



alzheimer's

QUEENSLAND

Dementia Matters

A Publication of Alzheimer's Queensland



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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 (ph.: 1800 639 331)

Community education Library resources

Interactive website at www.alzheimersonline.org

Professional education

Family Carer education

Support groups – face to face and telephone support groups
Individualized support

Fact sheets and specific information requests posted as required

Dementia Matters newsletter

Alzheimer's Queensland
47 Tryon Street Upper Mt Gravatt Qld 4122 Telephone: (07) 3422 3000
Fax: (07) 3343 2557 Email: helpline@alzheimersonline.org Website:
www.alzheimersonline.org
Dementia Advice line: 1800 639 331

McNally House

Home is much more than just a shelter; it is also a place where we can feel secure and comfortable. We spend so much time in our homes that home comfort becomes more than just a luxury, but a necessity. Our indoor environment is an important part of creating a comfortable home environment for everyone in our facilities. For a person with dementia, a soothing and calm environment can help to minimise their confusion and help them to concentrate and rest.

Our McNally House at Upper Mt Gravatt provides just that. Opened in March 2020, Alzheimer's Queensland's bespoke residential facility, McNally House, Upper Mount Gravatt, Brisbane, combines cutting-edge design principles with an enviable lifestyle for those requiring high level dementia care, aged care and access to our wellness programs. McNally House is a home and not a facility. The vision of current and long standing Alzheimer's Queensland Chief Executive Officer, Stephen McNally, who has served our organization with distinction for the past 25 years, McNally House strives to set a new standard in dementia and aged care accommodation and service delivery.

McNally House comprises four levels, three of which are dedicated to residential accommodation, and the fourth to a state-of-the-art gymnasium and wellness centre. The first three levels of McNally House, each of which accommodate up to 13 residents per level, serves a unique purpose, and as such, operates independently.

The levels include **Ground** - home to our Specialist Dementia Care Program (SDCP) providing a higher level of care for those exhibiting very severe behavioural and psychological symptoms of dementia, who are unable to be effectively cared for by traditional aged care services

Levels 1 & 2 - provide high level care to our residents, offering single or couples accommodation designed to maximise privacy and comfort. Each level houses a fully functioning kitchen, ample relaxation and communal areas, and beautiful outdoor spaces.

Level 3 - houses a state-of-the-art gymnasium and outdoor area for use by our residents and wellness program participants. Our individually customized programs delivered on level 3 are designed and delivered by our dedicated allied healthcare practitioners.

All four levels of McNally House feature an intimate living area within close proximity to all bedrooms. Every living space offers our residents a sense of ownership and personalisation, and their families an opportunity to spend time with/entertain their loved ones. Each level comprises a domestic-style kitchen to encourage residents to participate in food preparation, as part of our lifestyle program, involving cooking and baking activities. Resident meals are both prepared and consumed in the communal kitchen area on each level.



Contact McNally House

T: 07 3349 0110

F: 07 3849 7355

E: gdoc@alzheimeronline.org

Helpful Hints

For Dementia Design At Home

Comfort

The environment should include familiar and personal items to assist with remembering events, people and places from their past lives.

Make sure the house is sufficiently lit to reduce shadows and provide good lighting, as people with dementia require greater than average light levels for clear vision.

Ensure that window and light treatments reduce reflections and glare

Ensure that the furniture is easily recognisable. Encourage their choice of furnishings and colours

Use comfortable furniture with good back and armrests

Add sensory variation to the space by using different textures

Design

Design of the physical environment is increasingly recognized as an important aid in the care of people with Alzheimer's disease and other dementias. Designers now view the design of long-term care, assisted living, and other environments as more than simply decorative. Design is regarded as a therapeutic resource to promote wellbeing and functionality among people with dementia.

Sensory impairments may increase the distraction, agitation, and confusion associated with dementia. The two most common sensory impairments in the elderly are hearing loss and visual impairment.

Good environmental design aims to create calmness and reduce excess noise while providing total visual access. People with dementia stand a better chance of finding something if they can see it from where they are.

Safety

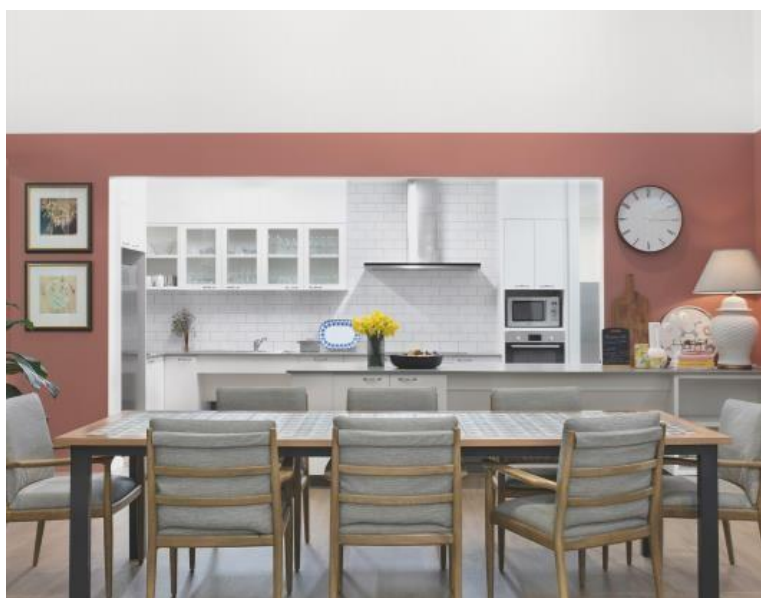
Make sure that smoke detectors are working in case of a fire.

Remove clutter and rugs from main circulation space to prevent trips and falls.

Ensure the floor is of contrasting colour to the furniture so that a person with dementia can see clearly.

Avoid sharp edges on tables as well as furniture with glass as it poses a safety hazard.

Be mindful of potential hazards such as electrical cords.



Riddle Me This

1. If you have it, you want to share it. If you share it, you don't have it. What is it?
2. If you were in a dark room with a candle, a woodstove, a match and a gas lamp which do you light first?
3. What has feet and legs, and nothing else?
4. What stays where it is when it goes off?
5. How much dirt is in a hole 4 feet deep and 2 feet wide?

6 weird things that have happened in August through history

- 2 August 1100: King William II is killed by an arrow in mysterious circumstances
- 1 August 1774: Joseph Priestley discovers oxygen
- 31 August 1897: Thomas Edison secures a patent for his kinetograph
- 20 August 1911: The first telegram is sent around the world in just 16.5 minutes
- 21 August 1911: The Mona Lisa is stolen in France
- 27 August 1955: The Guinness Book of World Records is published

A Good News Story

The Clients at the Ipswich Respite Centre have been participating in a variety of different arts and crafts and they are very proud of their results. Activities have included decoupage, alcohol ink paintings, button collage art, ceramics and canvas bag decorating.



Group Exercise Classes

Several Gordon Park clients have a keen interest in physical activity and exercise. They participate in weekly exercise classes at Mount Gravatt facilitated by Jack Watson, Exercise Physiologist. The clients who attend thoroughly enjoy these sessions which really emphasizes the importance of being active and engaging in meaningful activities. Exercise truly is amazing for overall health and well-being!



Alzheimer's Disease Drug Approval in the US

Dementia Australia has welcomed the announcement by the United States Food and Drug Administration (FDA) approving the first disease modifying treatment for Alzheimer's disease and MCI (Mild Cognitive Impairment) related to Alzheimer's disease for almost 20 years. The drug will be available in the United States and is currently under review by the Therapeutic Goods Administration (TGA) in Australia with an announcement expected early 2022 according to Dementia Australia CEO Maree McCabe. The drug Aducanumab includes antibodies designed to attach to and remove amyloid plaques which are thought to cause the damage to the brain that leads to Alzheimer's disease.





Woodturning

Every Wednesday, a group of four gentleman at Gordon Park attend an external woodturning class, which they eagerly look forward to. Each week photos flow through showing their exquisite craftsmanship and. One of the gentlemen in particular just lights up when he arrives back at the centre and loves to pop into the office to share his creations with us. He was very pleased to show us this beautiful cheese platter he made for his daughter.

Scrapbook Project

GPMSC hosts a weekly craft class on a Monday and four of our lovely lady clients have been working very hard on creating scrapbook albums that incorporate some of their favourite memories. This process is so special to our clients who share stories about their photos and their lives with one another and our very talented craft lady, Marji. Time is then spent journaling these incredible stories and embellishing the photos to really enhance what makes these women so proud – their children and their life partners for a start. This month the ladies took their completed works home to their families and we have received some wonderful feedback from them. These craft classes are incredibly meaningful to these ladies and their loved one.

Walking Group

We have commenced a walking group with some of our clients who enjoy being physically active and will be continuing to promote this with all clients. The clients who went recently down to the Kedron Brook walkway and park for a game of quoits and some light exercise had a wonderful time! One of the clients found some sunflowers growing along the path and picked a couple to bring back to the centre. A great outcome for all.



Contact Gordon Park Multi Service Centre

45 Shamrock Street,
Gordon Park QLD 4031

T 07 3857 2191

Wildlife Encounter

Family and clients from the South Coast Multi Service Centre had a 'walk on the wild side' during August. Tonya, the administration officer rescues wildlife and helps with animal welfare, conservation and rehabilitation. Through her contacts she helped organise a special 'live' event! Katie from Wild Encounters brought in a frog, a long neck turtle, a Bearded Dragon and a Shingleback lizard, 2 snakes (1 small and 1 large), a small saltwater crocodile and a Bettong which is a small kangaroo.

There was great excitement and plenty of opportunity for everyone to get up close and personal with all the animals, getting to touch, pat and hold them.



Consumer Experiences

Diane

Diane enjoys client interaction of the human kind, but 'drew the line' with the reptiles. However, when Katie asked Diane if she would like to hold the small Kangaroo, her demeanour changed. Diane started to whisper to the kangaroo that was wrapped up in a little blanket 'do you want to come home with me'. Diane's smile and sense of nurturing and contentment was felt by us all.

Colin

Colin comes into our centre regularly and although he doesn't recall some conversations he and Tonya have had about the reptiles, he showed interest in the activity leading up to and on the day. Colin graciously sat back in the chair on the day, and agreed to pat, cuddle, and poke every reptile and animal that was brought over to him. Colin was the first to have Lola the water python wrapped over his shoulders. Colin enjoyed the morning encounter.

Thea

Thea thoroughly enjoyed the morning encounter and was intrigued by the snakes. Thea had 'Spot' the Children's Python around her neck. She told staff that she had a very wonderful day and would like to enjoy this experience again.





AQ REHAB-ALLIED HEALTH AND WELLNESS

Provided by Alzheimer's Queensland

Holistic, flexible and consumer driven care are the hallmarks of AQ Rehab. Our Allied Health arm specializes in Health and Wellness Services for older adults. AQ Rehab offers at home physiotherapy, speech pathology, occupational therapy, dietetics and podiatry services. We can offer one-on-one and group programs that are tailored and targeted to your needs. Service Regions: Brisbane, Gold Coast, West Moreton, Darling Downs, & surrounds. For further information on services, fees or bookings call: **07 3422 3000**.

Reduce Stress For Better Brain Health

Experiencing some stress is part of everyday life, but when it persists over time, it can cause vascular changes and chemical imbalances that damage the brain and other cells in your body. By managing or lowering your stress, you can improve your brain health and reduce your risk of dementia.

How to reduce stress

- Take personal time for yourself.
- Exercise, relaxation, entertainment, hobbies and socializing are key. Identify unrealistic expectations and try to accept what cannot be changed.
- Seek and accept support from family, friends or health care professionals. Be prepared – new or unfamiliar situations can create stress and anxiety.
- Get plenty of sleep.
- Laugh.
- Reduce the harmful effects of stress on your mind and body through meditation, deep breathing, massage or physical exercise. The key is to explore a variety of techniques and find those that work for you.

Tai Chi

A 10 week program that uses breathing techniques and slow gentle movements to decrease stress levels

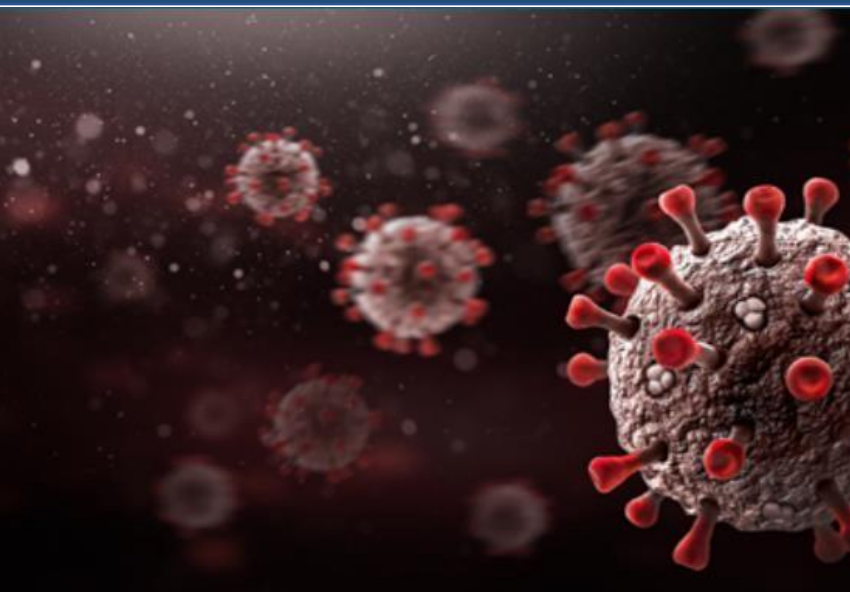
Studies have shown that Tai Chi can help people aged 65 and over to reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs.

Older people may not exercise because they do not have the physical strength or because exercise can worsen their existing pain. With its gentle and slow motions, tai chi is an ideal exercise for the elders.

It offers many benefits, such as increased mobility, balance, and flexibility; reduced risk of falls; and instils a feeling of

accomplishment and well-being. Tai Chi interventions may provide beneficial effects, such as preserving or improving cognitive functions and reducing the risk of developing dementia.

Some emerging research demonstrates the potential effectiveness of Tai Chi in providing short-term improvement in cognitive function in the early stages of dementia.



Corona Virus Tips for Care Givers & People Living with Dementia

If you develop any of the symptoms of coronavirus COVID-19, such as fever, a cough, sore throat, tiredness and shortness of breath, contact your doctor or call the Coronavirus Health Information Line for advice on **1800 020080**.

Wash your hands regularly for at least 20 seconds using soap and water. If you don't have access to running water, use an alcohol based handsanitizer.

Cough or sneeze into your elbow or a tissue. Do not cough or sneeze into your hands or a hanky. Tissues should be put straight into the rubbish bin.

Make time in your day to do some gentle exercise. Community classes are closed, but you can still go for a walk around the block, or find an exercise routine you enjoy on YouTube.

Regularly clean door handles, taps, benches and other parts of your home that are touched often with your hands.

Regularly clean your mobile phone with an alcohol wipe, especially if you use your phone when you are out.

If someone is coming into your home, make sure they wash their hands with soap and water straight away.

Remember, if you are over 65 or have a chronic illness you should limit your face-to-face contact with other people.

If you have a smart phone, you can make video calls. If your computer has a camera you can also use Skype or Zoom to talk to your loved ones

Royal Commission Into Aged Care Final Report

4 key takeaways

Australia needs a rights-based aged care system - In its recommendations, the final report highlights Australia needs a new Aged Care Act to underpin reform. The new Act should set out the rights of older people, including their entitlement to care and support based on their needs and preferences. In its recommendations, the final report highlights Australia needs a new Aged Care Act to underpin reform. The new Act should set out the rights of older people, including their entitlement to care and support based on their needs and preferences.

A better system will cost more- The final report makes a series of complex recommendations about fees and funding, with the commissioners diverging in view as to the specific arrangements. But essentially, the proposed new funding model would provide universal funding for care services, such as nursing. This means there would be no requirement for aged care recipients to pay a co - contribution, like public patients in public hospitals. Instead, the expectation is people pay for their ordinary costs of living, such as cleaning, subject to a means test and up to a maximum amount in residential care.

The system needs stronger governance - The final report calls for much stronger governance, regulation of the quality of care, prudential regulation, and an independent mechanism to set prices. These changes would ensure the "quasimarket" aged care system, as commissioner Tony Pagone described it, was much better regulated, holding providers to a higher standard of care, and better able to address any service gaps in the system.

We need to improve workforce conditions and capability -The final report calls for better wages and a new national registration scheme for all personal care workers, who would be required to have a minimum Certificate III training. Residential care facilities would need to ensure minimum staff time with residents. By July 1, 2022, this would be at least 200 minutes per resident per day for the average resident, with at least 40 minutes of that time with a registered nurse

Clinical Corner

Alzheimer's disease is a physical brain disease that causes dementia, resulting in impaired memory, thinking and behaviour. It is named after Alois Alzheimer, the German doctor who first described it in 1907. Alzheimer's disease is a progressive dementia – caused by a progressive degeneration of brain cells. The brain is the control centre for your whole body and different regions of the brain are responsible for different behaviours. The brain degeneration that occurs in Alzheimer's disease affects memory, thinking skills, emotions, behaviour and mood. As a result, a person's ability to carry out daily activities becomes impaired. As the disease progresses, symptoms worsen. In Alzheimer's disease, the physical damage in the brain is caused by amyloid plaques and neurofibrillary tangles.

These abnormal protein accumulations disrupt messages within the brain because they damage connections between brain cells. The brain cells eventually die and brain volume shrinks. These brain changes occur gradually and actually begin many years (on average around 15 years) before symptoms of dementia occur. The brain is able to compensate for the early damage, but eventually the damage becomes too great and brain function is affected. In a few cases, Alzheimer's disease is inherited, caused by a genetic mutation passed from one generation to the next. This is called familial Alzheimer's disease and results in symptoms occurring at a relatively young age, usually in the 50s but sometimes younger. This type of Alzheimer's disease affects a very small number of people. What are the symptoms? The disease affects each person differently and the symptoms experienced vary.

Common symptoms may include:

- Persistent and frequent memory loss, especially of recent events
- Repeatedly saying the same thing
- Vagueness in everyday conversation
- Being less able to plan, problem solve, organise and think logically
- Language difficulties such as finding the right word and understanding conversations
- Apparent loss of enthusiasm for previously enjoyed activities
- Taking longer to do routine tasks
- Becoming confused and disoriented, even in well-known places
- Inability to process questions and instructions
- Deterioration of social skills
- Emotional unpredictability
- Changes in behaviour, personality and mood.

At present there is no cure for Alzheimer's disease and no treatment that can stop the disease progressing. However, there are medications available that can help stabilise or slow the decline in memory and thinking abilities for a time. Drugs may also be prescribed for secondary symptoms such as agitation or depression, or to help a person with Alzheimer's sleep better.



Check - In Qld

It has been made mandatory for Residential Aged Care Facilities to utilise the "Check - In Qld App". This app is used for contact tracing in order to fight the transmission of COVID. We're using the new Check - In Qld app to help keep you COVID safe the next time you visit. All you need to do is: - visit www.covid19.qld.gov.au/check-in-qld for links to download the app from Google Play or Apple App stores - enter your details once when you first open the app - open the app when you next visit us - select 'Check in Now' and scan or enter our code.

The Check- In Qld App is free, easy to use and convenient. We need to collect visitor details to support the Qld Government's contact tracing efforts. When you sign up to use the Check In app, the app will remember your details, saving you time in the future and providing easy check in across other Queensland venues using Check

In Qld. The Check - In Qld app is voluntary. Everyone who visits our facility needs to check-in—but you don't have to use the app. For our visitors who don't have a smartphone or aren't comfortable downloading apps we can take your details using another method. Staff will be here to assist you.

Moving into residential care - A life changing decision

Moving into a care home or nursing home is a huge physical and

emotional adjustment. The decision to move into a home is often taken reluctantly. It can be traumatic for the person moving into the home as well as for a partner, close family or friends left behind. These tips will assist in making the process easier.

1. **Plan ahead.** Planning the move with the person themselves is vital. Even if there are question marks about whether a relative has the mental capacity to make decisions about the move, their views should be sought and included in the process. Spend some time discussing what home comforts, keepsakes and small items of furniture will go to the new home. Perhaps invest in a tablet or laptop computer and get your relative up to speed on emails, Skype calls, browsing the internet, watching TV or listening to music. Spend some time sorting out things like name tapes and labels too!

2. **Be positive.** Moving to a care home can be an emotional time for both residents and their families, but there are things you can do to make it all a positive experience. Emphasise the benefits it may have for the person; give them as much choice as possible and let them feel that they have some control. Even if your parent is upset with you and not wanting to talk about the move, let them know as much as you can and try to make it their decision as much as possible. Point out different features and help your parent assess which ones might be most important to them.

3. **Ask questions.** Get the conversation started early about how and when the move will happen. Ideally you will have accompanied your relative to see the care home and spoken to residents and staff about what it's like to live there. There may be the chance for them to stay there for a trial period or a respite break. Whether or not they're mobile, it could make them feel more settled if they know the layout of their new home. Ask plenty of questions about what it would be like to be a resident there, routines, meals and activities

4. **Do some prep.** Many homes will invite you to provide a life history book about your relative so they can get to know them. This can take time and if you can, it's worth starting before the move is imminent. Photo albums are a great way that care staff can start conversations too.

5. **See the Care Plan.** When someone first moves into a care home, a care plan is written, covering all aspects of their care. This will be in a folder and is left in their room. It is updated several times a day with comments by staff. It will include things like when a bath is taken, any changes in medication, any falls or other incidents as well as feeding/sleeping/toilet patterns. You should look at it when visiting. Talk to staff about what your relative would like. Perhaps taking meals in their room, or listening to particular types of music.

6. **Listen!** A little listening goes a long way to soothe fears and anxieties about the move your parent might have. Don't dismiss concerns as petty or illogical, but show your parent with a touch or a nod that you are really listening to them. Listen to everyone else involved, too, like your siblings, partner, and children. Even if they are not as close to your parent, not wanting to be as involved in the decisions being made, or have opinions you don't agree with, try not to cut them out of the process.

7. **Expect some fallout.** It will take time for your loved one to adjust to the new surroundings. Be on alert for signs of depression such as loss of appetite, listlessness, poor hygiene and inability to enjoy simple pleasures. Most facilities have a mental health professional on staff, and you should tell them of any concerns you have.

What to bring

Personal items

Having personal belongings around you may help you to feel at home in your new environment. Some people may like to bring family photographs, their favourite films, books, music or other treasured items.

Clothing

It is important to ensure that personal clothing is properly labelled. Most nursing homes will launder your clothing either on site or through a laundry service. Bring enough clothing to allow for items being washed as it might take a couple of days before clean laundry is returned to you. Because of the large volume of washing nursing home laundries often use commercial washing and drying machines so make sure your clothes are machine washable.

Continence aids

Residents with higher level care needs, who require products for the management of incontinence, will have these provided by the aged care home. Other residents may be required to purchase these items.

Radios, TVs, computers, digital clocks

Residents can bring with them their preferred electrical and electronic items. Each item will be checked, tested and tagged for use.

Furniture

It is most common to have space available for some items like a favourite chair, small table, dresser and bedside light.

Medication

It is important that you bring all prescription medication with you on admission. Care staff will manage and administer the medication to ensure safe and quality use of your medicines.

Non-prescription medication

Topical creams, herbal remedies, vitamins and elixirs, which are non-prescription items, should be declared to the staff.

Toiletries

The aged care home supplies the basic necessities such as toothpaste, soap, toilet tissue. Specific items or particular brands need to be purchased at the resident's expense.

Mobility and wheelchairs

Residents who have wheelchairs, scooters, walking frames, and other mobility aids will be assessed to ensure that these are appropriate to their current situation.

Tips for moving into a nursing home

www.agedcareguide.com.au



Brain Healthy Foods

The food we eat play a role in keeping our brain healthy and can improve specific mental tasks such as memory and concentration. Since the brain uses around 20 percent of the body's caloric intake, it needs the right nutrients to be sharp and healthy. This starts with your diet, as certain vitamins, minerals, antioxidants, and other ingredients can enhance brain function.

Foods like grains, dark leafy grains, fatty fish, coffee, blueberries, turmeric, broccoli, salmon, pumpkin seeds, dark chocolate, nuts, oranges, green tea and eggs among others are great for boosting your brain and memory

In this issue we will focus on whole grains. Barley, oatmeal, quinoa, and brown rice or pasta are fortified with essential nutrients like fibre, iron, zinc, antioxidants, and vitamins B and E, which can reduce inflammation that often leads to cognitive decline, reports the Clinical Nutrition Journal. Whole grains have also been found to ease depression, which is another potential dementia symptom.

Including these foods as part of your regular diet is great for brain health

Riddle Me This Answers

1. Secret
2. Match
3. Stocking
4. Alarm Clock
5. There is no dirt in the hole

Brain -Healthy Recipe

Superfood salad with quinoa, orange, blueberries, and walnuts

Ingredients

3 ounces organic shredded kale or other leafy greens

½ cup rainbow quinoa

1 organic orange

1 organic avocado

4 or 5 sprigs organic fresh mint

Honey-lime yogurt (Greek yogurt- lime juice - honey)

6 ounces organic blueberries

3 tablespoons walnuts

Method

In a large bowl, combine the kale with 1 teaspoon (2 tsp) oil, season with salt, and gently massage the leaves. Let stand while you prepare the rest of the meal.

Rinse the quinoa. In a small sauce pot, combine the quinoa and 1 cup (2 cups) lightly salted water. Bring to a boil, reduce to a simmer, cover, and cook until the quinoa is tender, and the water is absorbed, 15 to 20 minutes.

Spread the quinoa out on a plate or sheet pan to cool. While the quinoa cooks and cools, prepare the remaining ingredients. Using your hands or a sharp knife, peel the orange; cut the fruit into ½-inch pieces. Discard any seeds.

Cut the avocado in half lengthwise. Remove the pit, scoop out the flesh, and cut the flesh into ½-inch pieces. Strip the mint leaves from the stems; coarsely chop the leaves. In a small bowl, stir together the honey-lime yogurt and mint; season to taste with salt and pepper. To the bowl with the kale, add the cooled quinoa, orange, avocado, blueberries, and walnuts and toss to combine.

Season to taste with salt and pepper. Transfer the salad to individual bowls, drizzle with the honey-lime yogurt, and serve.

Ingredient IQ

English walnuts were first grown in California in the late 1700s, with commercial production beginning in the late 1800s. Today, California grows 99 percent of the walnuts sold in the United States and two-thirds of the walnuts sold worldwide. We love this popular nut because it's an excellent plant-based source of omega-3 fatty acids along with protein, fiber, magnesium, and phosphorus.

Source: www.sunbasket.com

**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 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

Brisbane North, Brisbane South, Ipswich and Toowoomba

- Personal Care and Domestic Assistance
- Social Support and Transport
- Allied Health Assessments
- Respite - Centre based - day, overnight or emergency
- NDIS support
- Home Maintenance

Multi - Service Respite Centres located at:

Gordon Park, Mt Gravatt, Ipswich and Toowoomba

Residential Aged Care located at:

Garden City Aged Care Services, Upper Mt Gravatt, Rosalie Nursing Home and Windsor Aged Care Services

Home Care Packages at:

Brisbane South, Logan River, Brisbane North West Moreton, Darling Downs and Gold Coast to Byron Bay

Call the Advice Line for vacancies, home care packages and residential Aged Care (both respite and permanent).

Carer Support Groups – 2021

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

Brisbane North Meetings are held fortnightly from 9.30 - 11.30 am on Wednesday in Windsor. To book your attendance, please contact us on 07 38572191

Brisbane South Meetings are held fortnightly from 9.30-11.30am on Wednesday in Upper Mt Gravatt. To RSVP or for further details call 07 33490875

Ipswich Meetings are held fortnightly on Monday 09:30-11:30am. To book your attendance please call us on 07 3812 2253

Toowoomba Meetings are held monthly on the second Monday of each month from 9.30 -11.30am. To book your attendance please call 07 4635 2966

South Coast Meetings are held fortnightly from 9.30 - 11.30am on Mondays in Labrador. To RSVP or for further details please call 07 5613 1544