

Dementia + Recreation National Conference 2011

Conference Program

Day 1 Program - Thursday November 10 2011

0915 Welcome & Introduction Wayne Woff, Manager - Total Aged Services

0930 Leadership & Lifestyle - "at home" & beyond

"A leader is one who knows the way, goes the way, and shows the way" and "If your actions inspire others to dream more, learn more, do more and become more, you are a leader". Using these two quotes as a launching pad, this presentation will examine key concepts & constructs of positive leadership as it relates to working within an organisation & the bigger picture. For those leading & being lead.

1015 'My Story Matters'

'My Story Matters' is a program that improves the mental health and well-being of residents with dementia and mental health conditions through the implementation of a life-review based program and digital storytelling.

1045 Morning tea, networking & trade expo

1115 Activity/rest/sleep balance - Putting out the "Do not disturb" sign

Achieving a healthy balance between activity, rest & sleep can be challenging for the fittest person of any age. The challenges & management of a person with dementia in relation to activity levels can be even more significant. A timely chance to review your knowledge & practices.

1145 Using our hands - cut, paste, shape, build ... create!

The much quoted mantra of "move it or lose it" is especially applicable to this presentation examining the possibilities of deploying the digits in purposeful pursuits.

1215 Tai Chi - the body in balance

The forms & potential benefits of Tai Chi are many & varied. This presentation will barely scratch the surface but aims to provide the impetus for further discussion & exploration of its usefulness for people living with dementia.

1245 Lunch, networking & trade expo

1345 Clinical update - Cardiovascular Disease

Our annual clinical update addresses Cardiovascular Disease. Put bluntly, Cardiovascular disease is one of the most significant causes of morbidity & mortality in Australian society today. So let's take a look at it - including prevalence, prevention & presentation. A session with both personal & professional implications.

1415 Families - the great untapped resource?

"The key to significantly improving the quality of recreation services to people with dementia lies with better engagement with & energy from families & friends". Whether you agree or disagree, this session is sure to provoke many lively discussions at afternoon tea & beyond!

1445 Award & Grant Presentation

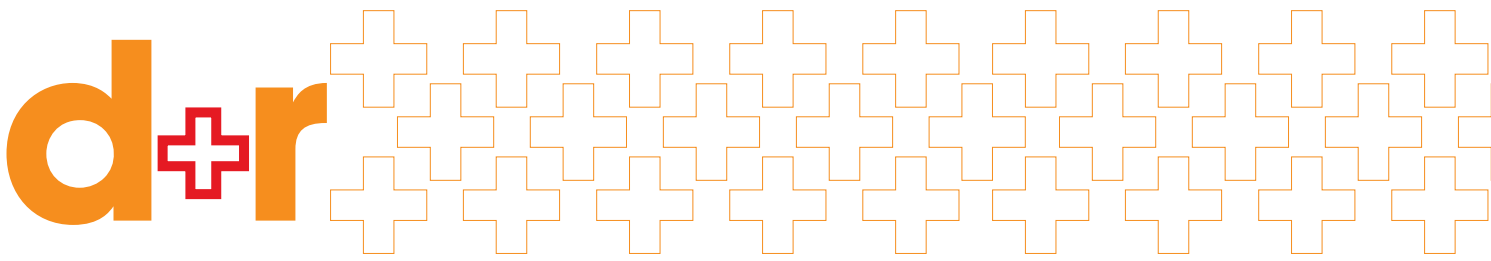
- Total Aged Services' "Award for Excellence"
- Victoria University "Research Grant"

1500 Afternoon tea, networking & trade expo

1530 Stories from the field (1)

These unique & diverse 'stories from the field' are sure to enlighten & motivate you.

1615 Close Day One



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Day 2 Program - Friday November 11 2011

0915 Welcome & Introduction Wayne Woff, Manager - Total Aged Services

0930 Research project - Volunteer Program for Residents

Since being selected as the winner of the Victoria University Research Grant at the 2010 conference, the team at Cooina Village has undertaken its research project to examine "the benefits to residents of undertaking volunteering activities". The project & its findings will be presented & explored.

1000 Montessori & dementia

This session will provide an introduction to & overview of the use of the Montessori approach in dementia care. What are the principles & practices associated with it? How can it be integrated into planning & programming? Will it just be "old news" next year?

1045 Morning tea, networking & trade expo

1115 Younger onset dementia

Younger onset dementia or early onset dementia refers to the emergence of the syndrome before a person reaches the age of 65. Younger onset dementia can occur in people aged in their 50's, 40's or even 30's. What are the implications & imperatives in providing quality recreational services to these individuals?

1200 Letters & numbers - cognitive activities in early-moderate dementia

For both pure pleasure & its protective promise, cognitive based activities can play an integral part of the program offered to residents with early-moderate dementia. So let's look at structures & strategies to make the spelling & sums "successful".

1245 Lunch, networking & trade expo

1345 The world in review

Now an established part of the Conference program, this session will once again review the latest trends, research, projects, surveys, programs in the world of recreation & dementia.

1415 Book Well - "The smoke hung in the air, a scream pierced the silence ..."

The Book Well program is a collaborative initiative of the State Library of Victoria, the Public Libraries Victoria Network and VicHealth. Employing read aloud reading groups, the program focuses on the power of literature to improve the health and wellbeing of individuals and communities. Listen & learn!

1500 Stories from the field (2)

To close our conference, more 'stories from the field' to inform & inspire.

1530 Close of conference