

AJDC Journal Club

DISCUSSION GUIDE 12

Vol 10 No 4 Oct/Nov/Dec 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

'Golden Angels' going from strength to strength

by Cath Bateman, Annaliese Blair and Katrina Anderson

Australian Journal of Dementia Care
Oct/Nov/Dec 2021, Vol 10, No 4, pp 16-19



Pages 16-19

QUESTIONS

1. What aspects of your work role with people living with dementia could be supported or enhanced by the involvement of volunteers, if any?
2. The authors make several references to volunteers needing to understand the 'boundaries' or limits of their role. What is your experience of maintaining clear boundaries in your work supporting people living with dementia?
3. What do you think are some of the challenges of involving volunteers in delivering person-centred dementia care?
4. What benefits do you think the volunteers gained from their experience of supporting people with cognitive impairment in hospital? How could their experiences help contribute to wider dementia-friendly initiatives?

Useful resources and additional reading

Volunteer Dementia and Delirium Care Implementation and Training Resource
This was developed to help other hospitals in Australia to deliver a similar program to the one described in the article. Look here also for a 12-minute video introducing the program.
<https://bit.ly/VolTrainingResource>



Community Visitors Scheme
Find out more about this free national program that links volunteers with older people living in residential aged care or in their own homes in the community.
<https://bit.ly/CommVisitorsScheme>



Focus On The Person form
This form is used to collect and record key information about a person who is living with dementia (eg, their needs, preferences and interests). It can help hospital staff get to know a patient quickly and bring peace of mind to family carers.
<http://bit.ly/Focus-on-the-person-form>



Practical tips for volunteers
These practical tips were prepared by people living with dementia during the COVID-19 lockdowns in the UK, to offer guidance to volunteers who are new to supporting a person living with dementia.
<https://bit.ly/GuideForVols>



ARTICLE 2

Aducanumab explained: history, controversies and opportunities

by Emily Rosenich, Paul Maruff, Rachel Buckley and Yen Ying Lim (Healthy Brain Project)

Australian Journal of Dementia Care
Oct/Nov/Dec 2021, Vol 10, No 4, pp 20-22



Pages 20-22

QUESTIONS

1. The article talks about the substantial media coverage given to the approval of this new drug (Aduhelm) in the US. How significant do you think this news story has been in Australia?
2. What have you observed in people with dementia taking any of the 'acetylcholinesterase inhibitors' or memantine medications, or 'anti-dementia drugs' (eg donepezil or Aricept)? Have they helped slow cognitive decline?
3. What do you think of Aduhelm after reading this article? Would you want to take it if you were diagnosed with Alzheimer's disease?
4. What do you think it would feel like to be involved in a long-term drug research trial, if you were living with dementia? What about if you were a spouse or partner of the person with dementia?

Useful resources and additional reading

Clinical Practice Guidelines and Principles Of Care For People With Dementia In Australia
The vitally important 2016 Guidelines present the current recommendations on prescribing acetylcholinesterase inhibitors and memantine to people living with dementia in Australia (see Recommendations 69-75).
<https://bit.ly/CPGDementia>



Drug Treatments and Dementia
A five-page help sheet from Dementia Australia, offering a basic introduction to the drugs offered as treatments to people living with dementia.
<https://bit.ly/DrugsFactsheet>



Drugs Used For Changed Behaviour and Psychological Symptoms in Dementia
This Empowered Project leaflet, aimed at people with dementia and family carers, explains key terms and presents a quick reference table setting out the most common medications used in dementia care and common side effects.
<https://bit.ly/MedicationsLeaflet>



Aducanumab FAQs
The US Alzheimer's Association has produced this list of frequently asked questions in relation to aducanumab.
<https://bit.ly/FAQsAduhelm>



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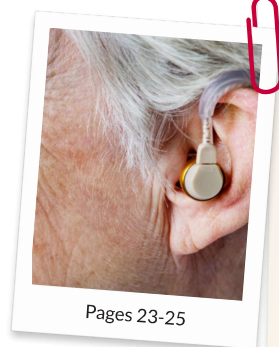


ARTICLE 3

Hearing and vision needs of people with dementia

by Piers Dawes

Australian Journal of Dementia Care
Oct/Nov/Dec 2021, Vol 10, No 4, pp 23-25



Pages 23-25

QUESTIONS

1. How have you seen hearing and vision impairments affect people living with dementia? What sorts of complications can arise?
2. How would you offer support to a person with dementia who was attending an appointment (say with an audiologist, optometrist, or at a memory clinic) if you were aware that they had a hearing and/or vision impairment?
3. What are some examples of practical difficulties experienced by people with dementia when using hearing aids? What do you think helps?
4. What can care providers do in their practice to offer better support to people with dementia who also have hearing and/or vision impairment?

Useful resources and additional reading

Talking Sense: Living With Sensory Changes and Dementia

This 2019 book from HammondCare, examines each of the senses in detail, looking at the impact of ageing, the impact of dementia, and tips for self-management and care partners.

<https://bit.ly/HCTalkingSense>



Dementia and Sight Loss

This RNIB website hub offers many practical resources related to sight loss and dementia: factsheets (on topics such as eye examinations and dementia), frequently asked questions, leaflets, top tips cards (eg, on communication) and more. <https://bit.ly/DementiaSight>



Living with Dementia and Sensory Loss

This information on the SCIE dementia website includes lots of practical ways to support someone with dementia who also has sight loss, visual impairment, is Deaf or has dual sensory loss (significant dual visual and hearing impairments). <https://bit.ly/SensoryLoss>



Good Practice In The Design Of Homes and Living Spaces For People With Dementia and Sight Loss

This guide includes practical information on ways to improve the environment for people with dementia and sight loss, and comes with lots of photos too.

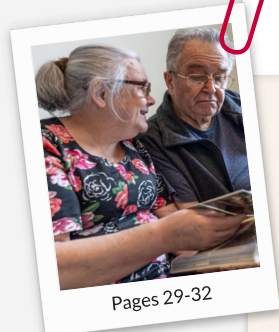
<https://bit.ly/DesignSightLoss>

ARTICLE 4

What's needed to stay at home together?

by Claire Morrisby, Marina Ciccarelli, Annette Joosten and Janet Beilby

Australian Journal of Dementia Care
Oct/Nov/Dec 2021, Vol 10, No 4, pp 29-32



Pages 29-32

QUESTIONS

1. Can you share an example of an instance where a family carer did not recognise their own support needs? Why do you think this was?
2. What sort of 'unmet needs' do you see most often among people living with dementia and their family carers?
3. The researchers say that the service providers saw the needs of people with dementia and family carers "through the lens of the services available to them" – they were 'service-led' in their thinking. How can service providers avoid this?
4. Service providers may have to have private, separate conversations with the person with dementia and family carer to establish what their needs are. How do you handle this sort of situation?

Useful resources and additional reading

Relationships and Dementia

This 2017 discussion paper from the (then) Alzheimer's Australia NSW explores various ways in which dementia affects relationships.

<http://bit.ly/Relationships-JC>



Rethink Respite

This website offers several practical resources to help carers who are deciding about whether to use respite: a decision-making guide, checklists for a range of respite services (centre-based, home-based, residential), and links to other organisations. <http://bit.ly/RethinkRespite-JC>



The Dementia Guide

This Dementia Australia guide is aimed at people newly diagnosed with dementia and their family and friends, and presents good introductory information on diagnosis, treatment and supports available, and planning for the future.

<http://bit.ly/the-dementia-guide>



Consumer Companion Guide

This guide is the consumer version of the *Clinical Practice Guidelines For Dementia* (2016). It sets out what people with dementia and family carers in Australia can expect across a range of topics including diagnosis, and care and support at home.

<http://bit.ly/CPGconsumer-JC>

