to access the SDCP.
<https://bit.ly/DSANBA-JC>



Behaviour Management: A Guide To Good Practice
The Dementia Centre for Research Collaboration (DCRC) offers a range of evidence-based resources on responsive behaviours: a general, comprehensive guide (2012) as well as a guide aimed at professionals and another at family carers (both 2014).
<https://bit.ly/BPSDGuides-JC>



DTA's Responsive Behaviours Resources
Dementia Training Australia offers two resources based on the above DCRC guides: a Responsive Behaviours App and Responsive Behaviours Reference Cards, both intended as an on-the-spot reference for health professionals and care staff.
<https://bit.ly/DTARB-JC>

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
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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.

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Send us your questions / feedback and
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