



alzheimer's

QUEENSLAND



Dementia Matters

A Publication of Alzheimer's Queensland

Alzheimer's Queensland is Queensland's largest not-for-profit community whose primary aim is to maintain the quality of life of people with dementia and their caregivers. We support the desire of most people to remain living in their own home as long as possible and assist families and caregivers to facilitate this.

We aim to do this by offering the following State-wide Information, Education and Support Services

- *24 hour 7 days per week professionally staffed Advice Line
- *Community education Library resources
- *Interactive website
- *Professional education
- *Family carer education
- * Support groups – face to face and telephone
- * Individualized support
- * Fact sheets and specific information requests

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Windsor Aged Care Services

Windsor Aged Care Services joined AQ in late 2012. This 61-bed home offers "Ageing in Place" across its two traditionally-designed buildings, called 'Palmer' and 'Thorne'.

Both Thorne and Palmer cottages have sun-protected outdoor entertainment areas for eating, relaxing or connecting with the outdoors. Furthermore, our purpose-designed raised garden beds allow our residents families, particularly their grandchildren, to enjoy spending time with them in the gardens.

Windsor offers a range of accommodation options, comprising single or shared bedrooms with ensuites. Windsor's open plan heightens residents physical and visual access, thereby optimising their daily living experience, promoting independence and mirroring home life.

Our unique lifestyle program at Windsor offers our residents a range of group and individual activities, including cooking, music programs, art appreciation, art classes, and flexibility and fitness sessions. Wellness and enablement at Windsor is also reinforced through resident access to a range of specialists, including geriatrician, physiotherapist, speech pathologist, occupational therapist, and podiatrist.

All Windsor residents benefit from our staff's knowledge, skills, and expertise in dementia care. Our staff undergo regular training in dementia care to hone their skills and continue to provide our residents with optimal care aligned with our underlying philosophy based on valuing the individual choices made by our residents.



Open 24/7

Windsor Aged Care Services is located at **26 Palmer Street, Windsor QLD 4030**

T: 07 3357 9099

F: 07 3357 9323

E: wacsdoc@alzheimeronline.org



Clinical Corner

Warning Signs of Alzheimer's Disease

Dementia causes progressive changes to the brain; however, in the early stages of the disease these changes can be very subtle. Early warning signs of dementia vary between individuals but commonly, memory impairment is a hallmark feature of the disease.

Memory Loss

Issues with memory such as forgetfulness are one of the first symptoms of most types of dementia, particularly Alzheimer's disease. At times, everyone can become forgetful however, memory difficulties in Alzheimer's disease are more consistent and include: misplacing items, failing to remember appointments, and/or repeating the same topic or question. Other early warning signs of Alzheimer's disease include:

Difficulty Performing Familiar Tasks

An early symptom of dementia is experiencing problems performing routine everyday tasks. Sequencing of steps may be out of order causing difficulties when making a cup of tea, brushing teeth, or washing their hair. The steps may be out of order or the person with dementia may skip a step completely.

Problems With Words

An early symptom of Alzheimer's disease is word finding difficulties. A person with dementia may frequently forget the names of objects referring to certain objects as "things" or "that". They may also have difficulty putting sentences together and understanding complex instructions.

Confusion About Time and Place

Often, an early warning sign of Alzheimer's disease is when a person becomes disorientated in a familiar place. The person may suddenly not know where they are, not know how to drive home, or forget why they went to the shops. Frequently forgetting the time, date and day of the week can also be indicative of dementia.

Poor Judgement

Poor judgement frequently occurs in individuals with dementia, and this can present in the early stages of the disease.

Poor or impaired judgement may present itself as; difficulty judging distances, not taking usual safety precautions (e.g. turning off the stove), wearing summer clothing on a cold day, and/or driving erratically or not following road rules.

Changes in Personality and Mood

A person with Alzheimer's disease can experience quite obvious personality changes and these can become apparent in the early stages of the disease. Personality changes include increase in irritability, increased agitation, easily angered, more suspicious, and/or more self-centred and disinhibited. Changes may also include a loss of interest in hobbies and activities, as well as social withdrawal.



Help and assistance is available. For further information please contact Alzheimer's Queensland Advice Line on 1800 639 331

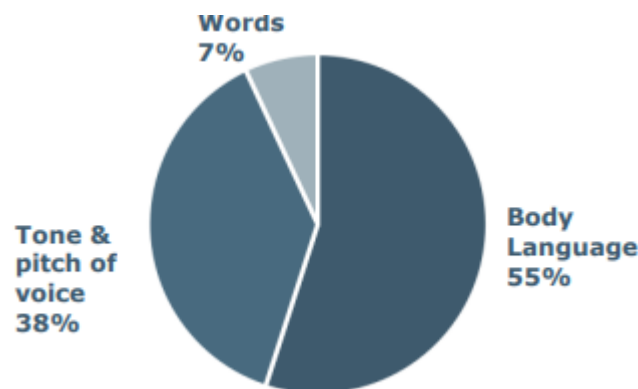
Dementia and Communication

The ability to communicate is a critical tool for life as it gives us the ability to form relationships, express our needs and wants and participate in society. When the ability to communicate is impaired or lost, our entire social history and network is affected. If we cannot communicate, we cannot fully participate in society.

Communication is a complex process involving words, body language, tone of voice, as well as memory and attention. Dementia causes a progressive loss of communication skills. This is because the loss of memory impacts our ability to remember words and their meanings. Consequently, people with dementia have increased difficulty using words to express themselves and understanding what others say.

The way we say something is far more important than what we say (or the words we use). This is especially important in dementia. Because of this, how we use our body language and tone of voice become more important when communicating with someone who has dementia.

Communication is made up of three parts:



Words make up only 7% of our overall message. Body language and tone of voice convey more meaning than words. Communication difficulties are common in Alzheimer's disease and other forms of dementia. Changes to communication include:

- * Difficulty finding the right word or remembering names
- * Difficulty following instructions
- * Reduced concentration and attention
- * Reduced eye contact
- * Loss of interest in conversation
- * Speech is mumbled or consists of 'made up' words
- * Loss of reading and writing skills
- * Repetition of phrases, questions, or words

Techniques to Improve Communication

- * Reduce background noise (turn off the TV or radio)
- * Ensure there is good lighting, and you can see each other's face while talking
- * Use short and simple sentences. Focus on one piece of information at a time
- * Speak slowly and clearly
- * Ask questions that require a yes or no answer, give two options e.g. "Would you like juice or water?"
- * Give the person with dementia extra time for the words to sink in and for the person to respond
- * If the person with dementia does not respond, they may not have heard or understood. Repeat or reword your question but keep it simple
- * Smile, be friendly and approachable. Try to stay calm and not get frustrated

Alternative Ways to Communicate

- * Touch. This is the most underestimated communication tool there is. Holding hands, gentle stroking and a simple hug will often say more than a thousand words
- * Go for a walk together. Just being together and sharing a moment is communicating
- * Reminisce. Looking at family photos or listening to music can bring back 'feel good' emotions
- * Eat meals together. Most communication and socialising occurs during mealtimes, and it provides an opportunity to relax and enjoy a familiar activity

Considerations

Communication difficulties can produce frustration and confusion for both the listener and the person with dementia. There are many techniques that can be learnt to assist the person with dementia understand others, as well as express their needs and wants.

It is absolutely vital to continue to communicate in whatever way possible, even if the person with dementia is no longer talking.

Being flexible in your approach is most crucial. Most of us take the ability to communicate for granted. It takes time to communicate effectively, allow even more time for people

For any questions or concerns you have in relation to dementia and its management, or for specific information on services available in your area and how to access them, please contact Alzheimer's Queensland on

1800 639 331

Out & About

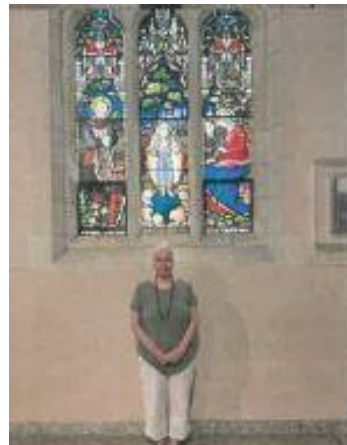
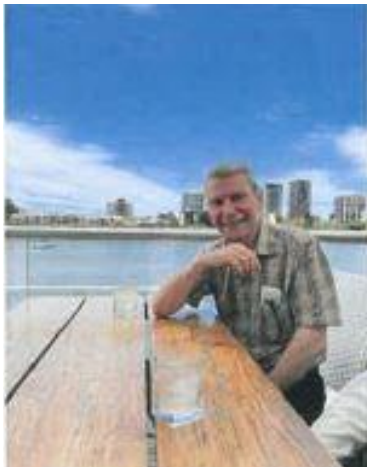
Meeting Wally Lewis

On a recent outing to watch the Broncos train some of our Garden City Clients were lucky enough to meet Wally Lewis. Everyone said how lovely he was and took the opportunity to get their picture with him.



Cathedral of St Stephen

Five of our residents attended a special outing to Cathedral of St Stephen in Brisbane City. They attended mass and had a tour of the Cathedral grounds. They all found this outing to be incredibly enjoyable and educational. Following the tour, the group had lunch at Jade Buddha cafe which overlooks the Brisbane river.



My Mother Can No Longer Brush Her Teeth

What To Do

Is dementia making oral care difficult? Unfortunately, this isn't a task to let go.

Poor mouth care leads to cavities and gum disease, and then to toothaches, sore gums, and a disinterest in food. It can also contribute to a deadly infection, "aspiration pneumonia." Even if the person you care for is no longer eating, bacteria in the saliva slip down the throat into the lungs.

Toothpaste & Toothbrushes

Avoid mouthwash and fluoride toothpaste. These are not healthy if swallowed. Instead, use just water or a baking soda-based toothpaste. For a better grip, look for a large-handled toothbrush or use an electric one.



Tips for brushing teeth

Prepare their toothbrush for them. Model tooth brushing. Put your toothbrush in your mouth. See if they can follow along. If not, have your loved one sit while you sit or stand behind them. Put your hand on top of theirs to help them brush. Explain each step as you go. Try to also brush his or her tongue and the roof of the mouth. Mucus here can harbor harmful bacteria. (Even people with dentures need to have their gums and tongue—and dentures—cleaned.)

Rather than cleaning teeth in the bathroom, consider sitting at the kitchen table with a bowl and water. It's a friendlier, more spacious room. You might add calming music or a special object to hold.

10 FOODS FOR SENIORS WITH NO TEETH

- * Scrambled eggs
- * Mashed potatoes
- * Well cooked steam vegetables
- * Smoothies
- * Yogurt
- * Soup
- * Flaky Fish
- * Oatmeal
- * Slow cooked meat
- * Beans

*Image source <https://www.telegraph.co.uk/wellbeing/future-health/good-health-in-old-age/>

Dementia Care & Services Information Days



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Alzheimer's Queensland are holding Free Dementia Care & Services Information Days throughout Queensland in May and June.

Sunshine Coast

Date: 04/05/2022

Location: Bribie RSL

South Coast

Date: 18/05/2022

Location: Helensvale Cultural Centre

Toowoomba

Date: 01/06/2022

Location: Highfields Cultural Centre

Townsville

Date: 15/06/2022

Location: Brothers League Club

Brisbane North

Date: 17/05/2022

Location: Aspley Hornets

Ipswich

Date: 25/05/2022

Location: Brothers League Club

Rockhampton

Date: 08/06/2022

Location: Leagues Club

If you would like more information or to RSVP, you can do so by contacting administration@alzqld.org.au or calling 07 3422 3000.

Places are limited to 100 attendees at each event, morning tea and lunch will be provided.

Topics covered will include but not limited to and may change depending on speaker availability:

- * Understanding Dementia
- * Dementia specific supporting services
- * Information on CHSP/HCP services
- * Allied Health Therapy
- * Falls Prevention
- * Information on how to obtain approvals for services



PIN ON YOUR NOTICE BOARD
ALZHEIMER'S QUEENSLAND SERVICES AND CONTACTS
WWW.ALZHEIMERSONLINE.ORG

Dementia Advice Line

1800 639 331

Open 24 hours a day, 7 days a week
Free Call from landline and public
phones or email:

helpline@alzheimeronline.org

For information and emotional
support for people living with
Dementia, families, friends, and staff.

The Dementia Advice Line has a
database of services to provide
information and referrals. Call for free
information e.g. fact sheets or
brochures to be mailed out.

AQ Rehab

In home physiotherapy

Occupational Therapy

Speech Therapy

1800 180 023

Care Services

Our Multi Service Centres are located
in Brisbane North, Brisbane South,
Gold Coast, Ipswich, and Toowoomba
and offer the following;

- * Personal care and domestic assistance
- * Social support and transport
- * Allied health assessments
- * Respite – Centre based; day, overnight or emergency
- * NDIS support
- * Home garden maintenance

Residential Aged Care located at;

- * Garden City Aged Care Services
- * Rosalie Nursing Care Centre
- * Windsor Aged Care Services

Home Care Packages at;

Brisbane South, Brisbane North, Logan
River, West Morton, Darling Downs,
and Gold Coast.

Carer Support Groups

Alzheimer's Queensland Carer Support Groups provide information and support for those caring for a friend or family member with Dementia.

Please phone 1800 639 331 for more information or to be placed on the mailing list.

Fortnightly 09:30am – 11:30am

Brisbane North – 07 3857 2191 Brisbane South – 07 3349 0875

South Coast – 07 5613 1844 Ipswich – 07 3812 2253

Monthly 09:30am – 11:00am

Toowoomba – 07 4635 2966