



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

- South Coast Multiservice Centre
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- Recommended Reading – Let's Talk Dementia by Carol L. Howell

South Coast Multi Service Centre

The South Coast Multi Service Centre operates from a beautiful, single-level homelike cottage, exuding comfort, familiarity and independence. It offers secure, homely cottage-based respite, 24 hours a day and 7 days a week.

The South Coast Multi Service Centre is suitable for both people living with Dementia or the frail aged, as well those over 65 seeking opportunities for social and community engagement.

Offering both centre-based and in-home respite care, giving carers and their families a well-earned break to recharge and attend to daily life; safe in the knowledge that their loved one is being cared for by carers trained specifically in Dementia fundamentals, behaviours and response.

The South Coast Multi Service Centre offers the following services;

- Centre-based respite & social support – offering social interaction for clients whilst participating in meaningful activities and outings.
- Cottage Overnight respite – Offering families overnight respite with the knowledge their loved one is safe and being cared for.
- In-Home respite – providing a companion in the comfort of the client's own home, assistance with personal hygiene, meal preparation or medication assistance.
- Allied Health – offering services such as Occupational Therapy, Physiotherapy, Podiatry and speech pathology.

If you would like to find out more or arrange a tour please contact the Multi Service Centre on 07 5613 1844

South Coast Multi Service Centre
90 Allied Drive, Arundel QLD 4214
T: 07 5613 1844
E: intaketeam@alzqld.org.au





Clinical Corner

Grief, Loss & Guilt

A person with dementia, and their loved ones, will experience many emotions and feelings during the course of the disease.

Grief and loss

Dementia embodies loss, the loss of what was, what might have been, of hopes, of dreams, of companionship, of independence and loss of mind. With loss comes grief and bereavement. Dementia is an emotional roller coaster. No sooner do you begin to adjust and come to terms with one phase when further changes occur and feeling of grief are felt afresh.

Guilt

Guilt is a frequent companion when caring for a relative with dementia. Carers often feel guilty about seeking outside help, sending their loved one to respite or taking a holiday. You may feel guilty about thinking about residential care or deciding to place your relative into a nursing home. Guilt is a crippling emotion that only serves to increase your stress.

When guilt strikes, it is important to remind yourself of the following:

- You are human, you too have needs and these must be met if you are to continue to care to the best of your ability
- There are limitations to how much one person can do. Recognising these limitations and seeking assistance is not a weakness, but a strength.
- Feeling guilty isn't going to change the situation
- PRAISE yourself. You have shown the strength and courage to accept the most difficult challenge there is: caring.

Bereavement

When the time comes, the grief associated with the death of a parent, partner or loved one reignites the emotional roller coaster. How people cope with grief and bereavement varies from one person to another however, a common initial reaction is shock. You may feel numb, and it is important to avoid making important decisions at this time.

Increasing the feeling of guilt, is often a sense of relief. The carer should not feel guilty about the relief they may feel when a loved one passes. It is OK to feel relieved that the experience of dementia is finally over.

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

Planning Ahead

With a diagnosis of dementia, planning for the future becomes important. Legal issues are usually low on the list of concerns of the family and person who has just been diagnosed with dementia. Yet if not dealt with in the early stages of the disease, legal matters can become an extra burden in what may already be a difficult situation.

The diagnosis of dementia in a person does not automatically mean the person has lost the mental capacity to sign legal documents. As long as the signature is made in a rational or lucid period, the person is said to have the required mental capacity. If there is any doubt, written expert medical evidence is required in support of the signing.

It is therefore very important to address legal matters as soon as the person has been diagnosed with dementia. It is too late to attend these legal matters once the dementia has progressed to the point where mental capacity is lost.

What does capacity mean?

Capacity is a legal term that means a person is capable of making decisions about matters that affect them, such as personal or financial decisions. To have capacity a person must be able to:

- Understand the nature and effect of a decision
- Freely and voluntarily make those decisions
- Be able to communicate these decisions in some way

Advanced Health Directive

An Advance Health Directive (AHD) allows an individual to state their wishes in relation of future health care. It might include instructions about resuscitation, life support, tissue donation, artificial feeding or any particular treatment you would not wish to have. It will only come into effect when the person is unable to make their own decisions due to loss of mental capacity. At the time of making an AHD, a doctor must discuss your instructions with you and complete a certain section of the document. To complete an AHD you must be over the age of 18 and have capacity.

Enduring Power of Attorney

An Enduring Power of Attorney (EPOA) is a legal document that allows you to appoint a substitute decision maker for when you are no longer able to. You can have an EPOA for financial matters, personal matters (including health decisions) or both.

An EPOA is different to a Power of Attorney, as a Power of Attorney becomes invalid if the principal loses mental capacity, such as in dementia. However an Enduring Power of Attorney continues to be effective even if the principal loses mental capacity.

Deciding on who your attorney should be is a big decision, as they will have a legal right to make decisions for you.

Statutory Health Attorney

If a person has not appointed someone as their Enduring Power of Attorney or made an Advance Health Directive, and loses their mental capacity, then a Statutory Health Attorney can make decisions for them in relation to health matters. There are no special forms for becoming a Statutory Health Attorney (unlike the other three documents mentioned above). The law simply recognises the authority of particular people to make decisions about health matters on a decision-by-decision basis.

If there isn't anyone eligible to become a Statutory Health Attorney then the Adult Guardian may be appointed to make decisions. The Adult Guardian can also be called upon to intervene when there is a dispute between Statutory Health Attorneys of equal status.

Will

By making a Will, we make a conscious decision to ensure that after our death our assets are distributed to the people (or organisations) that we have chosen to benefit from our estate. A Will comes into effect only after we have died.

A will can be contested on a number of grounds, or be invalid, if the person who made the Will is found not to have had capacity at the time of signing the Will. As such updating your will in the early stages of the disease can be important to avoid issues like this arising in the future.

Planning Ahead

It is extremely important for the person diagnosed with dementia to attend to the above matters as soon as possible after the diagnosis is made. Early consultation with your solicitor can assist in avoiding problems that may arise later when the person with dementia no longer has the mental capacity to conduct their own affairs.

If you would like more detailed information you can contact the following organisations:

- Queensland Office of the Public Guardian on 1300 653 187, or visit <http://www.publicguardian.qld.gov.au/>
- The Public Trustee on 1300 360 044, or visit <http://www.pt.qld.gov.au>
- My Aged Care on 1800 200 422, or visit <http://www.myagedcare.gov.au>

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

Our South Coast Multi Service Centre clients have been out and about in the community enjoying the beautiful Gold Coast and surrounding regions.



A road trip out to Beaudesert Historical Museum was a big hit with clients who enjoyed reminiscing whilst taking in the items of display.

A group of clients enjoyed a trip to the Daisy Hill Koala Centre, spotting Koalas and a picnic lunch was enjoyed by all.



Enjoying fishing at one of the many beautiful locations on the Gold Coast

Recommended Reading

Lets Talk Dementia: A Caregiver's Guide

Let's Talk Dementia! Carol Howell, a Certified Dementia Specialist and caregiver to her mother, helps to educate the reader on the various forms of dementia. She also provides hands-on tips that make life easier for the caregiver and better for the loved one with dementia. The book is scattered with "smiles" that brighten the day. The author reminds the readers of her motto—"Knowledge brings POWER. Power brings HOPE, and HOPE brings SMILES. "You've just got to laugh!" "Let's Talk Dementia is an informative and reassuring guide that will help you through what, for many people, can seem like an overwhelming challenge. By making medical information easy to understand and providing practical tips for dealing with countless day-to-day situation



"This is a well written book for the families affected by Alzheimer's disease, it is easy to udnerstnad and provides excellent education and guidance to the caregivers in their struggle to manage their relatives. This should be a must read for anyone involved in Alzheimer's care."

M. Reza Bolouri, MD

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, South
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 and 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
South Coast.

Carer Support Groups

Alzheimer's Queensland Carer Support Groups provide information and support to 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 – 11:30am

Toowoomba – 07 4635 2966