



Dementia & Recreation

NATIONAL CONFERENCE 2009

CONFERENCE PROGRAM

Day 1 Program - October 13 2009

- 0915 Welcome & Introduction** Wayne Woff Manager - Total Aged Services
- 0930 Our Philosophy** What is the philosophy that drives the work we do? Are we clear enough about our professional aims, objectives, goals ...? How does the provision of recreational services fit within the context of the overall organisation? These "big" picture issues are often dismissed as just a "lot of talking & fancy words". This session will challenge this negative assertion & establish the relevance of meaningfully addressing this issue.
- 1000 Our role, our value** As a logical follow on from the first session, this presentation will examine the role of the recreation professional (real & perceived), workplace dynamics, selling the work we do, getting colleagues to come "on board" and planning for the future. All essential areas to discuss & debate if we are to achieve the optimum outcomes for our clients. A session sure to spark some serious debate & discussion.
- 1045 Morning tea, networking & trade expo**
- 1115 Memory Lane Communities** As described by Barchester Care Homes in the UK, Memory Lane Communities are based on a range of values including: creating a home-like feel; providing specialised care; promoting self-esteem; encouraging independence; supporting life-skills and individuality; providing a comfortable and safe environment where someone can live with their dementia and not just exist. What sort of communities are we involved with & what role do we play in shaping those communities. How do we ensure that the services we offer for are more than just a collection of plans, programs & projects.
- 1145 Aromatherapy - awakening the senses** This session aims to provide an essential update on Aromatherapy. Although well recognised for its potential beneficial outcomes, are we structuring our programs in this area in a timely, appropriate & individualised manner? A terrific professional opportunity to reflect & review.
- 1215 What's for dinner?** Apart from its role in assisting in the maintenance of an individual's health & well being, food can be so much more. The sights, sounds & smells (not to mention touch) associated with food & food preparation present us with some potent possibilities. With outcomes as diverse as maintenance/improvement of dexterity, socialisation, reminiscence, cognitive stimulation, increased self esteem, food related "activities" have a great deal to offer. A presentation clearly designed to whet the appetite!
- 1245 Lunch, networking & trade expo**
- 1345 Clinical update - Parkinson's Disease** Our annual clinical update addresses Parkinson's Disease - including information regarding incidence, causes, management & common challenges.
- 1415 Emotional Health & Workplace Stress** With clear links to the second session on today's program, this presentation will reflect on one of the most significant areas of workplace health & safety. What are the elements that make for a low stress, healthy workplace? What roles do individuals play in achieving such a working environment or is it all up to 'management'. And what about all those 'difficult' people I work with? A topic with far reaching implications.
- 1445 Award & Grant Presentation**
- "Award for Excellence"
 - "Research Grant"
- 1500 Afternoon tea, networking & trade expo**
- 1530 Stories from the field (1)** As always, these 'stories from the field' are sure to motivate, inform & delight you.
- 1615 Close Day One**



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Day 2 Program - October 14 2009

- 0915 Welcome & Introduction** Wayne Woff Manager - Total Aged Services
- 0930 Research Project - "Animal Intervention Therapy in Aged Care"** Since being selected as the winner of the Victoria University Research Grant at the 2008 Conference, the team at Maryborough District Health Service Nursing Home has been seeking to establish whether the inclusion of live and 'life-like' pets in High Care aged care activity programs makes a difference and how? Their journey & findings will make for some fascinating insights.
- 1000 "The Sound of Music"** Melodies, memories, movement & maybe a little mayhem ... music is an integral part of life & living for so many of us. The popularity of the iPod & other MP3 players is a clear validation of this statement. This presentation will address the use of music & music therapy for clients with dementia - focusing on the promise, possibilities & potential pitfalls.
- 1045 Morning tea, networking & trade expo**
- 1115 Legal update - Guardianship/POA** A broad understanding of issues surrounding guardianship & powers of attorneys is essential for all professionals working in health, aged or community care settings. This update will provide a concise overview of the key issues, concerns & challenges associated with these areas.
- 1145 But what about ...** In this session, we re-visit a topic addressed in our 2004 conference, which is no less relevant in 2009 ... Within Aged Care Facilities, there are generally a number of residents who, for a variety of reasons including severe dementia, present significant challenges in relation to their leisure & recreation programming. How do we meet these challenges? An informative presentation with a clear focus on problem solving.
- 1215 Sexuality - "The elephant in the room"** The concept of sexuality & issue of sexual behaviour in relation to people with dementia can present significant challenges for health & recreation professionals, carers, staff & family. Does the nature of the issues associated with this topic make our responses/strategies somewhat "clouded & judgemental" or are we well placed to respond in a prudent & professional manner. Delegates should be prepared for some honest self appraisal as part of this presentation.
- 1245 Lunch, networking & trade expo**
- 1345 The world in review** Following on from its success in 2008, this session will once again review the latest trends, research, projects, surveys, programs in the world of recreation & dementia.
- 1415 Professional Issues - Mentoring** Have we as individual practitioners or as a profession recognised sufficiently the need to offer ourselves as mentors under appropriate circumstances? What the hell is a mentor anyway? Does it have to be a formal process or can it just evolve & be quite fluid. This session seeks to "kick off" the discussion.
- 1445 Stories from the field (2)** To close our conference, more 'stories from the field' to inform & inspire.
- 1530 Close of conference**