

AJDC Journal Club

DISCUSSION GUIDE 14

Vol 11 No 2 Apr/May/June 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

Isolation in a time of COVID

by Pauline Marsh

Australian Journal of Dementia Care
April/May/June 2022, Vol 11, No 2, pp 10-12



Pages 10-12

QUESTIONS

1. What changes have you seen in the people with dementia you support over the period of the pandemic?
2. What are some of the lessons that your organisation has learnt over the course of the pandemic, in terms of supporting people with dementia and their families?
3. How could the family have been better supported throughout the episodes described in this article? What other organisations might have been able to offer support?
4. How is it possible to offer more one-to-one support for people with dementia, wherever they are living?

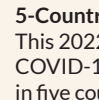
Useful resources and additional reading

Dementia Support Australia's COVID resources
DSA has 10 help sheets on topics related to supporting a person with dementia during the pandemic; half are aimed at family carers, the others at aged care staff, as well as one for care staff on supporting a person with dementia in hospital.
<https://bit.ly/DSAcovid>



A Better Way To Care

This Australian Commission on Safety and Quality in Health Care resource presents a pathway for improving the early recognition of, and response to, patients with cognitive impairment. It includes case studies and links to further resources.
<https://bit.ly/BetterWayCare>



5-Country Comparison of Impacts of COVID-19

This 2022 study investigated the impacts of COVID-19 on 126 people with dementia and carers in five countries; the emotional impact on, and decline of cognitive and physical health among, people with dementia were key themes.
<https://bit.ly/PWDandcovid>



Caring From A Distance

This leaflet shares some of the challenges for family carers of supporting a person with dementia while living far away and suggests how they can still help.
<https://bit.ly/CaringDistance>

ARTICLE 2

'We're doing something together'

by Kate Teggelove, Libby Flynn, Felicity Baker and Jeanette Tamplin

Australian Journal of Dementia Care
April/May/June 2022, Vol 11, No 2, pp 18-20



Pages 18-20

QUESTIONS

1. How do you use music in your engagement with people with dementia, if at all? If not, can you think of ways in which you could bring music into your interactions?
2. Can you think of a time when you used an art form in a 'strategic and targeted' way: for example, putting on a particular piece of music to help a person calm down?
3. The HOMESIDE intervention has given family carers the opportunity to engage in a way that values the identity of their loved one. How else can this be done, in day-to-day care situations?
4. How beneficial have you found word-based activities to be for people living with dementia? What sorts of activities work best?

Useful resources and additional reading

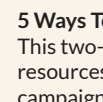
The Use Of Music Engagement and Personalised Playlists In Dementia Care

This helpsheet, aimed at care staff, covers topics such as why use music, who is likely to benefit and some suggested approaches to music engagement with people living with dementia.
<https://bit.ly/DSA-personalised-playlists-JC>



Music Playlists For People With Dementia

This Australian guidance aims to help family carers and care providers learn about how music playlists can support the care of people with dementia and sets out a six-step process (including tools and resources) to incorporate music into care plans.
<https://bit.ly/MusicforDementia-JC>



5 Ways To Use Music

This two-page factsheet is one of many practical resources developed by the Music For Dementia campaign in the UK - its aim is to promote access to music for all people living with dementia.
<https://bit.ly/5Ways-JC>



Dementia Together

This online collection of engaging activities is aimed at people with dementia who cannot access a group. For each of the 32 topics (eg, 'Written word', 'Poetry' and 'Cards') the site offers activities, conversation starters, games and links to resources.
<https://bit.ly/DemTog-JC>

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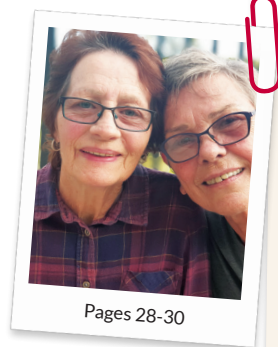


ARTICLE 3

Support, isolation and belonging

by Lynda Henderson and Louisa Smith

Australian Journal of Dementia Care
April/May/June 2022, Vol 11, No 2, pp 28-30



Pages 28-30

QUESTIONS

1. What can aged care staff do to help if they see that a person with dementia is having difficulties keeping up with their friendships and social circle?
2. Can you share an example of where dementia has led to noticeable changes in a relationship, for better or worse?
3. How can you and/or your care team be proactive in supporting people with dementia and family carers to find communities of support, whether in person or online?
4. What needs to change in order for family carers of people living with dementia to feel better supported in Australia?

Useful resources and additional reading

Family and Friends Matter

This Dementia Australia booklet shares a lot of basic information, tips and strategies to support friends and family to stay connected with a person living with dementia over the course of their illness.

<https://bit.ly/FFMResource>



Isolation and Enhancing Social Connections

This guide, aimed at and written by people living with dementia and care partners, presents practical and realistic suggestions for staying engaged with others.

<https://bit.ly/BUFUGuide>

Dementia Friendly

This website brings together the latest information, resources and stories in relation to the Dementia Friendly Community program run by Dementia Australia.

<https://bit.ly/DFCwebsite>



The Use Of Twitter By People With Young Onset Dementia

This qualitative study from the UK explored the experiences of 11 younger people with dementia and the sense of community they gained from using Twitter.

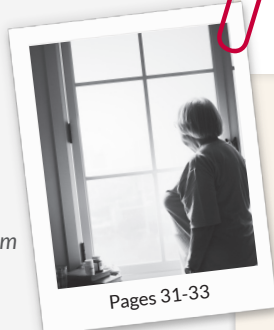
<https://bit.ly/Twitterstudy>

ARTICLE 4

Sexual violence in aged care

by Amelia Grossi, Daisy Smith, Meg Wright and Joseph Ibrahim

Australian Journal of Dementia Care
April/May/June 2022, Vol 11, No 2, pp 31-33



Pages 31-33

QUESTIONS

1. What sort of challenges do you face when trying to work out whether sexual contact between residents has been consensual or not?
2. The article discusses the research finding that aged care staff minimise or fail to recognise the impact that sexual violence has on survivors. What is your experience of this?
3. What agencies and professionals would you/do you turn to in situations involving sexual violence towards an aged care resident or client?
4. What sort of support do you think the aged care workforce needs in order to respond well to situations involving sexual violence?

Useful resources and additional reading

Sexualities and Dementia Education Resource

This Dementia Training Australia resource is aimed at health professionals and covers issues such as dementia and the expression of sexuality and policy guidelines for practice. Train The Trainer resources for facilitators are also available.

<https://bit.ly/SDDTAresource>



Prevalence Study For A Serious Incident Response Scheme (SIRS)

Read the full 2019 KPMG study referred to in the article, in which KPMG studied the prevalence of resident-on-resident incidents, exempt at that time from reporting requirements, in residential aged care nationally.

<https://bit.ly/SIRSstudy>



Reportable Incidents: Unlawful Sexual Contact Or Inappropriate Sexual Conduct

Aged Care Quality and Safety Commission fact sheet with information for residential care providers on unlawful sexual contact or inappropriate sexual conduct: what it is, possible signs, how to respond and report, and including lots of examples.

<https://bit.ly/ACQSCfactsheet>



#ReadyToListen Library

The #ReadyToListen Library offers free education and resources for residential aged care service providers to improve responses to and prevent sexual assault. Find it on the website for the OPAL Institute, which promotes the sexual rights of older people.

<https://bit.ly/OPALlibrary>

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.

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