

Dementia:

Information and Services





Living for today planning for tomorrow. Liz and Marrylln look over an Advance Care Plan.



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www.southernhealth.nz

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Advance Care Planning

Advance Care Planning (ACP) is a process of thinking about, discussing and writing down a plan about the type of medical care and treatment you would want to receive in the future.

It helps to make sure that your needs and wishes are known, and your personal beliefs and values are respected about your own future health care decisions. It helps guide doctors and other health professionals in their decisions about treatment if you become too sick to speak for yourself or are incapable of making decisions for yourself.

If you have an Advance Care Plan which you have shared with your family, healthcare decision-making is also less stressful for them and your loved ones.

A good place to start to make an Advance Care Plan:

www.hqsc.govt.nz/our-programmes/advancecareplanning

The Te Hokinga ā Wairua End of Life Service website

Covers advance care planning as well as a practical guide for people facing the loss of someone close to them.

www.endoflife.services.govt.nz/welcome



Alzheimer's Society Otago

Alzheimer's Otago supports people with dementia and their family/whānau across the Otago and Queenstown Lakes area. They have community educators based in Dunedin, Oamaru, Alexandra and Queenstown.

They offer carer support groups, one to one contact via telephone, email or face to face, socialisation groups, education about living well with dementia, wandatrak pendants and some excellent written resources.

Referrals are made through GP's, specialists, needs assessors, social workers or the family making contact themselves. The service is free although you can become a member by paying a \$20 subscription and donations are always welcome.

Central Otago/Queenstown

Phone: (03) 448 9056

Address: 14-20 Centennial Avenue Alexandra 9016

Email: central@alzheimersotago.org.nz

Dunedin/South and West Otago

Phone: (03) 471 6154

Physical Address: Community House 283-301

Moray Place Dunedin

Postal Address: P O Box 5304 Dunedin 9058

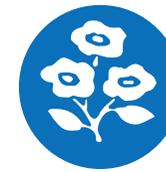
Email: admin@alzheimersotago.org.nz

North Otago

Phone: (03) 434 9090

Address: 27 Coquet Street Oamaru, 9444

Email: north@alzheimersotago.org.nz



Alzheimer's Society Southland

Alzheimer's Southland offers support, education and information to anyone wanting to know more about dementia. They provide this service by offering educational talks, information sessions, support groups and home visits to clients.

Phone: (03) 214 0984

Physical Address: 135 Yarrow Street Invercargill 9810

Postal Address: PO Box 980 Invercargill 9840

Email: alzheimers.southlandcsw@xtra.co.nz



Carer Support

Carer Support is a subsidy funded by the Ministry of Health or the District Health Board. It can assist the unpaid full-time carer of a person with a disability to take a break from caring for that person.

Carer Support is designed to be flexible. The client and the full-time carer can choose to coordinate their relief care, and this can be claimed for in either half or full days.

Common options may include:

- Residential care in a facility for a pre-arranged number of days
- Homecare or other agency support for the client within their own home, or for activities outside of the home.

The client can be assessed by a Needs Assessment Service Co-ordination (NASC) Agency or in some circumstances, by a doctor or social worker. If eligible, then the Assessor will allocate Carer Support days. Reviews are usually done annually.

To find a Needs Assessment Service Co-ordinator:

Access Ability Otago/Southland

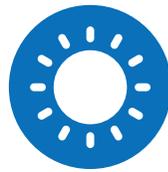
Physical Address: Ground Floor, Burns House,
10 George Street, Dunedin

Postal address: PO Box 966, Dunedin 9054

Phone: 0800 758 700

Email: otago@accessability.org.nz

Client groups - Under 65, Otago/Southland



Day Programmes:

Some facilities or private groups offer Day Programmes. Day programmes are usually set up within a facility, or may be run by a private group/trust in the community.

They offer a range of interesting activities/entertainment for their members which would allow carers/family members an opportunity to have a break, or those living alone an opportunity to engage with others.

These may not be specifically set up for those with Dementia but check with your Needs Assessor as it may be appropriate for your family member to attend.

Day Care can be funded in some instances by the District Health Board or WINZ can also fund using a Disability Allowance. Check with your local Needs Assessment service or GP.

Gaius Cottage (Invercargill)

Day care for people with dementia to give full time carers a break. Private paying options/DHB funded places.

Care Coordination Centre: 0800 223 225.



Driving Assessment:

Your clinician may refer you for a driver assessment. It may be suggested that you have this with an Occupational Therapist. The following fact sheet outlines what this may involve.

NZTA

www.nzta.govt.nz/assets/resources/factsheets/51/docs/51-ot-assessments.pdf

You may also choose to have your assessment with the AA or a Registered Driving School.



Emergency

From time to time you may find that you need to act quickly and utilise the local emergency services for a number of reasons.

Emergency Department/ Emergency Psychiatric Service (EPS) phone 1 1 1, or visit your local hospital.

My GP: _____



Enduring Power of Attorney

An Enduring Power of Attorney (EPOA) will give you peace of mind that someone you trust will make decisions for you, if you can't decide for yourself. Your EPOA will save your family the cost and stress of getting a court order to make decisions about you.

There are two types of EPOA – one covering your property and the other covering your personal care and welfare.

It's important for everyone to get an EPOA.

For useful information go to:
www.superseniors.msd.govt.nz/finance-planning/ending-power-of-attorney

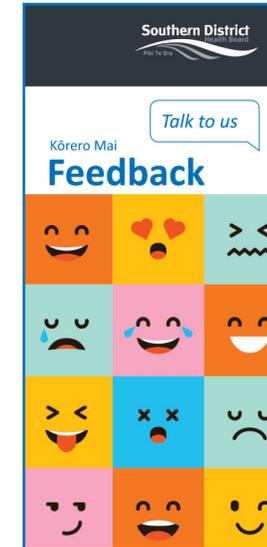


Feedback for SDHB Services

Families are encouraged to give feedback at any time they feel they would like to. They can do this in a number of ways, by:

- Talking to any member of staff
- Phone: Patient Affairs Office (03) 470 9533
- E-mail: feedback@southernhb.govt.nz
- Website: www.southernhealth.nz

Patients can contact the Health and Disability Advocacy Service for free independent advice and support on 0800 555 050.



Look out for a copy of this brochure around the hospital. You can record your compliments, complaints or suggestions directly onto to it and Freepost back to the Southern DHB.



Hospice and end of life services

(For those with or without Dementia)

People who have dementia who require specialist palliative care access this through their GP, hospital doctor or district nurse who can make a referral to Hospice.

The Aged Residential Care (ARC) Cancer Nurse Specialist service is available to provide regular generalist palliative care support to facilities providing hospital level care.

People who live in ARC and have specialist palliative care needs can be referred to Hospice by their GP in the same way as people who live in their own homes.

Stand-alone rest home facilities can telephone Hospice 24 hours a day on 03 4736005 for advice on palliative care needs.

Information about services and contact numbers are available on:

www.otagohospice.co.nz

Otago Hospice

Phone: 034736005

Fax: 034736015

Email: contact@otagohospice.co.nz



Learning Opportunities

For those wishing to engage in their own further study in Dementia, there are some on-line study courses available.

Free on-line Dementia Training Courses

www.dementiatrainingaustralia.com.au

Wicking Dementia Research and Education Centre

offers two free online courses:

1. MOOC Understanding Dementia Course
2. MOOC Preventing Dementia Course

www.utas.edu.au/wicking

MOOC stands for 'Massive Open Online Course' which means studying free online with people from all around the world. These courses are available at different times throughout the year and are suitable for families, carer's and professionals.



Mobility Scooter Use

Keeping mobile:

How to safely use your mobility scooter. From NZTA. Guidelines for safe use and handling.

www.nzta.govt.nz/assets/Safety/docs/staying-safe/km4



Personal Safety Devices for People with Dementia

Wandering alarms and tracking systems:

- Alzheimer's Otago - www.alzheimers.org.nz
- Wandersearch - www.wandersearch.org.nz
- Sentinel Watches - www.sentinelwatches.co.nz
- Trackimo - www.trackimo.nz
- GPSOS watches and pendants - www.gpsos.co.nz
Email: hello@gpsos.co.nz, Phone: 0800 115 906

Consumer New Zealand list five Accredited Suppliers of Personal Alarms that the Ministry of Social Development have approved for its accredited supplier list. The following suppliers are available in the South Island:

- **St John Medical Alarms:**
www.stjohn.org.nz/medical-alarms
- **Vital Call (Chub):**
www.vitalcall.co.nz
- **ADT Security Neva Alone:**
www.adt.com/medical-alarm
- **Red Wolf Personal Alarm:**
www.redwolf.net.nz/monitoring/medical-alarms
- **Securely (formerly called Bupa):**
www.securely.nz/Securelyforindependence.html

Hardware Stores also sell door/gate alarms which sound when opened.



Respite Care:

As part of a needs assessment you may be offered respite care to be used in a crisis or emergency situation. Usually a phone call to your GP or to your Needs Assessment service is all that is needed to put respite care in place.

To find a Needs Assessment Service Co-ordinator:

Care Coordination Centre

Phone 0800 627 236 (03) 470 9300 (Internal 59300)
Postal Address: Private Bag 1921, Dunedin
Email: southernhbccc@southernhb.govt.nz

HOME as my FIRST CHOICE

— Ki te whare tōku whiriwhiri tuatahi —

HOME as my FIRST CHOICE is all about sharing ways to make “home” a viable option for longer. The information about resources is aimed at helping make being supported at ‘home’ possible. There is a wide variety of services and options available to support you at home. These range from meal services, shopping support, adaptive equipment and social groups.

View/print our Community Resources Booklet here:
www.southernhealth.nz/home-as-my-first-choice



Doctor

Diagnoses and recommends treatment for your conditions



Nursing Team

Assists with your care, promotes wellbeing and independence



My Family, Whānau and support people



Dietitian

Assess and gives advice to make sure that you are eating the right foods to



Physiotherapist

Helps you to get moving safely and improve your breathing



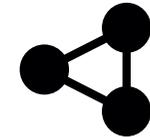
Occupational Therapist

Promotes your safety and independence with every-day tasks within your home



Pharmacist

Ensures that your medicines are right for you and your conditions



Cultural Support

Supports you and your family/whānau with any cultural needs



Social Worker

Discusses your situation and can advise and educate on a number of practical and legal matters



Speech Language Therapist

Supports you with communication and swallowing disorders



Clinical Nurse Specialist

Provides you and your whānau with education and information around specific health needs- diabetes, respiratory and/or cardiac



Chaplaincy Services

Provides you and your family/whānau with emotional and spiritual support

