

## Dementia: things to do—activity ideas for carers

Judy Ratajec<sup>1</sup>

<sup>1</sup>Northern Territory Dementia Behaviour Management Advisory Service

The Australian Government is committed to 'Helping Australians with dementia and their carers; making dementia a National Health Priority'. The Dementia Behaviour Management Advisory Service is part of this initiative.

NT Dementia Behaviour Management Advisory Service is auspiced by the Uniting Church Frontier Services.

The role of the Dementia Behaviour Management Advisory Service (DBMAS) is to improve the quality of life of people with dementia and their carers where the behaviour of the person with dementia impacts on their care.

In June 2010 NT DBMAS were successful in an application for a Dementia Community Support Grant.

Through this grant NT DBMAS will produce an Indigenous activities resource for carers of people with dementia living in rural and remote regions across Australia.

The resource will demonstrate through the use of photographs, prompts and brief explanations of ways to engage people with dementia from an Indigenous background through the use of appropriate activities. The project will encourage carers to deliver a person-centred care approach through enhancing communication and creativity as a means of self-expression.

The expected outcomes of the project will be the improvement of quality of life for the person with dementia, reduced carer burden and the implementation of effective strategies in the management of behavioural and psychological symptoms of dementia.

The poster will demonstrate the development process of the project and provide some examples of the end product.

