

MONTESSORI AGEING SUPPORT SERVICES
2017 CONFERENCE

**MONTESSORI IN ACTION:
PROMOTING INDEPENDENCE, SUCCESS,
CHOICE AND MEANINGFUL ENGAGEMENT**



MONTESSORI
AGEING SUPPORT SERVICES



Proudly Sponsored by:



Tuesday and Wednesday, 28th and 29th November 2017

9:00am – 5:00pm

Eventhouse Cronulla, 20-26 The Kingsway, Cronulla NSW 2230

MONTESSORI IN ACTION: PROMOTING INDEPENDENCE, SUCCESS, CHOICE AND MEANINGFUL ENGAGEMENT SCHEDULE

DAY ONE: TUESDAY 28 NOVEMBER 2017

8:00am – 9:00am	Registration and Exhibitors
	SESSION 1
9:00am – 9:10am	Welcome – Christine Harrison, President, Montessori Australia and Anne Kelly, Managing Director, Montessori Ageing Support Services
9:10am – 9:20am	Official Opening – Sue Pieters-Hawke
9:20am – 9:50am	Forgetfulness, Feelings and Farnarkling – Jenny Masters This art project was designed to highlight gaps in the provision of Aged Care using illustrations to represent people's stories of aspects of their day-to-day lives. Over 80% of residents in Residential Aged Care are effected to some degree by Alzheimer's Disease or similar change in cognitive function. For providers or recipients of care, feelings are a central aspect of personhood that determines our wellbeing, our behaviour, how we live in the world. When each of us sees something that should be changed, we make the decision either to farnarkle... or to take action. Every person who works in the Aged Care industry can have a negative or positive influence on care recipients' lives as well as on the capacity of carers to fulfil our society's aspirational vision for care of our elders. It is hoped that this approach, involving humour, is a more positive way of promoting discussion of significant issues, a way of giving constructive feedback without arousing defensive responses or the need for justification, both of which can stifle changes for the better.
9:50am – 10:30am	Finding the Person Behind the Dementia – Gail Elliot To fully understand the behaviours of those living with dementia, it is imperative to know much more than what the diagnosis can offer. We need to know about who each person was in the past and who he/she is in the present. Once we truly know and see the person, we can begin to understand what the behaviours are telling us. This session will discuss the connections between what we know about the person, the brain and behaviour, and identify some of the key components that must be considered when we are connecting what we know to what we will do. When this formula is put into practice we can begin the journey of helping each person with dementia to live in a prepared environment, as independently as possible, with meaning, purpose, joy and dignity.
10:30am – 10:35am	Memorable Moment
10:35am – 11:00am	Morning Tea
	SESSION 2
11:00am – 11:20am	Your Life. Your Home. Your Care. Our Focus.™ – The Montessori Way – Christina Harlamb The majority of people with dementia live at home in their community. At Focus Care Solutions our aim is to enhance quality of life for people living with dementia and their families, so that they can continue to live as independently as possible and enjoy life at home. Montessori principles and methods underpin our philosophy of care – Your life. Your home. Your care. Our focus.™ The Montessori way has enabled us to develop a holistic model of care for people living in the community, that is affordable and practical, incorporating tailored activities, music, art and even pet therapies.
11:20am – 11:40am	No More Bitter Cornflakes: Taking the Medication Out of the Meal – Gwen Gorski From crushed tablets in strawberry syrup during a mouthful of breakfast, to listening to the pounding of medications being crushed on top of a metal trolley, it was clear that change was required to align our residents' dining experience with our new organisational values of Joy, Love and Hospitality. This presentation showcases our journey to revolutionise our medication rounds by removing the medication cart from our dining room, and how we empowered our care team to embrace the change.
11:40am – 12:00pm	The Final Journey – Rae Blackledge and Anne Kelly Often when a resident dies there is secrecy about both the death and the removal of the body from the facility. This can lead to practices such as waiting until meal times to wheel the body out or making sure the body is removed from the room before morning. It does not have to be like this, we can honour our residents even on their final journey with us.

MONTESSORI IN ACTION: PROMOTING INDEPENDENCE, SUCCESS, CHOICE AND MEANINGFUL ENGAGEMENT SCHEDULE

DAY ONE: TUESDAY 28 NOVEMBER 2017 – CONTINUED

12:00pm – 12:20pm

The GP – Friend or Foe – Dr Mark Deary

Working with GP's can often be difficult and questions arise as to how can we really advocate for a person when their GP is disengaged from the situation; or when a GP calls Montessori 'that Hollywood Stuff' and not for his patient. The GP often also gets the 'blame' for the psychotropic medication, but is this the reality? The reality is they prescribe at the request of care staff. Dr Mark Deary is certainly a Montessori friend and his presentation will address some of the issues and leave you with some tips of how to make that GP who is a foe into a friend.

12:20pm – 12:25pm

Questions to Speakers

12:25pm – 12:40pm

Presentation of Certificates for Montessori Quality Assurance Programme

12:40pm – 1:40pm

Lunch**SESSION 3**

1:40pm – 2:10pm

Energise the Mind, Body and Soul – Robyn Bishop

Laughter programmes are used to enhance health and wellbeing. Robyn will share the development of the laughter therapy group-work programme in an aged care rehabilitation setting and two rural community health settings, first implemented in 2001 in Southern Tasmania; as well as giving us a taste of the programme. Robyn will explore the evolution and application of the programme in a wide variety of settings. She will discuss current research and the programme's continuing relevance as a conversation starter and tool for engaging practitioners, clients and consumers in a light hearted approach to self care, health and wellbeing.

2:10pm – 2:30pm

Living Life – Montessori Helps to Bring 'Wellness to Every Day' – Kim Solomon

We believe that everyone wants that feeling of being able to contribute to their community and their own personal cares. Everyone wants to be valued for who they are. Everyone loves to care and cares to love. Living Life has a Montessori focus for residents and enables 'Wellness to be brought to Every Day'. This model of care ensures that every resident is treated as a valued member of the community.

2:30pm – 3:00pm

Creative Freedom in Restricted Places – Dr Pat Baine

"Give me my freedom," an elderly man with advancing dementia living in a closed unit shouted out. His words triggered thoughts about the ways in which creative activities assist in improving mood, raising self-esteem, and giving meaning to living. Creative acts offer a kind of freedom. After a brief overview of research findings regarding the value of remaining creative, the words and creative works of individuals living with dementia will, of course with their consent, be shared.

3:00pm – 3:05pm

Questions to Speakers

3:05pm – 3:10pm

Memorable Moment

3:10pm – 3:40pm

Afternoon Tea

3:40pm – 5:10pm

SESSION 4

3:30pm – 3:50pm

Spaced Retrieval – the WOW Factor in Practice – An Evidenced Based Technique for Improving Memory – Sharon Butler

Spaced Retrieval (SR) is not just a memory enhancing technique, it's about the WOW. This involves getting to know the person, the behaviour that affects their safety or that increases their anxiety and then a plan to decrease this responsive behaviour. It's about team work, so educating staff about the SR technique can lead to the increased success of the person with dementia retaining the information. Anglican Retirement Villages have been doing so over the last 7 months and will present the results.

MONTESSORI IN ACTION: PROMOTING INDEPENDENCE, SUCCESS, CHOICE AND MEANINGFUL ENGAGEMENT SCHEDULE

DAY ONE: TUESDAY 28 NOVEMBER 2017 – CONTINUED

4:00pm – 4:30pm

Living Tailor Made the Montessori Way – Denise Edwards and Team

This presentation focuses on how Blue Care, one of the largest aged and community care organisations in Australia, has adopted Montessori environments to commence the next stage of their Tailor Made Memory Support Journey. Denise Edwards, Service Development Advisor, tells the story of how Blue Care was successful in obtaining funding from the Perpetual Foundation to implement Montessori Environments into 3-day respite services and how this grew to incorporate a further seven Memory Support Units and other services along the way. Denise is joined by four of her colleagues Jeanne Daly, Julie Smallhorn, Nerida Pankhurst and Leanne Hewat who have been instrumental in leading this work. They will be telling their stories of how Montessori environments were implemented, which have changed the lives of so many people in the services they support.

4:30pm – 4:50pm

The Low Down on Lowe Street – Ingrid Henry and Bernadette Cincotta

East Grampians Health Service embarked on introducing the "Improved Living in Aged Care Project" that saw the implementation of the "Montessori Model of Care" at 70 Lowe Street in April 2015.

Director of Clinical Services, Peter Armstrong, said when interviewed for the local paper, "East Grampians Health Service seeks to develop the model even further by adapting it for use for all residents in aged care services, regardless of diagnosis or disability. This new model of care will provide the framework to fulfil the vision of independence, high self-esteem and a promising future for people living in aged care."

The project timeline finished in August 2016, though the Montessori environment is an ongoing project. We are delighted to present our journey, the highs and "lowes", the "WOW" moments and the not so "WOW" moments, which have all culminated in an energised ever-evolving workplace.

4:50pm – 5:00pm

Day One Close – Christine Harrison and Anne Kelly

5:00pm – 7:00pm

Conference Reception

Enjoy drinks and nibbles, catch up with old friends and make new ones at this informal gathering and celebration.

Come and meet our 'Artist in Residence' for the duration of the conference, and make sure you check out our Forgetfulness, Feelings and Farnarkling Exhibition



MONTESSORI IN ACTION: PROMOTING INDEPENDENCE, SUCCESS, CHOICE AND MEANINGFUL ENGAGEMENT SCHEDULE

DAY TWO: WEDNESDAY 29 NOVEMBER 2017

8:00am – 9:00am

Exhibitors

9:00am – 12:30pm

MORNING WORKSHOPS – SELECT 1 FROM THE 4 CHOICES BELOW

10:30am – 11:00am

Morning Tea

Workshop: Minimising Aggression and Other Responsive Behaviours – Sue Mark

This workshop will look at strategies to minimise responsive behaviours in the workplace. Not only are responsive behaviours, particularly aggression, distressing for clients/residents but they can be just as distressing for staff and can also put the staff at risk of injury. All clients/residents and staff have the right to live and work in an environment free of agitation and aggression. There is much that we can do to minimise responsive behaviours and to promote an environment that honours both residents/clients and staff. All staff need to have a level of self-awareness to understand how their own behaviour may indeed escalate a responsive behaviour.

Workshop: They Keep You Busy Here – Gail Elliot

Don't you wish all people with dementia could say "They keep you busy here". Knowing that boredom is one of the triggers for responsive behaviours it is critical to have a wide range of activities available for people to do at all times. This workshop will introduce a variety of activities that are cheap, simple and fun. Come along and try the activities yourself and learn how to use techniques like reminiscence and art to enhance well being. This is a great opportunity to learn from each other.

Workshop: Breaking the Blank: Creative Arts with People living with Dementia – Dr Pat Baines

Starting from the premise that we all have creative needs, this workshop will offer practical ways to engage individuals living with all stages of dementia in creative expression. Since, I believe we learn best by doing, as well as listening, this will be a hands-on experience. By practising warm-up techniques, you will gain skills towards becoming a sensitive and skilled initiator in assisting individuals living with dementia to express themselves through art and writing. You will use different ways of working playfully with words to facilitate sentence writing and poetry and you will explore ways in which different art materials ease those, who lack confidence and self-esteem, into creative acts.

12:30pm – 1:30pm

Lunch

1:30pm – 5:00pm

AFTERNOON WORKSHOPS – SELECT 1 FROM THE 4 CHOICES BELOW

3:00pm – 3:30pm

Afternoon Tea

Workshop: Don't Judge A Book By Its Cover: Uncover The Real Person Using Life Stories

– Elizabeth Oliver

Getting to know our residents is the first step in providing Montessori based care. From paper to clips, from apps to albums, this interactive and hands-on workshop will explore different ways to collect and share life history information. We will discuss how life stories can be used to enhance care and formulate ways to successfully implement their use in your facility.

Workshop: What Does 'A Prepared Environment' Mean in Dementia Care? – Gail Elliot

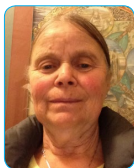
A prepared environment is one that is set up for success. Persons living with dementia need to be supported from the time they wake up in the morning to the time they wake up again the next day. This workshop will provide an overview of some of the ways we can support memory, condition positive responses and set people up for success.

Workshop: Laughing From the Heart – Robyn Bishop

Implementing a laughter therapy group-work programme. Robyn will be using the 'Laughter Therapy Action Kit' which she has developed to take workshop participants on an experiential crash course in setting up a programme in residential, day care or other community settings. Participants will not only be the 'client/consumer' but they will also be the 'group facilitator'. Programming material will be provided to participants. Lateral and creative thinking will be an essential requirement.

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SPEAKERS



PAT BAINES has been privileged to learn from and share with individuals living with dementia for the last fourteen years. As an art therapist working for Alzheimer's Australia (Tasmania), she has worked in Care Homes across Tasmania, usually in Dementia Units, as well as in Day Clubs and Respite Centres. She has written about the value of creative activities for people living with dementia and about the need of individuals living with dementia to feel valued, respected, and able to help those around them.



ROBYN BISHOP recently retired from her professional life as a qualified social worker in the acute medical, rehabilitation and community health settings over the past 38 years, the last 11 years in community health. From 2001, Robyn and her colleagues used laughter as a therapeutic tool in health and well-being programmes in rehabilitation (aged and complex medical) and community settings in Tasmania.



RAE BLACKLEDGE is a Village Manager at Anglican Retirement Villages (ARV) Elizabeth Lodge in Rushcutters Bay. Rae has worked at ARV for 14 years. With a background in Diversional Therapy, Rae has been responsible for the development of strategic approaches and resources to enable greater and more relevant and responsive lifestyle choices for residents. Rae has overseen the starting of ARV's own radio station, development of a resident toolkit for activities and a school for residents. As Manager of Elizabeth Lodge and with a passion for Montessori, Rae now leads her team to create a Montessori Environment across the village. Outcomes of this approach have been impressive.



SHARON BUTLER is the Allied Health Manager for Care Services, Anglicare. Sharon has a Bachelor of Applied Science (Physiotherapy) and the Graduate Diploma in Manipulative Physiotherapy. She has completed the Postgraduate Falls Course and is currently doing the Bachelor of Dementia Care, UTAS. Sharon is an active committee member on both the Australian TRIPP (Translating Research in Policy and Practice) and the NSW Falls Prevention Advisory Committee. In 2015 Sharon completed the Montessori Environments accreditation including Spaced Retrieval (SR).



BERNADETTE CINCOTTA has worked with East Grampians Health Service for 2.5 years initially as a ward clerk, community liaison officer and now as the Resident Support Co-ordinator. She has watched and participated in the Montessori project since its introduction at 70 Lowe St in 2015 and seen the journey it has taken staff, residents and family on. Bernadette is passionate about improving the quality of lives for those living in Aged Care and has seen first-hand the positive impact Montessori principles have had on the residents' lives at 70 Lowe St.



DR MARK DEARY is a GP in country Victoria. This position has led him to aged care and being the GP for several residents in the local aged care facility. He was born and educated in Zimbabwe and moved to Australia when he was 50 years young. His professional practice has provided many and varied experiences for him. Post internship he worked on an internationally owned sugar estate for 14 years in rural and remote Zimbabwe. After moving to Australia, Mark obtained his Fellowship of the RACGP and served on the Board of the Westvic Division of General Practice. He is a current RACGP examiner, has completed a Diploma in Skin Cancer Medicine and Surgery and is in the process of obtaining an Advanced Certificate in Dermoscopy.



DENISE EDWARDS is a Service Development Advisor and has worked in Aged Care, Mental Health and Disability services in the UK and Australia for over 30 years. She is currently completing the Bachelor in Dementia Care at the University of Tasmania and has always been passionate about changing the way that care is delivered to people living with dementia, having experienced two of her family members diagnosed with dementia. Denise is currently leading the Blue Care Tailor Made Memory Support Services Programme across residential and community services and has commissioned MASS to assist with the implementation of Montessori environments in 10 pilot sites across Blue Care, one of the largest aged care providers in Australia.



GAIL ELLIOT BAsc, MA, is an Author, Educator, Gerontologist and Dementia Specialist, and Founder of DementiaAbility Enterprises Inc. She was the Assistant Director, Gilbrea Centre for Studies in Aging, at McMaster University until March 2012, when she retired with a vision to create her own business that focused on changing the face of dementia through education and resources that would improve the lives of those living with dementia. Gail's goal is to expose the abilities of those living with dementia and to create environments where each individual lives with meaning, purpose, love and joy. Gail's work is used across Canada and around the globe.



GWEN GORSKI has more than 39 years experience as a nurse in regional Australia. She started her career in rural hospitals in Western Australia before moving into aged care first as a registered nurse, then as a clinical nurse before moving into management in 2001. Gwen currently manages a 42 bed home in Bunbury, 200 kilometres south of Perth. Her work is dedicated to improving the lives of adults in residential care. The introduction of Montessori principles into her current workplace sees her encourage people living there to remain active and independent.



CHRISTINA HARLAMB is CEO of Focus Care Solutions, an innovative provider of in-home aged and disability care. Christina has a diverse background as a clinical optometrist, and then in senior management, leading programmes across health and community services. Christina established Focus Care Solutions for personal and professional reasons. She resigned from leading a national aged care programme when her family suddenly became remote carers for a loved one with dementia. Experiencing difficulties accessing appropriate support, they developed their own strategies and technology solutions to care for their loved one. Focus Care Solutions applies Christina's learnings and philosophy of care using the latest practices and technologies, to deliver quality services by caring and skilled staff.

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SPEAKERS



CHRISTINE HARRISON has been involved in Montessori education since 1985. As well as having been Principal of the Canberra Montessori School, she was the founding Chair of Montessori Australia and was Chair of the Association of Independent Schools in the ACT and on the Board of the Independent Schools Council of Australia. Christine has been involved in policy development, compliance, student care, curriculum development and educational leadership in schools and has a background in mediation, conflict resolution, adult education and a particular interest in governance in community organisations. Christine is President and senior consultant for Montessori Australia and is a member of the Advisory Council of the Association Montessori Internationale (AMI).



INGRID HENRY is a leisure and lifestyle coordinator at 70 Lowe Street which is part of East Grampians Health Service Victoria. She is currently studying the Bachelor of Health and Science to fulfill her dream of becoming a Diversional Therapist. Ingrid was originally employed as a personal carer and hairdresser but after a year the opportunity arose for her to join the leisure and lifestyle team. Ingrid now leads the lifestyle team as they work towards embracing Montessori principles to create a Montessori environment to improve the lives of residents at our home. Ingrid has enjoyed the challenge, and attributes her success to her passion for all things Montessori.



ANNE KELLY is a Montessorian Dementia Consultant. She has worked in dementia care both residential and community for the past 30 years. She is currently the Managing Director of the Montessori Ageing Support Services of Montessori Australia. In 2009 she was awarded a Churchill Fellowship to study Montessori methods for Dementia Care which enabled her to travel and work alongside world experts in this area including, Professor Michelle Bourgeois and Gail Elliott. Since her return from overseas Anne has been sharing the magic of Montessori for Dementia working with organisations who wish to change the lives of people living with dementia by creating Montessori environments. Anne believes that Montessori environments are the Holy Grail of aged care.



SUE MARK has been an aged care manager for over 20 years. She has worked in three states and territories in a range of diverse and interesting aged care environments. In South Australia she worked to implement the Capability Model based on the principles of Montessori in conjunction with an innovative rebuilding programme focussing on the prepared environment. Most recently she has been managing a small rural Victorian aged care site which also incorporated acute care beds. Sue has a passion for enabling and engaging people living with dementia, ensuring everybody has a reason to get out of bed each day. Sue currently works for Montessori Ageing Support Services.



JENNY MASTERS has tertiary qualifications in nursing and most of her career has been in a community context. During that career a sprinkling of various courses in aspects of fine art and professional writing has nurtured her underlying arty inclination. Retirement a few years ago offered a luxurious amount of time to pursue opportunities for children's book illustration, cartoons, a graphic novel, the RHH Tribute project, life drawing, and portraiture. Being touched personally by dementia and having experienced both good and questionable aged care practices, the project, Forgetfulness Feelings and Farnarking offered an ideal combination of accessible art with a hint of activism. Already growing in momentum the project purrs with possibilities.



ELIZABETH OLIVER is the Senior Occupational Therapist for Catholic Homes Inc (CHI), a not for profit aged care provider in Perth, Western Australia. Elizabeth has 10 years of experience working with older adults in community and residential care settings, as well as lecturing in Gerontology. With a passion for improving the lives of people with dementia, Elizabeth has led a number of practice initiatives that foster wellbeing and quality of life outcomes, and is convinced that the Montessori Approach truly is the future of aged care. Elizabeth has been instrumental in leading a Montessori approach across Catholic Homes.



SUE PIETERS-HAWKE is the author of the best-selling book, 'Hazel's Journey', the story of her mother Hazel's experience with Alzheimer's disease. She cared for her mother during her long illness with dementia, until her admission into Residential Care. Sue co-chairs the Federal Minister's Dementia Advisory Group, and works throughout the community to raise awareness of dementia and the need for significant dementia reform. She is an occasional columnist with The Australian Newspaper. Sue is well known as an advocate for issues surrounding dementia, healthy aging, carer support, healthy lifestyle and innovative social engagement.



KIM SOLOMON is a Registered Nurse, Care Coordinator and Staff Development Nurse at Beauaraba Living in Queensland. Kim has a keen passion for aged care and dementia care, she believes that everyone should be treated individually for who they are, and what they can do, not what can no longer be accomplished. Her unique education style, involves fun and laughter often pushing the boundaries of what is perceived as normal.

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VENUE AND REGISTRATION

EVENTHOUSE CRONULLA



VENUE: Eventhouse Cronulla – A stone's throw from the sandy shores of Cronulla Beach. Fresh, inspired, coastal cool sets the scene for the first boutique hideaway, a place where both the food and smiles are sun and salt-induced. A newly revitalised beach-side mix of local flavour, relaxed quality dining and inviting hotel service brings this refreshing boutique offering to one of Sydney's longest stretches of pristine white sand, Cronulla Beach.

ACCOMMODATION: The Eventhouse Cronulla have provided delegates with a special discounted rate of \$239 for a Standard Queen Single Room including breakfast, or \$339 for a One Bedroom Apartment including breakfast. To secure this discount, please use the Rate Code **1711MONTES** when booking, either by calling (02) 9527 3100 or emailing eventhousecronulla@evt.com. This rate is applicable until 28 October. Note that this is a smaller boutique hotel with limited rooms, so please book early to avoid missing out. Alternate accommodation is available opposite the conference venue at Quest Cronulla Beach.

Fill in and return the form below or **REGISTER ONLINE** at:
<https://montessori.org.au/2017MASSConference>

RATES	EARLY BIRD*	REGULAR
Montessori Ageing Support Services 2017 Conference	\$660	\$715
Will you attend the Conference Reception? <input type="checkbox"/> Yes <input type="checkbox"/> No	* Early Bird offer ends 30 June 2017	

WORKSHOP PREFERENCES: Please indicate your order of preference for the workshops available. Every effort will be made to accommodate your first preferences over both sessions on Day Two.

MORNING WORKSHOPS	Minimising Aggression and Other Responsive Behaviours	<input type="checkbox"/>
	They Keep You Busy Here	<input type="checkbox"/>
	Breaking the Blank: Creative Arts with People living with Dementia	<input type="checkbox"/>
AFTERNOON WORKSHOPS	Don't Judge A Book By Its Cover: Uncover The Real Person Using Life Stories	<input type="checkbox"/>
	What Does "A Prepared Environment" Mean in Dementia Care?	<input type="checkbox"/>
	Laughing From the Heart	<input type="checkbox"/>

REGISTRATIONS CLOSE 21 NOVEMBER 2017

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Please indicate if you have special dietary requirements:

Vegetarian Gluten Free Other _____

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