

MONTESSORI AGED SUPPORT SERVICES

COMPLEMENTARY THERAPIES IN QUALITY DEMENTIA CARE CONFERENCE



MONTESSORI
AGED SUPPORT SERVICES



MONTESSORI
AUSTRALIA
FOUNDATION

Tuesday and Wednesday, 5 and 6 May 2015
Novotel Melbourne St Kilda, 16 The Esplanade St Kilda Victoria

COMPLEMENTARY THERAPIES IN QUALITY DEMENTIA CARE SCHEDULE



DAY ONE: TUESDAY 5 MAY 2015

8:30am – 9:00am

Registration & Coffee

9:00am – 9:15am

Welcome

9:15am – 10:10am

Keynote Address: The Keys to Connection – Complementary Therapies and the profound role they can play in unlocking a person's abilities, qualities and engagement – Kirsten James

We know that dementia impacts the way a person thinks, feels and communicates. This therefore affects the way they experience the world around them. The current evidence tells us that combining a supportive environment with a truly person centred approach is important. Meeting an individual's needs, playing to their strengths and abilities, and celebrating their uniqueness is what is required to make a difference. Kirsten's engaging presentation will explore the practical ways that complementary therapies can address all of these criteria, providing the keys to help connect the person with dementia that the audience will find stimulating and encouraging.

10:10am – 10:40am

The Art of Creativity – A non-pharmacological approach to dementia care – Deb Treherne

Creativity is an innate human quality which does not diminish with the onset of dementia. Art and all forms of creativity are a natural form of self-expression. As verbal capacity decreases, it is difficult to engage in life, isolating the person living with dementia if they are not provided with an alternative method of communication. Creativity becomes the language of self-expression, a language which we can all learn to speak.

10:40am – 10:50am

Question Time

10:50am – 11:20am

Morning Tea

11:20am – 11:50am

Therapeutic Touch: A Practical Approach to Promoting Mindfulness, Compassion and Wellbeing in Dementia Care – Jane Hall

Therapeutic Touch is a complementary therapy which has been used with good effect in dementia care for several decades. A comprehensive overview of Therapeutic Touch will be provided, including the evidence base for the benefits provided to staff and residents. This presentation will show how the core processes of Therapeutic Touch - the use of mindfulness, compassion and re-balancing the person's energy field, can be fine tuned for practical use in the demanding environment of aged care services

11:50am – 12:20pm

Montessori Magic – Changing the World of People Living with Dementia – Linda Graham

Montessori is an innovative, evidence-based model of care that focuses on strengths, capabilities, needs and interests. In an industry where dollars and staff are limited, Montessori provides a fresh approach where client strengths can be identified to maintain independence whilst boosting self-esteem, and self-worth. Montessori Environments are changing the face of dementia care with outcomes that are changing lives for the better.

12:20pm – 12:50pm

Aromatherapy and Life's Journeys – Maggie Hopkins

When an older person first enters residential care the experience for them can often be shattering and destabilising. Aromatherapy being gentle and non-invasive eases this experience by creating balance and harmony for the older person's mind, body and spirit. The stress free, nurturing and harmonious environment creates a safe haven in which they can speak openly and freely about their life's journeys.



COMPLEMENTARY THERAPIES IN QUALITY DEMENTIA CARE SCHEDULE



DAY ONE: TUESDAY 5 MAY 2015 – CONTINUED

12:50pm – 1:00pm

Questions to Speakers

1:00pm – 2:00pm

Lunch

2:00pm – 2:30pm

Individualised Music: Bringing Out the Person Not the Illness – Loretta Quinn

Individualised Music Therapy for a person with dementia can open a window to their personality, interests and creativity however momentarily. The use of individualised music addressing their abilities gives them confidence and a boost in their quality of life. This presentation will give an overview of individualising music for a person with dementia, backed up by video footage.

2:30pm – 3:00pm

Writing Memory: Baptcare's Life Story Project – Paula Bain & Richard Freadman

The Baptcare Life Story Program was developed by Paula and Richard in early 2014. The plenary will outline the aims and methodology of the project and discuss findings including cognitive, social and emotional. The Life Story Project has so far been offered to people living in the community. It is designed for those who are still able to write.

3:00pm – 3:10pm

Questions to Speakers

3:10pm – 3:40pm

Afternoon Tea

3:40pm – 4:10pm

Won't you join the dance – an Invitation to Life – Heather Hill

This presentation is about the value of dance and movement for people with dementia. To start The presentation will place dance as very much part of a person-centred approach to care, sharing its goals of personhood, relationship and meaningful engagement in life. I also discuss a broad understanding of dance as a basic human activity of expression and communication. Taking these two aspects together – person-centredness and dance as Life – I will draw on my dance movement therapy practice to show the joy and celebration of life that dance can bring.

4:10pm – 4:40pm

Healing through Rhythm and Sound – Matthew Kuhn

Drumming Therapy taps into layers of the mind and body that other modalities cannot. Studies have shown that repetitive drumming changes brain wave activity, inducing a state of calm and focused awareness. A truly holistic healing approach, group drumming breaks down social barriers, promotes freedom of expression, non-verbal communication, unity and cooperation. Drumming helps reconnect us to our core, enhancing empowerment and stimulating self-expression, releasing feelings without saying a word or revealing issues.

4:40pm – 4:50pm

Questions to Speakers

4:50pm – 5:00pm

Conference Close

5:00pm – 6:30pm

Conference Reception



COMPLEMENTARY THERAPIES IN QUALITY DEMENTIA CARE SCHEDULE



DAY TWO: WEDNESDAY 6 MAY 2015

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| 9:00am – 12:00pm | MORNING WORKSHOPS (individual preference – see options below) 10:15am – 10.45am: Morning Tea |
| 12:00pm – 1:00pm | Lunch |
| 1:00pm – 4:00pm | AFTERNOON WORKSHOPS (individual preference – see options below) 2:30pm – 3:00pm: Afternoon Tea |

WORKSHOP OPTIONS

1. Therapeutic Touch – Jane Hall

Exploring Therapeutic Touch: Practical steps in using mindfulness, developing compassion and promoting wellbeing in dementia care

Through a variety of activities, participants will experience the core processes underlying Therapeutic Touch. They will be able to learn strategies for their personal wellbeing and to assist in the provision of quality care. There will be an opportunity to explore how Therapeutic Touch might be put into practice within the reality of their workplace. This workshop will provide a peaceful and calming space for participants to enjoy, restore and reflect.

2. Montessori Principles in Dementia – Linda Graham

The How is in the WOW

To provide better care outcomes for people living with dementia all we need to do is focus on the WOW model. Who is the person behind the dementia, what do we Observe and What are we going to do about what we observe?

3. Music Therapy – Loretta Quinn *AVAILABLE AS AFTERNOON WORKSHOP SESSION ONLY*

Searching, Singing & Success

This workshop will provide participants with the skills in how to identify the most effective individual music for people living with dementia. A practical and fun workshop.

4. Aromatherapy & Massage – Maggie Hopkins

Smellness & Wellness: Aromatherapy in Aged Care

Participants will learn the practical application of aromatherapy for dementia residents. Experience the pleasure and relaxation of hand massage and foot spas. Learn about different blends of essential oils for specific outcomes.

5. Art Therapy – Deb Treherne

Reconnecting Through Art

People living with dementia are at risk of disconnection with themselves, their families, their communities and life as they knew it. In this workshop we will explore how we can use art and creativity as a bridge to reconnect them to themselves and their community.

COMPLEMENTARY THERAPIES IN QUALITY DEMENTIA CARE SCHEDULE



WORKSHOP OPTIONS – CONTINUED

6. Drumming – Matthew Kuhn

We all have Rhythm

Rhythm is our natural inheritance. It exists in our bodies, our hearts, and our breath. From the womb we experience the rhythmic heartbeat of our mothers. It exists in the vibration of atoms, the cycles of the seasons, the ticking of clocks, the orbit of the Earth. There is no part of creation that is without rhythm! Come and experience for yourself the many benefits of a drumming circle as a group that promotes social inclusion and group participation. You will also get to experience the power of being drummed individually whilst in a calm and meditative state. It provides a means of exploring as a group and serves as a vehicle for personal transformation and community building. The primitive drumming circle is emerging as a significant therapeutic tool in the modern technological age. This workshop provides a hands-on demonstration of how to work as a group, interact, and build important social skills at any age. Warning: Drumming can induce feelings of joy and happiness and make you smile!

7. Dance and Movement – Heather Hill *AVAILABLE AS **MORNING WORKSHOP** SESSION ONLY*

Invitation to the Dance

This is essentially a practical workshop which will link to the ideas presented at the plenary session. Participants will be involved in a wide range of dance/movement experiences, which will give them ideas they can use with their residents. There will also be discussion around structuring a dance/movement session, use of props etc. Participants are invited to bring along their own ideas and questions. Neither age nor two left feet are obstacles to participation in this kind of dance!

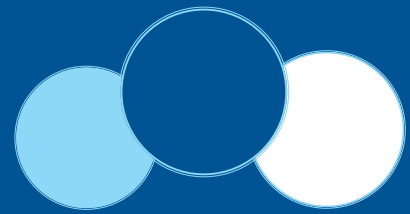
8. Life Story Workshop – Paula Bain and Richard Freadman

Facilitating a dementia care life story workshop

This workshop will be interactive and a great opportunity to learn about life writing and its benefits. It will cover the key principles of the Approach, applying these key principles and key challenges when negotiating some of the difficulties that commonly arise in dementia care story-telling and listening. In order to provide an experience of written story-telling, workshops participants will be invited to write, in a spontaneous, relaxed and non-perfectionistic (!) spirit about a significant aspect of their lives (approx. 20 minutes). Opportunity will be made to discuss some relevant scenarios and the need at times to work one-on-one with participants to help them meet challenges.



COMPLEMENTARY THERAPIES IN QUALITY DEMENTIA CARE SPEAKERS



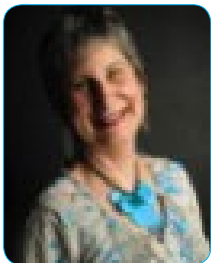
PAULA BAIN has worked in the Aged Care sector for the past twenty years and has extensive experience in the dementia care field. She worked for many years as the Activities Co-ordinator at a dementia specific day care centre before taking an educator position at Alzheimer's Australia Victoria. Paula now works in the community sector with Bapcare, supporting clients living with dementia in their own homes and who are receiving home care packages.



RICHARD FREADMAN is Emeritus Professor of English and former Director of the Unit for Studies in Biography and Autobiography at La Trobe University. He is the author of several books and has published articles about life writing in relation to illness and disability. He is currently working on the final chapters of a collection of narratives in which aging, memory and dementia feature as important themes. He currently works as a volunteer in the Eastern Palliative Care Biography Program and as a volunteer for Bapcare where he co-runs the dementia life story project.



LINDA GRAHAM is an experienced psychiatric and dementia care nurse with qualifications in education, hospital management, advanced dementia practice, dementia care mapping and Montessori. She discovered her passion was to be found in using Montessori Methods in dementia care and she has studied and developed her knowledge and skills in this area over the past 6 years. She is currently a Montessori Consultant with Montessori Aged Support Services.



JANE HALL has extensive experience in the health, higher education and well being sectors. She is a counsellor, psychotherapist and natural therapist specialising in energy based therapies. She teaches Cert IV and Diploma level Therapeutic Touch Courses and Mindfulness Based Stillness Meditation. Jane excels in creative solutions to life's challenges.

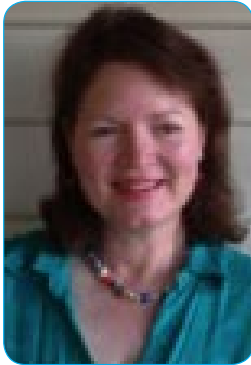
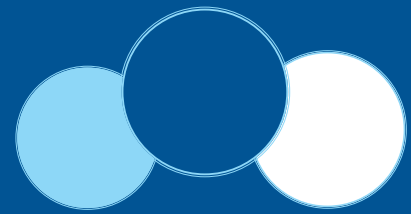


HEATHER HILL is a Professional Member of the Dance Movement Therapy Association of Australia and is a consultant in dementia and aged care and a dance movement therapist. She has worked for almost 30 years in the field of dementia, and lectured in dance movement therapy, creative arts therapy and arts-based inquiry. Heather has written journal articles, book chapters and two books for caregivers on dance for people with dementia: "Invitation to the Dance" (Stirling University, 2001, 2009) and "Let me stay and dance with you" published in Japanese (Creates Kamogawa, 2014).



MAGGIE HOPKINS has had 30yrs experience in the aged care industry, initially as an EN and for the past 16 years as a complementary therapist in high care. Whilst Maggie specialises in the area of aromatherapy, she also has qualifications and experience in Bach Flower Essences, Bowen Therapy and Reiki. Currently she works as a complementary therapist at 3 high care facilities as well as running her own busy private practice.

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KIRSTEN JAMES is a registered nurse and qualified educator who has worked in a variety of settings – from acute to aged and dementia care. She is an experienced presenter and facilitator, with a passion for person-centred care. Kirsten is a past recipient of a Victorian Government State Nursing Excellence Award. Kirsten has qualifications and a particular interest in the role of Complementary and Sensory Therapies in dementia, and this has led to her contributing to nursing and aged care curricula and textbooks in the field. Kirsten currently works as a Care Facilitator in a community based chronic disease management service based in Melbourne.



MATTHEW KUHN is the founder of Whitefeather Drumming. With over 8 years experience doing Native American Indian inspired drumming, built upon the traditional principles and spirituality, drumming is his passion and calling. Matthew has been facilitating workshops and drumming circles for over 2 years, working in primary and pre schools, aged care facilities and for child/youth services. In his spare time he has been learning Taiko Japanese drumming and furthering his African style drumming skills to further enhance the drumming experience for his clients.



LORETTA QUINN is a Registered Music Therapist and a Dementia Specialist with extensive experience in the field of Aged Care and Dementia. Her unique approach to the clinical and teaching area of dementia has made her very well known in the Aged Care Industry. Along with her music ability, nursing and Italian background, Loretta provides education and clinical advice in the many diverse areas of dementia.



DEBORAH TREHERN has over 20 years experience in aged care, specialising in designing and facilitating therapeutic art, sensory and music programs for people with dementia. With a Diploma in Transpersonal Art Therapy, Post Grad Diploma in Grief and Palliative Care Counselling and Cert IV in Training and Assessment, she has presented at many conferences, Deborah received an excellence award for Creative Ageing at the 2012 International Art of Good Health and Wellbeing Conference, Australia. She is passionate about creative engagement with dementia patients and carers. In 2013 Deborah attended an information exchange summit at The Museum of Modern Art, New York, with experts from around the world in Arts and Alzheimer's programs.

COMPLEMENTARY THERAPIES IN QUALITY DEMENTIA CARE VENUE & REGISTRATION



NOVOTEL MELBOURNE, ST KILDA



The 4-star Novotel Melbourne St Kilda is the city's premier beachfront hotel. Ideally positioned facing St Kilda beach and surrounded by some of the city's finest attractions, Novotel St Kilda is the perfect escape for the business or leisure traveller.

Situated 6km from the city centre and 28km from Melbourne Airport, experience all this unique St Kilda hotel and its cosmopolitan surroundings have to offer from this hotel's prime position on The Esplanade.

Novotel Melbourne St Kilda provides a great choice of St Kilda accommodation, offering 211 rooms and suites, many featuring spa baths with spectacular bay view over Port Philip Bay.

REGISTER ONLINE at massa.org.au/events or fill in and return the form below

| RATES | EARLY BIRD* | REGULAR |
|--|--|---------|
| <input type="checkbox"/> Montessori Environments for Dementia International Conference | \$440 | \$495 |
| Will you attend the Conference Reception? <input type="checkbox"/> Yes <input type="checkbox"/> No | Includes lunches, morning and afternoon teas and conference reception. | |

* Early Bird offer ends 1 March 2015

WORKSHOP PREFERENCES:

Please indicate your order of preference for the workshops available. Every effort will be made to accommodate your first 2 preferences.

1. EXPLORING THERAPEUTIC TOUCH
2. MONTESSORI PRINCIPLES FOR DEMENTIA: THE HOW IS IN THE WOW!
3. MUSIC THERAPY: SEARCHING, SINGING AND SUCCESS *AFTERNOON SESSION ONLY*
4. SMELLNESS & WELLNESS: AROMATHERAPY IN AGED CARE
5. ART THERAPY: RECONNECTING THROUGH ART
6. DRUMMING: WE ALL HAVE RHYTHM
7. DANCE & MOVEMENT: INVITATION TO THE DANCE *MORNING SESSION ONLY*
8. FACILITATING A DEMENTIA CARE LIFE STORY WORKSHOP

REGISTRATIONS CLOSE 28 APRIL 2015

Name: _____
 Facility: _____
 Position: _____
 Address: _____
 _____ Postcode: _____
 Phone – Home: _____
 Phone – Mobile: _____
 Phone – Work: _____
 Email: _____
 Please indicate if you have special dietary requirements:
 Vegetarian Gluten Free Other _____

Cheques payable to the Montessori Australia Foundation.
 ABN: 46 104 887 309

Payment Method: Cheque
 Or charge my: Visa Card Mastercard

Cardholder's Name: _____

Card N°: _____ CCV: _____

Signature: _____ Expiry Date: _____

Please see our website for our cancellation and refund policy.

Phone: 02 9986 2282 Fax: 02 9986 2281
 Email: info@massa.org.au
 Register online or send registration form to:
 Montessori Aged Support Services
 3 Myoora Rd Terrey Hills NSW 2084



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