

## PARTICIPANT REFLECTION

### Individual case study: Jane



“I went into the Introduction to Dementia Rehabilitation Course with 2 different viewpoints; as the daughter of someone living with dementia (my mother) and as a Speech Pathologist working in a Community Rehab setting.

I had experienced the attitude of people being given the diagnosis of dementia and people looking at it as a ‘full stop’ – the end of your life as you know it.

**“As a rehabilitation therapist and as a daughter, I knew that for my mother there was still much life to be lived, experiences and memories to be shared, and much love to be given.”**

The Introduction to Dementia Rehabilitation Course made it clear:

- The World Health Organisation recognises that rehabilitation may be needed by anyone with a disability, including people with dementia.
- The recent Royal Commission into Aged Care recommended rehabilitation be a central focus to maintain older people’s physical and cognitive capabilities and facilitate people to remain at home for as long as possible.
- Importantly, evidence from clinical trials and Australian dementia guidelines recommend that people with dementia are offered rehabilitation interventions such as exercise, speech therapy and occupational therapy to help maintain independence and quality of life.

The course helped us to learn about different services, different approaches and different support agencies that are there for health professionals, for people living with dementia and for their families.

I am very proud that my colleagues and I are helping those living with dementia to live their best life and putting into practice what we have learned from the Course.

We manage people living with dementia the same as we would any client referred to our program – with care, compassion, providing goal focused and evidenced-based therapy.”