



COPE Program

The Care of People with Dementia in their Environments (COPE) program is for people with dementia and their families. COPE is a practical program with Occupational therapists working together with individuals and their carers to manage day-to-day activities, behaviour changes and stress.



AQ Health's COPE-Trained Occupational Therapists work individuals with a dementia diagnosis and their carers to identify strengths and challenges that they are experiencing and work collaboratively to help them remain active and independent and the family to support the person to live at home.

The program involves multiple sessions over 3 to 4 months, depending on the clients and carers needs. This includes:

- ✔ Comprehensive assessment identifying capabilities and challenges.
- ✔ Activities and strategies for the person with dementia to promote independence and overcome challenges.
- ✔ Carer education about dementia and preserved capabilities of the individual with the disease.
- ✔ Support for family wellbeing including stress management techniques.

Sessions are primarily delivered in the home, with support also available via telehealth.

The program can be accessed under the Commonwealth Home Support Programme (CHSP), Home Care Packages (HCP), and Chronic Disease Management (CDM) program. You can also pay for AQ services privately, including accessing private health insurance rebates.

