



## Western Health and Alzheimer's Australia Vic Sessions 2014 at Sunshine Hospital

### INTRODUCTION TO DEMENTIA AND SERVICES

#### **A good place to start**

**Suitable for:** Family and friends of a person who may have a diagnosis of dementia and for the person who has the diagnosis.

**Overview:** This session will provide an introduction to dementia, causes, symptoms and typical changes that may occur. Also discussed are services available to support the person and the family, including further information sessions.

**Session Date and Time:**

Thursday 8 May from 1.30-3.30pm

### EFFECTIVE COMMUNICATION

**Suitable for:** Family and friends of a person diagnosed with dementia who already have a basic understanding of dementia and need assistance with effective communication.

**Overview:** The focus of the session is on how dementia changes communication and possible alternate communication strategies which may be helpful. We also discuss dealing with over-reactions of a person with dementia and how to support the person who is distressed.

**Session Date and Time:**

Thursday 5 June from 1.30-4pm

### COPING WITH CHANGES IN BEHAVIOUR

**Suitable for:** Family carers who need support coping with changed behaviours.

**Overview:** This session deals with some of the changes in behaviour caused by dementia as well as the possible triggers to these behaviours. We teach participants a problem-solving approach which helps carers to understand and better manage these changes.

**Session Date and Time:**

Thursday 3 July from 1.30-4pm

### CONSIDERING RESIDENTIAL CARE

**Suitable for:** Family carers at the point of considering residential care for a family member with dementia

**Overview:** In this program, we discuss the difficult decision of when to decide that residential care is needed, including the barriers to making this decision, and the emotional issues for families regarding placement. Information is also provided about the residential care system, including the different types of care available, and where to get information, and what services to contact. Discussion of the family's new role and how they can continue to care is included in this program.

**Session Dates and Times:**

Thursday 7 August from 1.30-4pm

**Venue for all sessions**

**Sunshine Hospital  
176 Furlong Road  
St Albans VIC 3021**

**Directions:**

Meet at Main Reception at 1pm  
A Western Health Volunteer will escort you to the room

**Bookings:**

Visit <http://www.fightdementia.org.au/victoria/victoria---workshops--courses.aspx>  
Or call Lisa Reed on 9815 5722

**Catering:** Tea/coffee and biscuits provided

**Cost:** Free

This program is supported by funding from the  
Commonwealth and Victorian Governments  
under the HACC program.



# UNDERSTAND ALZHEIMER'S SUPPORT AUSTRALIA

# FAMILY INFORMATION AND SUPPORT SESSIONS



## Welcome to Sunshine Hospital



### Ground Floor



- 11 Dialysis Unit
- 11 Radiation Therapy
- 11 Psychiatric Ward A
- 11 Psychiatric Ward B
- 11 Psychiatric Ward C
- 11 Western Centre for Health Research and Education
- 11 Community Based Rehabilitation
- 11 Ground Floor Subacute
- 11 Café
- 11 Pharmacy
- 11 Nuclear Medicine/MRI
- 11 Medical Records
- 11 Medical Imaging
- 11 Emergency Department
- 11 Main Hospital Reception
- 11 Paediatrics Outpatients
- 11 Specialist Adult Outpatients
- 11 Adult Outpatients
- 11 Post 4
- 11 Hand Therapy
- 11 Pathology
- 11 Auxiliary Shop
- 11 Opportunity Shop
- 11 Cashier
- 11 MedWest
- 11 Ground Floor Meeting Room
- 11 Prayer Room
- 11 Pastoral Care
- 11 Non-public area
- 11 Lifts
- 11 Stairs
- 11 Toilets
- 11 Disabled Toilets
- 11 Baby Change Facilities