



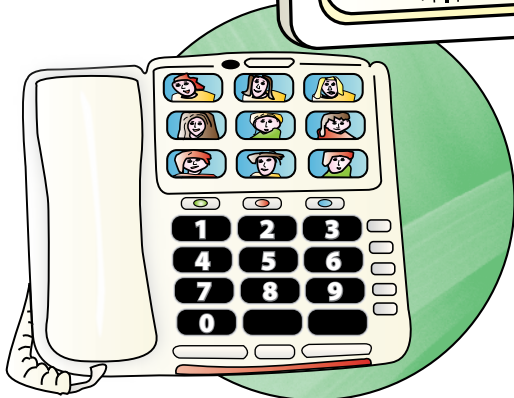
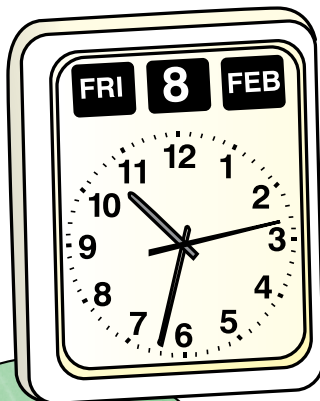
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Help Sheet 1.1

Living with dementia - how the environment, technology and you can help

These helps sheets have been developed to provide practical and easy to use resources to assist family carers, dementia care workers, service providers and volunteers to consider how they use technology and the environment to support the independence, safety and leisure for people living with dementia.

Automatic Calendar Clocks
show the time, date, day of the week and month, with some showing the year



Picture Phone has large buttons, optional one touch dialing which can be personalised by a photograph of the person to be contacted

Overview

- 1.1 Index
- 1.2 Assistive Technology
- 1.3 Environment
- 1.4 Technology for Carers
- 1.5 Making Changes

Common Issues

- 2.1 Communication
- 2.2 Falls
- 2.3 Finding Things, Prompts and Reminders
- 2.4 Leisure and Lifestyle
- 2.5 Lighting
- 2.6 Medication
- 2.7 Nutrition
- 2.8 Orientation
- 2.9 Paying Bills
- 2.10 Pets
- 2.11 Security
- 2.12 Sleep Disturbances
- 2.13 Smoking
- 2.14 Temperature
- 2.15 Transport and Driving
- 2.16 Wandering

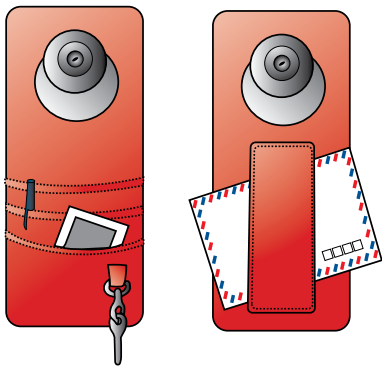
Areas in and around the home

- 3.1 Bathroom/Toilet
- 3.2 Bedroom
- 3.3 Dining Room
- 3.4 Front Entrance
- 3.5 Garage and Sheds
- 3.6 Kitchen
- 3.7 Laundry
- 3.8 Lounge Room
- 3.9 Outdoor Areas
- 3.10 Rear Entrance
- 3.11 Spare Room or Study
- 3.12 Storage

Person Centred use of Environment and Technology

Whilst everyone's experience of dementia is unique, people living with dementia and their carers describe similar challenges – be they with medications, disorientation, safe use of household appliances, finding things, sleep disturbances, security or falls.

The types of assistive technology available, the costs, and how they can be used to support someone living with dementia vary greatly. No single solution will suit every person – the approach used must be person centred and ethical. If the device or system used does not meet the needs and abilities of the person it may not work and may even create confusion or distress.



'Doorganiser' is a canvas wallet designed to hang from a door handle, holding easily forgotten items

A person centred response includes a comprehensive assessment and problem solving approach in consultation with the person, their families and carers.

Assistive technology is used alongside other services, and is an adjunct to, not a replacement for, human contact and care. The development of assistive technology is advancing at a rapid rate and there are now an increasing number of devices available that can be used to assist the person living with dementia. Ethically, it is important to consider the following:

- Does this device make a task more complicated?
- Does it restrict the person's freedom?
- Does it take away the opportunity for the person to take part in activities?
- Does the person have the capacity to make informed consent?

Technology has the potential to enable or further disable people with dementia, and to be misused. So whilst many products and devices are available, it is how we use them (including how we monitor their usage) that counts. This includes asking whether technology is the best solution for individual circumstances and situations.



Finding Products

For information about specific products and where to get them, see www.dementiatechnology.org.au Professional assessment is advised before any changes are made or products purchased. To find the best solution for your needs and to avoid unnecessary expense, contact the Independent Living Centre.

Further Information

Technology and the way individuals relate to it are constantly changing. For further information, a dementia friendly home checklist and to view other Help Sheets about how the environment, technology and you can help, please see www.dementiatechnology.org.au or call 1300 275 227 (1300 ASK BCS).

For further information and to discuss your individual needs and:

- assistive technology or home modifications, contact the Independent Living Centre at www.ilcaustralia.org or 1300 885 886;
- dementia, contact The National Dementia Helpline on 1800 100 500, or Alzheimer's Australia at www.alzheimers.org.au.

For information about local care and support services, including respite for carers, phone Commonwealth Respite and Carelink Centres on freecall 1800 052 222*. For emergency respite support outside business hours, phone freecall 1800 059 059* (*Calls from mobile phones are charged at applicable rates).



Baptist Community Services – NSW & ACT have developed an **Age Friendly Home** at Marsfield, N.S.W., to demonstrate changes to the environment and the use of assistive technology. You can see the home by booking a tour on 1300 275 227 (1300 ASK BCS) or visit the virtual tour and online information at www.dementiatechnology.org.au.

