

### Responding to Behavioural and Psychological Symptoms of Dementia

This workshop is organised and hosted  
by Total Aged Services in conjunction  
with the **OT AUSTRALIA Victoria**



**Presented at Melbourne CAREX 2010**  
**Main Grandstand, Caulfield Racecourse**  
**Blue Diamond Room (Level 2)**  
**Friday March 19 2010 0930-1300**  
**\$99 inc. GST for OT Australia Vic. members**  
**or \$132 inc. GST for non-members**

#### *Seminar outline*

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The number of Australians suffering from dementia in the coming decades is projected to double from about 230,000 in 2008 to 465,000 by 2030. Research estimates that the majority of those with dementia display associated behavioural and psychological symptoms such as aggression, depression, vocalising and apathy.

Behavioural and psychological symptoms of dementia can range from mild and have little impact on occupational functioning, to severely disruptive and necessitating specialist health professional intervention. These symptoms are often the most distressing aspect of the condition for individuals, families and care workers dealing with dementia, and exact a high price from all involved, creating distress, high carer burden, loss of independence, lower quality of life, disability, and increase the costs of care.

Behavioural and psychological symptoms of dementia have typically been understood within a biological framework with emergent psychosocial paradigms viewing these symptoms as arising from unmet needs, difficulties coping with stress and reinforced learning. Current occupational therapy paradigms, based on systems theory, encapsulate these concepts and provide occupational therapists with a unique and comprehensive framework for understanding and responding the these symptoms using individually tailored non-pharmacological approaches.

This workshop will provide an overview of:

- The framework for understanding behavioural and psychological symptoms of dementia from an occupational therapy perspective.
- Responding to behavioural and psychological symptoms of dementia using individualised care-giver, environmental and occupational interventions

Multi-media information will be used to illustrate aspects of the material covered in this workshop and a variety of resources displayed that attendees may interact with.

#### *Presenter*

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**Alissa Westphal** is an Accredited Occupational Therapist employed by the University of Melbourne's Academic Unit for Psychiatry of Old Age as a Lecturer in Dementia Care and as the Senior Occupational Therapists in the Royal Melbourne Hospital's Cognitive Dementia and Memory Clinic (CDAMS).

Alissa has extensive clinical experience in managing older people with dementia and mental health issues. She has worked in acute and community aged psychiatry, aged care and dementia care settings. She developed the Residential Support Program at St Vincent's Aged Psychiatry and through this service assisted staff in residential care facilities to engage non-pharmacological approaches to managing resident's they experienced difficulty with.

Alissa has conducted training workshops locally, nationally and overseas and has presented findings from her work at national and international forums. She is the author of the chapter "Occupational Therapy in Dementia Care" in the soon to be released 4th edition of "Dementia", edited by Professors Ames, Burns and O'Brien. Alissa has special interests in conducting research into the use of non-pharmacological management of behavioural and psychological symptoms of dementia including the effect of education, environmental change and use of occupation.



By attending this Continuing Professional Development event you may be able to claim points towards Accredited Occupational Therapist Program CPD points. Please check the CPD section in your AccOT manual.

