

AJDC
Journal Club

DISCUSSION GUIDE 7

Vol 8 No 3 June/July 2019


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 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

Download the **Journal Club Discussion Guides** at dta.com.au/journalclub

ARTICLE 1

Bridging the gap in YOD diagnosis, care

by Sarah Farrand, Wendy Kelso, Stefanie Colella, Melinda Sorraghan and Dennis Velakoulis

Australian Journal of Dementia Care, June/July 2019, Vol 8, No 3, pp 11-13



Pages 11-13

QUESTIONS

1. The authors list some reasons why younger people with dementia do not access specialist services. Can you think of any more, based on your experience?
2. The authors say that the uptake of telehealth across Australia has “soared” in the past decade. Have you been aware of this and, if so, how?
3. What are your views about the suitability of relying on telehealth to assess the needs of a person with dementia? How important are face-to-face interactions?
4. Younger people with dementia and family members are on the steering committee for this project. What sort of support might they need to take on this role?

Useful resources and additional reading

Support Pathways for People with Younger Onset Dementia This 2018 Dementia Australia resource gives an introduction to younger onset dementia and sets out a range of referral and service options. A related online training resource, **Understanding Younger Onset Dementia**, is aimed at health and care staff. <http://bit.ly/SupportYOD-JC>



The Lovell Foundation This Victorian-based organisation campaigns for better care and support for younger people with dementia. Its website includes information on younger onset dementia, including a free e-book aimed at care staff to increase their knowledge of younger onset dementia. <http://bit.ly/Lovell-JC>

Why Aren't People With Young Onset Dementia And Their Supporters Using Formal Services?

This article presents results from the Australian INSPIRED study, which identified five aspects for ideal community younger onset dementia services to improve future service design and delivery. <http://bit.ly/YODservices-JC>



Young Dementia UK This UK charity is dedicated to campaigning with and on behalf of people living with younger onset dementia. Its website includes a long list of resources on younger onset dementia, including books, blogs and films. <http://bit.ly/YoungDementia-JC>

ARTICLE 2

Becoming car-free

by Theresa Scott, Jacki Liddle, Nancy Pachana, Elizabeth Beattie and Geoff Mitchell

Australian Journal of Dementia Care, June/July 2019, Vol 8, No 3, pp 14-16



Pages 14-16

QUESTIONS

1. The authors say that GPs have told them that “one of the most challenging aspects of clinical dementia care is the assessment of driving safety”. Why do you think this is?
2. What has been your experience of discussing driving with people with dementia?
3. What can be done to help people with dementia prepare for a non-driving future? What can family members and friends do to help?
4. For those who are no longer driving, what can be done to recognise the feelings they may still have about driving: for example, grief and loss, or ongoing desire to experience the feelings associated with driving?

Useful resources and additional reading

Dementia And Driving: An Approach For General Practice This 2012 *Australian Family Physician* journal article gives an overview of the risks of driving for people with dementia, presents the legislative requirements across Australia, and proposes a strategy for GPs to implement when supporting a person with dementia. <http://bit.ly/GPdriving-JC>



Dementia And Driving: A Decision Aid This University of Wollongong (2014) 32-page booklet is aimed at people with dementia who are thinking through the decision to give up driving. The booklet can be completed by readers as they consider their own circumstances and make decisions accordingly. <http://bit.ly/Drivingdecision-JC>

Dementia And Driving Pathway This one-page pathway from Dementia Australia sets out the steps for a professional to consider when advising a person with dementia about giving up driving, and appears in the 2017 national **Assessing Fitness To Drive** guidelines. <http://bit.ly/pathway-JC>



Driving And Dementia Alzheimer's Australia NSW 2016 discussion paper on driving and dementia advocates for mandatory reporting by GPs of people with dementia to the relevant licensing authority. <http://bit.ly/DrivingDementia-JC>

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ARTICLE 3

A rights-based approach to risk

by Jo Croft

Australian Journal of Dementia Care, June/July 2019, Vol 8, No 3, pp 21-24



Pages 21-24

QUESTIONS

1. What do you think of the Positive Risk Assessment Tool introduced in this article? Would using it add anything to your approach?
2. The author says that it is still possible to restrain a person without being “overt or physical”. Can you give some examples of restraint that are not overt or physical?
3. The author says it is essential that the client’s wishes and opinions are “clearly documented and taken into account, irrespective of their level of capacity and insight”. What do you think of this?
4. Lateral thinking and teamwork can help in coming up with ideas for reducing the level of risk, according to the author. Do you have any examples of how lateral thinking helped to creatively meet the needs of a person with dementia?
5. The author says that “it is the role of the care practitioners to explore the gap between the resident’s perception of the risk and the actual level of risk”. How might you do this?

Useful resources and additional reading

Development Of A Discussion Tool To Enable Well-Being By Providing Choices For People With Dementia This article reports on an Australian qualitative study to create a discussion tool to facilitate negotiation of risk between health professionals, people with dementia and carers. <http://bit.ly/DiscussionTool-JC>



Planning For My Future This 2016 booklet from the Cognitive Decline Partnership Centre is aimed at health care providers with the intention that the resource is used to guide conversations with people with dementia and family carers about risk management in day-to-day living. <http://bit.ly/PlanningFuture-JC>

Decision-Making Tool: Supporting A Restraint Free Environment In Residential Aged Care

This 2012 Australian Government handbook was developed to assist staff to provide a restraint-free environment, and includes consideration of environmental restraints. <http://bit.ly/DecisionTool-JC>



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



ARTICLE 4

Going to Stay at Home: support when it matters

by Maggie Ellis and Arlene Astell

Australian Journal of Dementia Care, June/July 2019, Vol 8, No 3, pp 24-27



Pages 24-27

QUESTIONS

1. The authors report that the uptake of respite services by carers of people with dementia has remained low in Australia. Why do you think this might be?
2. The authors say that learning about dementia can help carers become more confident and knowledgeable in their caring role. What examples of this have you seen in practice? What else can be done to support the confidence of carers?
3. What is your view of the sample timetable for the carers' sessions? What topics here surprised you, if any?
4. In this program, the emphasis is on education for carers, while the people with dementia were offered a social program of activities, with information on dementia made available “if desired”. How else could the program for people with dementia have been approached?

Useful resources and additional reading

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>



Caring For Someone Living with Dementia 45-page guide, from Bupa, aimed at family carers of people living with dementia, including lots of practical guidance around day-to-day care tasks, but also about dementia in general, and planning for future care. <http://bit.ly/BupaCaring-JC>



The Dementia Guide

This 2016 guide is Dementia Australia's key resource for people newly diagnosed with dementia and their family carers; it covers diagnosis, treatment and supports available, planning for the future, residential care and end-of-life care. Each section can be downloaded as a separate PDF. <http://bit.ly/DementiaGuide-JC>



Interventions To Support Carers of People with Dementia 2018 Australian Productivity Commission review, summarising research since 2000 from across the world into the question of ‘What works’ to support carers of people with dementia. <http://bit.ly/PCInterventions-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 Training Australia (DTA)

DTA is funded by the Federal Government to provide high-quality dementia education, training and services to aged and health care staff, managers and other professionals across Australia. It combines the dementia expertise of five universities and Dementia Australia to deliver a coordinated national approach to dementia training for individuals and organisations. The consortium members are: the University of Wollongong, Dementia Australia, La Trobe University, Queensland University of Technology, the University of Western Australia, and the Wicking Dementia Research and Education Centre (University of Tasmania).

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