



DEMENTIA CARE WORKSHOPS
**Supporting Quality Relational
 Dementia Care**

Dementia Reframed
 is online!

**On Zoom, in real time Participate in discussion,
 ask questions, learn from others**

Quality dementia care depends on developing positive, creative and informed approaches to enabling people with dementia to live well, which also enables family, friends and carers to live well. Our approach to dementia is relational, focussed on connection and good communication. We understand the changes dementia brings to shared lives. We can learn to respond well, deal with problem times, care for ourselves, and learn from experienced carers.

**DRW1: DEMENTIA AS SOCIAL EXPERIENCE:
 AN INTRODUCTORY WORKSHOP**

What is 'dementia', how and why dementia affects our capacities, and what is required of carers to creatively adapt and respond well. It provides a taste of what will be covered in the focussed workshops.

Time involved: One and a half hours (90 minutes) **Cost:** Free

Designed for: Carers of people with dementia (partners, family members, friends, neighbours, professional care workers), people with dementia, community members who want to become dementia-aware.

This workshop will bring you an introductory understanding of:

What is meant by 'dementia', and how our brains are affected, in simple, non-medical terms;

The changes that take place in abilities and perceptions, and why and how carers can learn to respond;

The progress of dementia in terms of states rather than stages, and how this enables informed, supportive care;

Dementia as a relationship that changes everyone – and why that is important to living well;

You will gain:

Positive and affirming ways to think about dementia and dementia care;

Ideas that can be followed up in more in-depth workshops;

Access to the notes from the workshop;

Access to the weekly free Let's Talk online carer sessions: an opportunity to be part of an online community of carers supporting each other. Join each week or just when you feel like it.

Choose your preferred date/time from these weekly offerings:

Mondays, 10am – 11.30am, starting 11 May 2020 (except 8 June)

Alternate Mondays, 3.30pm – 5 pm, starting 18 May 2020

Thursdays, 7pm – 8.30pm, starting 14 May 2020

Note: This is an interactive workshop in real time. If you cannot set aside the time, please choose a different date. If you can't make these times, let us know and we will see what we can do!

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For anyone who wants to know about living well with dementia: people with dementia, partners, family, friends, volunteers, care workers, health and medical professionals, hospitality and front-line services. Workshops have a maximum of 8-10 participants to ensure everyone is able to engage. There is no minimum – you could end up having a one-on-one chat.

Dementia Reframed's approach is social not medical. We do not diagnose, treat or give advice, although we can often point you in the right direction.

DRW10: LET'S TALK

Want a chat? This weekly session has no agenda – think of it as a 'drop in' time. Come with concerns, questions and stories, and share these with others. Or just come for good company. **LET'S TALK** is a supportive space, in which we can ask each other for assistance, exchange ideas, have a rant, a laugh, or shed tears. Make a cuppa before you join us.

Weekly for one hour
 Every MONDAY 1pm – 2pm
 Every THURSDAY 10am – 11 am
 (except 28 May when it is 1pm-2pm).
 Available after attending any workshop.

Cost:

* Income under \$70,000 pa
 @ Income over \$70,000 pa
 1.5 hour Introductory **FREE**
 LET'S TALK **FREE**

Two hour workshops * \$15 @ \$35
 Series (3 x 2 hours) * \$30 @ \$80
 Series (4 x 2 hours) * \$50 @ \$120
 Series (5 x 2 hours) * \$60 @ \$150

If you have a group, please email for a quote.

Includes materials, and free enrolment in Let's Talk following any workshop. Our not-for-profit organisation works entirely with volunteers but we need to cover our costs. However, we know there are lots of people doing it tough these days and if costs are a problem, please do not hesitate to get in touch.

And if you can afford to give a donation so that others can be provided with free spaces, please visit our website.

FOCUSSED 2 hour WORKSHOPS

These workshops can be commenced after the Introductory Workshop (DRW1). If one you want is not timetabled, contact us and it will be run in the next calendar period. Series are available for those who want to advance their care skills.

DRW21: STATES OF DEMENTIA: SEEING THROUGH A GEMS© LENS

Appreciate the state a person is and respond appropriately. Know when things change. States are not stages (early, moderate, severe). People move in and out of different states, even in one day. Observe so you can respond well. Based on PAC GEMS(c) model.

Thursday 21 May 2020 7pm – 9pm

Monday 1 June 2020 3pm – 5pm.

DRW51: DEALING WITH 'DIFFICULT BEHAVIOURS'

'Challenging behaviours' may be rational responses to people not knowing how to connect well or deal with aggravations - noise, confusion, fear, hunger, discomfort, thoughts they can't communicate. Learn to observe and respond to defuse and calm agitation, confusion, **aggression**.

Thursday 11 June 2020, 7pm – 9pm

DRW81: DEMENTIA FOR KIDS ##

This workshop is designed by young people, and young people will be part of the facilitation team. It is designed for grandparents and grandchildren. Children are so important. They continue to bring joy to those with dementia. We focus on ways to have conversations about dementia with children and teens. The will be based

These workshops are not yet timetabled. Please contact us if you are interested in them being offered in the July-Aug calendar.

Dementia Reframed's distinctive approach starts with relationship. We are social beings: positive, safe, affirming connection is important for all of use. Care is not just about keeping someone safe, fed or occupied – it is about maintaining that connection, communicating effectively – it is about being alive well, living as good a life as possible

Our workshop facilitators include health professionals, academics of different disciplines and advocates but our central expertise is that every one of us has lived experience as a carer of someone with dementia, even our younger volunteers. Our websites and workshops are designed by carers for carers. We keep learning from the carers who engage with us. There is no one story: shared stories are invaluable.

DRW31: WHY DEMENTIA CARE IS DIFFERENT - CARING FOR CARERS

Dementia care is unlike other care - tThe day to day realities are underestimated and carers do not receive appropriate information or support to enable them to care well. Understand dementia's unique demands enables carers to adapt and cope with endless frustrations.

Tuesday 2 June 2020 1pm – 3 pm

Monday 29 June 2020 3pm - 5pm

DRW61: UNDERSTANDING DEMENTIA POSITIVELY ##

Let's make everyone in our community dementia-aware. Know how to approach people, be sensitive, say the 'right thing' in the right way, help someone get home, get a coffee. Be a good neighbour. An excellent workshop for those who deal with the public everyday – in cafes, hairdressers, pharmacies, banks, shops.

DRW41: COMMON ISSUES A CARER WILL ENCOUNTER

This Workshop gives you skills and practice in identifying potential problems, ideas for approaching these, and strategies to help divert or de-escalate. Will be participant-led: raise and share issues you are facing. We will work through possible solutions.

Thursday 2 July 2020, 7pm – 9pm

DRW71: THE PAPERWORK AND 'THE SYSTEM' ##

Understanding the financial and legal documents you need and how to ensure your wishes are respected: Wills, Power of Attorney, Guardianship, Living Wills and End of Life Care Plans (you don't need a diagnosis of dementia to put these plans into place – this is important for everyone. And learn to navigate the Aged Care system.

WORKSHOP SERIES ##

DRS1: States of dementia series, following DRW21
DRWS2: Caring for carers following DRW31
 Series are also tailored for **VOLUNTEERS** and **HOME/RESIDENTIAL CARE STAFF**
 Train your care staff in quality, relational dementia care.

Dementia Reframed draws on the insights of experienced carers and on the inspirational teaching of Teepa Snow of Positive Approach to Care©, including on her insightful GEMS© model.

Workshop Calendar to 30 June 2020

MAY			JUNE		
Mon 11	DRW1	10am-11.30am	Mon 1	DRW1	10am-11.30am
Thurs 14	DRW1	7pm - 8.30pm	Mon 1	DRW10	1pm - 2pm
Mon 18	DRW1	10am-11.30am	Mon 1	DRW1	3.30pm - 5pm
Mon 18	LET'S TALK	1 pm - 2pm	Thurs 4	LET'S TALK	10am - 11am
Mon 18	DRW1	3.30pm-5.00pm	Thurs 4	DRW51	7pm - 9pm
Tues 19	DRW21	1pm – 3pm	Mon 8	LET'S TALK	1pm – 2pm
Thurs 21	LET'S TALK	10am–12noon	Tues 9	DRW41	10am – 12noon
Mon 25	DWR1	10am–11.30am	Tues 9	DRW51	2pm - 4pm
Mon 25	LET'S TALK	1pm – 2pm	Thurs 11	LET'S TALK	10am – 11am
Mon 25	DWR21	3pm – 5pm	Mon 15	DRW1	10am–11.30am
Tues 26	DWR31	1pm – 3pm	Mon 15	DRW10	1pm – 2pm
Thurs 28	LET'S TALK	1pm-2pm	Mon 15	DRW1	4pm – 5pm
			Thur 18	LET'S TALK	10am –11am
July to August workshop program will be available late May. Please get in touch with us if you have requests for a particular workshop or particular times and we will be as flexible as we can. Join our mailing list to receive updates.			Thurs 18	DRW51	7pm - 9pm
			Mon 22	DRW1	10am-11.30am
			Mon 22	LET'S TALK	1pm - 2pm
			Mon 22	DRW31	3pm - 5pm
			Thurs 25	LET'S TALK	10am-11am
			Thurs 25	DRW41	7pm - 9pm