



## **Alzheimers New Zealand Dementia Services and Standards: Education Programmes**

### **Ngā Paerewa me ngā Ratonga Mate Wareware o Alzheimers New Zealand: Ngā Kaupapa Ako**

Enabling people to make decisions, choices and do things for themselves...is critical in services for people with dementia. There is not one set of experts but three: those with a diagnosis of dementia, the people who are close to them and professionals. All too often the expertise of lived experience, and preferences, interests and skills are overlooked. (Perkins, Hill, Daley, Chappell, & Rennison, 2016, p.19)

### **Philosophy and Purpose | Te Kaupapa Taketake me te Whāinga**

Alzheimers New Zealand (NZ) is committed to the independence, health, and wellbeing of people living with dementia. High quality education and support is a basic human right. We are working towards people living with dementia being active partners in the design, delivery and choice of education programmes.

The purpose of our education programmes is to support informed choices, healthy lifestyles and wellbeing. These programmes provide opportunities for people with common interests to share expertise and experiences; and, create supportive networks

### **Principles | Ngā Mātāpono**

1. People living with dementia are at the heart of everything we do. Meaningful involvement is a right for everyone using our services. Education needs to be informed/co designed by people living with dementia at both local and national level (Alzheimers NZ, 2018a).
2. People with dementia have the right to tailored education that meets their individual needs.
3. Education programmes are a vital component of our services: *Awareness and risk reduction; Walking alongside; Transition; and Managing through a crisis* (Alzheimers NZ, 2018b).

4. Our dementia specific standards provide a way for people living with dementia and others to have confidence that education programmes are safe, of high quality, culturally appropriate, and routinely reviewed (Alzheimers NZ, 2018b).

### **Guidelines | He Aratohu**

1. Education programmes value and centralise the knowledge and experience of people learning to live with dementia.
2. Education is presented in an easily understood manner (see [DEEP Guides](#)).
3. Education opportunities are accessible and useful for all communities living with dementia (see [Ministry of Health, 2012](#)).
4. Programmes are underpinned by adult learning principles (see [Adult learning Australia n.d.](#)).
5. Alzheimers NZ education programmes are informed by Alzheimers NZ resources:
  - a. *About dementia: A guide for people with dementia and their family/whānau.*
  - b. *Living well with dementia: A guide for people diagnosed with dementia.*
  - c. *Supporting a person with dementia: A guide for family/whānau and friends.*
  - d. *Understanding changed behaviour.*
  - e. *Transitioning into residential care.*
  - f. *The later stages of dementia and end of life care.*
6. Programmes for people with dementia, care partners and family/whānau need to consider:
  - a. *Delivery:* Face to face delivery preferable, comfortable environment, small groups.
  - b. *Group composition:* Depends on topic, choice and purpose of education. Groups could be people living with dementia (people with dementia, care partners, family/whānau); people with dementia only; or care partners only.
  - c. *Content:* Tailored to participants' needs and purpose of education.
  - d. *Timing and duration:* Sessions/topics meet the needs of participants. People living with dementia participate in deciding length of session, time of delivery, and number of sessions.
  - e. *Feedback:* Sessions are developed and adapted in response to the feedback at each delivery.

## Initial Education Programme | Te Kaupapa Akoranga Taketake

### About Dementia | Mō te Mate Wareware

Learning outcomes	Topics <sup>1</sup>	Participants
Participants can demonstrate an understanding of living with dementia, and the support available.	<p>The experience of being diagnosed with dementia: People with dementia and families/whānau</p> <p>What is dementia</p> <p>Maintaining good brain health and reducing the risk</p> <p>Getting a diagnosis</p> <p>Support following diagnosis</p> <p>Planning ahead</p>	People with dementia and family/whānau together, public, health professionals

### Living well with dementia | Te noho pai me te mate wareware

Participants with dementia can identify healthy living strategies to support living well with dementia.	<p>The experience of living with dementia: People with dementia</p> <p>Adjusting to change</p> <p>The future</p> <p>Maintaining identity</p> <p>Managing symptoms</p> <p>Getting through the day</p> <p>Eating, drinking and brain health</p> <p>Support to live well with dementia</p>	People with dementia and family/whānau together and separately
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### Supporting a person with dementia | Te tautoko i te tangata kua pāngia e te mate wareware

Care partners, family and whānau can identify healthy living strategies to support living well with dementia	<p>The experience of living with dementia: People with dementia and families/ whānau</p> <p>After the diagnosis</p> <p>Staying healthy</p> <p>Every day life including safety, communication, driving, daily living and relationships.</p>	Care partners, family/whānau; formal caregivers (separate sessions)
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<sup>1</sup> The topics listed are broad categories – the Alzheimers NZ booklets cover numerous critical topics and provide a useful framework for developing education sessions.

## Education Sessions as Needed | Ngā Wā Akoranga ina Hiahiatia

### Understanding changed behaviour | Te noho mārama ki te whanonga rerekē

Learning outcomes	Topics <sup>2</sup>	Participants
Care partners and family/whānau understand the reasons for behavioural changes and can apply this understanding to developing useful strategies to cope with changed behaviour.	<p>The experience of living with dementia: People with dementia and families/ whānau</p> <p>Dementia- revision</p> <p>Why does behaviour change</p> <p>Understanding changed behaviour</p> <p>Coping with changed behaviour</p> <p>Support to live well with dementia</p>	Care partners, family/whānau; formal caregivers (Separate sessions)

### Transitioning into residential care | Te whakawhiti atu ki ngā kāinga atawhai

Family and whānau develop a planned approach to transitioning to residential care and adapting to change	<p>The experience of living with dementia: People with dementia and families/whānau</p> <p>Where to begin</p> <p>Planning for the move</p> <p>Making the transition</p> <p>Caring partners – your new role</p> <p>Good care in a residential facility</p> <p>Staying involved</p>	Care partners, family/whānau
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<sup>2</sup> The topics listed are broad categories – the Alzheimers NZ booklets cover numerous critical topics and provide a useful framework for developing education sessions.

## References

- Adult Learning Australia. (n.d.) *Adult learning principles*. Retrieved from <https://ala.asn.au/adult-learning/the-principles-of-adult-learning/>
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