PRESENTING THE 6TH ANNUAL

National Dementia Congress

19 - 20 February 2015 | Sheraton Hotel Melbourne

FEB

2015 HIGHLIGHTS:

- Younger onset dementia: Reclaiming my life
- Consumer address: Living & coping with dementia
- 2014 - 2015 Research advances in dementia diagnosis & treatment
- Dementia risk reduction education in the workplace
- What happens to the self in dementia?
- Making dementia friendly design accessible to all
- The myths & the stigma, power of language & need for good leadership
- The occupational therapists role & dementia
- Innovative falls prevention program
- Behaviour centred care vs person centred care
- Supporting people living with dementia & their family & carers

DO NOT MISS!

Two Pre-Conference Workshops

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Australian Journal of DementiaCare

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National Dementia Congress

Thursday 19th February 2015

DAY 1

8:30 Registration & Coffee

9:00 **Opening Remarks from the Chair**

Associate Professor Cassandra Szoeke, Consultant Neurologist, Board Director, **Western Health Services**; Director, Women's Healthy Ageing Project, Department of Medicine, Faculty of Medicine Dentistry & Health Sciences, **The University of Melbourne**

9:10 **OPENING KEYNOTE PRESENTATION**
Younger Onset Dementia: Reclaiming my Life

— Prescribed Disengagement™: What it is & what's the cost

— Contrasting models of care

— The missing pieces of the dementia puzzle for younger onset dementia

Kate Swaffer, Consultant, **Alzheimer's Australia**, & Consumer Advocate

9:50 **Research Advances in Dementia Diagnosis & Treatment**

— What are the major research advances 2014-2015

— What can we say to patients about minimising the risk of developing dementia

— What hope is there for transforming dementia diagnosis & treatment?

Bryce Vissel, Head of Neurodegeneration Research, **The Garvan Institute**

10:30 Morning Tea & Networking

11:00 **Your Brain Matters: Dementia Risk Reduction Education in the Workplace**

— Lifestyle changes during mid-life may reduce the risk of developing dementia

— 'Your Brain Matters' includes an education program designed for the workplace

— Preliminary evaluation results demonstrate effectiveness at increasing awareness

Kelly Bryden, Your Brain Matters Project Officer, **Alzheimer's Australia Vic.**

11:35 **What Happens to the Self in Dementia: Implications for Assessment & Management in the Community**

— Why is loss of self so commonly experienced in dementia but rarely mentioned in textbooks

— How is this expressed by patients & families

— What is known about 'self' from psychology, philosophy & neurobiology

— Historical approaches to minimise loss of self (person-centred care, sea view, shared assessment)

— How we can minimise loss of self in our assessment & care systems

— Why this is important, given the poor result from drug interventions now & in the near future

— Implications for policy makers involved in community & residential care

Dr John Ward, Conjoint Associate Professor & Clinical Director, Aged Care & Rehabilitation Network, **Hunter New England Health**

12:05 **Making Dementia Friendly Design Accessible to All**

— Dementia friendly design principles are increasingly recognised as being important in improving the quality of life of those living with dementia & their families & carers

— This presentation will highlight work Alzheimer's Australia Vic. are doing to promote greater understanding & application of these design principles

Dr Tanya Petrovich, Business Development Manager, **Alzheimer's Australia Vic.**

12:35 Lunch & Networking

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1:35 Living Well with Not Dying in Dementia

— The myths & the stigma how we can change

— The power of language

— The need for good leadership

— Cultural transformation: "Let's Talk"

Michelle Harris, Dementia Consultant, **Bethanie Group, WA**

2:05 Living at Home with Dementia: The Occupational Therapy Perspective

— The occupational therapists role & dementia

— Interaction of the person, the occupation & their environment

— Enhancing function of a person with dementia, as a carer

— Living alone with dementia: Maximising independence & safety

Danielle Gately, Occupational Therapist, **St Vincent's Hospital, Darlinghurst**

2:35 Functional Exercise: Stand Tall & Don't Fall

— An innovative falls prevention program for people with severe dementia

— Functional exercise as falls prevention intervention; led by an occupational therapist

— Outcomes: 66% reduction in falls & 65% reduction in behaviours

Sanjeeta Mackrani, Business Development Manager, **Alzheimer's Queensland**

3:05 Afternoon Tea & Networking

3:35 Behaviour Centred Care versus Person Centred Care: The Challenge of BPSD Management

— Person centred care (PCC) is what all carers strive for when caring for older adults who display challenging behaviours. But is it all just talk - are we really providing behaviour centred care (BCC)?

— Explore the notions of PCC & BCC with a particular focus on the use of psychotropic medications & chemical restraint

— Three elements of person centred care, including how customs, knowledge & relationships affect the care outcome to the older adult who displays BPSD

— A new dementia behaviour management support mobile app to display how technology can support carers to manage BPSD in a person centred way

Dr Lisa Clinnick, Lecturer, School of Nursing, Midwifery & Paramedicine (Ballarat Campus), Faculty of Health Sciences, **Australian Catholic University**

4:15 INTERACTIVE DISCUSSION

— Minimizing the risk of developing dementia

— Managing dementia at home, in the community & once the person enters a facility

— When should focus shift from living well with dementia to palliative care?

— This interactive session will also allow the participation of all speakers & delegates to discuss any burning issues from the day's presentations

Please visit the website for further details

4:55 Closing Remarks from the Chair

5:00 Informal Networking Drinks

National Dementia Congress

Friday 20th February 2015

DAY 2

9:00 Opening Remarks from the Chair

Michelle Harris, Dementia Consultant, **Bethanie Group, WA**

9:10 CONSUMER OPENING ADDRESS

Living & Coping with Dementia

— The diagnosis & my reaction to it

— Why I was selective in whom I shared the diagnosis

— What I did to cope with & enjoy my new 'venture' in life

Ian Gladstone, Speaker/Advocate, **AASA Consumer with Younger Onset Dementia**

9:45 Putting the Person First – Our Journey to Supporting Wellbeing for People Living with Dementia

— Bupa's global approach realised locally

— Supported by developing select staff to become Person First Coaches (PFC)

— PFC undergo intensive Dementia Excellence training program/facilitation & coach skills to cascade deliver program

Margaret Ryan, Head of Dementia Services (Primary), **Bupa Care Services Australia**

Heather McKibbin, General Manager, **Bupa Care Services Australia**

Jenny Foley, Regional Manager, **Bupa Care Services Australia**

10:25 Morning Tea & Networking

10:55 The Complexities & Challenges in Supporting People Living with Dementia & their Carers in the Community

— What is the answer to the question "What are you going to do about it?" when you feel you have done everything you possibly can?

— Is there a balance between client choice, carer burden & organisational risk?

— Do we hear the carer's needs & how do we respond?

Lyn Barr, Senior Care Manager, **Southern Cross Care**

11:30 Carers in Transition: An Overview of a Suite of Three Therapeutic Programs to Support Carers & Families at Significant Stages of the Journey

— Considering residential care – Exploring the emotional & practical challenges to deciding on residential care

— Sharing the care – Adjusting to the major change & loss when the role changes

— New Horizons – For bereaved carers

Mary O'Mara, Counsellor, **Carers Victoria**

12:05 Food Rules

— Overview of a lifestyle culture over care culture in aged care facilities

— Food Rules as an example of everyday activities to improve quality of life

— Resources required to make this cultural change

Fiona Thomas, Director of Care, **Alzheimer's Queensland**

12:40 Lunch & Networking

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National Dementia Congress
Friday 20th February 2015

1:30 Women & Dementia

— Vascular Disease burden in women

— Hormones & dementia

— Prevention is better than cure – Action today (an issue for everybody at every age, not just those with disease)

Associate Professor Cassandra Szoeke, Consultant Neurologist, Board Director, **Western Health Services**; Director, Women's Healthy Ageing Project, Department of Medicine, Faculty of Medicine Dentistry & Health Sciences, **The University of Melbourne**

2:05 Wound Care Matters

— A wound care program in an aged care facility that uses collaboration with multidisciplinary internal & external members via different means including telehealth to help improve coordination & final outcomes for residents

— Roles of each multidisciplinary staff member

— Successful case examples

Marion Gill, Director of Care, **Alzheimer's Queensland**

2:40 Afternoon Tea & Networking

2:55 3D Online Learning Program

— Access to evidence based, best practice education

— Cost effective sustainable education

— Access for remote & rural staff

— Wider application than current programs

Evan Stanyer, Project Officer, Collaborative Health Education & Research Centre, **Bendigo Health**

3:30 Alice in Wonderland –A Day in the Life of a Cognition Clinical Nurse Consultant

The core principles of the CNC framework will be discussed:

— Consultancy - Consultation, assessment & support for patients with a cognitive impairment within Peninsula Health

— Capacity Building - Education & support for all levels of staff at Peninsula Health in all formats

— Research - Current research project on 'weighted' blankets'

Robyn Attoe, Cognition Clinical Nurse Consultant, **Peninsula Health, Frankston Hospital**

Melissa Molenaar, Cognition Clinical Nurse Consultant, **Peninsula Health**

4:05 Closing Remarks from the Chair & Close of the Conference

National Dementia Congress

Pre-Conference Workshops | Wednesday 18th February 2015

WORKSHOP A

9:00AM-12:30PM (including 30 minute morning tea)

Diagnosed with Dementia: What Next?

- This workshop is aimed at health care professionals including medical practitioners as well as family, carers & service providers including people working for dementia advocacy or carer organisations, regarding the next steps for their patients or clients following the diagnosis of dementia
- It is focused more towards post diagnostic support for people with younger onset, but the models of care being reviewed are applicable to anyone in the early to mid-stages of dementia
- The side product of the push for earlier diagnosis will mean there will be greater numbers of people diagnosed earlier in the disease process, & who want support to live in their own homes as residential aged care is never a first choice
- Two models of care will be discussed, with the focus on changing the post diagnostic experience from Prescribed Disengagement™ to one of engagement & support for disabilities
- This workshop will allow you to work with your clients & patients to improve outcomes, well-being & quality of life

Workshop will be facilitated by:

Kate Swaffer, Consultant, **Alzheimer's Australia**, & Consumer Advocate

Maxine Thompson, Physiotherapist

These two women are living well with a diagnosis of younger onset dementia & have significant expertise in non-pharmacological & positive psychosocial interventions for people with dementia.

Kate has a focus on changing the post diagnostic support from that of Prescribed Disengagement™, a term she has developed & published on, to one of engagement, & on stigma & language.

Maxine has a focus on encouraging people with dementia to remain fully engaged with society, & is keen to breakdown any institutional barriers discouraging them from doing so. She is involved with various Alzheimer's committees, & also runs a movement class at a local Residential Care facility.

WORKSHOP B

1:30PM-5:00PM (including 30 minute morning tea)

The Grief Journey: Building Resilience & Improving Quality of Life for Family Caregivers of People with Dementia

- This workshop will draw on current literature & best practice to present a background to being a family caregiver for a person with dementia, focussing on both perceived gains & strains
- Grief within this role will also be considered,& the potential to develop resilience & strength in these caregivers through addressing anticipatory grief will be presented &explored. Interventions & approaches that take a strengths based approach to achieving optimal outcomes for caregivers in terms of quality of life will be examined
- This will be a multifaceted workshop with interactive participatory discussion, case study analysis, videos & consolidation through group & individual activities

Workshop will be facilitated by:

Dr Patricia Shuter, Learning & Development Officer, **Alzheimer's Australia (Qld)**

**Lunch will be provided to those attending both workshops*

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Pricing Details

Register Early & Save	Early Bird Rate Book & pay on or before 19/12/14				Standard Rate Book & pay from 20/12/14		
Conference Package	**PRICE**	**GST**	**TOTAL**	**SAVE**	**PRICE**	**GST**	**TOTAL**
Conference Only 19-20 February 2015	$1195	$119.50	$1314.50	**$220**	$1395	$139.50	$1534.50
Conference & Workshop A or B 18-20 February 2015	$1595	$159.50	$1754.50	**$220**	$1795	$179.50	$1974.50
Conference & Workshop A & B 18-20 February 2015	$1795	$179.50	$1974.50	**$220**	$1995	$199.50	$2194.50

SPONSORSHIP AND EXHIBITION OPPORTUNITIES

Sponsoring and exhibiting at the 6th Annual National Dementia Congress is your opportunity to show how you can help with the challenges faced around dementia.

Build personal face-to-face contacts with key decision makers from a range of organisations and develop vital relationships for the future. Attendees of this established event are always enthusiastic to gain support and hear about new solutions, so be sure to align your organisation with the event.

Packages can be tailored to help you achieve your goals.

For more information, please contact:

Damian Dulanovic

Phone: (02) 9080 4042

Email: damian.dulanovic@informa.com.au

VENUE DETAILS

Sheraton Hotel Melbourne
27 Little Collins Street
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POSTAGE PAID AUSTRALIA

COMMENTS FROM LAST YEAR INCLUDE:

"Excellent conference – Well presented. Great choice of presenters. Really appreciated the opportunity to be here"

ALZGC (Alzheimer's Australia Gold Coast)

"I enjoyed a variety of thought provoking presentations. Always good to refresh information & get update on clinical research. Wonderful delegates with wonderful experiences. The presenters were brilliant!"

CentaCare Enoggera

"Information exchange was wonderful. Lots of new learnings. Interesting speakers & I enjoyed hearing what others are doing in their work"

Department of Health, Ballarat

"It applied to my workplace & I can now initiate particular objectives. It was relevant & current to my current role. Latest information, respectful & intelligent exchange & exploration of ideas/ opinions"

South Eastern Community Care

3 Easy Ways to Register

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