



John plays wonderful rousing tunes (with a little help from Jasper!) at the centre

Activities offer relaxation and pleasure



Joyce (at left) enjoys needle craft and Alma (above) loves a little Mexican music

It's very important to keep enjoying anything that gives meaning to our lives or provides a sense of pleasure or relaxation. Dementia Australia report that many people living with dementia enjoy creative hobbies such as playing a musical instrument, knitting or painting. Others enjoy social contact, so it is important to keep this up as much as possible. A person with dementia may enjoy an outing even if they may not remember where they have been. What is important is that the moment is enjoyed.

Ideally, activities for a person living with dementia should:

- Maintain residual skills
- Compensate for lost activities
- Promote self-esteem and empower the individual
- Keep the mind stimulated and encourage new learning
- Provide an opportunity for enjoyment, pleasure and social contact
- Be sensitive to the person's cultural background
- Consider all that has made the person unique. This means knowing the person's former lifestyle, work history, hobbies, recreational and social interests, travel and significant life events.

Remember to always give the time and space necessary to allow the person to do as much as possible. Focus on one thing at a time. Break down activities into simple, manageable steps. Communicate one instruction at a time.

Visit <https://www.dementia.org.au> to find out more about the benefits of **Activities for people with dementia**.



The Byron carer

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www.byronrespite.com.au

Byron Shire Respite Service is located at the Brunswick Valley Community Centre, South Beach Rd, Brunswick Heads.

Our incorporated non-government community based organisation is managed by a local committee and covers the shires of Byron, Ballina and Lismore.

Respite care is delivered through our Changed Behaviour, Day Respite and Social Support projects, with a person centred enablement approach across the respite continuum.

**Telephone Janine Smith on: 02) 6685 1619
or Colin Munro: 02) 6685 1921**

**Website: www.byronrespite.com.au
Email: service@byronrespite.com.au**



Byron Shire Respite Service acknowledge and pay respect to the Arakwal people of the Bundjalung nation, the traditional owners of the land on which we live and care – and pay respect to the Elders past, present and emerging.

Photography: Margaret Wright

Need support?

● **My Aged Care** 1800 200 422
for information about the Australian Government's aged care system and services. www.myagedcare.gov.au

If you require emergency respite, please call: 1800 052 222
(24hrs)

- **Call Colin or Janine at Byron Shire Respite Service Inc. to discuss your role as a carer.** ph: 02) 6685 1921
- **National Dementia Helpline** ph: 1800 100 500
- **Carers Counselling Service** ph: 02) 6628 6416
- **Carers NSW** ph: 1800 242 636
- **Sandra Kimball Counselling** ph: 0458 175 962
- **Far North Coast Commonwealth Respite & Carelink Centre** ph: 1800 052 222
- **National Continence Helpline** ph: 1800 330 066
- **NSW Elder Abuse Helpline** ph: 1800 628 221

Aids:

- **Byron Ballina Home Maintenance and Modification Service** 1/65 Centennial Circuit, Byron Bay ph: 02) 6685 7312
- **Bright Sky Cards for Continence Aids Payment Scheme (CAPS)** ph: 1300 886 601

Need Transport?

- **Tweed Byron Ballina Community Transport** ph: 1300 875 895

Transport to medical appointments, weekly & fortnightly shopping outings & monthly social outings. The service is funded to support older people living at home independently or have a permanent disability or Indigenous Australians aged over 50 years. Phone Kathryn in the Byron office on: 1300 875 895 for transport to medical appointments or Amanda for any shopping bus or social bus enquiries.

Travel for medical appointments free with travel voucher or for Veteran and Widow Gold Card holders:

- **Byron Shire Limousines** ph: 02) 6685 5008
- **Brunswick Limousines** phone David on: 0412 855 747.

Managing your Medicines

As well as helping you getting the most benefit from your medicines, good medicine management may reduce your chances of mishaps that can cause side effects or interactions.

- NPS Medicinewise are working to make Australia more medicinewise through digital health and data insights, health professional education and reliable health information for consumers. The organisation was established in 1998 as the National Prescribing Service (NPS) Limited. It is independent, not-for-profit, evidence-based and consumer-centred.
- Through two decades of continuous national leadership and services provided in the health sector, NPS MedicineWise remains

committed to supporting quality use of medicines to improve health decisions and health and economic outcomes in Australia.

NPS MedicineWise report that each year, more than 140,000 Australians have to go to hospital with problems caused by their medicine. In up to 69% of these cases, the problem could have been avoided.

They believe older people are particularly at risk.

- The organisation suggest a Home Medicines Review might enable people to make and act on the best decisions about medicine use.

HOME MEDICINES REVIEW

- The Home Medicines Review (HMR) Program has been developed in response to these issues. It is funded by the Australian government and managed by the Pharmacy Guild of Australia.
- Home Medicines Reviews have been designed to enhance the quality use of medicines and reduce the number of adverse medicine events.

● A Home Medicines Review involves your GP and an accredited pharmacist of your choice. Your GP writes a referral to the pharmacist. You may choose to be referred to your usual community pharmacy or an accredited pharmacist who meets your needs. The pharmacist conducts an interview, preferably in your home, and then writes a report for the GP. The GP will discuss any recommendations with you and may make appropriate changes to your medicines.

● The service involves cooperation between the GP, pharmacist, other health professionals and their person (and, where appropriate, their carer). A HMR service improves the patient's and health professionals' knowledge and understanding about medicines, facilitates cooperative working relationships between members of the health care team in the interests of patient health and wellbeing and provides medication information to the patient and other health care providers involved in the their care.

For more information, speak to your local GP or visit www.nps.org.au

Byron Shire Respite Service Inc. is supported by the Australian Government Department of Health. Visit www.health.gov.au for more information.

Although funding for the Commonwealth Home Support Programme has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

Our Vision Statement:

With a focus on caring, wellness and reablement, provide person centred support to people with diverse needs to enhance their quality of life and maintain a familiar lifestyle in the community and in their own homes.

Byron Shire Respite Service Inc. Activity Timetable

monday	tuesday	wednesday	thursday	friday
10am – 2:30pm Changed Behaviours with Dementia	10am – 3pm Dementia Specific	10am – 3pm Changed Behaviours with Dementia	10am – 3pm Older people	10am – 3pm Dementia Specific

Lunch, morning and afternoon teas are provided and the cost for the day including transport is \$20.

NEW SERVICES FOR CARERS

If you look after someone with disability or mental illness, who is frail aged or very ill, you may be interested to know that the Australian Government is rolling out a range of new early-intervention services and supports for carers in 2019.

The Australian Government introduced Carer Gateway back in December of 2015 to provide practical information and resources to carers through a national website and phone service. It provides practical information and advice, and

connects carers with local services in their area. From this July, a range of new services such as peer support and coaching, skills courses, and a new phone counselling service will become available through the Carer Gateway. And from September this year, carers will also be able to access carer-specific supports and services through a new network of Carer Gateway service providers, which will work with carers to plan and access tailored and flexible services.

These changes to carer services do not affect other carer services delivered through My Aged Care, the National Disability Insurance Scheme (NDIS) or by state and territory governments.

Learn more at:
www.carergateway.gov.au
or call
1800 422 737 from
8am – 6pm, Monday – Friday.



Getting help early can make a big difference to a carer's life

The physical environment can have a major impact on a person living with dementia. To maximise the wellbeing of people living with dementia at home and increase their participation in activities, these simple changes and strategies can help create a dementia-friendly environment.

ADAPTING YOUR HOME FOR A FRIEND OR LOVED ONE WITH DEMENTIA

According to Dementia Australia, research has found that the environment can have a positive or negative effect on a person with dementia and can help a person with dementia 'hold on to their world by maintaining ties with familiar and comfortable surroundings'.

A dementia-friendly environment is one that promotes independence and supports wellbeing. It also:

- Draws on familiar surroundings
- Allows for easy access and orientation within the person's home environment
- Provides support for doing things the person enjoys
- Provides support for participation in daily activities
- Provides aids to support safety, security and independence.

Before discussing making changes in the home with the person, think about some of these things:

- What physical or thinking changes is the person experiencing?
- For example, difficulty finding familiar items around the home.

- How can I help the person continue to feel comfortable and relaxed?
- How can I help the person continue doing things they enjoy?
- What can I do to help the person continue to feel valued and included in daily life?
- When is the best time of day to discuss making changes in the home?
- What aids, cues or prompts such as clocks, signs or a message board may help the person with daily tasks?

DEMENTIA-FRIENDLY ENVIRONMENTS

- Improve lighting by replacing current globes with brighter globes to support good lighting at home

- Open curtains/blinds fully to maximise the daylight within rooms
- Position seating for reading or hobby activities to take advantage of sunlight
- Ensure opportunities are available to perform meaningful activities or favourite hobbies or pastimes
- Place personal photos and items around the room to provide pleasant memories and encourage reminiscence
- Consider using sensor lighting, to reduce the risk of falls at night.
- Use different textures and colours in living rooms to provide sensory engagement such as knitted rugs or soft cushions
- Reduce clutter and remove potential hazards such as loose electrical cords or rugs, and provide storage for items to ensure space to move around
- Use contrasting colours for floors, walls and furnishings for visual identification
- Place regularly used items in the line of sight and group common items together
- Use labels and clear canisters to help locate items in the kitchen or bathroom
- Use taps that are familiar and easy to use
- Replace appliances that are not working with ones similar of design to support familiarity
- Utilise whiteboards and calendar clocks for orientation and important reminders.

In the Bathroom

- Ensure that the room temperature is comfortable when using the bathroom
- Place regularly used items in a group within the line of sight and at a height that is accessible
- Use anti-flood devices, devices for releasing excessive water in bath, floor and fall detectors, and ensure that drainage holes are clear to reduce risks
- Use taps that are familiar and easy to use, and install thermostat or hot water cut off devices to regulate and monitor hot water temperature
- Use colour contrast to highlight items such as bath rails, door handles and toilet seats
 - Consider covering or removing mirrors. Some people lose the ability to differentiate between what they see in the mirror (themselves or you) and reality
 - Use devices for releasing excessive water in bath, floor and fall detectors.

In the Bedroom

- Ensure that there is adequate lighting; for example, sensor lighting can reduce the risk of falls at night time
- Use block out curtains or blinds to regulate sleeping patterns and stop shadows appearing on the window from outside trees and shrubs
- Remove clutter within the bedroom to ensure clear pathways, e.g. chairs, tables, clothes, shoes, rugs
- If necessary, use labels to identify items in drawers and cupboards in the bedroom
- Display a selection of daily clothing and shoes on a stand or a section of the wardrobe for easy access, as a way of promoting decision making and supporting independence.

