



Media Release For Immediate Release

Helping people with dementia to maintain activities of everyday living

Dementia is the biggest cause of disability in Australian's over the age of 65. It can also affect people of younger ages. A set of reablement programs, launched today at the International Dementia Conference in Sydney, are focussed on helping people living with dementia to maintain their ability to perform everyday activities for as long as possible.

Supporting independence and function in people living with dementia: A handbook of reablement programs for service providers, is an evidence-informed resource containing practical reablement programs to support function in people living with dementia.

Reablement is a term that refers to maintaining a person's functional ability. The *handbook* contains eight reablement programs around the key areas of *everyday living activities, mobility and physical function, and cognition and communication*.

The project was led by HammondCare, one of Australia's largest not-for-profit aged care providers, in partnership the University of New South Wales, Brightwater Care Group, Helping Hand Aged Care, Dementia Australia and the Australian Government Department of Health.

Directed at aged care providers, allied health and nursing professionals, managers and care workers, the *handbook* is supported by two additional resources, a *consumer information booklet*, and a *technical guide*. The *technical guide* contains a detailed synthesis of the published research evidence on reablement interventions for people living with dementia, and is a resource particularly aimed at health professions delivering programs and researchers.

Theresa Flavin, who was diagnosed with Younger Onset Dementia seven years ago, helped develop the consumer information booklet and wrote the foreword. She believes that while dementia is affecting her brain reablement programs like these can help build new pathways and help her to stay well for longer.

Professor Chris Poulos, who led the team producing these new resources, said:

"We have developed the handbook and the accompanying resources for two key reasons. The first is to empower people living with dementia, along with their families and support persons, by providing them with the tools to make informed decisions about programs that could be of benefit.

The second is to outline for practitioners and service providers how these evidence-informed programs can be delivered, practically and sustainably."

All three resources are available for free download at: hammondcare.com.au/reablement.

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Further information:

hammondcare.com.au/reablement

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