



Asia Forum on Ageing 2009

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Practical ideas for dementia specific day centres

Presented by

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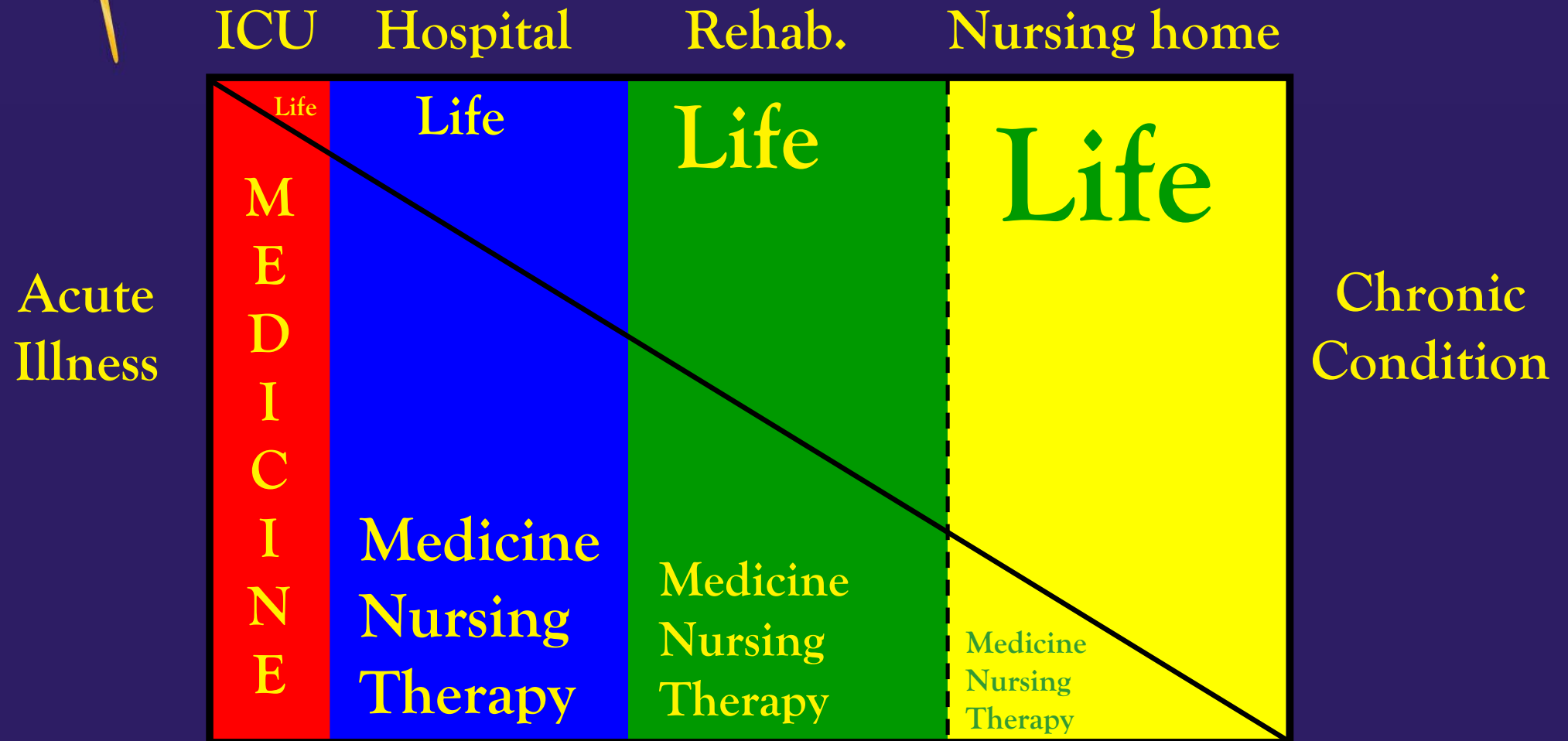


Past trend

- The main focus - was to provide respite relief to the family carer
- The ratio - consisted of both frail elderly and people with dementia
- The care - was often based on a medical/hospital model



Hospital vs. Social Life Model





Current trend

- The main focus - is on the needs of the person with dementia
- The ratio - trends towards 100% of people with dementia
- The care - is provided in home like environments where people have peers, purpose and laughter

Peers



Purpose



Laughter





Future trend

- The main focus - will combine the needs of both the person with dementia and the carer
- The ratio - will continue to be 100% dementia specific
- The care - will be provided in home like environment with extended hours and overnight accommodation



The Best Model

- Independent facility rather than one that is connected to a hospital or nursing home
- A person centred approach rather than the medical based model
- Staff are flexible in their approach to care rather than being routine driven
- A home like environment rather than a sterile hospital atmosphere



Caladenia Staff Attitude

- There is no “Them” & “Us”
- The dishes can always wait, the machine can get the phone, I am here for our members
- I will take my time, I will not rush or hurry, I am here to listen to our members’ stories
- I do not have to love everyone – but I can and will give unconditional positive regard
- I don’t just give – I will also receive

Inner city respite

- Residential house
- An apartment - preferably ground level with access to outdoors



Both need to provide a home like environment



Rural respite

Overnight Respite by the sea.



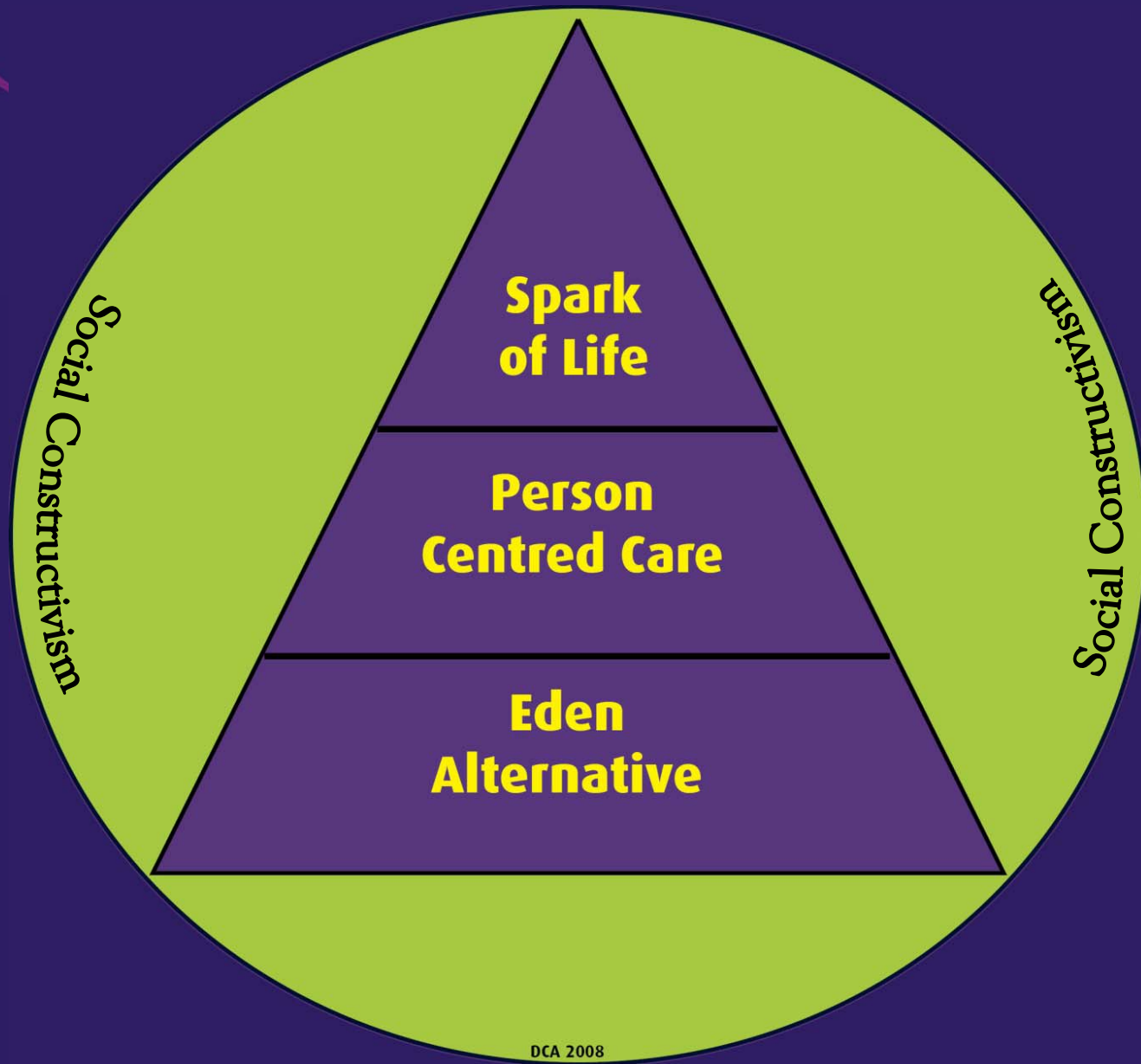
Would the person you care for like a holiday?

If you are caring for a family member over 65 who is frail or has dementia, they can take a short holiday by the sea while you have a break.

24 hour care is provided by trained staff.

Holiday locations include: Streaky Bay, Coffin Bay,

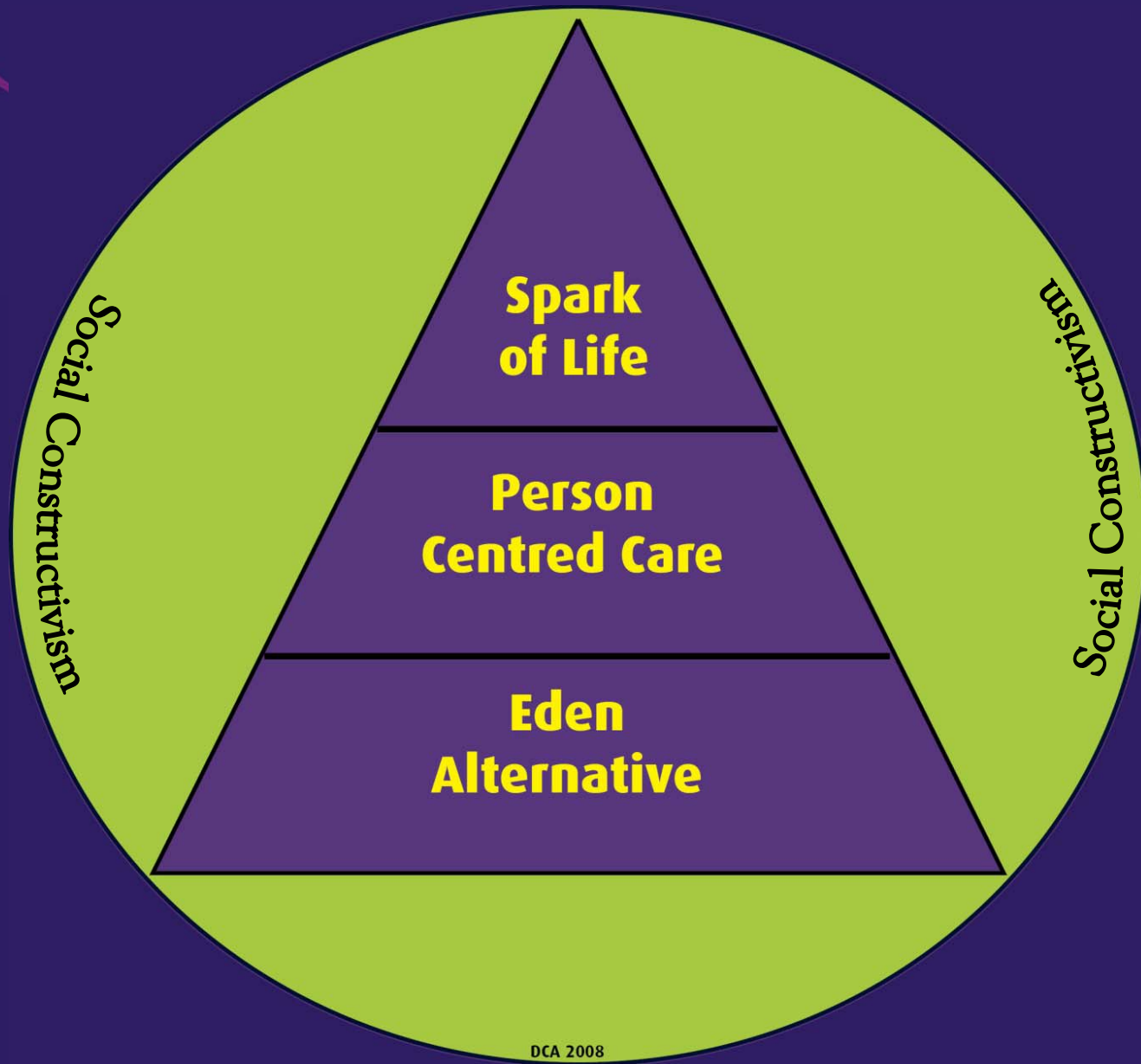
• Tumby Bay, Smoky Bay or Ceduna





Include animals and children







5 Universal emotional needs

- To feel needed and useful
- To have opportunity to care
- To love and be loved
- To have self-esteem boosted
- To have the power to choose



The *Spark of Life* Club Program

- Small membership
- Built on 4 rituals and one theme activity
- Minimum of 2 facilitators
- Same level of participation

Successful volunteer program

- Only need to commit to one day
- Clear and defined expectations
- Name badges





The *Spark of Life* Club Program Results





spark^{of} *Life*
Approach



www.SparkofLife.com.au

