

AJDC
Journal Club

DISCUSSION GUIDE 3

Vol 7 No 5 October/November 2018


Welcome

Welcome to the third issue of 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 or fortnightly 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

Work out ahead of time who will take a lead in organising and facilitating the discussion and distributing 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

ARTICLE 1

Dementia Care Illawarra: our journey

by Mackinly Zecevic, Daniel Michelmore,
Lucy Koder and Annabel Hickling-Smith

Australian Journal of Dementia Care,
Oct/Nov 2018, Vol 7, No 5, pp 8-9



Pages 8-9

QUESTIONS

1. The students were motivated by their own experiences of having grandparents or other relatives with dementia, and they found out that a third of their fellow students did too. Do you know how many of your colleagues have a personal experience of dementia? How does this shape their view of dementia?
2. What sorts of joint projects with older and younger people are going on in your local community, if any?
3. The students initiated the contact with the care homes, as part of their project for the Community Problem Solving Competition. How could care facilities be encouraged to take the initiative with contacting local schools and colleges?
4. Why should young people be supported to learn more about people living with dementia? How young is it appropriate to start talking to children about dementia?

Useful resources and additional reading

The Intergenerational Care Project
Watch a short film about this Griffith University research project, launched in 2017, which is investigating intergenerational care and learning in Australia. bit.ly/2oI19z8



Intergenerational Reminiscence
This guide is aimed at those working in either aged care organisations or secondary schools, and includes guidance and resources to help both parties get started on intergenerational reminiscence projects. This Meaningful Ageing Australia/Carrington resource costs \$30. bit.ly/2Q9KcKo

Kids4Dementia

Read about this Centre for Healthy Brain Ageing project which has involved developing classroom-based learning activities on dementia for Year 5 and 6 students in Australia. bit.ly/2MUNlj9



World Young Leaders in Dementia (WYLD)
Find out about WYLD, the growing network of younger people who are working hard to promote dementia awareness around the world. bit.ly/2NT01DK

ARTICLE 2

The freedom of home

by Natasha Chadwick and Alasdair A MacDonald

Australian Journal of Dementia Care,
Oct/Nov 2018, Vol 7, No 5, pp 17-20



Pages 17-20

QUESTIONS

1. The authors argue that care facilities should not have separate units for caring for people with dementia. What's your view on this?
2. NewDirection Care offers a number of shops and services of interest and available to the local community. What would draw you in to want to visit and spend time at your local care home?
3. What can care services do to make their staffing arrangements more flexible, as clients' care needs change?
4. How do you feel about the residents and staff of each house being described as a 'family unit'?
5. How important are the buildings and the layout at this facility for facilitating the care approach? Which of the care practices described here could equally be offered in a 'standard' aged care home?

Useful resources and additional reading

Dementia: Developing Community Links
This online resource from the Social Care Institute for Excellence shares ideas for how care facilities can make the first steps to link up with local community organisations and services. bit.ly/2MQKjN4



Hogeweyk
Find out more about the renowned Hogeweyk dementia village near Amsterdam, referred to in the article. bit.ly/2Qco1n1

Evidence Check: Specialist Dementia Care Units

This is a review of the evidence for specialist dementia care units, completed in 2017 for the Commonwealth Department of Health, as part of its implementation plan for Specialist Dementia Care Units. bit.ly/2NSbtj0



Uniforms: The First And Final Frontier In Dementia Care
This article by Sally Knocker from Dementia Care Matters appeared in the *Australian Journal of Dementia Care* and the *UK Journal of Dementia Care* and sets out the case against care staff wearing uniforms in aged care. bit.ly/2wLLsdF

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ARTICLE 3

Scaffolding to facilitate artistic success

by Alexandra Ramsey, Susan Webb, Joanne Robinson and Maggie Ellis

Australian Journal of Dementia Care, Oct/Nov 2018, Vol 7, No 5, pp 21-24



Pages 21-24

QUESTIONS

1. What do you think of this word 'scaffolding'? Does it seem a helpful concept for dementia care?
2. What are some examples of how you might scaffold assistance with personal care tasks, or with cooking, for a person with dementia?
3. Can you recall some examples of when you've seen art sessions be particularly productive or positive for people with dementia? What factors do you think helped?
4. In the sessions, the art facilitator was deliberately compensating for some specific impacts of dementia. This relied on the facilitator having a good understanding of dementia. What support should be made available to visiting artists so that they can learn about dementia?
5. What sorts of suggestions could you make to family carers about how they could use scaffolding in their day-to-day support of the person with dementia?

Useful resources and additional reading

Arts On Prescription

HammondCare's guide to setting up an Arts On Prescription project – based on its two Sydney projects – shares practical detail about how to deliver positive arts engagement opportunities. bit.ly/2NX9GcA



Relate, Motivate, Appreciate: A Montessori Resource

This 70-page guide from Dementia Australia gives detailed instructions for offering a wide range of activities for people with dementia based on the Montessori method. bit.ly/2NhGuQn



Creativity: Dementia and Art

This case study reports on work undertaken with Scottish care inspectors to reflect on the complexities of evaluating art interventions for people with dementia. bit.ly/2wRYreN



Dementia and Imagination

This major UK project has been exploring whether art can improve life for people with dementia and carers: watch a film, or read published papers and presentations on the project's website. bit.ly/2LXTUMF



ARTICLE 4

Consistent staffing models: sharing the learning

by Daniella Greenwood

Australian Journal of Dementia Care, Oct/Nov 2018, Vol 7, No 5, pp 25-28



Pages 25-28

QUESTIONS

1. What is your experience of working with the 'rotating assignment' approach or the 'consistent staff assignment' approach? Which approach do you think is most common in Australia?
2. How do you view your relationship with the people with dementia you support? Is it okay to become emotionally close to someone you are supporting? How does this usually happen?
3. How can care staff be supported to develop closer relationships with the people with dementia they care for? The author argues that consistent staffing is a key way to do this – but what other strategies could help?
4. Can you share an example of a time when your long-term or deep knowledge of a person with dementia 'saved the day' for that person?
5. How much experience do you have of accepting help with your own personal care? Can you share what it felt like?

Useful resources and additional reading

Consistent Assignment Of Nursing Staff To Residents In Nursing Homes

This 2015 article by Nolet, Roberts and Bowers, published in , reviewed 20 studies of consistent staff assignment and found considerable variation with how the model is defined, measured and practised. bit.ly/2MUKF55



Dedicated staff assignment Aged care provider Arcare won a Better Practice Award in 2015 for its work in implementing dedicated staff assignment. This profile includes key statistics which makes clear the gains for residents, staff and family from the project. bit.ly/2Nk7a2O



Relationship-Centred Care: What It Is And Why It's Important

UK care provider Hallmark explains here why they are committed to relationship-centred care, and how they support their staff to develop emotional bonds with residents.

bit.ly/2NTdwDm



Supported Decision-Making In Aged Care 2018 guidelines from the Cognitive Decline Partnership Centre, aimed at care providers supporting older people, including people with dementia, on supported decision-making in complex situations involving issues such as risk, choice, capacity and restraint.



bit.ly/2M5sww4

