

Are you Providing Care for Someone with Dementia or Memory Loss on a Daily Basis?



Research Has Shown: Activities can benefit people living with dementia or memory loss by improving their quality of life. A new program called Tailored Activity Program has been designed and tested in the United States with a focus on enabling people with dementia or memory loss to stay engaged in activities they enjoy doing for longer and to help with other day to day care needs. Benefits have included improved engagement and quality of life for the person with dementia and for their family or carer.

We are looking for participants for a NHMRC-funded pilot study of The Tailored Activity Program in Australia, aimed at improving the quality of life of people with dementia living at home and their carers.

What Does the Tailored Activity Program -Australia (TAP-Australia) Involve?

TAP —Australia takes place in your own home over a period of 7 – 8 free sessions.

These sessions will be arranged by an Occupational Therapist at a time that is convenient to you.

During TAP-Australia, the Occupational Therapist will work with you and your loved one with dementia to gain an understanding of their abilities, strengths, interests and routines.

They will then identify activities that are interesting and enjoyable, and are suited or adaptable to your loved one's abilities. The Occupational Therapist will show you how to set up the activities in a way that helps your loved one to do them more easily, and will look at ways to help you communicate and make everyday tasks easier for you and your loved one now and in the future.

Are you Interested?

If you are someone who looks after a person with dementia or memory loss, and you are interested in receiving 7-8 free Occupational Therapy TAP-Australia sessions in your own home and you are happy to answer two questionnaires (before and after the program), please contact us to find out if you and your loved one are eligible to participate.

To find out more please contact: Associate Professor Sally Bennett and her research team.

Phone : 3365 4529 or 3365 3451 Email: TAPdementia@uq.edu.au



This research is being coordinated from The University of Queensland and has ethical clearance: 2018000071.

This research project is called "Implementing the Tailored Activity Program-Australia for People with dementia and their family living at home: i-TAP (Australia).

It is funded by NHMRC: APP1137749



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What are the benefits for you as an Occupational Therapist?

- Free training of a licensed, evidence-based Occupational Therapy intervention for people with dementia and their carers who are living at home (Can claim as CPD hours)
- Contribute to your organisation's objectives focussing on wellness and reablement in aged care services
- Access to the University research team for ongoing support and mentoring throughout the duration of the project
- Establish new networks with colleagues providing the Tailored Activity Program—Australia across the state of Queensland

What are the benefits of TAP-Australia for Your Organisation?

- Delivering an evidence-based program supporting people with dementia and their carers who live at home
- Demonstrating engagement in a program that promotes a wellness and reablement approach
- Free extensive training of Occupational Therapy staff in the delivery of the TAP-Australia program that will extend beyond the life of this project
- Increase in offerings of Occupational Therapy interventions funded under both HCP's and CHSP
- Ability to utilise client's surplus funds from HCP's with an evidence-based program with documented beneficial outcomes
- Monetary incentive for OT interventions provided under the TAP program
- The research team will assist with marketing of the TAP-Australia program to: generate new referrals and support sustainability of referrals
- Opportunity to provide early intervention to people living with dementia and their carers who are in receipt of CHSP services which may lead to an increase in the uptake of ongoing services in the future and conversion into a HCP with the organisation
- Opportunity to develop rapport with people living with dementia and their carers during the provision of an 8 week intervention, which may lead to future uptake of services in a population who may have difficulty engaging with services. This in turn provides an opportunity for organisations to maintain a reduction in surplus funds for clients.

Who is the TAP-Australia Intervention Suited for?

- People who have moderate to advanced dementia (who are still verbally responsive and not confined to bed) and
- Have mild to moderate behavioural or psychological symptoms of dementia and
- Who live at home with a family member (or have a family member who lives close by and visits regularly)

To find out more please contact:

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