



centre for
dementia learning
transforming dementia practice

2020 Dementia Learning Guide



Australia
wide

dementialearning.org.au

1300 DEMENTIA | 1300 336 368

Centre for Dementia Learning

Dementia Australia's **Centre for Dementia Learning** builds on over 35 years of experience as a peak body representing people with a lived experience of dementia and as a provider of dementia education and training in Australia.

Informed by current research and contemporary practice, our comprehensive suite of education programs incorporates both accredited and non-accredited courses delivered face-to-face, as well as online.

International best practice learning

All face-to-face workshops featured in the 2020 Dementia Learning Guide are mapped against the **Dementia Training Design and Delivery Audit Tool (DeTDAT)**¹ developed by Leeds Beckett University, to achieve best practice guidance and successful learning outcomes.

Workshop delivery is tailored to specific service settings and the work roles of learners. Delivery includes interactive learning, group discussion and learning activities that involve the application of learning in practice-based situations.

Our programs include the introduction of structured tools, methods or approaches to care delivery. Learners are able to bring their own practice examples and problems for discussion and training provides the opportunity for learners to engage in practice-based problem-solving. Facilitators adapt training to meet the needs of the learner group.

Our programs are externally evaluated for effectiveness and provide measurable learning and practice outcomes. Participants are empowered with the knowledge they need to make real and sustained changes at individual, team, facility and organisational levels, leading to improved quality of life for the people living with dementia they care for and support.

Our facilitators

Our team of highly-skilled facilitators have experience in health and education or in providing direct support to people with dementia and their families.

All facilitators are qualified in workplace training and assessment (TAE 40110 Certificate IV) or have Diploma or higher level qualifications in adult education. The contemporary industry skills of our facilitators enable them to create positive and engaging learning experiences. They have continual access to experts in dementia practice and research, and undertake ongoing professional development.

¹ Surr, Claire & Sass, Cara & Griffiths, Alys & Oyebode, J & Smith, Sarah & Parveen, Sahdia & Drury, Michelle. (2018). Dementia Training Design and Delivery Audit Tool (DeTDAT) v3.0 Auditor's Manual. 10.13140/RG.2.2.19605.83680.

Some programs are funded by the Australian Government or jointly funded by the Victorian and Australian Governments through the Home and Community Care Program for Young People.

DISCLAIMER: The information in this publication was correct at time of printing – September 2019. Please check our website dementialearning.org.au for current information.

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Dementia learning your way



For you

Three in 10 people over the age of 85 and almost one in 10 people over 65 have dementia². As a healthcare professional it is important to update and extend your skills and knowledge to better support people living with dementia, and their families and communities.

Earning Continuing Professional Development (CPD) points is easy with our comprehensive suite of workshops. You can participate in face-to-face or online learning to gain your CPD points. You will receive a Certificate of Attendance to fulfil your CPD requirements and a Statement of Attainment is issued upon the successful completion of accredited training.

For your workplace

Your organisation can become a leader in dementia care and sustainable dementia practice.

Our programs provide the foundation for delivering consistent and current dementia practice. The knowledge and skills delivered will enhance and broaden your team's knowledge as well as skills in dementia care and support.

Our facilitators and consultants offer specialist knowledge and first-hand industry experience. They will work with you to determine your unique requirements and deliver programs and services to best meet the needs of your staff and organisation.

Online bookings

dementialearning.org.au

Course enquiries
and group bookings

1300 DEMENTIA | 1300 336 368
cdl@dementia.org.au

² The National Centre for Social and Economic Modelling NATSEM (2016) Economic Cost of Dementia in Australia 2016-2056

It's time for quality



This year we have seen the release of the new Aged Care Quality Standards and followed the progress of the Royal Commission into Aged Care Quality and Safety. The combined significance of both is a momentous opportunity

to transform our industry to make a profound and lasting difference to the lives of all people impacted by dementia.

It is vital to consider the unique and dynamic needs of people living with dementia as they account for the largest proportion of people living in aged care.

In our mission to transform dementia care, we are working with key stakeholders to define quality dementia care within the context of the Standards. Once defined, we will work with government and industry to champion the adoption of these standards.

Dementia-specific education empowers you to change the way you interact with and support people living with dementia. Even small changes in practice can have a profound impact on improving the experience, the environment and the lives of people living with dementia.

The Centre for Dementia Learning is dedicated to this transformation at the individual, team, facility and organisational level.

We thank you for your continued dedication to improving the health and care outcomes for people living with dementia and look forward to supporting you in becoming a provider of choice in dementia care.



Maree McCabe
Chief Executive Officer,
Dementia Australia



Dementia Australia's Centre for Dementia Learning provides education and consultancy services to support your organisation to deliver person-centred, evidence-based and contemporary dementia care. Our programs utilise immersive

technologies to increase empathy and inspire you to change your practice.

In this watershed year for aged care in Australia, we have experienced a significant growth in the demand for our programs. In 2019 we delivered well over 1,000 workshops to over 12,000 participants across the country, working with a wide range of individuals and organisations.

We have been engaged by a growing number of organisations to deliver consultancy services, supporting profound and sustained changes in culture and practices to fundamentally improve the quality of life for people living with dementia.

It has been exciting for us to be recognised internationally for our leadership in providing innovative dementia learning programs with the Enabling EDIE workshop now being delivered in Canada, the Czech Republic and Singapore.

In 2020, we look forward to bringing you exciting new additions to our suite as we continue to respond to the growing need for dementia education that inspires you to transform your dementia practice.

From all of the team, we look forward to continuing to work with you or perhaps working with you for the first time in 2020.



Dr David Sykes
Director,
Centre for Dementia Learning

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Needs analysis

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This tool supports team leaders to assess workforce skills, strengths and gaps to improve and achieve best-practice, quality dementia care.



Accredited training

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Accredited training leads to a formal qualification. Dementia Australia (RTO 2512) is registered to deliver accredited dementia education. All participants who complete an accredited unit of competency will receive a Statement of Attainment.



Foundation learning

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Foundation learning provides evidence-based professional development to improve the practices of healthcare workers. Every workshop is underpinned by a contemporary approach to dementia support.



Immersive learning

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Centre for Dementia Learning is leading the way in creating unique learning experiences which touch, move and inspire participants to improve their dementia understanding and practice.



Continuing learning

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Continuing learning builds upon the learning outcomes achieved from foundation learning. Each workshop addresses a specialist topic that enhances and broadens dementia knowledge, skills and confidence.



Online learning

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Centre for Dementia Learning's interactive online learning courses provide you with contemporary, evidence-based dementia learning. Each course encourages you to reflect on your practice and identify areas for individual or organisational improvement.



Consultancy

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Centre for Dementia Learning provides a range of consultancy support uniquely tailored to assist organisations to achieve improved dementia care and practice.

Needs analysis

Dementia practice health check

Dementia practice health check is a new and comprehensive facility assessment tool, designed to identify strengths and gaps in the provision of quality dementia care and support in a residential aged care settings.

The online tool is presented as a series of questions and care scenarios.

Participant information captured in the health check is then collated, analysed and presented as a comprehensive report.

The report details:

- current staff knowledge and application of the Aged Care Quality Standards in delivering dementia care
- current service gaps in meeting the Aged Care Quality Standards in relation to dementia care
- opportunities to increase staff knowledge, skills and confidence to achieve best-practice in dementia care

Your facility report will be presented to you by a member of our customer relationship team. You will receive an analysis of your results and be presented with suggested solutions to address your unique needs.

No of participants: Min 50 staff



Suitable for residential aged care facilities who support people with dementia

To be notified of its release please join the Centre for Dementia Learning mailing list at:

dementialearning.org.au/contact-us



Accredited training

Dementia Essentials

CHCAGE005 Provide support to people living with dementia

This nationally-accredited unit of competency includes theory and practical components to be completed during the course delivery. Strategies are explored to assist with good communication, planning, developing appropriate activities and understanding changed behaviour in people living with dementia.



Suitable for people working in aged care, health care and community services



3 x 6 hours

You will gain knowledge in:

- person-centred care and effective communication
- the nature of dementia and its impacts
- identifying unmet needs
- understanding changed behaviours and developing effective responses
- activities to promote well-being
- workplace issues, community support and services available



Dementia
Training
Australia



NATIONALLY RECOGNISED
TRAINING

This is a Dementia Training Australia (DTA) course, funded by the Australian Government under the Dementia and Aged Care Services Fund and delivered by Dementia Australia (RTO Code 2512). For more information about DTA, please visit dta.com.au



Foundation learning



Evidence-based professional learning development

Understanding dementia

This workshop provides an overview of dementia, including signs and symptoms, causes, and an understanding of how dementia affects the brain and behaviour. You will be encouraged to reflect on your practice and ways this knowledge translates into person-centred support for people living with dementia.

 Suitable for staff providing support to people living with dementia

You will gain knowledge in:

- the nature of dementia, including prevalence, risks, types of dementia, how the brain works and signs of dementia
- a person-centred approach to dementia support; including communication, choice and decision making
- resources and services available to you

 3 hours

Supporting successful communication

This workshop explores the difficulties people living with dementia can experience in communication and the impact this has as the condition progresses. You will learn to identify barriers to communication and develop strategies to support successful communication for the person living with dementia and those in the support relationship.

 Suitable for staff providing support to people living with dementia

You will gain knowledge in:

- the impact dementia can have on communication
- Identifying barriers to communication for people living with dementia
- strategies to support successful communication

 3 hours

Foundation learning

Achieving purposeful engagement

This workshop provides an understanding of the importance of meaningful and purposeful engagement for people living with dementia. Participants will focus on understanding the person's individual needs, strengths and abilities, and the impact of the environment in planning and supporting engaging activities.



Suitable for staff providing support to people living with dementia



3 hours

You will gain knowledge in:

- understanding individual needs of the person living with dementia whilst focusing on their strengths and abilities
- the impact of the environment in supporting successful activities
- planning suitably engaging activities

Applying a problem solving approach to behaviour

This workshop provides an understanding of changed behaviour related to dementia, their impact and contributing factors. You will learn how to apply a systematic approach to problem solving changed behaviour and provide positive support strategies for people living with dementia.



Suitable for staff providing support to people living with dementia



3 hours

You will gain knowledge in:

- systematic problem solving approaches to changed behaviour
- identifying contributing factors to behaviour change
- support strategies to reduce the risk of changed behaviour



Immersive learning



Learning experiences that touch, move and inspire participants

Enabling EDIE™

Enabling EDIE is an immersive workshop that enables participants to see the world through the eyes of a person living with dementia. Utilising our high quality virtual reality technology, this workshop enhances your knowledge of dementia whilst exploring enablement strategies to support a person with dementia to live more confidently.

 Suitable for staff providing support to people living with dementia

You will gain knowledge in:

- consumers' perspective of dementia
- identifying support needs in partnership with the client and their carer
- developing a dementia support plan that focuses on enabling a person living with dementia

 3 hours

Virtual Reality

Virtual Dementia Experience™

The award-winning Virtual Dementia Experience™ uses serious game technology to immerse participants into the world of a person living with dementia. You will experience the home environment in the same way a person with dementia would. The aim of this workshop is to reflect on your approach to dementia support and to think about ways in which you can make environments more supportive.

 Suitable for staff providing support to people living with dementia in various care settings

You will gain knowledge in:

- the 'lived' experience of people living with dementia and their carers
- the impact of the environment on people with dementia
- enhancements to the environment and support for people living with dementia

 2 hours

Delivered in a purpose-built training room located in Melbourne, Victoria

Immersive learning

A day in the life – mealtime experience

Dementia can dramatically impact on a person's everyday activities as the disease progresses.

Using virtual reality technology, this workshop challenges you to see mealtime through the eyes of a person living with dementia.

Participants explore how food, environment and support can greatly influence the dining experience.

You will gain knowledge in:

- consumers' perspective of mealtime
- the impact food and environment has on people with dementia
- exploring the Aged Care Quality Standards and how this relates to an improved mealtime experience



Suitable for staff providing support to people living with dementia in various care settings



3 hours

Virtual Reality

NEW



Continuing learning



Learning programs that build on your foundation level of knowledge

Meaningful engagement mentors program

The meaningful engagement mentors program is a coaching program designed to develop the skills and knowledge of participants in providing meaningful engagement for people living with dementia.

The aim of this coaching program is to assist the participants to become mentors to other staff to assist with the successful development and implementation of purposeful and meaningful activities.

The program provides opportunities for change and growth over time that encourage engagement across the whole organisation.

The program includes:

- tailored learning experiences, project development and implementation
- development of participants' skills and knowledge to support the engagement of people with dementia in meaningful and purposeful activities
- practice development and improvement through the provision of on-site coaching for nominated staff



Suitable for care and lifestyle staff working in residential care who provide support and engagement to people living with dementia



3 x 6 hour sessions over 12 – 16 weeks



Continuing learning

Younger onset dementia

The term younger onset dementia is used to describe any form of dementia diagnosed in people under the age of 65. This program will help you recognise the impact of younger onset dementia and provide you with support strategies and resources.

 Suitable for staff providing support to people living with younger onset dementia

You will gain knowledge in:

- the impact of younger onset dementia on the person, and their support person
- strategies and resources to assist you in working with a person living with younger onset dementia
- the experiences of a young person living with dementia

 3 hours

Montessori for dementia

Montessori-based activities use a person-centred approach to benefit people living with dementia by increasing their participation in and enjoyment of daily life. This workshop introduces you to the underpinning principles of Montessori and strategies to implement Montessori-based programs for people living with dementia.

 Suitable for staff providing support to people living with dementia

You will gain knowledge in:

- the benefits of a Montessori engagement approach for people living with dementia
- the underpinning principles of Montessori
- introducing roles and the five classes of activities that form a Montessori program

 3 hours



Continuing learning

Delirium and dementia

This program will help you to recognise symptoms of delirium, identify possible causes, promote recovery and develop prevention strategies for people living with dementia. Dementia increases the risk of developing delirium by approximately five-fold and if untreated can increase the risk of increased length of stay in hospital, further complications, cognitive and functional decline, and mortality.



Suitable for health professionals



3 hours

You will gain knowledge in:

- signs, symptoms, risks and causes of delirium
- the relationship between delirium and dementia
- helpful strategies to prevent and manage delirium

Intellectual disability and dementia

For a person with intellectual disability it may be harder to recognise an emerging dementia condition. This workshop helps you to identify dementia related changes in people who have an existing intellectual disability and build on processes to support your clients through the changing nature of dementia.



Suitable for staff working in aged care, community care or disability services



3 hours

You will gain knowledge in:

- signs and symptoms associated with dementia
- assessment and diagnosis of dementia for a person with an intellectual disability
- supporting a person with an intellectual disability and dementia through cognitive and functional change

Intimacy, sexuality and dementia

This workshop broadly covers the topic of intimacy as we age, with dementia being a key area of focus. It draws out meaningful and inspirational conversations around some of the stigmas and attitudes around this topic. You will challenge your own views and understanding and come away with strategies to transform your current practice.



Suitable for staff working in aged care or community care settings



3 hours

You will gain knowledge in:

- ideas and myths around intimacy and sexuality for older people
- the impact of dementia on intimacy, sexuality, and related behaviour on the person with dementia and their carer
- benefits versus risks of sexual expression in dementia

Dementia Learning Hub



Get full access to our range of professional development learning activities:



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Access the complete suite of online learning courses



Audio podcasts

Access and listen to a wide range of audio podcasts and conversations



Resources

Access a large range of print, video and online resources



Discounts

Group discounts are available for organisational licences

Library

The library at Dementia Australia is a world class collection incorporating an extensive eBook catalogue for easy access to contemporary resources in dementia care.

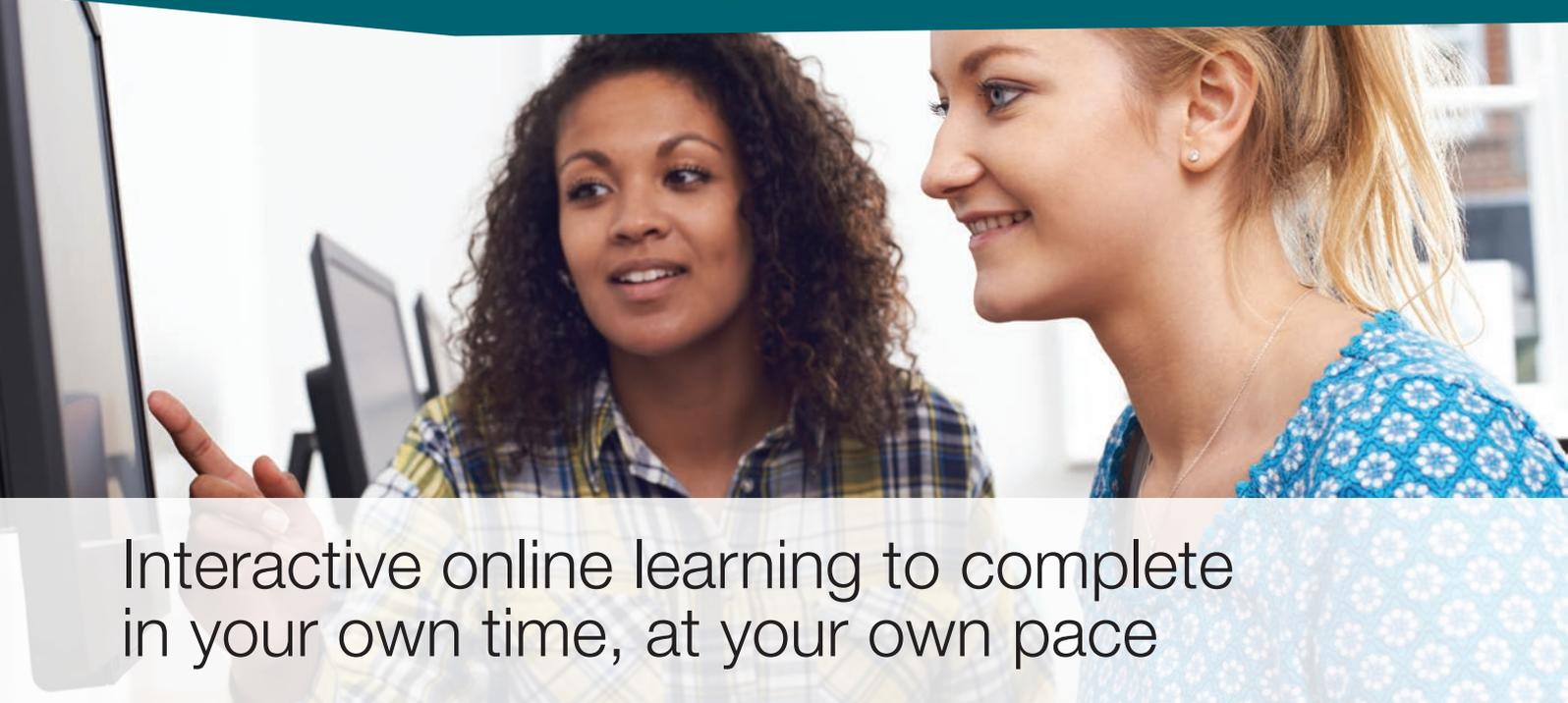
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Online learning



Interactive online learning to complete in your own time, at your own pace

What is dementia?

Dementia is a condition health professionals will encounter in a range of care settings. This 3-part course is designed to provide you with an introduction to dementia, diagnosis, treatment and support strategies for both the person living with dementia and their carer.

 Suitable for staff providing support to people living with dementia

You will gain knowledge in:

- early signs and features of common types of dementia
- diagnosis and treatment
- effective communication, support strategies and services

 1 hour

Communicating in a person-centred way

Good communication skills are essential in providing support to people living with dementia and their carers. In this 3-part course you will explore communication for people living with dementia and learn how to influence people within the support relationship to promote positive communication.

 Suitable for staff providing support to people living with dementia

You will gain knowledge in:

- the impact of dementia on the person's ability to communicate
- supporting person-centred communication through support relationships
- individualised strategies for communication

 1 hour

Online learning

5 steps for reducing psychotropic medication

Around one in five residents in Australian aged care homes are prescribed at least one antipsychotic medication. Evidence shows the risks are high and benefits are limited. This program will unpack why psychotropic use is impacting on the quality of life of people living with dementia and explore 5 steps for reducing psychotropic medication use.

You will gain knowledge in:

- psychotropic medications and indications for use
- benefits versus risks of psychotropic medication
- evidence-based approaches to reduce over prescription



Suitable for staff providing support to people living with dementia



1 hour

NEW

Engaging in the outdoors

This program explores the benefits of engaging in nature and the outdoors for people living with dementia. From early dementia diagnosis to late stages of the condition, everyone can enjoy what the outdoors has to offer.

You will gain knowledge in:

- the benefits of nature and the outdoors for people living with dementia
- creating inviting and safe areas for outdoor engagement
- measuring and sustaining outdoor activities



Suitable for staff providing support to people living with dementia



1 hour

NEW

How person-centred is your practice?

Person-centred practice is an approach that has evolved over time to become an expectation for service delivery. This 5-part course explores the elements of person-centred practice and frameworks. You are encouraged to reflect on your current practice and provide strategies to improve and enhance your knowledge.

You will gain knowledge in:

- the principles of person-centred practice
- the VALUEs framework for providing person-centred support
- the importance of building relationships between the person with dementia, families, carers and organisations



Suitable for staff providing support to people living with dementia



1 hour

Online learning

Understanding younger onset dementia

The term 'younger onset dementia' is used to describe any form of dementia in a person under 65 years of age. This 3-part course aims to increase your awareness of the unique and often complex issues involved when a young person is diagnosed with dementia.

You will gain knowledge in:

- the challenges of diagnosing younger onset dementia
- primary and secondary causes of younger onset dementia
- providing person centred support and enablement for a person living with younger onset dementia



Suitable for staff providing support to people living with dementia



90 minutes

Nutrition and dementia: food for thought

Poor nutrition is a major health problem for many older people. For people with dementia, maintaining good nutrition is an extra complexity. In this module we explore the importance of eating well, the impact of dementia and review the standards and recommendations relevant to your practice in the workplace.

You will gain knowledge in:

- nutrition and hydration and the impact on a person living with dementia
- accreditation standards and best practice recommendations applicable to the health, community and aged care sectors
- reflecting and improving on your current work practices



Suitable for staff providing support to people living with dementia



20 minutes

A problem solving approach to behaviours

Many people living with dementia will experience behavioural changes associated with dementia. This 3-part course is designed to provide you with an understanding of behaviours through a problem solving approach and explore effective strategies to help prevent or minimise the impact of behaviour.

You will gain knowledge in:

- the impact of behaviours on people within the support relationship and how to report risks associated with behaviours
- using a systematic approach to problem solving behaviours
- strategies for people involved in the support relationship



Suitable for staff providing support to people living with dementia



1 hour

Online learning

Dementia and pain in residential care

This short course aims to raise your awareness of the prevalence of pain in residential aged care, helps you identify some of the common causes of pain and assists you in managing pain for people living with dementia.

You will gain knowledge in:

- pain prevalence in residential care
- common causes of pain and how pain is communicated
- how to identify and manage pain for people living with dementia in residential care



Suitable for staff providing support to people living with dementia



20 minutes

Quality dementia support in hospitals

People with dementia are major consumers of hospital services. This short course considers the journey through the hospital system for a person with dementia, taking into account some of the associated risks and possible barriers to quality support. It also prompts workplace reflection and provides practical support strategies.

You will gain knowledge in:

- the possible adverse outcomes related to hospital admission for people with dementia/ cognitive impairment
- identifying potential barriers to quality dementia support in hospitals
- practical strategies to overcome some of these barriers



Suitable for staff providing support to people living with dementia in an acute care, hospital environment



40 minutes



Support to implement change and growth across your organisation

Centre for Dementia Learning provides a flexible range of consultancy support services uniquely tailored to assist organisations to achieve improved service delivery. Our facilitators work with executive teams, management, staff, consumers and families to implement evidence-based and sustainable practice improvements.

Our consultancy framework represents opportunities for change and growth that encourage engagement across your whole organisation.

Consultancy services can support your organisation with a range of areas, including:

- developing a unique model of care
- tailored learning programs
- environmental audits
- staff skills and knowledge development
- leadership and cultural change

The focus of our consultancy work is people. The principles which underpin our approach are that:

- people living with dementia enjoy purposeful lives that reflect their abilities, interests and choices
- families feel respected and welcomed as valued members of the community of care
- staff experience rewarding work and inclusive teamwork
- the organisation implements systems and practices that support meaningful relationships, a homely community and a competitive business advantage



Suitable for a wide range of organisations including residential and community aged care



Consultancy services are individually tailored to meet your unique objectives and vary in duration

To arrange an initial consultation call **1300 336 368** or email **cdl@dementia.org.au**

Consultancy

Environmental audits

Physical environments can have a significant impact on a person's ability to live well with dementia.

When environments (indoor and outdoor) are dementia-enabling, it helps someone:

- feel safe, secure and comfortable
- build familiarity with their surroundings
- participate in daily, meaningful activities
- develop independence due to ease of access and orientation

Centre for Dementia Learning can audit and assess your environment and make recommendations to help people with dementia to live well in your facility.

The process utilises dementia-enabling environment principles, written from the point of view of people with dementia.

When these principles guide the design and set-up of physical spaces, environments can be maximised for enablement and wellbeing.

The findings, presented in a written report, can be used to:

- improve or modify existing buildings in aged care, acute care and community care settings
- implement practical ideas, advice and tips to achieve engaging and enabling environments
- deliver best-quality care and appropriate person-centred services

Our team can also be engaged to undertake a review of plans for new constructions.



Suitable for a wide range of organisations including residential and community aged care



To arrange an initial consultation call **1300 336 368** or email **cdl@dementia.org.au**





Community of practice pilot program



Centre for Dementia Learning is exploring new ways of providing ongoing learning and support for aged care workers to overcome the often difficult and challenging process of making transformational change in dementia care.

We are inviting workers in residential and community care to join a dementia Community of Practice. The program brings together care workers and Centre for Dementia Learning experts, with a shared goal to transform dementia care.

Joining a Community of Practice involves regular meetings (face-to-face or web-conferencing), program activities, resource sharing, and connecting with other participants online.

Benefits to participants:

- develop a network of mutual support through other members
- share knowledge and information about dementia care
- learn about new and emerging improvements in dementia care
- lead the way in transforming dementia care

Benefits to organisations:

- increase capacity to support people living with dementia
- opportunities for inter-agency collaborations
- improve care outcomes
- increase workforce knowledge, skills and confidence

The Community of Practice pilot program will commence in February 2020 and the program duration is 12 months.

Resources and activities will be provided at no cost to participants for the duration of the study.

For further information about the program and how to participate, call **1300 336 368** or email **cdl@dementia.org.au**

This program is proudly funded by the Priceline Sisterhood Foundation



Improving engagement

The Virtual Forest

Award-winning The Virtual Forest™ program is a peaceful and enjoyable immersive environment designed specifically to improve the quality of life for people living with dementia.

The Virtual Forest is engaging, empowering, and explorative. Featuring an expansive park-like setting with interactive elements users can control through natural, easy motions.



ITAC 2018 Awards High Commendation
Best solution that provides ongoing consumer independence (The Virtual Forest)

This program can:

- create unique opportunities for meaningful, client-focused engagement
- promote social interaction, as clients share stories and narration of their experience
- reduce restlessness or agitation and encourages upper limb movement

This program was developed in partnership with Lifeview Residential Care.

For a free demonstration contact
cdl@dementia.org.au

A Better Visit app

A Better Visit app features a range of two-player games designed to enhance communication and facilitate positive social interactions between people with dementia and their visitors. The app can be utilised by professional carers in home, community and residential care settings to help stimulate memories and encourage communication.



Available on tablet devices only.

This app can:

- create unique opportunities for meaningful, client-focused engagement
- enhance communication and facilitate positive social interactions between carers, visitors, and the person living with dementia
- enable users to interact with music and imagery to recall life experiences and stories, evoking positive emotions

This program was developed in partnership with Lifeview Residential Care.





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