



Easier 'Shed' Than Done

“A means to providing meaningful activities for Men with Dementia in the community & aged care facilities.”

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Meaningful Activities

- have physically and psychologically benefits
 - reduces stress
 - feelings of competency
 - Increase in self esteem
 - opportunities for conversation and companionship
 - socially engaging
 - creates fun, laughter, mateship
 - feel busy & useful.
 - stimulates the senses, the mind & memory...and more



Behaviour Advisory Service

aged care facilities &

CACP's

covers S.A.

many referrals re: men

unmet needs

W.H.O. defines dementia

a syndrome

- due to disease of the brain
- *chronic* or *progressive* nature

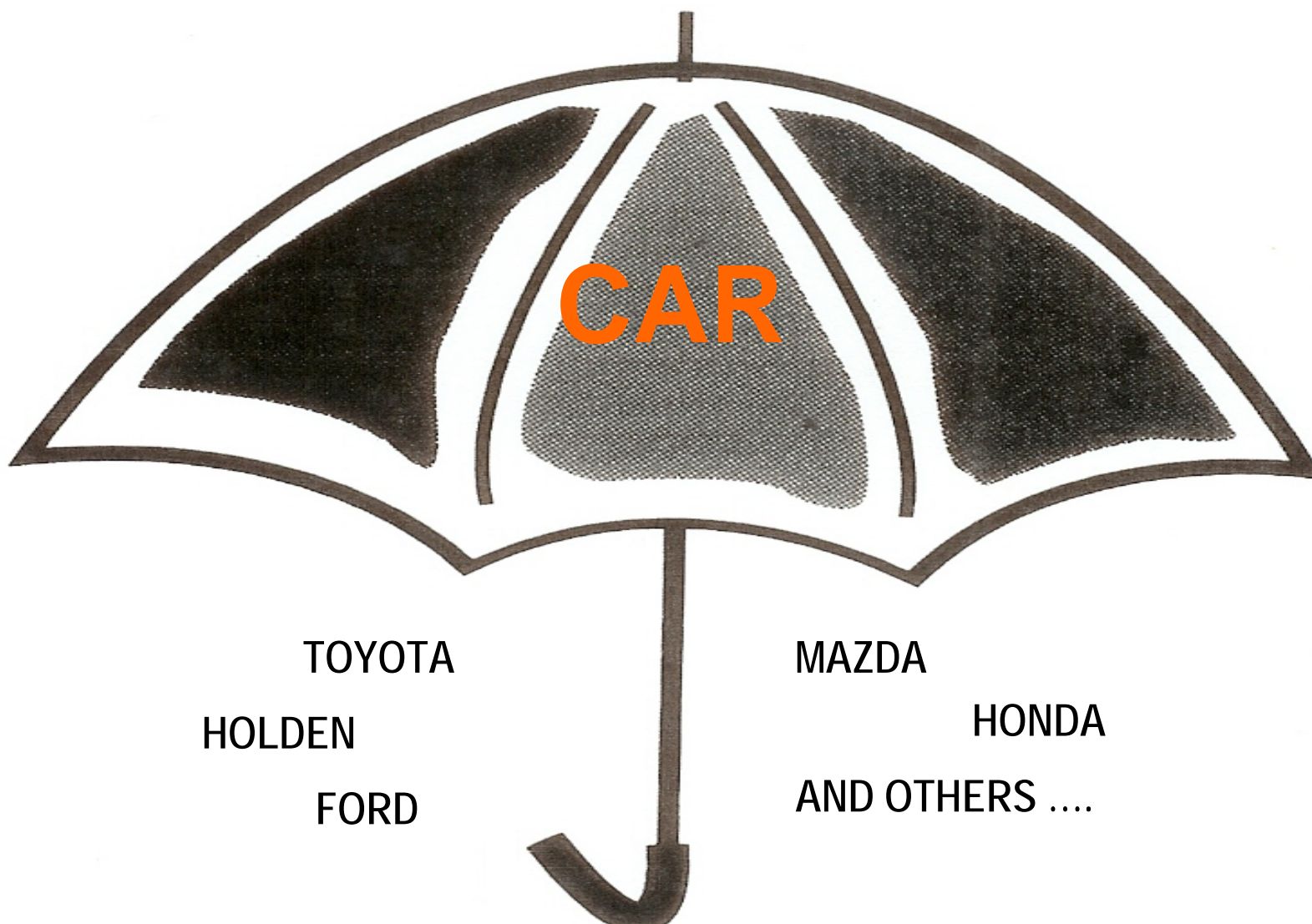
disturbance of cognitive functioning

- memory
- thinking
- orientation
- comprehension
- calculation
- learning capacity
- language
- judgment

age is the greatest risk



DEMENTIA



CAR

TOYOTA
HOLDEN
FORD

MAZDA
HONDA
AND OTHERS

Syndrome

Brain failure



DEMENTIA

Alzheimer's disease 50%

Frontotemporal Dementia 10-20%

Lewy Body Dementia 10-20%

Vascular dementia 10%-20%

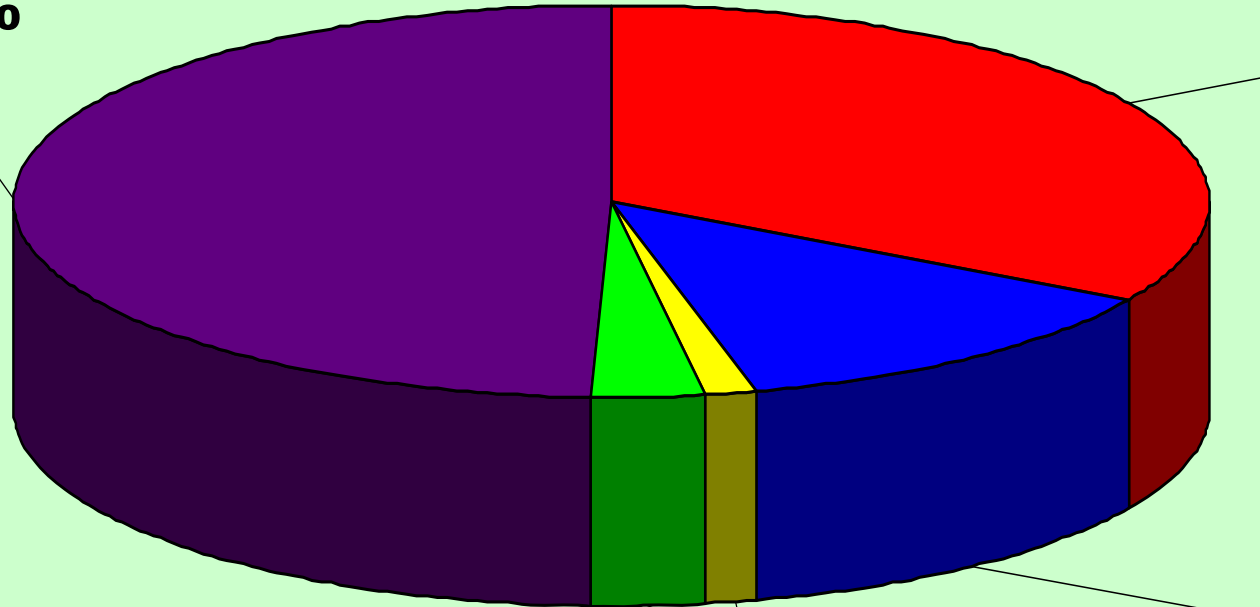
Mixed dementia 10%-20%

Other (eg alcohol, AIDS CJD
Huntingtons, Parkinsons)

Demographics

The community
50%

Nursing homes
33%



Hostels
13%

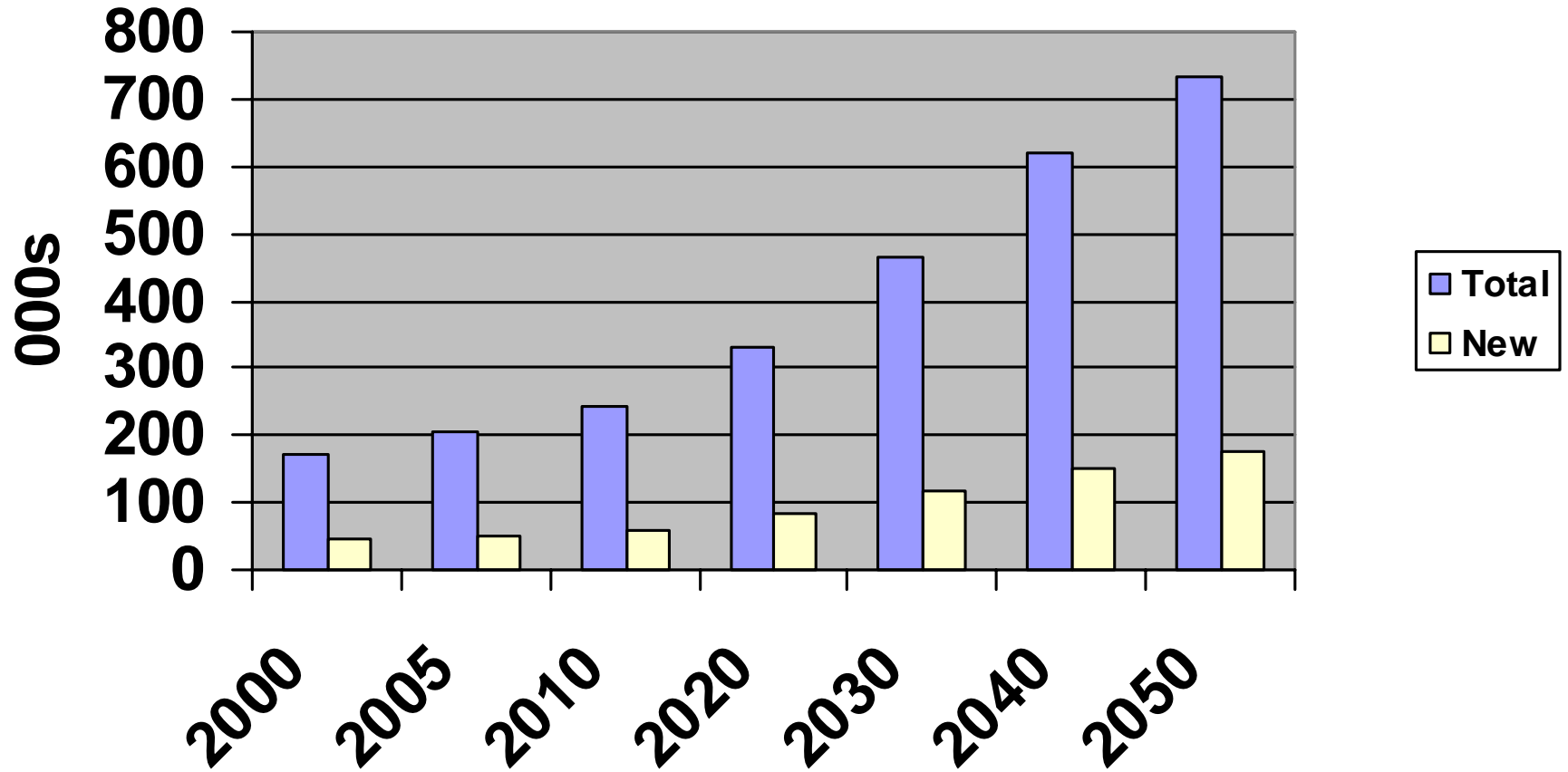
**Supported
residential
services**
3%

**Psycho-
geriatric
facilities**
1%

Dementia estimates & projections

- 2005
 - 52,000 people newly diagnosed
 - 1000 per week
 - Number of Australians with dementia will be more than 200,000 or 1% of population
- 2050
 - Number of Australians with dementia will exceed 730,000 or 2.8% of population

Dementia Prevalence & Incidence: Australia



The Shed as a respite service



The Shed Provides Sanity at the Home Front

- time increases
- transition
- purpose
- out
- not under foot
- reduces stress
- sanity
- rhythm



Thank Goodness for Sheds

- a man's domain
- last area ... has control
- workshop of equipment, tools and hoarded goods
- strange smells, clutter, dust, disorder, are the norm
- opposite to home

Problem

Men living in an aged care facility

- relocation stress
- drastic changes
- female environment
- staff team
- 'lovely' surroundings
- alien to most men
- no shed, no escape
- square pegs round holes

One Therapy Missing in Aged Care Facilities...

- people with dementia

SHED THERAPY

Common Unmet Needs Leads to Increased Agitation

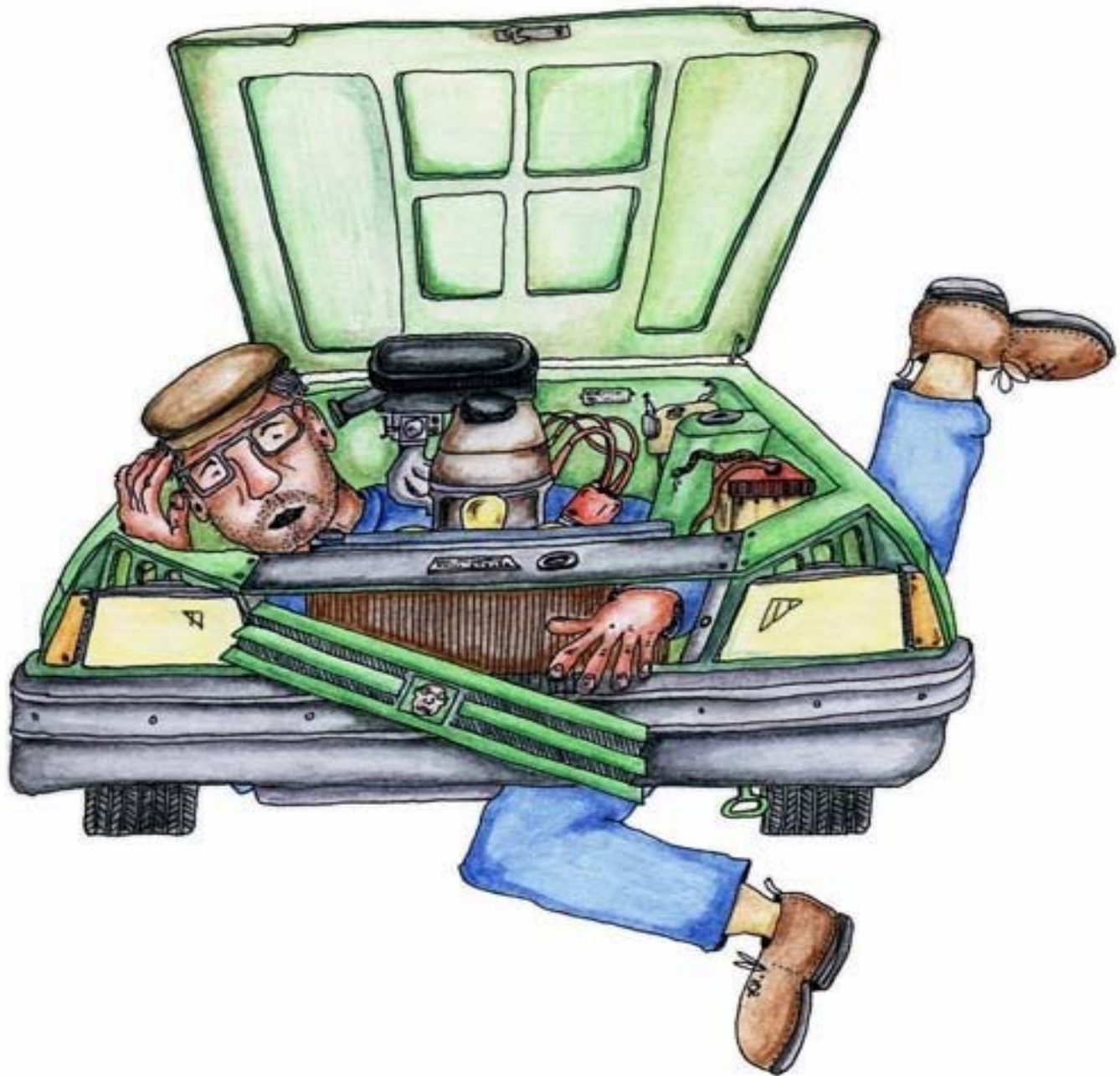
- discomfort
- sitting all day
- no activity
- need for love and belonging
- social contact
- want to be of help
- limited stimulation



ROTARY LIFTS



REAR
E



Factors that Decrease Agitation

- music
- providing meaningful activities
- opportunities for socialisation
- 1:1 human contact
- massage
- pets

and this can all occur in a shed

Shed Activities for Men with Dementia

- reading
- sorting hardware
- assembly work
- reminiscing
- project work
- relaxing
- jigsaws (shadow board)
- listening to music
- gardening activities
- playing games (and more)
- activity boards

risk assessment on each man to maintain safety



Take Home Message

“Work is a source of a meaningful quality of life.

Residents with dementia all were viable, active citizens in their homes, jobs, and community.

The challenge is to take the tasks that they at one time were engaged in easily ... and successfully adapt or modify them for a continued sense of purposeful participation.”

Disengagement from Activity

At risk group:

- frail
- aged
- institutionalised

Disengagement leads to:

- reduced physical health
- reduced psychological health
- increased agitation





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