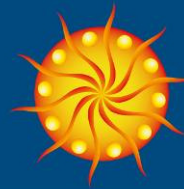




An Australian Government Initiative



SA & NT • DTSC
South Australia
& Northern Territory
Dementia Training
Study Centre

www.santdtsc.edu.au

**PROFESSIONAL DEVELOPMENT OPPORTUNITY
FOR HEALTH PROFESSIONALS**

**Dementia Awareness Week
Wednesday 22 September 2010**

“Smile Study – humour therapy”

Dr Belinda Goodenough: 10.00am – 12.00pm

For many years Clown Doctors have been visiting children’s hospitals to cheer up young patients, parents and staff. Can this type of ‘Humour therapy’ be adapted for the ‘other childhood’? – i.e. those living in residential aged care facilities, especially the elderly diagnosed with dementia? The SMILE study is an ambitious NHMRC-funded multisite trial of humour therapy as a person-centred, individualised and positive intervention for improving mood and quality of life for the aged and those who care for them. As part of fleet of projects managed by the Dementia Collaborative Research Centres, the SMILE study began in 2009 and is currently underway with a view to completion mid 2011. Dr Belinda Goodenough, the project co-ordinator, will give an overview of the program and insights into experiences so far for residents and carers. Dr Goodenough holds a PhD In psychology, with more than 40 publications in health research, and in addition to holding previous posts as Senior Lecturer in health psychology and clinical researcher working with sick children (where she first met the Clown Doctors), she is currently appointed as a Research Fellow with the Dementia Collaborative Research Centre based at the University of New South Wales, Sydney.

“Developing exemplary Alzheimer’s disease programs”

Dr Susan Gilster: 12.45pm – 2.45pm

Developing an exemplary Alzheimer’s disease and dementia program requires a life enhancing rationale, leadership, commitment, careful thought, a vision and a concrete plan. Left to chance, without a strategy, a dementia unit or facility will be ineffective or worse, result in utter chaos. Considerations include determining an appropriate population, establishing suitable environmental and therapeutic programs, creating a purposeful and comfortable atmosphere. It requires careful staff selection, preparation and ongoing educational and support programs. A respectful and inclusive philosophy engages families and staff encouraging input and significantly better outcomes.

A successful program is never stagnant, it requires continuous examination and evaluation as the population is continually changing and the program must do so as well to provide for the ongoing and shifting needs of residents, families and staff. This session will share this essential information regarding program development and mechanisms for replication.

**“Mechanisms for Recruiting, Developing and Retaining Staff in
Dementia Programs”**

Dr Susan Gilster: 3.00pm – 5.00pm

Staff recruitment and retention continues to be a significant challenge to many organizations providing dementia care. While decades of research offer solutions to staff satisfaction many establishments have not designed or implemented programs that address the concerns. This session will share current research as well as strategies for developing programs to meet the desires of staff enhancing satisfaction, performance, retention and engagement. Specifically included will be staff selection strategies, interviewing strategies, vision and mission, respect, preparation and staff education, ongoing support and communication, inclusion and recognizing and celebrating accomplishments. Staff satisfaction results will be presented with ideas and plans for implementation for continued success.



BELINDA GOODENOUGH PhD

Dr Goodenough is a Research Fellow at the Dementia Collaborative Research Centre (DCRC) for Assessment and Better Care Outcomes at UNSW. She is a behavioural scientist and health psychologist with training and expertise in research methods and psychosocial outcomes measurement. One of Belinda's research interests is humour-related coping in illness. She joined the DCRC to lead the [SMILE study](#): an NHMRC-funded multisite randomised trial of humour therapy for improving the wellbeing of residents and carers in age-care facilities.



SUSAN D. GILSTER PhD, RN, Fellow

Dr. Gilster is known for creating new, innovative health care projects in the US and abroad. Susan was responsible for the development of the Alois Alzheimer Centre, which opened in 1987 as the first free-standing dementia facility in the United States. Dr. Gilster serves as a practitioner, author, educator, researcher and consultant, and has published over 75 journal articles. She has conducted well over 100 national and international presentations in 12 countries, focusing on Alzheimer's disease care and programs, leadership, organizational development, and employee satisfaction and retention.

Guided by her service-driven philosophy, Dr. Gilster developed a successful, transformational leadership model promoting person-centred care for residents, families and staff. Dr. Gilster published her innovative models in two books: "*Changing Culture, Changing Care: SERVICE First*," and "*A Way of Life: Developing an Exemplary Alzheimer's Disease and Dementia Program*." Her most recent publications include the cover story for Long-Term Living Magazine, a series of articles for the professional journal Care Management, and co-author of an ongoing biweekly column entitled, "Ask the Staffing Experts" for the Long Term Living website.

Dr. Gilster is a volunteer professor and preceptor to students from regional, national and international colleges and universities, spearheading an education program that benefits approximately 200 students-physicians, nurses and other health professionals, annually.

Under her leadership the Alois Alzheimer Centre and staff have earned numerous deficiency free surveys, state and national legislative commendations, numerous state and national awards, including OHCA Personal Excellence awards, 2010 Pioneer award, Business Health Care Manager award and the ACHA/NCAL Steps I and II Quality Improvement Awards.

VENUE: Alzheimer's Australia SA Inc 27 Conyngham Street GLENSIDE

REGISTRATION

There is no cost to participants as this course is funded through the Australian Government's Dementia Initiative

Registration is essential.

Places are limited.

Please advise if you need to cancel your registration.

REGISTRATION FORM

**Dementia Awareness Week
Wednesday 22 September 2010**

Please tick the boxes of the sessions that you will be attending

- "Smile Study – humour therapy"
- "Developing exemplary Alzheimer's disease programs"
- "Mechanisms for Recruiting, Developing and Retaining Staff in Dementia Programs"

Light lunch will be provided for those attending the first two or more sessions

One form per person, please photocopy for multiple use.

Name:			
Organisation:			
Contact details:	Phone b/h:		
	Phone a/h:		
	Email:		
In accordance with Alzheimer's Australia SA Inc Privacy Policy any details you supply will be secure and remain confidential.			
Discipline: <i>(Required for reporting to funding body.)</i>	<input type="checkbox"/> Doctor/specialist	<input type="checkbox"/> Social Worker	
	<input type="checkbox"/> Nurse	<input type="checkbox"/> Speech Pathologist	
	<input type="checkbox"/> Occupational Therapist	<input type="checkbox"/> Other, please specify: _____	
	<input type="checkbox"/> Physiotherapist	<input type="checkbox"/> Student: <input type="checkbox"/> Post-graduate	
	<input type="checkbox"/> Psychologist	<input type="checkbox"/> Under-graduate	
	Please indicate any special dietary or other requirements: _____		
For further details, please contact: Fiona 8372 2177			
Please forward completed registration form by 15 September to: fiona@alzheimerssa.asn.au or fax to : (08) 8338 3390			

Training to care for people with dementia

South Australia and Northern Territory Dementia Training Study Centre

Led by Alzheimer's Australia SA Inc in partnership with Aged and Community Services SA & NT Inc, Batchelor Institute of Indigenous Tertiary Education, Charles Darwin University, Flinders University, South Australian Government: Department of Health, The University of Adelaide, and University of South Australia.